

SOUTH AFRICAN JUNIORS - 2005

Compiled by Gert le Roux

Under 20 Athletes 19 and 18 years (born 1986 & 1987)

(as at 10 May 2005)

JUNIOR MEN

100 METRES

Under 20

10.63	1.1	Litha Mayekiso	Bor	29-06-87	1s1	Germiston	01-Apr
10.63	1.1	Eugene Tempies	WP	28-05-86	1s3	Germiston	01-Apr
10.64	1.1	Ruan de Vries	GN	01-02-86	2s3	Germiston	01-Apr
10.67	1.1	Joel Nixon	KZ	08-01-86	3s3	Germiston	01-Apr
10.71	1.1	Hubre Grootboom	EP	04-10-87	2s1	Germiston	01-Apr
10.71	1.1	Jeremy Cyster	WP	10-05-87	3s1	Germiston	01-Apr
10.72	1.3	Brendon Clement	GN	14-04-87	1	Roodepoort	09-Feb
10.74	0.2	Pierre Meintjies	CN	14-05-86	1s2	Germiston	01-Apr
10.82	1.3	Paul Gey le Grange	NW	20-09-87	2	Roodepoort	09-Feb
10.83	1.3	Ernst Hattingh	GN	16-05-87		Roodepoort	09-Feb
10.83	1.1	Julian Thomas	BO	12-07-87	4s3	Germiston	01-Apr
10.83	1.1	Anton Bouwer	CG	16-02-87	5s3	Roodepoort	09-Feb

Wind-assisted

10.82	2.1	Raymond Prins	FS	23-09-87	1	Bloemfontein	04-Mar
-------	-----	---------------	----	----------	---	--------------	--------

NWI -----No Wind Information

10.60		Julian Thomas	BO	12-07-87	1	Paarl	05-Mar
10.76		Hercules Venter	CG	23-02-87	1	Krugersdorp	18-Feb
10.78		Rudi Kuschke	GN	02-01-87	3	Pretoria	05-Mar
10.79		Anton Bouwer	CG	16-02-87	2	Krugersdorp	18-Feb

200 METRES

Under 20

21.48	1.1	Eugene Tempies	WP	28-05-86	1	Germiston	02-Apr
21.49	0.0	Brendon Clement	GN	14-04-87	1	Windhoek	09-Apr
21.53	1.1	Ruan Grobler	EP	22-05-87	3	Germiston	02-Apr
21.57	1.1	Pierre Meintjies	CN	14-05-86	4	Germiston	02-Apr
21.59	1.1	Ernst Hattingh	GN	16-05-87	5	Germiston	02-Apr
21.63	1.1	Joel Nixon	KZ	08-01-86	6	Germiston	02-Apr
21.68	-1.4	Lehann Fourie	GN	16-02-87	1	Germiston	01-Mar
21.69	0.7	Anton Bouwer	CG	16-02-87	1r2	Germiston	01-Mar
21.74	0.7	Paul Gey le Grange	NW	20-09-87	2r2	Germiston	01-Mar
21.83	0.0	Litha Mayekiso	Bor	29-06-87	4	Windhoek	07-May
21.89	0.4	Jaco Snyman	CG	17-04-87	3	Germiston	02-Apr

Wind

21.81	2.2	Alvin Samuels	KZ	01-07-86	1	Durban	06-Mar
-------	-----	---------------	----	----------	---	--------	--------

NWI

21.56		Ruan de Vries	GN	01-02-86	1	Pretoria	05-Mar
21.68		Julian Thomas	BO	12-07-87	1	Paarl	05-Mar
21.80		Rudi Kuschke	GN	02-01-87	3	Pretoria	05-Mar
21.88		Reginald Khoza	GN	06-05-87	5	Pretoria	05-Mar

Hand

21.5		Gerdus van Zyl	Lim	22-01-87	1	Polokwane	12-Mar
21.6		Hubre Grootboom	EP	04-10-87	1	Port Elizabeth	25-Feb

400 METRES

Under 20

46.76	Ruben Majola	CG	28-08-86	1	Germiston	01-Apr
47.03	Pieter Smith	GN	03-04-87	2	Germiston	01-Apr
47.24	Ruan Grobler	EP	22-05-87	3	Germiston	01-Apr
47.34	Oscar Pistorius	GN	22-11-86	2s1	Durban	15-Apr
47.65	Tumelo Raphiri	NW	22-02-87	1s2	Germiston	01-Apr
47.90	Alvin Samuels	KZ	01-07-86	3s2	Germiston	01-Apr
47.91	Fanus Botha	CN	16-09-86	2r2	Potchefstroom	04-Feb
47.99	Mthusi Kwadi	CG	22-04-86	4	Germiston	26-Mar
48.03	Reginald Khoza	GN	06-05-87	1s1	Germiston	01-Apr
48.05	Le Roux Jordaan	CN	29-09-86	4s2	Germiston	01-Apr

800 METRES

Under 20

1:48.21	Isaac Mboyaza	CG	26-09-86	5	Potchefstroom	04-Feb
1:48.69	Bongani Mgemane	FS	27-03-86	1	Germiston	02-Apr
1:49.97	Erwin Schmidt	CG	23-04-87	2	Paarl	20-Mar
1:50.26	Garreth Maarman	BO	19-03-86	2	Germiston	02-Apr
1:50.4	Elroy Gelant	CN	25-08-86	1	Potchefstroom	15-Feb
1:50.74	Ryan McCulloch	CG	26-01-86	2	Roodepoort	22-Jan
1:51.50	Tebogo Mokoatedi	GN	20-11-86	5	Germiston	02-Apr
1:51.68	Nathan Beukes	BO	06-02-86	5h1	Durban	15-Apr
1:52.8	Gershwin-Lane du Plessis	SW	04-01-87	1	Oudtshoorn	19-Feb
1:53.14	Samuel Sepeng	CN	15-10-87	3	Paarl	20-Mar

1500 METRES

Under 20

3:45.57	Isaac Mboyaza	CG	26-09-86	4	Durban	16-Apr
3:47.63	Thabang Mohale	FS	29-11-86	7	Durban	16-Apr
3:49.69	Tshamano Setone	CG	07-05-87	7	Stellenbosch	11-Mar
3:50.70	ht Abraham Khumalo	CG	28-12-87		Paarl	20-Mar
3:51.22	Elroy Gelant	CN	25-08-86	2	Potchefstroom	22-Feb
3:54.10	ht Sello Molefi	EP		3	Paarl	20-Mar
3:55.07	Richman Nsusha	KZ	17-06-87	1	Durban	05-Mar
3:55.10	ht Johannes de Wet	FS	12-01-87	1h2	Paarl	20-Mar
3:55.32	Anele Zondwayo	TR	24-12-87	4h3	Durban	15-Apr
3:55.34	Nkosinoxolo Sonqibido	WP	16-10-86	1	Cape Town	05-Mar

