

## 2005 SOUTH AFRICAN SENIOR TOP TEN LIST

Compiled by Gert le Roux

As at 09-May-05

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(Qualifiers for the World Championships are printed in bold)

### MEN

| Perf.                      | W/R         | Athlete             | Prov      | DOB           | Pos.     | Venue               | Date          |
|----------------------------|-------------|---------------------|-----------|---------------|----------|---------------------|---------------|
| <b>100m</b>                |             |                     |           |               |          |                     |               |
| World Champ. Qual. - 10.21 |             |                     |           |               |          |                     |               |
| 10.27                      | -3.5        | Morne Nagel         | GN        | 230378        | 1        | Stellenbosch        | 11-Mar        |
| 10.28                      | -3.5        | Sherwin Vries       | EP        | 220380        | 2        | Stellenbosch        | 11-Mar        |
| 10.33                      | 1.6         | Leigh Julius        | EP        | 250385        | 1s3      | Johannesburg        | 22-Apr        |
| 10.35                      | 0.3         | Snyman Prinsloo     | FS        | 220584        | 2        | Krugersdorp         | 15-Jan        |
| 10.35                      | 1.3         | Jean du Randt       | CG        | 131285        | 1s1      | Johannesburg        | 22-Apr        |
| 10.41                      | 2.0         | Emile Britz         | CG        | 020984        | 1r2      | Krugersdorp         | 29-Jan        |
| 10.42                      | 1.7         | Xandre Strydom      | GN        | 160583        | 1s2      | Johannesburg        | 22-Apr        |
| 10.43                      | 0.0         | Lee-Roy Newton      | KZ        | 191278        | 2        | Oudtshoorn          | 05-Mar        |
| 10.49                      | -1.0        | Christiaan Krone    | CN        | 300884        | 1r2      | Pretoria            | 18-Mar        |
| 10.53                      | 0.0         | Sergio Mullins      | WP        | 120580        | 5        | Oudtshoorn          | 05-Mar        |
| 10.53                      | 1.6         | Pierre Meintjies    | CN        | 140586        | 2s3      | Johannesburg        | 22-Apr        |
| Wind                       |             |                     |           |               |          |                     |               |
| 10.32                      | 2.2         | Lee-Roy Newton      | KZ        | 191278        | 1s1      | Durban              | 15-Apr        |
| 10.34                      | 2.5         | Jean du Randt       | CG        | 131285        | 1        | Durban              | 16-Apr        |
| 10.39                      | 5.2         | Sergio Mullins      | WP        | 120580        | 1        | Parow               | 26-Feb        |
| 10.49                      | 3.1         | Dean Wicks          | KZ        | 050583        | 3s2      | Durban              | 15-Apr        |
| <b>200m</b>                |             |                     |           |               |          |                     |               |
| WCQ - 20.59                |             |                     |           |               |          |                     |               |
| <b>20.35</b>               | <b>-0.3</b> | <b>Morne Nagel</b>  | <b>GN</b> | <b>230378</b> | <b>1</b> | <b>Stellenbosch</b> | <b>11-Mar</b> |
| <b>20.47</b>               | <b>-0.3</b> | <b>Leigh Julius</b> | <b>EP</b> | <b>250385</b> | <b>2</b> | <b>Stellenbosch</b> | <b>11-Mar</b> |
| 20.69                      | 1.9         | Jan van der Merwe   | FS        | 160384        | 1        | Bloemfontein        | 05-Feb        |
| 20.73                      | 0.6         | Sherwin Vries       | EP        | 220380        | 2        | Oudtshoorn          | 05-Mar        |
| 20.90                      | 0.3         | Jean du Randt       | CG        | 131285        | 4        | Pretoria            | 18-Mar        |
| 20.96                      | 0.6         | Marcus la Grange    | WP        | 121277        | 3        | Oudtshoorn          | 05-Mar        |
| 21.03                      | 0.6         | Snyman Prinsloo     | FS        | 220584        | 4        | Oudtshoorn          | 05-Mar        |
| 21.04                      | -0.3        | Sergio Mullins      | WP        | 120580        | 6        | Stellenbosch        | 11-Mar        |
| 21.15                      | -0.3        | Lee-Roy Newton      | KZ        | 191278        | 7        | Stellenbosch        | 11-Mar        |
| 21.25                      | 0.0         | Xandre Strydom      | GN        | 160583        | 1r2      | Potchefstroom       | 04-Feb        |
| NWI                        |             |                     |           |               |          |                     |               |
| 21.21                      |             | LJ van Zyl          | GN        | 200785        | 1        | Roodepoort          | 22-Jan        |
| Wind                       |             |                     |           |               |          |                     |               |
| 20.38                      | 2.3         | Leigh Julius        | EP        | 250385        | 1        | Durban              | 16-Apr        |
| 20.91                      | 2.3         | Snyman Prinsloo     | FS        | 220584        | 2        | Durban              | 16-Apr        |
| 21.01                      | 3.3         | Lee-Roy Newton      | KZ        | 191278        | 1s2      | Durban              | 15-Apr        |
| Hand                       |             |                     |           |               |          |                     |               |
| 20.8                       |             | Xandre Strydom      | GN        | 160583        | 1        | Pretoria            | 12-Mar        |

|              |  |                         |           |               |          |             |                        |
|--------------|--|-------------------------|-----------|---------------|----------|-------------|------------------------|
| <b>400m</b>  |  |                         |           |               |          |             |                        |
|              |  |                         |           |               |          | WCQ - 45.55 |                        |
| <b>45.42</b> |  | <b>Ofentse Mogawana</b> | <b>GN</b> | <b>200282</b> | <b>2</b> |             | <b>Pretoria 18-Mar</b> |
| 45.71        |  | Marcus la Grange        | WP        | 121277        | 3        |             | Pretoria 18-Mar        |
| 45.73        |  | Jan van der Merwe       | FS        | 160384        | 4        |             | Pretoria 18-Mar        |
| 45.87        |  | Hendrick Mokganyetsi    | GN        | 070975        | 5        |             | Pretoria 18-Mar        |
| 46.01        |  | Chris Gebhardt          | GN        | 100285        | 6        |             | Pretoria 18-Mar        |
| 46.28        |  | LJ van Zyl              | GN        | 200785        | 1        |             | Pretoria 30-Mar        |
| 46.64        |  | Alwyn Myburgh           | GN        | 131080        | 4        |             | Bloemfontein 11-Feb    |
| 46.70        |  | Ter de Villiers         | BO        | 130782        | 4        |             | Oudtshoorn 05-Mar      |
| 46.76        |  | Ruben Majola            | CG        | 280886        | 1        |             | Germiston 01-Apr       |
| 46.83        |  | Collen Mathebula        | GN        |               | 1r2      |             | Pretoria 18-Mar        |
| 46.95        |  | Nico Oosthuizen         | FS        | 281284        | 7        |             | Pretoria 18-Mar        |