5000 METRES

Under 20

14:22.16	Tshamano Setone	CG	07-05-87	5	Durban	16-Apr
14:23.30	Piepman Mofokeng	FS		1	Paarl	20-Mar
14:24.83	Tokelo Putsoenyane	FS	05-05-87	2	Paarl	20-Mar
14:31.03	R Sigodi	Gau		3	Paarl	20-Mar
14:46.53	Seun Moleshioa	MP	27-04-87	2	Germiston	02-Apr
14:48.83	Stanley Sithole	KZ	28-08-86	4	Paarl	20-Mar
14:52.11	Abraham Khumalo	CG	28-12-87	2	Windhoek	07-May
14:52.72	Henry du Plooy	CG	02-08-86	5	Paarl	20-Mar
14:54.16	Isaac Nyaredi	FS	12-12-86	6	Paarl	20-Mar
14:57.18	Quintin Kearns	WP	01-04-87	7	Paarl	20-Mar
14:57.24	Richman Nsusha	KZ	17-06-87	2	Durban	06-Mar

10000 METRES

Under 20

30.05.16	Lukhanya Mabinza	NW	01-09-86	12	Durban	15-Apr
31.18.07	Lubabalo Mqhele	WP	01-05-86	1	Cape Town	05-Mar
32.06.66	Mzukile Silayi	WP	04-09-87	2	Cape Town	05-Mar
32.22.50	Masibeko Mncedi	WP	03-09-86	3	Cape Town	05-Mar
32.28.31	Basil Mazibuko	CG	05-04-86	2	Germiston	01-Apr
32:52.6	Joseph McKenzie	CG	30-03-86	1	Germiston	05-Mar

33.20.18	Gilbert Mashinini	NW	28-01-86	4	Germiston	01-Apr
33:39.1	Magwana Mofokeng	CG	02-06-86	3	Germiston	05-Mar
34.51.12	Charles Segalo	CG	16-03-87	7	Germiston	01-Apr

3000m STEEPLECHASE

Under 20

8.50.50	Jan Moselane	FS		5	Durban	16-Apr
8:58.19	Steve Ngqola	GN	25-12-87	9	Durban	16-Apr
9:03.24	Joseph McKenzie	CG	30-03-86	1	Paarl	19-Mar
9:04.34	Tokelo Putsoenyane	FS	05-05-87	2	Paarl	19-Mar
9:07.94	Seun van Wyk	FS	16-08-87	3	Paarl	19-Mar
9:10.92	Sello Molefi	EP		4	Paarl	19-Mar
9:11.45	Dicardo Jacobs	BO	25-01-86	1	Cape Town	05-Mar
9:12.33	Lukhanya Mabinza	NW	01-09-86	2	Germiston	01-Apr
9:13.84	Isaac Nyaredi	FS	12-12-86	5	Paarl	19-Mar
9:23.81	Patrick Magadla	WP	16-04-87	2	Cape Town	05-Mar

110 METRES HURDLES

(1.067m)

Under 20

13.82	-0.8	Ruan de Vries	GN	01-02-86	1	Potchefstroom	04-Feb
14.41	1.3	Lehann Fourie	GN	16-02-87	1	Windhoek	07-May
14.76	-0.3	Leon Fourie	CG	15-01-86	2r2	Pretoria	18-Mar
14.89	-0.7	Roelof Steyn	FS	09-02-87	2h2	Paarl	19-Mar
15.03	0.7	Tiaan Steyn	FS	15-02-87	1	Bloemfontein	05-Mar
15.03	0.9	Eduan van Heerden	CG	08-06-87	1h1	Paarl	19-Mar
15.08	0.9	Jaco Roux	BO	23-08-87	2h1	Paarl	05-Mar
15.09	-0.3	Brendon Taljaard	GN	29-10-86	6r2	Pretoria	18-Mar
15.22	-0.7	Henko Coetzee	MP	22-06-87	3h2	Paarl	19-Mar
15.25	-1.8	Denzel Salton	MP	15-02-87	5	Germiston	01-Apr

NWI

14.86		Jaco Roux	BO	23-08-87	1	Paarl	05-Mar
15.01		Brendon Taljaard	GN	29-10-86		Pretoria	26-Feb

400 METRES HURDLES

(91.4cm)

Under 20

49.25		Wouter le Roux	GN	17-01-86	1	Potchefstroom	04-Feb
51.08		Johann Hanekom	GN	03-12-86	6	Bloemfontein	11-Feb
52.07		Eduan van Heerden	CG	08-06-87	1	Krugersdorp	18-Feb
52.61		Anton Bouwer	CG	16-02-87	1	Paarl	20-Mar
52.82		Andre Hattingh	GN	09-01-87	2	Paarl	20-Mar
53.08		Vian Louw	GN	18-06-86	2	Pretoria	29-Jan
54.44		Matshela Synod Ledwaba	LIM	18-01-87	3	Paarl	20-Mar
54.77		Naledi Mitane	CN	14-05-86	3h2	Germiston	02-Apr
54.94		Heinrich Albrecht	CG		3	Krugersdorp	18-Feb
54.99		Reinhardt Kruger	GN		1	Germiston	01-Mar

Hand

53.5		Heinrich Albrecht	CG		3	Germiston	05-Mar
------	--	-------------------	----	--	---	-----------	--------

HIGH JUMP

Under 20

2.10		Fanie J van Rensburg	FS	03-02-86		Potchefstroom	24-Jan
2.10		Allan Syce	WP	21-10-88	1	Paarl	20-Mar
2.10		Leendert Haasbroek	GN	28-05-86	1	Germiston	02-Apr
2.05		Michael de Beer	MP	30-12-87	1	Secunda	12-Mar
2.00		Werner Breytenbach	CG		1	Germiston	01-Mar
2.00		Lottie van Zyl	CN	25-05-87	1	Potchefstroom	05-Mar
2.00		Michael Faca	Bor	01-07-87	3	Germiston	02-Apr
1.96		Henning Greyling	FS	08-12-87	1	Bethlehem	26-Feb
1.96		Owen du Toit	FS		1	Sasolburg	26-Feb

1.95		Tsego Bonnetswe	FS	05-06-86	1	Bloemfontein	05-Feb
1.95		Reinhardt Strydom	FS	29-07-87	1	Bloemfontein	07-Feb
1.95		Stephanus van der Walt	CG		1	Roodepoort	09-Feb
1.95		Jan-Dirk Engelbrecht	CN		1	Potchefstroom	19-Feb
1.95		Francois Grobler	CN		2	Potchefstroom	19-Feb
1.95		Tinus de Bruin	NW	07-02-86	2	Pretoria	26-Feb
1.95		Hennie Bentley	VT	02-04-87	2	Germiston	01-Mar
1.95		Xandre Bosse	NW		2	Germiston	01-Mar
1.95		T Jauch	EP		1	Port Elizabeth	03-Mar
1.95		Eric Hlaoli	CG		1	Germiston	05-Mar
1.95		Louw Roets	MP	06-08-86	2q2	Germiston	02-Apr

POLE VAULT

Under 20

5.00		Brent Howell	WP	23-06-86	1	Cape Town	05-Mar
4.50		Francois Germishuys	BO	31-10-87	2	Germiston	01-Apr
4.16		Gerhard Marx	FS	09-07-87	1	Sasolburg	12-Feb
4.05		Craig le Roux	EP	16-01-87	1	Port Elizabeth	03-Mar
4.00		Ian Kucharski	BO	25-04-87	2	Cape Town	12-Feb
3.70		Daniel le Grange	EP	16-01-87	2	Port Elizabeth	03-Mar
3.70		Brandon Newton	FS		2	Sasolburg	26-Feb
3.60		Louis Groenewald	GN	24-12-87	1	Pretoria	05-Mar
3.55		B Venters	EP		3	Port Elizabeth	03-Mar
3.30		Chris Klopper	FS		3	Sasolburg	26-Feb

LONG JUMP

Under 20

7.30	1.4	Jacques Laubscher	MP	04-07-87	1	Paarl	19-Mar
7.26	-0.1	Pieter Smit	CG	23-03-86	1	Germiston	01-Apr
7.24	0.3	Kenny Jooste	FS	13-01-86	2	Germiston	01-Apr
7.10	0.0	Ernst Hattingh	GN	16-05-87	1	Windhoek	09-Apr
7.06	1.8	Sipho Mgavu	VT	13-05-86	2	Paarl	19-Mar
6.99	-0.3	Anton Harmse	CG	01-02-87	1	Roodepoort	09-Feb
6.87	1.2	Nevin Farmer	SW	04-04-87	3	Paarl	19-Mar
6.85	1.8	Marius Fouche	FS		1	Bloemfontein	04-Mar
6.83	-1.7	Charl Koopman	GW	08-01-87	5	Germiston	01-Apr
6.79	-1.6	Willie Jacobs	CN	09-09-86	7	Germiston	01-Apr
6.76	-0.6	Brent van Niekerk	VT	01-02-87	2	Roodepoort	09-Feb

Wind

7.85	2.2	Pieter Smit	CG	23-03-86	1	Stellenbosch	11-Mar
------	-----	-------------	----	----------	---	--------------	--------

NWI

7.14		Ernst Hattingh	GN	16-05-87	1	Germiston	01-Mar
7.00		Anton Harmse	CG	01-02-87	2	Germiston	05-Mar
6.98		Regan Julius	BO	15-04-86	1	Paarl	05-Mar
6.95		Eduan van Heerden	CG	08-06-87	1	Krugersdorp	18-Feb
6.86		Ruduaan Papier	BO		2	Paarl	05-Mar
6.80		McNeil Maarman	BO		3	Paarl	05-Mar
6.81		Ian du Plessis	GN	30-03-87	1	Pretoria	05-Mar
6.79		Jan-Louis Snyman	CG	01-03-86		Pretoria	05-Mar

TRIPLE JUMP

Under 20

14.51	0.6	Zane Ocks	BO		1	Paarl	20-Mar
14.49	0.7	Eduan van Heerden	CG	08-06-87	1	Germiston	02-Apr
14.44	0.5	Ben Cilliers	CG	02-07-86	2	Germiston	02-Apr
14.36	1.9	Sipho Mgavu	VT	15-05-86	3	Germiston	02-Apr
14.29	0.0	Anton Harmse	CG	01-02-87	2	Roodepoort	09-Feb
14.13	0.9	Alex Terblanche	MP	01-09-87	4	Germiston	02-Apr

14.05	0.4	Aviwe Simakuhle	Bor	02-03-87	5	Germiston	02-Apr
13.96	-0.1	Phumlani Ntlabezo	Bor	11-12-86	6	Germiston	02-Apr
13.94	1.5	Isaac Davids	WC		4	Paarl	20-Mar
13.77	0.0	Lungile Tshabalala	LIM		5	Paarl	20-Mar

Wind

13.89	3.1	Eon Peens	FS	05-06-87	1	Bloemfontein	05-Mar
-------	-----	-----------	----	----------	---	--------------	--------

NWI

14.02		Sandy Sithole	GN	06-11-87	1	Pretoria	26-Feb
13.98		Joase Loff	SW		1	Oudtshoorn	19-Feb
13.95		Dino Frost	CG		1	Germiston	01-Mar
13.77		Christo Greyling	CN		1	Potchefstroom	05-Mar

SHOT

Under 20 6kg

17.50		Donovan Snyman	GN	30-05-86	1	Germiston	01-Apr
16.75		Jaco Engelbrecht	CG	08-03-87	1	Paarl	19-Mar
15.98		Erick Kirsten	BO	10-11-87	3	Germiston	01-Apr
15.66		Jaco Jonker	GN	21-01-87	1	Pretoria (Wilg)	18-Feb
15.41		Kobus le Roux	BO		1	Paarl	05-Mar
15.35		Robert Slabbert	GN	08-02-87	1	Germiston	01-Mar
15.30		O Kruger	GN		2	Roodepoort	18-Feb
15.27		Erick Steyn	BO		2	Paarl	05-Mar
15.03		Martin Moggee	EP	16-03-87	4	Paarl	19-Mar
14.92		Hendrik Roodt	NW		1	Germiston	01-Mar