|                |  |                          |           |               |          |               |                        |
|----------------|--|--------------------------|-----------|---------------|----------|---------------|------------------------|
| <b>800m</b>    |  |                          |           |               |          |               |                        |
|                |  |                          |           |               |          | WCQ - 1:45.40 |                        |
| <b>1:44.65</b> |  | <b>Mbulaeni Mulaudzi</b> | <b>VT</b> | <b>080980</b> | <b>1</b> |               | <b>Pretoria 18-Mar</b> |
| 1:45.51        |  | Hezekiel Sepeng          | CN        | 300674        | 2        |               | Durban 16-Apr          |
| 1:45.62        |  | Werner Botha             | GN        | 310178        | 2        |               | Pretoria 18-Mar        |
| 1:46.78        |  | Johan Cronje             | FS        | 130482        | 1        |               | Potchefstroom 04-Feb   |
| 1:46.87        |  | Isaiah Nkuna             | GN        | 050377        | 4        |               | Durban 16-Apr          |
| 1:46.93        |  | Johan Pretorius          | CG        | 230982        | 4        |               | Pretoria 18-Mar        |
| 1:46.98        |  | Charles Jantjies         | VT        | 210782        | 2        |               | Potchefstroom 04-Feb   |
| 1:47.57        |  | Bonolo Maboja            | CG        | 240885        | 5        |               | Pretoria 18-Mar        |
| 1:47.67        |  | Shaun Abrahams           | WP        | 040770        | 5        |               | Durban 16-Apr          |
| 1:47.76        |  | Gerrit Woest             | GN        | 150379        | 6        |               | Pretoria 18-Mar        |

|              |  |                               |    |        |     |               |                   |
|--------------|--|-------------------------------|----|--------|-----|---------------|-------------------|
| <b>1500m</b> |  |                               |    |        |     |               |                   |
|              |  |                               |    |        |     | WCQ - 3:36.20 |                   |
| 3:39.90      |  | Johan Cronje                  | FS | 130482 | 1   |               | Durban 18-Feb     |
| 3:40.23      |  | Johan Pretorius               | CG | 230982 | 2   |               | Durban 18-Feb     |
| 3:41.84      |  | Ruben Ramolefi                | CG | 170778 | 2   |               | Oudtshoorn 05-Mar |
| 3:43.61      |  | Francois Pretorius            | FS | 110284 | 3   |               | Durban 18-Feb     |
| 3:43.62      |  | Peter van der Westhuizen (GN) |    | 211284 | 1rB |               | Stanford 26-Mar   |
| 3:43.92      |  | Juan van Deventer             | CG | 260383 | 4   |               | Durban 18-Feb     |
| 3:44.03      |  | Lucky Hadebe (CG)             |    | 020180 | 5   |               | Stanford 26-Mar   |
| 3:44.60      |  | Heinrich Schultz              | FS | 030283 | 5   |               | Durban 18-Feb     |
| 3:44.68      |  | Samson Ngoepe                 | CG | 280185 | 3   |               | Durban 16-Apr     |
| 3:45.57      |  | Isaac Mboyaza                 | CG | 260986 | 4   |               | Durban 16-Apr     |

|                 |     |                          |    |        |   |                 |                     |
|-----------------|-----|--------------------------|----|--------|---|-----------------|---------------------|
| <b>One Mile</b> |     |                          |    |        |   |                 |                     |
|                 |     |                          |    |        |   | (ind - indoors) |                     |
| 4:03.56         | ind | Peter van der Westhuizen | GN | 211284 | 2 |                 | Lincoln, Neb 26-Feb |
| 4:05.56         | ind | Lucky Hadebe             | CG | 020180 | 6 |                 | Fayetteville 12-Feb |

|              |  |                  |    |        |   |  |                      |
|--------------|--|------------------|----|--------|---|--|----------------------|
| <b>3000m</b> |  |                  |    |        |   |  |                      |
| 8:03.13      |  | Hendrick Ramaala | CG | 020272 | 1 |  | Potchefstroom 04-Feb |
| 8:03.70      |  | Ruben Ramolefi   | CG | 170778 | 3 |  | Potchefstroom 04-Feb |
| 8:08.74      |  | Shadrack Hoff    | GN | 190573 |   |  | Potchefstroom 04-Feb |
| 8:09.42      |  | Frank Lekwi      | FS | 060682 | 2 |  | Pretoria 18-Mar      |

|         |  |                   |    |        |   |               |        |
|---------|--|-------------------|----|--------|---|---------------|--------|
| 8:10.73 |  | David Mokwana     | CG | 290779 | 3 | Pretoria      | 18-Mar |
| 8:11.41 |  | Johan Pretorius   | CG | 230982 | 5 | Potchefstroom | 04-Feb |
| 8:11.41 |  | Enos Matelane     | FS | 110879 | 2 | Bloemfontein  | 11-Feb |
| 8:11.75 |  | Zolile Bhitane    | TR | 051085 | 4 | Pretoria      | 18-Mar |
| 8:11.81 |  | Juan van Deventer | CG | 260383 | 6 | Potchefstroom | 04-Feb |
| 8:12.21 |  | Coolboy Ngamole   | CG | 270679 | 5 | Pretoria      | 18-Mar |

### 5000m

WCQ - 13:21.50

|          |  |                  |      |        |    |           |        |
|----------|--|------------------|------|--------|----|-----------|--------|
| 13:34.01 |  | Shadrack Hoff    | GN   | 190573 | 1  | Durban    | 18-Feb |
| 13:36.32 |  | Hendrick Ramaala | CG   | 020272 | 2  | Durban    | 18-Feb |
| 13:40.56 |  | Enos Matelane    | FS   | 110879 | 3  | Durban    | 18-Feb |
| 13:56.14 |  | Coolboy Ngamole  | CG   | 270679 | 1  | Durban    | 16-Apr |
| 14:02.89 |  | Sylvester Moleko | GN   |        | 4  | Durban    | 18-Feb |
| 14:07.12 |  | David Mokwana    | CG   | 290779 | 5  | Durban    | 18-Feb |
| 14:08.50 |  | Avukile Ntongana | WP   | 040785 | 1  | Cape Town | 23-Mar |
| 14:09.72 |  | Lusapho April    | Bor  | 240582 | 2  | Durban    | 16-Apr |
| 14:15.85 |  | Marc Rodriques   | (CG) | 090282 | 23 | Walnut    | 15-Apr |
| 14:19.61 |  | Zolile Bhitane   | TR   | 051085 | 6  | Durban    | 18-Feb |

### 10000m

WCQ - 27:49.00

|          |  |                     |     |        |   |              |        |
|----------|--|---------------------|-----|--------|---|--------------|--------|
| 28:55.61 |  | Coolboy Ngamole     | CG  | 270679 | 1 | Durban       | 15-Apr |
| 28:59.64 |  | Teddy Hutamo        | CG  | 250369 | 2 | Durban       | 15-Apr |
| 29:01.21 |  | Mbongeni Ngxazozo   | WP  | 020280 | 3 | Durban       | 15-Apr |
| 29:06.60 |  | Richard Mavuso      | GN  | 300378 | 4 | Durban       | 15-Apr |
| 29:14.67 |  | Thubulethu Phaku    | KZ  | 041279 | 5 | Durban       | 15-Apr |
| 29:20.13 |  | Hendrick Ramaala    | CG  | 020272 | 1 | Stellenbosch | 11-Mar |
| 29:20.30 |  | Lindikaya Mthangayi | WP  | 040679 | 2 | Stellenbosch | 11-Mar |
| 29:22.05 |  | Stephen Mokoka      | VT  | 010285 | 6 | Durban       | 15-Apr |
| 29:30.61 |  | Mthetho Goxo        | CG  |        | 7 | Durban       | 15-Apr |
| 29:37.39 |  | Zongamele Dyubeni   | BOR |        | 8 | Durban       | 15-Apr |

### 3000m Steeplechase

WCQ - 8:24.60

|         |  |                    |    |        |   |        |        |
|---------|--|--------------------|----|--------|---|--------|--------|
| 8:24.74 |  | Ruben Ramolefi     | CG | 170778 | 1 | Durban | 16-Apr |
| 8:29.00 |  | Emanuel Mkhabela   | FS | 190779 | 2 | Durban | 16-Apr |
| 8:31.29 |  | Petros Monyani     | CG | 290976 | 3 | Durban | 16-Apr |
| 8:39.24 |  | Sivuyile Dlongwana | TR | 210881 | 2 | Durban | 18-Feb |
| 8:45.63 |  | Johannes Ndala     | FS | 141176 | 4 | Durban | 16-Apr |
| 8:50.50 |  | Jan Mosalane       | FS |        | 5 | Durban | 16-Apr |
| 8:52.11 |  | Thabo Mapogoshe    | VT | 200282 | 4 | Durban | 18-Feb |
| 8:57.24 |  | Sello Mahase       | CG | 241184 | 8 | Durban | 16-Apr |
| 8:58.19 |  | Steve Ngqola       | GN | 251287 | 9 | Durban | 16-Apr |
| 8:58.54 |  | Friedel Maans      | WP | 120182 | 1 | Parow  | 29-Jan |

### 110m Hurdles

WCQ - 13.55

|       |      |                 |    |        |   |               |        |
|-------|------|-----------------|----|--------|---|---------------|--------|
| 13.64 | 1.3  | Hennie Kotze    | CN | 040284 | 1 | Potchefstroom | 06-Apr |
| 13.65 | -0.1 | Shaun Bownes    | CN | 241070 | 1 | Potchefstroom | 08-Feb |
| 13.82 | -0.8 | Ruan de Vries   | GN | 010286 | 1 | Potchefstroom | 04-Feb |
| 13.84 | -0.8 | Frikkie van Zyl | WP | 300781 | 2 | Potchefstroom | 04-Feb |

|       |      |                    |    |        |   |               |        |
|-------|------|--------------------|----|--------|---|---------------|--------|
| 14.04 | 1.3  | Janko Kotze        | CG | 030382 | 2 | Potchefstroom | 06-Apr |
| 14.09 | -0.8 | Ryan Dowling       | CN | 150579 | 4 | Potchefstroom | 04-Feb |
| 14.14 | -1.7 | Francois Potgieter | FS | 240278 | 3 | Durban        | 18-Feb |
| 14.26 | -2.1 | Gustav Kukkuk      | FS | 201284 | 4 | Bloemfontein  | 11-Feb |
| 14.29 | -0.8 | Stefan Hanekom     | GN | 180780 | 5 | Potchefstroom | 04-Feb |
| 14.35 | -0.8 | Bruce Bickell      | MP | 071081 | 7 | Potchefstroom | 04-Feb |

#### Wind-assisted

|       |     |                 |    |        |     |             |        |
|-------|-----|-----------------|----|--------|-----|-------------|--------|
| 13.77 | 2.5 | Frikkie van Zyl | WP | 300781 | 1   | Durban      | 16-Apr |
| 13.97 | 2.5 | Janko Kotze     | CG | 030382 | 2   | Durban      | 16-Apr |
| 13.94 | 3.3 | Ryan Dowling    | CN | 150579 | 1   | Krugersdorp | 29-Jan |
| 14.32 | 2.2 | Johan Koen      | BO | 130783 | 1r2 | Durban      | 15-Apr |

#### Hand

|      |     |                 |    |        |   |              |        |
|------|-----|-----------------|----|--------|---|--------------|--------|
| 13.3 | 1.0 | Frikkie van Zyl | WP | 300781 | 1 | Parow        | 29-Jan |
| 13.6 | 1.2 | Janko Kotze     | CG | 030382 | 1 | Johannesburg | 26-Feb |

#### NWI

|       |  |              |    |        |   |            |        |
|-------|--|--------------|----|--------|---|------------|--------|
| 14.04 |  | Ryan Dowling | CG | 150579 | 1 | Roodepoort | 22-Jan |
|-------|--|--------------|----|--------|---|------------|--------|

#### 400m Hurdles

WCQ - 49.20

|              |  |                           |           |               |          |                      |               |
|--------------|--|---------------------------|-----------|---------------|----------|----------------------|---------------|
| <b>48.39</b> |  | <b>LJ (Louis) van Zyl</b> | <b>GN</b> | <b>200785</b> | <b>1</b> | <b>Durban</b>        | <b>16-Apr</b> |
| <b>48.57</b> |  | <b>Llewellyn Herbert</b>  | <b>GN</b> | <b>210777</b> | <b>2</b> | <b>Durban</b>        | <b>16-Apr</b> |
| <b>48.70</b> |  | <b>Ter de Villiers</b>    | <b>BO</b> | <b>130782</b> | <b>3</b> | <b>Durban</b>        | <b>16-Apr</b> |
| <b>48.75</b> |  | <b>Alwyn Myburgh</b>      | <b>GN</b> | <b>131080</b> | <b>1</b> | <b>Stellenbosch</b>  | <b>11-Mar</b> |
| <b>48.98</b> |  | <b>Ockert Cilliers</b>    | <b>CN</b> | <b>210481</b> | <b>1</b> | <b>Potchefstroom</b> | <b>04-Feb</b> |
| 49.25        |  | Wouter le Roux            | GN        | 170186        | 3        | Potchefstroom        | 04-Feb        |
| 49.51        |  | Francois Malan            | GN        | 110581        | 4        | Bloemfontein         | 11-Feb        |
| 50.02        |  | Pieter Koekemoer          | KZ        | 120182        | 2        | Johannesburg         | 23-Apr        |
| 51.08        |  | Johann Hanekom            | GN        | 031286        | 6        | Bloemfontein         | 11-Feb        |
| 51.10        |  | Marcus la Grange          | WP        | 121277        | 1        | Cape Town            | 23-Mar        |

#### High Jump

WCQ - 2.30

|             |  |                        |           |               |          |                   |               |
|-------------|--|------------------------|-----------|---------------|----------|-------------------|---------------|
| <b>2.38</b> |  | <b>Jacques Freitag</b> | <b>GN</b> | <b>110682</b> | <b>1</b> | <b>Oudtshoorn</b> | <b>05-Mar</b> |
| <b>2.30</b> |  | <b>Ramsay Carelse</b>  | <b>WP</b> | <b>301085</b> | <b>2</b> | <b>Oudtshoorn</b> | <b>05-Mar</b> |
| 2.20        |  | Zieg Veenemans         | MP        | 130583        | 2        | Krugersdorp       | 15-Jan        |
| 2.14        |  | Adrian Williams        | WP        | 190582        | 1        | Cape Town         | 23-Mar        |
| 2.10        |  | Raymond Fletcher       | CG        | 230180        | 4        | Krugersdorp       | 15-Jan        |
| 2.10        |  | Fanie van Rensburg     | CN        | 030286        | 1        | Potchefstroom     | 24-Jan        |
| 2.10        |  | Leendert Haasbroek     | GN        | 280586        | 1        | Germiston         | 02-Apr        |
| 2.10        |  | Sean Stone             | WP        | 190588        | 1        | Germiston         | 02-Apr        |
| 2.09        |  | Jaco Joubert           | MP        | 020980        | 1        | Secunda           | 12-Mar        |
| 2.07        |  | Francois Potgieter     | FS        | 240278        | 1de      | Durban            | 18-Feb        |