7.26kg

16.50		Donovan Snyman	GN	30-05-86	1	Pretoria	29-Jan
-------	--	----------------	----	----------	---	----------	--------

DISCUS

Under 20 1.75kg

54.69		Uwe Sauer	CG	23-01-86	1	Germiston	02-Apr
50.68		James Sinclair	MP	02-06-86	2	Germiston	02-Apr
49.08		Jaco Engelbrecht	CG	08-03-87	3	Germiston	02-Apr
48.84		Ben Venter	FS	15-05-87	4	Germiston	02-Apr
47.71		Jan Venter	Lim	04-05-87	5	Germiston	02-Apr
47.64		Donovan Snyman	GN	30-05-86	6	Germiston	02-Apr
46.71		Hannes Grobler	CN	30-09-87	7	Germiston	02-Apr
46.22		Morne van der Merwe	NW	06-12-87	1	Potchefstroom	19-Feb
46.00		Robert Andrew	KZ		1	Durban	26-Feb
45.32		Martin Moggee	EP	16-03-87	1	Westbourne, PE	15-Jan

HAMMER

Under 20 6kg

58.84		Johan Kruger	BO	15-04-87	1	Germiston	01-Apr
57.81		Meyer Conradie	CN	15-07-86	2	Germiston	01-Apr
57.47		Pieter Badenhorst	FS	14-02-87	3	Germiston	01-Apr
55.48		Douw Steenkamp	MP	28-12-87	1	Secunda	12-Feb
53.85		Jaco Bruwer	BO	16-05-86	4	Germiston	01-Apr
48.98		Jan Venter	Lim	04-05-87	5	Germiston	01-Apr
47.91		Ben Venter	FS	15-05-87	6	Germiston	01-Apr
47.88		Bertus Furstenburg	CN	15-01-86	2	Potchefstroom	22-Feb
47.58		Phillip Bruwer	CN		1	Potchefstroom	19-Feb
46.93		Boeta Koen	SW		1	Oudtshoorn	19-Feb

JAVELIN

Under 20 800g

80.03		Lohan Rautenbach	CN	06-02-86	1	Durban	16-Apr
71.48		Robert Oosthuizen	BO	23-01-87	3	Durban	16-Apr

62.67	Dewald Nel	CN	10-01-86	1	Potchefstroom	05-Mar
62.27	Jaco Nel	FS	22-09-86	1	Bloemfontein	04-Mar
62.01	Stefan du Toit	CN	12-Jan-86	2	Potchefstroom	05-Mar
60.84	Tobie Holtzhausen	GW	25-05-87	2	Germiston	02-Apr
59.84	Johann Botha	CG		1	Roodepoort	22-Jan
60.94	Andrew Grant-Smith	WP	02-04-86	1q2	Germiston	02-Apr
59.10	Andre Roberts	GN	14-03-86	1	Pretoria	05-Mar
58.90	Duard Kleinans	GN		1	Pretoria	18-Feb

DECATHLON

5 678	Tinus de Bruin	NW	07-02-86	1	Germiston	1-2 Apr
4 898	Lean Myburgh	FS	06-07-87	2	Germiston	1-2 Apr
4 350	David de Jongh	CG		3	Germiston	1-2 Apr

4x100m Relay

41.57	SA Schools			2	Windhoek	07-May
41.82	Eastern Province	EP		1	Germiston	02-Apr
42.13	Gauteng Schools	G		1	Paarl	19-Mar
42.34	Gauteng North	GN		2	Germiston	02-Apr
42.60	Western Province	WP		3	Germiston	02-Apr
42.61	Central Gauteng	CG		4	Germiston	02-Apr
42.75	Eastern Cape Schools	EC		2	Paarl	19-Mar
42.76	Boland	BO		5	Germiston	02-Apr
42.98	Western Cape Schools	WC		3	Paarl	19-Mar
43.26	Free State Schools	FS		4	Paarl	19-Mar

4x400m Relay

3:13.46	Gauteng North	GN		1	Germiston	02-Apr
3:14.08	SA Schools			2	Windhoek	07-May
3:14.19	Central Gauteng	CG		2	Germiston	02-Apr
3:14.46	Central North West	CN		3	Germiston	02-Apr
3:16.11	Gauteng Schools	G		1	Paarl	20-Mar
3:16.17	Free State	FS		4	Germiston	02-Apr
3:18.41	Free State Schools	FS		2	Paarl	20-Mar
3:19.47	Boland	BO		5	Germiston	02-Apr
3:19.79	KZ Natal	KZ		6	Germiston	02-Apr
3:20.53	North West Province Sch.	NW		3	Paarl	20-Mar

WALKING

10000m Walk

(Track) Under 20

46:52.00	Werner Appel	KZ	12-06-87	1	Durban	05-Mar
47:35.30	Petri du Toit	EP	14-12-86	1	Paarl	20-Mar
48:14.90	Bendre Rathbone	EP	10-02-87	3	Paarl	20-Mar
48:28.14	Christiaan Wilson	FS	21-04-86	1	Bloemfontein	05-Mar
51:03.50	Nico Vorster	WP	26-10-87	1	Cape Town	05-Mar
51:35.90	Khulekani Mkane	KZ		5	Paarl	20-Mar
51:43.00	Clifford Friend	CG	07-11-87	1	Germiston	05-Mar
53:44.00	Florico Fielies	BO	21-11-86	1	Paarl	05-Mar
53:44.77	Johnny Davids	EP	11-07-86	3	Germiston	02-Apr
54:37.30	Emanuel Isaacs	EP	20-12-87	7	Paarl	20-Mar

JUNIOR WOMEN

Under 20 Athletes 19 and 18 years (born 1986 & 1987)

100 METRES

Under 20

11.93	1.6	Isabel le Roux	SW	23-01-87	1h2	Germiston	01-Apr
11.97	1.8	Thandi Mngwevu	CG	28-05-86	1	Windhoek	07-May
12.13	1.6	Christine Ras	CG	12-09-87	2h2	Germiston	01-Apr
12.47	0.6	Maré Clasen	EP	19-03-86	2	Potchefstroom	05-Mar
12.47	1.8	Leandie Maritz	CG	25-02-87	5	Windhoek	07-May
12.48	0.6	Karlien Clasen	EP	19-03-86	1	Potchefstroom	05-Mar
12.50	1.7	Tyla Smit	KZ	13-03-86	1	Durban	05-Mar
12.57	1.5	Zandri Whitehead	FS	02-12-86	1	Bloemfontein	07-Feb
12.58	1.7	Nikki Kriel	KZ	30-07-87	2	Durban	05-Mar
12.60	0.6	Enolicia Simons	FS		1	Bloemfontein	04-Mar
12.64	1.6	Maureen Nieuwenhuis	MP	12-01-87	4h2	Germiston	01-Apr