#### Pole Vault

WCQ - 5.75

|      |  |                   |    |        |   |              |        |
|------|--|-------------------|----|--------|---|--------------|--------|
| 5.50 |  | Okkert Brits      | BO | 220873 | 1 | Bloemfontein | 11-Feb |
| 5.30 |  | Riaan Botha       | GN | 081170 | 1 | Pretoria     | 12-Mar |
| 5.20 |  | Fanie Jacobs      | WP | 210476 | 2 | Stellenbosch | 11-Mar |
| 5.02 |  | Johann du Plessis | BO | 260381 | 2 | Pretoria     | 18-Mar |
| 5.00 |  | Brent Howell      | WP | 230686 | 1 | Paarl        | 05-Mar |
| 4.90 |  | Pieter van Breda  | BO | 300184 | 1 | Stellenbosch | 19-Feb |

|      |  |                     |    |        |   |              |        |
|------|--|---------------------|----|--------|---|--------------|--------|
| 4.80 |  | Francois Coetzer    | WP | 131180 | 2 | Stellenbosch | 21-Jan |
| 4.62 |  | Wouter Lombaard     | GN | 080182 | 4 | Pretoria     | 18-Mar |
| 4.20 |  | Francois Germishuys | BO | 311087 | 1 | Paarl        | 12-Mar |
| 4.10 |  | Sors Joubert        | WP | 240584 | 3 | Cape Town    | 25-Jan |

### Long Jump

WCQ - 8.20

|             |            |                               |           |               |          |                     |               |
|-------------|------------|-------------------------------|-----------|---------------|----------|---------------------|---------------|
| <b>8.37</b> | <b>1.1</b> | <b>Godfrey Khotso Mokoena</b> | <b>VT</b> | <b>060385</b> | <b>1</b> | <b>Johannesburg</b> | <b>22-Apr</b> |
| 8.05        | 0.8        | Martin McClintock             | CG        | 300675        | 1        | Pretoria            | 18-Mar        |
| 7.85        | 0.8        | Yaw Fosu-Amoah                | GN        | 081081        | 3        | Oudtshoorn          | 05-Mar        |
| 7.76        | 0.7        | Francois Coetzee              | CG        | 300775        | 2        | Krugersdorp         | 15-Jan        |
| 7.59        | 0.5        | Keenan Watson                 | BO        | 030388        | 1        | Paarl               | 05-Mar        |
| 7.49        | 1.1        | Calla Fourie                  | VT        | 021183        | 4        | Johannesburg        | 22-Apr        |
| 7.31        | 0.6        | Avishkar Ajooda               | CG        | 080482        | 3        | Pretoria            | 18-Mar        |
| 7.31        | 2.0        | Pieter Smit                   | CG        | 230386        | 8        | Durban              | 16-Apr        |
| 7.30        | 0.1        | Nico Grimbeek                 | GN        | 110282        | 4        | Potchefstroom       | 04-Feb        |
| 7.23        | 1.0        | Kenny Jooste                  | FS        | 130186        | 5        | Johannesburg        | 22-Apr        |
| 7.19        | 0.0        | Willem Coertzen               | CN        | 301282        | 5        | Potchefstroom       | 04-Feb        |

Wind

|      |     |                    |    |        |   |              |        |
|------|-----|--------------------|----|--------|---|--------------|--------|
| 8.25 | 3.3 | Martin McClintock  | CG | 300675 | 2 | Durban       | 15-Apr |
| 7.85 | 2.2 | Pieter Smit        | CG | 230386 | 1 | Stellenbosch | 11-Mar |
| 7.63 | 2.5 | Tiaan Pretorius    | FS | 050581 | 4 | Durban       | 15-Apr |
| 7.40 | 2.1 | Avishkar Ajooda    | CG | 080482 | 5 | Durban       | 15-Apr |
| 7.37 | 2.2 | Ethan Alexander    | EP | 270188 | 7 | Durban       | 15-Apr |
| 7.22 | 3.7 | Driaan Cornelissen | WP | 040882 | 1 | Parow        | 26-Feb |

### Triple Jump

WCQ - 17.10

(\* - best legal jump)

|              |            |                        |           |               |          |               |               |
|--------------|------------|------------------------|-----------|---------------|----------|---------------|---------------|
| <b>17.25</b> | <b>1.3</b> | <b>Godfrey Mokoena</b> | <b>VT</b> | <b>060385</b> | <b>1</b> | <b>Durban</b> | <b>16-Apr</b> |
| 15.60        | 0.7        | Jason Kidza-Sewenyana  | KZ        | 030182        | 1        | Krugersdorp   | 15-Jan        |
| 15.12        | 0.7        | Stefan van Heerden     | FS        | 090984        | 4        | Johannesburg  | 23-Apr        |
| 15.07        | 0.5        | Adewale Adejumo        | KZ        | 110385        | 5        | Johannesburg  | 23-Apr        |
| 15.05        | 0.6        | Adrian Williams        | WP        | 190582        | 6        | Johannesburg  | 23-Apr        |
| 15.02        | 1.1        | Charles le Roux        | MP        | 080585        | 3        | Durban        | 18-Feb        |
| 14.79        | 1.1        | Ethan Alexander        | EP        | 270188        | 4        | Durban        | 16-Apr        |
| 14.76        | 0.7        | Isaac Ponu             | CG        | 040681        | 5        | Durban        | 16-Apr        |
| 14.72        | 1.8        | Tumelo Thagane         | CN        | 030784        | 1        | Durban        | 16-Apr        |
| 14.70        | 1.1        | Martin McClintock      | CG        | 300675        | 7        | Johannesburg  | 23-Apr        |

Wind

|       |     |                  |    |        |   |        |        |
|-------|-----|------------------|----|--------|---|--------|--------|
| 15.23 | 2.7 | Elmarco Matthews | BO | 280180 | 3 | Durban | 16-Apr |
|-------|-----|------------------|----|--------|---|--------|--------|