Wind

11.93	2.2	Arista Hefer	CG	12-09-87	1	Roodepoort	09-Feb
11.93	2.6	Thandi Mngwevu	CG	28-05-86	1h1	Germiston	01-Apr
12.15	2.6	Lindi van Dyk	GN	11-03-86	2h1	Germiston	01-Apr
12.27	3.0	Marguerite Venter	MP	20-11-86	1h3	Germiston	01-Apr
12.31	3.0	Michelle Lindeque	CG	04-04-87	2h3	Germiston	01-Apr
12.34	2.6	Lynette Pretorius	MP	26-07-87	3h1	Germiston	01-Apr
12.38	2.6	Tyla Smit	KZ	13-03-86	4h1	Germiston	01-Apr
12.39	3.0	Maré Clasen	EP	19-03-86	3h3	Germiston	01-Apr
12.43	2.6	Jeanine Haasbroek	CG	09-06-87	5h1	Germiston	01-Apr
12.47	3.0	Marika Walters	BO	12-02-87	4h3	Germiston	01-Apr
12.63	3.0	Welhemina Matlala	GN	24-08-87	5h3	Germiston	01-Apr
12.63	2.6	Zelda Nkosi	GN	13-12-86	6h1	Germiston	01-Apr
12.63	2.6	Greshan Adriaanse	BO	03-07-87	7h1	Germiston	01-Apr
12.75	2.6	Karyna Barnard	LIM	30-06-87	8h1	Germiston	01-Apr

NWI

12.29		Lindi van Dyk	GN	11-03-86	1	Pretoria	05-Mar
12.37		Marike Walter	BO		1	Paarl	05-Mar
12.37		Marcelino Jacobus	BO		2	Paarl	05-Mar
12.40		Zandri Whitehead	FS	02-12-86	1h1	Bloemfontein	04-Mar
12.41		Renette de Klerk	FS		2h1	Bloemfontein	04-Mar
12.65		Welhemina Matlala	GN	24-08-87	2	Pretoria	05-Mar
12.71		Zelda Moss	GN	11-03-86	3	Pretoria	05-Mar

Hand

11.7	1.7	Thandi Mngwevu	CG	28-05-86	1h3	Paarl	19-Mar
11.7	1.6	Isabel le Roux	SW	23-01-87	1h1	Paarl	19-Mar
11.8	1.7	Jeanine Haasbroek	CG	09-06-87	2h	Paarl	19-Mar
11.9	-0.4	Arista Hefer	CG	12-09-87	1	Germiston	01-Mar
11.9	-0.6	Lindi van Dyk	GN	11-03-86	3	Germiston	01-Apr
12.1	1.6	Marika Walters	BO	12-02-87	2h	Paarl	19-Mar
12.2	0.2	Michelle Lindeque	CG	04-04-87	1h2	Paarl	19-Mar
12.5	-0.4	Heike Kotze	GN	11-12-87	2	Germiston	01-Mar

Hand - NWI

11.7		Arista Hefer	CG	12-09-87	2	Germiston	05-Mar
11.8		Christine Ras	CG	12-09-87	3	Germiston	05-Mar
12.2		Lynette Pretorius	MP	26-07-87	1	Secunda	12-Mar
12.3		Enolicia Simons	FS		1	Sasolburg	26-Feb

200 METRES

Under 20

23.76	1.0	Isabel le Roux	SW	23-01-87	1	Germiston	02-Apr
24.28	1.0	Arista Hefer	CG	12-09-87	2	Germiston	02-Apr

24.63	0.0	Thandi Mgwevu	CG	28-05-86	1	Windhoek	07-May
24.83	1.0	Gaileen vd Westhuizen	EP	14-05-86	4	Germiston	02-Apr
25.28	1.0	Christine Ras	CG	02-04-86	5	Germiston	02-Apr
25.26	1.7	Lindi van Dyk	GN	11-03-86	3h1	Germiston	02-Apr
25.67	1.0	Zandri Whitehead	FS	02-12-86	7	Germiston	02-Apr
25.79	0.3	Jeanine Haasbroek	CG	09-06-87	1r2	Germiston	01-Mar
25.90	1.0	Tsholofelo Selemela	NW		8	Germiston	02-Apr
25.91	0.3	Heike Kotze	GN	11-12-87	2	Germiston	01-Mar

26.02	1.9	Zelmarie Kukkuk	FS	09-09-86	2	Bloemfontein	04-Mar
-------	-----	-----------------	----	----------	---	--------------	--------

Wind

24.15	3.4	Arista Hefer	CG	12-09-87	1h3	Germiston	02-Apr
24.63	2.5	Gaileen vd Westhuizen	EP	14-05-86	1h2	Germiston	02-Apr
24.97	3.4	Christine Ras	CG	02-04-86	2h3	Germiston	02-Apr
25.53	3.4	Tsholofelo Selemela	NW		3h3	Germiston	02-Apr
25.60	3.4	Lynette Pretorius	MP	26-07-87	4h3	Germiston	02-Apr
25.86	2.5	Catherine Hustler	EP	20-03-86	3h2	Germiston	02-Apr

NWI

24.79		Amanda Kotze	GN	26-02-86	1	Pretoria	05-Mar
25.22		Lindi van Dyk	GN	11-03-86	2	Pretoria	05-Mar
25.94		Welhemina Matlala	GN	24-08-87	3	Pretoria	05-Mar

Hand ----- NWI

24.7		Christine Ras	CG	02-04-86	2	Germiston	05-Mar
24.8		Nerina Kruger	CG	31-07-87	1	Roodepoort	18-Feb

400 METRES

Under 20

53.58		Amanda Kotze	CG	26-02-86	1	Potchefstroom	04-Feb
54.70		Arista Hefer	CG	12-09-87	1	Windhoek	09-Apr
55.54		Gaileen van der Westhuizen	EP	14-05-86	6	Potchefstroom	04-Feb
57.52		Tsholofelo Selemela	NW		2	Paarl	19-Mar
57.65		Roné Reynecke	FS	01-03-86	1h1	Bloemfontein	04-Mar
57.80		Chantelle van Heerden	LIM	18-04-87	3	Paarl	19-Mar
58.19		Rae-Dawn Sandilands	NW	25-04-86	2	Pretoria	05-Mar
58.47		Jancori Theunissen	GN	01-11-86	3	Pretoria	05-Mar
58.62		Janica Schoeman	Bor	17-10-86	4	Paarl	19-Mar
59.00		Jeanine Haasbroek	CG	09-06-87	1	Krugersdorp	18-Feb

Hand

58.2		Mornay van der Hoff	CG		1	Roodepoort	19-Feb
58.4		Rozanne vd Westhuizen	CG	24-04-86	2	Germiston	05-Mar

800 METRES

Under 20

2:12.70		Violet Raseboya	CG	19-02-86	1	Germiston	02-Apr
2:13.68		Bianca Ré	CG	13-03-87	1	Paarl	20-Mar
2:14.27		Chantelle van Heerden	LIM	18-04-87	2	Paarl	20-Mar
2:14.9		Rozanne vd Westhuizen	CG	24-04-86	2	Germiston	05-Mar
2:16.05		Roné Reynecke	FS	01-03-86	3	Germiston	02-Apr
2:16.65		Elani Potgieter	CG	18-04-87	3	Paarl	20-Mar
2:17.2		Elizna Schultz	CG	18-03-86	3	Germiston	05-Mar
2:17.2		Barbara Garver	VT	09-03-87	2h1	Germiston	02-Apr
2:17.42		Margaret Lowies	NW	05-10-87	2h	Paarl	20-Mar
2:17.44		Marinda Oosthuizen	CG		1	Germiston	01-Mar

1500 METRES

Under 20

4:31.22		Christine Kalmer	CG	10-02-86	7	Durban	16-Apr
4.33.78		Violet Raseboya	CG	19-02-86	8	Durban	16-Apr

4:37.6	Marinda Oosthuizen	CG		1	Paarl	19-Mar
4:37.64	Chanelle Olivier	CG	15-09-86	1	Germiston	01-Apr
4:43.0	Tinette Burger	FS	19-01-87	2	Paarl	19-Mar
4:46.05	Thandi Malindi	FS	16-07-87	4	Germiston	01-Apr
4.47.23	Rosta Matlawe	CN	18-01-86	1	Potchefstroom	22-Feb
4:47.6	Anel Moelich	WP		3	Paarl	19-Mar
4.48.51	Joyce Malatji	LIM		3h2	Paarl	19-Mar
4:49.38	Carla Marais	GN	21-06-87	1	Germiston	01-Mar
4:50.3	Gerda-Mari Theron	EP	19-11-87	1	Port Elizabeth	26-Feb

3000 METRES

Under 20

09.50.94	Christine Kalmer	CG	10-02-86	1	Germiston	01-Apr
09.52.54	Irvette van Blerk	CG	05-07-87	2	Germiston	01-Apr
10.06.27	Liezl Uys	CG	07-10-87	3	Germiston	01-Apr
10.08.19	Thandi Malindi	FS	16-07-87	4	Germiston	01-Apr
10.16.29	Cecilia Ndaweni	CG	19-01-87	1	Paarl	20-Mar
10.22.07	Sibongile Gwala	GN	24-06-86	3	Paarl	20-Mar
10.25.00	Carla Marais	GN	21-06-87	5	Germiston	01-Apr
10.25.73	Khonzeleni Zwane	KZ		1	Durban	06-Mar
10.29.28	Tinette Burger	FS	19-01-87	1	Bloemfontein	04-Mar
10.35.90	Maryna Swanepoel	FS	24-07-86	2	Bloemfontein	04-Mar

5000 METRES

Under 20

16.21.41	Irvette van Blerk	CG	05-07-87	3	Durban	15-Apr
16.32.72	Lena Lotter	WP	02-08-88	4	Durban	15-Apr
17.01.17	Christine Kalmer	FS	10-02-86	6	Durban	15-Apr
17.16.33	Rochelle Moses	CG	08-12-86	8	Durban	15-Apr
18.39.56	Zintle Xiniwe	WP	23-10-86	3	Germiston	01-Apr
18.39.60	Cecilia Ndaweni	CG	19-01-87	4	Germiston	01-Apr
19.06.83	Portia Ngwenya	CG	02-08-88	5	Germiston	01-Apr
19.07.72	Nomfudiseko Magubu	TR	20-08-87	6	Germiston	01-Apr
19:19.5	Boitumelo Mkhwanza	CG		2	Germiston	19-Mar
19.34.25	Nosuko Gingo	TR	11-11-87	16	Durban	15-Apr

10000 Metres

Under 20

35.22.33	Irvette van Blerk	CG	05-07-87	2	Durban	16-Apr
----------	-------------------	----	----------	---	--------	--------

3000m STEEPLECHASE

Under 20

10.37.22	Abongile Leratholi	FS	06-07-89	3	Durban	16-Apr
11.49.73	Pulani Mosomi	CG	17-04-88	1	Germiston	02-Apr
11.59.36	Stacey van der Westhuizen	CG	06-11-87	2	Germiston	02-Apr
12.10.36	Izelle van Antwerp	CN	07-06-87	3	Germiston	02-Apr
12.19.35	Tanja Janse van Rensburg	CG	02-11-89	4	Germiston	02-Apr

2000m Steeplechase

Under 20

7.36.50	mx	Izelle van Antwerp	CN	07-06-87	1	Potchefstroom	22-Feb
7.47.64		Van Antwerp			1	Potchefstroom	05-Mar
7.47.82		Hanelie Pekeur	WP	29-09-87		Bellville	
8:17.2		Hilde-Mari Lamprecht	NW		1	Potchefstroom	19-Feb
8.24.90		Nicole McNamara	WP	07-05-89	1	Cape Town	12-Feb
8.25.20		Delene Roodt	NW		2	Potchefstroom	19-Feb

100m HURDLES

Under 20

84cm

14.09	1.8	Christine Ras	CG	04-02-86	4	Durban	16-Apr
14.37	1.8	Jackie Kriel	FS	27-08-86	2h2	Durban	16-Apr

14.45	1.5	Marika Walters	BO	12-02-87	1h2	Germiston	01-Apr
14.63	-1.3	Heike Kotze	GN	11-12-87	1	Germiston	01-Mar
14.71	1.5	Janine Visser	BO	03-09-87	3h2	Germiston	01-Apr
14.92	1.2	René van der Merwe	GN	15-06-86	6h1	Durban	16-Apr
14.95	1.5	Mariska Meintjies	VT	11-01-86	4h2	Germiston	01-Apr
15.05	-1.3	Arline Muller	CG	03-12-86	2	Germiston	01-Mar
15.10	-1.3	Shaney Gevers	CG	28-09-87	3	Germiston	01-Mar
15.19	-2.4	Janine Visser	CG	09-06-87	4	Germiston	01-Apr

Wind

14.76	2.2	René van der Merwe	LIM	15-06-86	2h1	Germiston	01-Apr
-------	-----	--------------------	-----	----------	-----	-----------	--------

NWI

14.43		Marika Walters	BO	12-02-87	1	Paarl	05-Mar
14.61		Janine Visser	BO	03-09-87	2	Paarl	05-Mar
14.54		René van der Merwe	LIM	15-06-86	1	Pretoria	05-Mar