### SHOT

WCQ - 20.50

|       |  |                    |    |        |    |               |        |
|-------|--|--------------------|----|--------|----|---------------|--------|
| 19.89 |  | Janus Robberts     | LM | 100379 | 1  | Durban        | 15-Apr |
| 19.25 |  | Burger Lambrechts  | GN | 030473 | 2  | Oudtshoorn    | 05-Mar |
| 18.74 |  | Roelie Potgieter   | GN | 200380 | 2  | Stellenbosch  | 11-Mar |
| 16.92 |  | Kosie Barnard      | GN | 100185 | 4  | Pretoria      | 18-Mar |
| 16.61 |  | Johannes van Wyk   | GN | 160380 | 1q | Johannesburg  | 23-Apr |
| 16.53 |  | Ross Jordaan       | BO | 290185 | 1  | Cape Town     | 23-Mar |
| 16.50 |  | Donovan Snyman     | GN | 300586 | 1  | Pretoria      | 29-Jan |
| 16.00 |  | Kobus van Zyl      | EP | 080155 | 1  | Westbourne PE | 15-Jan |
| 15.97 |  | Danie Bezuidenhout | GN | 250285 | 4  | Potchefstroom | 04-Feb |
| 15.70 |  | Nico Loggenberg    | GN | 230276 | 5  | Durban        | 15-Apr |

|               |                   |    |        |     |               |        |
|---------------|-------------------|----|--------|-----|---------------|--------|
| <b>Discus</b> | WCQ - 65.00       |    |        |     |               |        |
| 61.01         | Frantz Kruger     | BO | 220575 | 1   | Durban        | 16-Apr |
| 60.90         | Hannes Hopley     | NW | 200181 | 1c2 | Arlington     | 02-Apr |
| 60.04         | Johannes van Wyk  | GN | 160380 | 1q  | Johannesburg  | 22-Apr |
| 53.84         | Chris Harmse      | VT | 310573 | 3   | Durban        | 16-Apr |
| 53.42         | Marius Bester     | CN | 250585 | 1   | Potchefstroom | 06-Apr |
| 51.68         | Burger Lambrechts | GN | 030473 | 2   | Pretoria      | 30-Mar |
| 50.97         | Kobus van Zyl     | EP | 080155 | 1   | Westbourne PE | 22-Jan |
| 50.65         | Nico Loggenberg   | GN | 230276 | 4   | Durban        | 15-Apr |
| 50.27         | Stefan Joubert    | FS | 230681 | 3   | Bloemfontein  | 11-Feb |
| 48.10         | Roelie Potgieter  | GN | 200380 | 3   | Johannesburg  | 22-Apr |

|               |                     |           |               |          |               |               |
|---------------|---------------------|-----------|---------------|----------|---------------|---------------|
| <b>Hammer</b> | WCQ - 78.65         |           |               |          |               |               |
| <b>80.63</b>  | <b>Chris Harmse</b> | <b>VT</b> | <b>310573</b> | <b>1</b> | <b>Durban</b> | <b>15-Apr</b> |
| 71.29         | Werner Smit         | BO        | 140984        | 2        | Potchefstroom | 04-Feb        |
| 61.57         | Kristiaan Bekker    | CG        | 160680        | 2        | Pretoria      | 30-Mar        |
| 60.72         | Johan Harmse        | VT        | 210583        | 1        | Johannesburg  | 23-Apr        |
| 51.67         | Jaco Bruwer         | BO        | 160586        | 2        | Johannesburg  | 23-Apr        |
| 50.83         | Burger Lambrechts   | GN        | 030473        | 4        | Pretoria      | 30-Mar        |
| 50.04         | Bertus Furstenburg  | CG        | 150186        | 1        | Krugersdorp   | 15-Jan        |
| 49.65         | Johan Kruger        | WP        | 150487        | 3        | Stellenbosch  | 11-Mar        |
| 49.58         | Meyer Conradie      | CN        | j             | 3        | Johannesburg  | 23-Apr        |
| 48.72         | Jayde Wiggins       | WP        | 050188        | 1        | Cape Town     | 23-Mar        |

|                |                   |      |        |   |               |        |
|----------------|-------------------|------|--------|---|---------------|--------|
| <b>Javelin</b> | WCQ - 81.80       |      |        |   |               |        |
| 80.03          | Lohan Rautenbach  | CN   | 060286 | 1 | Durban        | 05-Mar |
| 77.07          | Hardus Pienaar    | CN   | 100881 | 2 | Potchefstroom | 04-Feb |
| 75.72          | Willie Human      | CN   | 080382 | 1 | Johannesburg  | 23-Apr |
| 74.74          | Gerbrandt Grobler | CN   | 260183 | 2 | Potchefstroom | 04-Feb |
| 74.00          | Kobus Smit (GN)   | (GN) | 310383 | 1 | Charlotte, NC | 02-Apr |
| 72.16          | Tommie du Toit    | CN   | 170882 | 6 | Potchefstroom | 04-Feb |
| 71.48          | Robert Oosthuizen | BO   | 230187 | 3 | Durban        | 16-Apr |
| 71.35          | Brian Erasmus     | CN   | 280280 | 3 | Oudtshoorn    | 05-Mar |
| 68.27          | Frans Human       | FS   | 100379 | 1 | Bloemfontein  | 04-Mar |
| 67.86          | Dewald Nel        | CN   | 100186 | 5 | Johannesburg  | 23-Apr |

|                  |                    |    |        |   |              |           |
|------------------|--------------------|----|--------|---|--------------|-----------|
| <b>Decathlon</b> | WCQ - 8.050 pts    |    |        |   |              |           |
| 7 272            | Francois Potgieter | FS | 240278 | 1 | Durban       | 15-16Apr  |
| 6 723            | Terry Wepener      | CG | 080282 | 3 | Johannesburg | 22-23 Apr |
| 6 664            | Jannie Botha       | FS | 300378 | 1 | Germiston    | 1-2 Apr   |
| 6 790            | Sors Joubert       | BO | 240584 | 2 | Johannesburg | 22-23 Apr |
| 6 586            | Johan Koen         | BO | 130783 | 4 | Johannesburg | 22-23 Apr |
| 6 326            | Hanno Mattheus     | CN | 260284 | 3 | Durban       | 15-16Apr  |
| 6 058            | Calla Fourie       | GN | 021183 | 5 | Durban       | 15-16Apr  |
| 5 732            | Ruan Vorster       | GN | 150682 | 6 | Durban       | 15-16Apr  |
| 5 678            | Tinus de Bruin     | NW | 070286 | 1 | Germiston    | 1-2 Apr   |
| 5 417            | Cheslin McCree     | WP |        | 7 | Johannesburg | 22-23 Apr |

**3000m Walk**

|          |                    |    |        |   |               |        |
|----------|--------------------|----|--------|---|---------------|--------|
| 12:35.56 | Pieter Vorster     | WP | 240584 | 1 | Parow         | 15-Feb |
| 12:45.04 | Marc Mundell       | GN | 070783 | 1 | Potchefstroom | 04-Feb |
| 12:54.80 | Izak Nel           | BO | 100962 | 1 | Paarl         | 05-Feb |
| 12:54.93 | Marius Appel       | KZ | 040584 | 2 | Potchefstroom | 04-Feb |
| 13:08.28 | Jacobus van Dyk    | CN | 210685 | 3 | Potchefstroom | 04-Feb |
| 13:12.16 | Thami Hlatswayo    | GN | 200782 | 2 | Roodepoort    | 22-Jan |
| 13:13.43 | Thinus Esterhuizen | WP | 181285 | 2 | Parow         | 15-Feb |
| 13:22.02 | Nico Vorster       | WP | 061087 | 3 | Parow         | 15-Feb |
| 13:38.98 | Wayne Snyman       | CN | 080385 | 4 | Potchefstroom | 04-Feb |
| 13:52.06 | Chris Britz        | GN | 011263 | 5 | Potchefstroom | 04-Feb |