Hand

14.9		Nerina Kruger	CG	31-07-87	2	Roodepoort	18-Feb
14.9	-0.3	Zandri Whitehead	FS		1h1	Paarl	19-Mar

400m HURDLES

Under 20 76.2cm

60.54		Janine Visser	CG	09-06-87	6	Durban	16-Apr
61.62		Licinda Liebenberg	CG	27-06-86	1	Pretoria	05-Mar
63.60		Shaney Gevers	CG	28-09-87	1	Germiston	01-Mar
64.54		Nerina Kruger	CG	31-07-87	3	Paarl	20-Mar
64.60		Mariska Meintjies	VT	11-01-86	2	Germiston	02-Apr
65.13		Yolande Muller	EP	13-06-87	4	Paarl	20-Mar
65.98		Irmari Hillebrand	CG		2	Germiston	01-Mar
66.42		C Langenhoven	BO		1h1	Paarl	20-Mar
67.36		Izel Yzel	FS		6	Paarl	20-Mar
67.77		Liezl Verloren v Themaat	GN		1	Pretoria	25-Feb

Hand

61.6		Yolande Muller	EP	13-06-87	1	Port Elizabeth	25-Feb
61.9		Mariette Venter	MP	27-10-87	1	Secunda	12-Mar
63.1		Carlka Taljaard	MP	19-12-87	2	Secunda	12-Mar
63.2		Nerina Kruger	CG	31-07-87	1	Roodepoort	18-Feb
63.4		Shaney Gevers	CG	28-09-87	2	Roodepoort	18-Feb
65.8		Liezl Verloren v Themaat	GN		3	Roodepoort	18-Feb

HIGH JUMP

Under 20

1.85		Anika Smit	CN	26-05-86	1	Potchefstroom	29-Jan
1.80		René van der Merwe	GN	15-06-86	4	Potchefstroom	04-Feb
1.80		Louise Dreyer	CN	26-05-86	1	Potchefstroom	05-Mar
1.77		Marna Fourie	WP	22-04-87	1	Cape Town	23-Mar
1.72		Lee-Ann Nagel	MP	21-11-87	1	Secunda	12-Mar
1.70		Ilze Diamond	CG		7	Pretoria	18-Mar
1.66		Lelani Bosch	EP	02-02-86	1	Port Elizabeth	26-Feb
1.65		Tanya Joubert	CN	04-07-86	7	Potchefstroom	04-Feb
1.65		Rozanne du Toit	CG	29-06-87	1	Germiston	01-Mar
1.65		Lenca Lombaard	BO		1	Paarl	05-Mar
1.65		Berne Krugell	MP	03-08-87	2	Secunda	12-Mar
1.65		Somarlie du Plessis	BO	15-06-87	3	Paarl	20-Mar
1.65		Alinda Lombard	CG	30-09-87	5	Germiston	02-Apr

POLE VAULT

Under 20

3.82		Marne van der Burgh	BO	03-01-86	4	Durban	15-Apr
3.60		Leanne Viviers	WP	23-11-88	1	Parow	29-Jan

3.20		Nicole Loesch	BO	11-10-87	1	Cape Town	12-Feb
3.15		Anel Jansen	EP	24-10-86	1	Westbourne, PE	22-Jan
3.00		Nerine Smit	FS	23-06-87	1	Paarl	19-Mar
2.90		Marni Ingram	FS	15-10-87	3	Paarl	19-Mar

LONG JUMP

Under 20

6.03	1.4	Leandie Maritz	CG	25-02-87	1	Paarl	19-Mar
5.96	-0.8	Lindi van Dyk	GN	11-03-86	1	Germiston	01-Apr
5.64	-1.7	Carla Marais	VT	10-12-87	3	Germiston	01-Apr
5.64	0.0	Islarie Wessels	GN	02-08-87	1	Windhoek	09-Apr
5.62	1.8	Marike Steyn	LIM	10-01-87	3	Paarl	19-Mar
5.60	-1.3	Rochelle van der Merwe	EP	15-02-87	4	Germiston	01-Apr
5.52	0.4	Nerina Kruger	CG	31-07-87	1hp	Germiston	02-Apr
5.47	0.0	Chrissie Willemse	GN		1	Roodepoort	09-Feb
5.45	1.7	Marlize Cornelissen	BO	24-09-86	6	Johannesburg	23-Apr
5.43	0.0	Isobell Smith	CN		2	Roodepoort	09-Feb

5.29	1.2	Marna Fourie	WP	22-04-87	5	Paarl	12-Mar
5.29	1.3	P Sefala	NW		6	Paarl	19-Mar

Wind

6.00	2.8	Lindi van Dyk	GN	11-03-86	5	Durban	15-Apr
5.74	2.1	Carla Marais	VT	10-12-87	2	Paarl	19-Mar
5.69	3.1	Rochelle van der Merwe	EP	15-02-87	5	Johannesburg	23-Apr
5.51	3.2	Wilmili de Bruyn	CN	03-03-86	11	Durban	15-Apr

NWI

5.62		Nerina Kruger	CG	31-07-87	1	Roodepoort	19-Feb
5.58		Mariaan Booysen	CG	20-06-86	2	Pretoria	05-Mar
5.38		Bianca Erasmus	GN	13-10-89	1	Pretoria	05-Mar

TRIPLE JUMP

Under 20

11.70	1.1	Rochelle van der Merwe	EP	15-02-87	6	Johannesburg	22-Apr
11.37	-1.9	Marike Steyn	LIM	10-01-87	1	Paarl	20-Mar
11.12	0.0	Carla Marais	VT	10-12-87	2	Paarl	20-Mar
11.07	0.0	Matsie Dikotla	LIM			Paarl	20-Mar
11.03	0.0	Magda du Plessis	MP	14-12-87	1	Paarl	20-Mar
11.00	-0.1	Jacomien van der Merwe	FS	04-01-87	1	Paarl	20-Mar
10.95	-0.6	P Sefala	NW		6	Paarl	20-Mar
10.91	1.2	Christi de Jager	CN	10-01-86	1	Potchefstroom	29-Jan
10.80	0.0	Monique van der Bank	CG		1	Roodepoort	09-Feb
10.71	0.0	H Willemse	BO		7	Paarl	20-Mar

10.70	1.2	Sinovia Morris	CN	31-08-86	2	Potchefstroom	29-Jan
-------	-----	----------------	----	----------	---	---------------	--------

Wind

12.06	2.1	Arlene Muller	CG	03-12-86	5	Durban	16-Apr
-------	-----	---------------	----	----------	---	--------	--------