**5000m Walk**

|          |                    |    |        |   |           |        |
|----------|--------------------|----|--------|---|-----------|--------|
| 21:23.40 | Gideon Cillie      | WP | 250577 | 1 | Parow     | 26-Feb |
| 21:31.34 | Marc Mundell       | GN | 070783 | 1 | Durban    | 18-Feb |
| 21:31.36 | Thami Hlatswayo    | GN | 200782 | 1 | Pretoria  | 12-Mar |
| 21:51.58 | Izak Nel           | BO | 100962 | 1 | Cape Town | 12-Feb |
| 22:04.41 | Jacobus van Dyk    | CN | 210685 | 2 | Durban    | 18-Feb |
| 22:04.46 | Pieter Vorster     | WP | 240584 | 3 | Cape Town | 12-Feb |
| 22:14.17 | Marius Appel       | KZ | 040584 | 3 | Durban    | 18-Feb |
| 22:38.88 | Werner Appel       | KZ | 120687 | 4 | Durban    | 18-Feb |
| 23:22.53 | Thinus Esterhuizen | WP | 181285 | 4 | Cape Town | 12-Feb |
| 23:32.20 | Stefano Kruger     | WP | 221182 | 3 | Parow     | 26-Feb |

**10000M Walk (Track)**

|          |                   |    |        |   |              |        |
|----------|-------------------|----|--------|---|--------------|--------|
| 45:40.40 | Marc Mundell      | GN | 070783 | 1 | Pretoria     | 19-Mar |
| 45:56.20 | Thami Hlatswayo   | GN | 200782 | 2 | Pretoria     | 19-Mar |
| 47:35.30 | Petri du Toit     | EP | 121286 | 1 | Paarl        | 20-Mar |
| 47:50.90 | Werner Appel      | KZ | 120687 | 2 | Paarl        | 20-Mar |
| 48:14.90 | Bendre Rathbone   | EP | 100287 | 3 | Paarl        | 20-Mar |
| 48:21.88 | Danie Marais      | FS | 120575 | 1 | Bloemfontein | 05-Mar |
| 48:28.14 | Christiaan Wilson | FS | 210486 | 1 | Bloemfontein | 05-Mar |

**20000m Walk (Track)**

|             |                 |    |        |   |               |        |
|-------------|-----------------|----|--------|---|---------------|--------|
| 1h 34:50.00 | Jacobus van Dyk | CN | 210685 | 1 | Potchefstroom | 05-Mar |
| 1h 40:37.78 | Marc Mundell    | GN | 070783 | 1 | Germiston     | 26-Mar |
| 1h 40:58.71 | Wayne Snyman    | CN | 080385 | 2 | Potchefstroom | 05-Mar |
| 1h 42:29.97 | Thami Hlatswayo | GN | 200782 | 2 | Germiston     | 26-Mar |

**20 km Walk (Road)**

|         |                    |    |        |   |              |        |
|---------|--------------------|----|--------|---|--------------|--------|
|         | WCQ - 1h23:00      |    |        |   |              |        |
| 1:34:19 | Marc Mundell       | GN | 070783 | 1 | Johannesburg | 23-Apr |
| 1:35:06 | Thami Hlatswayo    | GN | 200782 | 2 | Johannesburg | 23-Apr |
| 1:36:48 | Gideon Cillie      | WP | 250577 | 1 | Parow        | 19-Mar |
| 1:37:26 | Isak Nel           | BO | 100962 | 2 | Parow        | 19-Mar |
| 1:37:59 | Jacobus van Dyk    | CN | 210685 | 3 | Johannesburg | 23-Apr |
| 1:38:09 | Pieter Vorster     | WP | 240584 | 3 | Parow        | 19-Mar |
| 1:38:19 | Wayne Snyman       | CN | 080385 | 2 | Durban       | 16-Apr |
| 1:39:17 | Werner Appel       | KZ | 120687 | 3 | Durban       | 16-Apr |
| 1:39:35 | Thinus Esterhuizen | WP | 181285 | 4 | Johannesburg | 23-Apr |

1:41:29                      Thapelo Mangole   CG   170577   4                      Durban   16-Apr

## WOMEN

### 100m

WCQ - 11.30

|              |            |                         |           |               |          |               |               |
|--------------|------------|-------------------------|-----------|---------------|----------|---------------|---------------|
| <b>11.07</b> | <b>1.6</b> | <b>Geraldine Pillay</b> | <b>GN</b> | <b>250877</b> | <b>1</b> | <b>Durban</b> | <b>16-Apr</b> |
| 11.36        | 0.1        | Janice Josephs          | WP        | 310382        | 2        | Pretoria      | 18-Mar        |
| 11.43        | 1.2        | Wendy Seegers           | CG        | 280276        | 1        | Johannesburg  | 22-Apr        |
| 11.64        | 0.6        | Estie Wittstock         | CG        | 150980        | 1        | Potchefstroom | 06-Apr        |
| 11.71        | -1.5       | Heide Seyerling         | EP        | 190876        | 1        | Durban        | 18-Feb        |
| 11.71        | 1.2        | Cindy Stewart           | WP        | 141185        | 2        | Johannesburg  | 22-Apr        |
| 11.71        | 1.2        | Ilze Jordaan            | GN        | 200979        | 3        | Johannesburg  | 22-Apr        |
| 11.79        | 1.2        | Thandi Vilakazi         | CG        |               | 4        | Johannesburg  | 22-Apr        |
| 11.86        | 1.2        | Elmie Hugo              | FS        | 130783        | 5        | Johannesburg  | 22-Apr        |
| 12.00        | 1.6        | Kerryn Hulsen           | KZ        | 051074        | 5        | Durban        | 16-Apr        |
| 12.00        | 1.6        | Isabel le Roux          | SW        | 230187        | 6        | Durban        | 16-Apr        |

### Wind

|       |     |                  |    |        |     |             |        |
|-------|-----|------------------|----|--------|-----|-------------|--------|
| 11.41 | 3.6 | Janice Josephs   | BO | 310382 | 1   | Parow       | 26-Feb |
| 11.76 | 2.4 | Dominique Koster | CG | 030177 | 1   | Krugersdorp | 29-Jan |
| 11.90 | 2.6 | Kerryn Hulsen    | KZ | 051074 | 3h3 | Durban      | 15-Apr |
| 11.92 | 2.3 | Isabel le Roux   | SW | 230187 | 2h3 | Durban      | 15-Apr |
| 11.96 | 2.3 | Christy Coetzee  | CG | 240589 | 3h2 | Durban      | 15-Apr |

### NWI

11.98                      Dominique Koster   CG   030177   1                      Roodepoort   22-Jan

### 200m

WCQ - 22.97

|              |            |                         |           |               |          |               |               |
|--------------|------------|-------------------------|-----------|---------------|----------|---------------|---------------|
| <b>22.78</b> | <b>1.8</b> | <b>Geraldine Pillay</b> | <b>GN</b> | <b>250877</b> | <b>1</b> | <b>Durban</b> | <b>16-Apr</b> |
| 23.17        | -0.3       | Janice Josephs          | WP        | 310382        | 2        | Pretoria      | 18-Mar        |
| 23.38        | -1.9       | Heide Seyerling         | EP        | 190876        | 2        | Bloemfontein  | 11-Feb        |
| 23.48        | 1.8        | Adri Schoeman           | GN        | 130770        | 2        | Durban        | 16-Apr        |
| 23.58        | 1.8        | Estie Wittstock         | CG        | 150980        | 1        | Durban        | 16-Apr        |
| 23.76        | 1.0        | Isabel le Roux          | SW        | 230187        | 1        | Germiston     | 02-Apr        |
| 24.04        | -0.3       | Ilze Jordaan            | GN        | 200979        | 3        | Pretoria      | 18-Mar        |
| 24.05        | 1.8        | Cindy Stewart           | WP        | 141185        | 5        | Durban        | 16-Apr        |
| 24.10        | 1.8        | Shona Hutchinson        | KZ        | 300174        | 6        | Durban        | 16-Apr        |
| 24.13        | 1.8        | Kerryn Hulsen           | KZ        | 051074        | 7        | Durban        | 16-Apr        |

### Wind

|       |     |                  |    |        |     |              |        |
|-------|-----|------------------|----|--------|-----|--------------|--------|
| 23.64 | 2.6 | Ilze Jordaan     | GN | 200979 | 1   | Johannesburg | 23-Apr |
| 23.77 | 2.6 | Cindy Stewart    | WP | 141185 | 2   | Johannesburg | 23-Apr |
| 23.89 | 2.6 | Amanda Kotze     | GN | 260286 | 3   | Johannesburg | 23-Apr |
| 24.05 | 2.6 | Shona Hutchinson | KZ | 300174 | 2h3 | Durban       | 15-Apr |
| 24.12 | 2.6 | Elmie Hugo       | FS | 130783 | 4   | Johannesburg | 23-Apr |

### 400m

WCQ - 51.50

|              |  |                        |           |               |          |               |               |
|--------------|--|------------------------|-----------|---------------|----------|---------------|---------------|
| <b>51.47</b> |  | <b>Heide Seyerling</b> | <b>EP</b> | <b>190876</b> | <b>1</b> | <b>Durban</b> | <b>16-Apr</b> |
| 52.21        |  | Estie Wittstock        | CG        | 150980        | 2        | Durban        | 16-Apr        |
| 52.84        |  | Surita Febbraio        | CG        | 271273        | 2        | Oudtshoorn    | 05-Mar        |
| 53.15        |  | Amanda Kotze           | GN        | 260286        | 3        | Pretoria      | 18-Mar        |
| 53.31        |  | Adri Schoeman          | GN        | 130770        | 3        | Durban        | 16-Apr        |
| 54.23        |  | Dominique Koster       | CG        | 030177        | 5        | Durban        | 16-Apr        |
| 54.64        |  | Melodi van der Merwe   | GN        | 281178        | 3        | Germiston     | 26-Mar        |

|       |  |              |    |        |     |          |        |
|-------|--|--------------|----|--------|-----|----------|--------|
| 54.70 |  | Arista Hefer | CG | 120987 | 1   | Windhoek | 09-Apr |
| 54.94 |  | Elmie Hugo   | FS | 130783 | 5   | Pretoria | 18-Mar |
| 55.16 |  | Benje Swart  | WP | 201284 | 3h2 | Durban   | 15-Apr |

### 800m

WCQ - 2:00.00

|         |  |                      |    |        |   |               |        |
|---------|--|----------------------|----|--------|---|---------------|--------|
| 2:04.23 |  | Lebogang D-R Phalula | CG | 091283 | 1 | Durban        | 16-Apr |
| 2:04.63 |  | Lisa van der Merwe   | GN | 300779 | 2 | Durban        | 16-Apr |
| 2:04.68 |  | Mari-Louise Romijn   | GN | 190277 | 1 | Pretoria      | 18-Mar |
| 2:05.03 |  | Lebo Dinah Phalula   | CG | 091283 | 3 | Durban        | 16-Apr |
| 2:05.40 |  | Marlene Breytenbach  | GN | 040182 | 2 | Pretoria      | 18-Mar |
| 2:06.36 |  | Lindi Berowski       | CG | 090282 | 3 | Germiston     | 26-Mar |
| 2:07.19 |  | Angela Wagner        | GN | 190188 | 3 | Potchefstroom | 04-Feb |
| 2:07.40 |  | Juanee Pikelharing   | CN | 080382 | 4 | Durban        | 18-Feb |
| 2:08.08 |  | Chantal Breet        | CG | 260480 | 4 | Germiston     | 26-Mar |
| 2:09.59 |  | Nicole Marais        | BO | 230284 | 5 | Pretoria      | 18-Mar |

### 1500m

WCQ - 4:05.80

|         |     |                       |      |        |   |              |        |
|---------|-----|-----------------------|------|--------|---|--------------|--------|
| 4:18.46 |     | Lebogang Phalula      | CG   | 091283 | 1 | Stellenbosch | 11-Mar |
| 4:18.99 |     | Dinah Lebo Phalula    | CG   | 091283 | 1 | Durban       | 16-Apr |
| 4:20.10 |     | Marlene Breytenbach   | GN   | 040182 | 3 | Durban       | 16-Apr |
| 4:20.26 |     | Lisa van der Merwe    | GN   | 300779 | 4 | Durban       | 16-Apr |
| 4:25.51 |     | Nicole Marais         | BO   | 230284 | 5 | Durban       | 16-Apr |
| 4:26.69 |     | Rika Feuth            | CG   | 110182 | 6 | Durban       | 16-Apr |
| 4:27.18 |     | Rene Kalmer           | FS   | 031180 | 6 | Stellenbosch | 11-Mar |
| 4:28.19 |     | Karin van Rooyen (MP) | (MP) | 030380 | 4 | Gainesville  | 24-Mar |
| 4:30.40 | h/t | Mapaseka Makhanya     | CG   | 090485 | 1 | Johannesburg | 22-Apr |
| 4:31.22 |     | Christine Kalmer      | FS   | 100286 | 7 | Durban       | 16-Apr |

### 3000m

|          |    |                       |      |        |   |               |        |
|----------|----|-----------------------|------|--------|---|---------------|--------|
| 09:28.72 |    | Ronel Thomas          | GN   | 190172 | 1 | Pretoria      | 18-Mar |
| 09:29.21 |    | Tebogo Masehla        | CG   | 061079 | 2 | Pretoria      | 18-Mar |
| 09:33.96 |    | Lebogang Phalula      | CG   | 091283 | 1 | Potchefstroom | 04-Feb |
| 09:37.49 |    | Poppy Mlambo          | CG   | 071280 | 2 | Potchefstroom | 04-Feb |
| 09:37.59 |    | Lena Lotter           | WP   | 020888 | 1 | Parow         | 19-Mar |
| 09:42.39 |    | Minette Bell          | CN   | 050478 | 5 | Potchefstroom | 04-Feb |
| 09:47.61 |    | Lisa van der Merwe    | GN   | 300779 | 6 | Potchefstroom | 04-Feb |
| 09:47.62 |    | Praxedis Dim          | CG   | 151289 | 1 | Germiston     | 01-Apr |
| 09:50.66 | in | Karin van Rooyen (MP) | (MP) | 030380 | 2 | Nampa         | 26-Feb |
| 09:50.94 |    | Ezbe Strydom          | CN   | 270381 | 3 | Pretoria      | 18-Mar |
| 09:50.94 |    | Christine Kalmer      | FS   | 100286 | 1 | Germiston     | 01-Apr |