NWI

11.67		Magda du Plessis	MP	14-12-87	1	Secunda	12-Mar
11.61		Marike Steyn	LIM	10-01-87	3	Windhoek	07-May
11.20		Rochelle van der Merwe	EP	15-02-87	1	Port Elizabeth	29-Jan
11.20		Islarie Wessels	GN	02-08-87	1	Pretoria	25-Feb
11.12		Matsie Dikotla	LIM		5	Windhoek	07-May
11.04		Christi de Jager	CN	10-01-86	1	Potchefstroom	05-Mar
10.99		Charne Nel	CN	20-01-86	2	Potchefstroom	05-Mar
10.96		Sinovia Morris	CN	31-08-86	3	Potchefstroom	05-Mar

10.84	Melissa Nieuwenhuys	CG		2	Roodepoort	19-Feb
10.80	Jacomien van der Merwe	FS	04-01-87	1	Pretoria (Men)	05-Feb
10.74	Mariaan Booysen	GN	20-06-86	2	Pretoria	05-Mar

SHOT PUT

Under 20 4kg

16.51	Marli Knoetze	LIM	02-10-87	1	Germiston	01-Apr
13.01	Sonnika Knoetze	CN	18-08-87	1	Paarl	20-Mar
12.68	Ursula Fourie	GN	30-01-87	2	Germiston	01-Apr
12.54	Lindy-Lee Kellerman	WP	19-02-87	3	Germiston	01-Apr
11.96	Anelda Smith	CN	07-08-86	2	Potchefstroom	05-Mar
12.02	Elizka van der Merwe	WP	22-06-87	1	Paarl	05-Mar
11.54	Lize Scholtz	FS		1	Sasolburg	26-Feb
11.46	Chrizzelle Swanepoel	FS		2	Sasolburg	26-Feb
11.31	I Meyer	EP		5	Paarl	20-Mar
11.14	Amanda Mynhardt	CN	09-01-86	1	Potchefstroom	29-Jan

DISCUS

Under 20 1 kg

47.53	Marli Knoetze	LM	02-10-87	1	Polokwane	18-Feb
42.35	Ursula Fourie	GN	30-01-87	1	Pretoria	05-Mar
39.07	Lindy-Lee Kellerman	WP	19-02-87	2	Paarl	19-Mar
37.20	Anelda Smith	CN	07-08-86	3	Germiston	02-Apr
36.37	N van der Walt	MP	06-04-87	1	Secunda	12-Mar
35.39	E de Kock	NW		3	Paarl	19-Mar
35.34	Christine le Roux	LIM		4	Paarl	19-Mar
35.00	T Smuts	CG		1	Germiston	01-Mar
33.85	Elizka van der Merwe	WP	22-06-87	1	Paarl	05-Mar
33.18	Sonnika Knoetze	CN	18-08-87	1	Potchefstroom	19-Feb
33.16	Carmen Uys	CN	02-12-86	2	Potchefstroom	19-Feb

HAMMER

Under 20 4kg

46.64	Karin le Roux	BO	26-03-87	4	Durban	15-Apr
41.10	Karin Muller	FS	13-01-86	2	Germiston	01-Apr
39.61	Elizka van der Merwe	WP	22-06-87	2	Paarl	12-Mar
37.88	Corrie Bloem	MP	05-08-87	4	Germiston	01-Apr
37.71	Anelda Smith	CN	07-08-86	1	Potchefstroom	05-Mar
37.10	Bertha Naude	CN	24-04-87	1	Potchefstroom	19-Feb
36.59	Lozahn du Preez	CN	04-11-88	1	Potchefstroom	19-Feb
32.12	Jolandie Groenewald	WP	24-03-87	5	Germiston	01-Apr
30.52	Lelanie Hattingh	CN		3	Potchefstroom	05-Mar
30.56	Margretha Cloete	BO		3	Paarl	05-Mar
29.06	Anel Oosthuizen	EP		4	Paarl	19-Mar

JAVELIN

Under 20 600g

48.04	Anzel van der Schyff	LM	19-03-87	5	Durban	16-Apr
46.11	Nicole Nel	BO	16-09-87	1q	Paarl	20-Mar
45.80	Riatha Jacobs	CN	09-05-86	1	Germiston	01-Apr
45.02	Sonnika Knoetze	CN	18-08-87	1	Roodepoort	09-Feb
45.76	Aneen Groenewald	WP	06-03-87	6	Durban	16-Apr
42.86	Mariska Botes	VT	06-11-87	4	Paarl	20-Mar
42.34	Nadine Brits	MP	17-02-87	5	Germiston	01-Apr
41.85	H Cloete	FS		3q	Paarl	20-Mar
40.70	Tarien Venter	CN	25-07-86	2	Potchefstroom	22-Feb
40.33	Cherise Meyer	MP		2	Roodepoort	09-Feb

HEPTATHLON**Under 20**

4 487	Heike Kotze	GN	11-12-87	1	Germiston	1/2 Apr
4 448	Nerina Kruger	CG	31-07-87	2	Germiston	1/2 Apr
3 527	Anéret Viljoen	GN	17-07-87	3	Germiston	1/2 Apr
3 036	Magda Lamprecht	GN	03-12-87	3	Pretoria	4/5 Mar
2 810	Isobel Smit	GN		4	Germiston	1/2 Apr

4x100m Relay

47.92	Central Gauteng	CG		1	Germiston	02-Apr
48.32	Central North West	CN		2	Germiston	02-Apr
48.34	SA Schools			2	Windhoek	07-May
49.59	Boland	BO		3	Germiston	02-Apr
50.17	Gauteng North	GN		4	Germiston	02-Apr

4x400m Relay

3:52.32	SA Schools			2	Windhoek	07-May
3:55.91	Central Gauteng	CG		1	Germiston	02-Apr
3:56.74	Gauteng North	GN		4	Germiston	02-Apr

10000m WALK**Under 20**

51:24.21	Handrie Botha	CN	25-02-86	1	Potchefstroom	05-Mar
58:00.00	Karlién Doubell	EP	01-01-87	1	Port Elizabeth	26-Feb
59:48.00	Elana Louw	FS	02-07-87	2	Paarl	19-Mar
1h 02:21	Robyn-Lee Grobler	EP	03-07-87	2	Port Elizabeth	26-Feb
1h 04:42.9	Natasha Cohen	KZ		3	Paarl	19-Mar
1h 08:51.5	Nozipho Slimela	KZ		5	Paarl	19-Mar

Ends