### 5000 metres

WCQ - 15:08.70

|          |    |                       |      |        |   |               |        |
|----------|----|-----------------------|------|--------|---|---------------|--------|
| 16:10.92 |    | Poppy Mlambo          | CG   | 071280 | 1 | Durban        | 15-Apr |
| 16:19.49 |    | Ronel Thomas          | GN   | 190172 | 2 | Durban        | 15-Apr |
| 16:21.41 |    | Irvette van Blerk     | CG   | 050787 | 3 | Durban        | 15-Apr |
| 16:32.72 |    | Lena Lotter           | WP   | 020888 | 4 | Durban        | 15-Apr |
| 16:42.46 |    | Simangele Mabuza      | CG   | 220882 | 5 | Durban        | 15-Apr |
| 16:48.81 |    | Minette Bell          | CN   | 050478 | 1 | Potchefstroom | 15-Mar |
| 16:50.34 | in | Karin van Rooyen (MP) | (MP) | 030380 | 1 | Nampa, USA    | 25-Feb |
| 16:53.3  |    | Tebogo Masehla        | CG   | 061079 | 2 | Stellenbosch  | 11-Mar |

|          |  |                  |    |        |   |        |        |
|----------|--|------------------|----|--------|---|--------|--------|
| 17:01.17 |  | Christine Kalmer | FS | 100286 | 6 | Durban | 15-Apr |
| 17:09.27 |  | Rika Feuth       | CG | 110182 | 7 | Durban | 15-Apr |

### 10000m

WCQ - 31:40.00

|          |    |                   |      |        |   |               |        |
|----------|----|-------------------|------|--------|---|---------------|--------|
| 33:39.07 |    | Karin van Rooyen  | (MP) | 030380 | 6 | Walnut        | 15-Apr |
| 33:46.23 |    | Poppy Mlambo      | CG   | 071280 | 1 | Durban        | 16-Apr |
| 35:22.33 |    | Irvette van Blerk | CG   | 050787 | 2 | Durban        | 16-Apr |
| 36:15.31 |    | Simangele Mabuza  | CG   | 220882 | 3 | Durban        | 16-Apr |
| 37:43.07 | mx | Ezbe Strydom      | CN   | 270381 | 1 | Potchefstroom | 15-Mar |

### 3000m Steeplechase

WCQ - 9:50.00

|          |     |                    |    |        |   |               |        |
|----------|-----|--------------------|----|--------|---|---------------|--------|
| 10:17.68 |     | Tebogo Masehla     | CG | 061079 | 1 | Durban        | 16-Apr |
| 10:20.72 |     | Nolene Conrad      | WP | 260785 | 2 | Durban        | 16-Apr |
| 10:37.22 |     | Abongile Leratholi | FS | 060789 | 3 | Durban        | 16-Apr |
| 10:42.86 |     | Andrea Horak       | GN | 301283 | 4 | Durban        | 16-Apr |
| 10:59.60 | h/t | Poppy Mlambo       | CG | 071280 | 4 | Johannesburg  | 22-Apr |
| 11:04.11 |     | Mapaseka Makhanya  | CG | 090485 | 5 | Durban        | 16-Apr |
| 11:09.00 | h/t | Minette Bell       | CN | 050478 | 5 | Johannesburg  | 22-Apr |
| 11:20.06 |     | Myrette Filmalter  | FS | 100181 | 7 | Durban        | 16-Apr |
| 11:49.73 |     | Phulani Mosome     | CN | 170488 | 1 | Germiston     | 02-Apr |
| 11:53.65 |     | Maricia Krige      | CN | 250985 | 1 | Potchefstroom | 15-Mar |

### 100m Hurdles

WCQ - 12.96

|       |     |                      |    |        |     |             |        |
|-------|-----|----------------------|----|--------|-----|-------------|--------|
| 13.66 | 0.1 | Janice Josephs       | BO | 310382 | 1hp | Salo, ITA   | 07-May |
| 13.81 | 0.3 | Justine Robbeson     | CG | 150585 | 2   | Krugersdorp | 15-Jan |
| 13.97 | 1.8 | Suné Labuschagne     | GN | 060884 | 2   | Durban      | 16-Apr |
| 14.09 | 1.8 | Christine Ras        | CG | 040286 | 4   | Durban      | 16-Apr |
| 14.09 | 1.8 | Chantelle Terblanche | WP | 100785 | 3   | Durban      | 16-Apr |
| 14.14 | 1.0 | Monique Balsamo      | BO | 170984 | 1   | Parow       | 29-Jan |
| 14.14 | 1.8 | Carla Fick           | CG | 130584 | 5   | Durban      | 16-Apr |
| 14.37 | 1.8 | Jackie Kriel         | FS | 270886 | 6   | Durban      | 16-Apr |
| 14.45 | 1.5 | Marika Walters       | BO | 120287 | 1h2 | Germiston   | 01-Apr |
| 14.60 | 1.0 | Karen Koeslag        | WP | 010778 | 2   | Parow       | 29-Jan |

### Wind

|       |     |            |    |        |     |        |        |
|-------|-----|------------|----|--------|-----|--------|--------|
| 14.09 | 3.1 | Carla Fick | CG | 130584 | 2h2 | Durban | 16-Apr |
|-------|-----|------------|----|--------|-----|--------|--------|

### NWI

|       |  |                    |    |        |   |          |        |
|-------|--|--------------------|----|--------|---|----------|--------|
| 14.54 |  | René van der Merwe | GN | 150686 | 1 | Pretoria | 05-Mar |
|-------|--|--------------------|----|--------|---|----------|--------|

### Hand

|      |     |                      |    |        |     |              |        |
|------|-----|----------------------|----|--------|-----|--------------|--------|
| 13.5 | 0.0 | Janet Wienand        | CN | 150585 | 1   | Johannesburg | 22-Apr |
| 13.5 | 0.9 | Suné Labuschagne     | GN | 060884 | 1h2 | Johannesburg | 22-Apr |
| 13.7 | 0.0 | Chantelle Terblanche | WP | 100785 | 3   | Johannesburg | 22-Apr |
| 13.9 | 0.0 | Jackie Kriel         | FS | 270886 | 5   | Johannesburg | 22-Apr |
| 14.2 | 0.0 | Nicci Herbst         | GN | 270886 | 6   | Johannesburg | 22-Apr |

### 400m Hurdles

WCQ - 55.60

|              |  |                        |           |               |          |               |               |
|--------------|--|------------------------|-----------|---------------|----------|---------------|---------------|
| <b>54.60</b> |  | <b>Surita Febbraio</b> | <b>CG</b> | <b>271273</b> | <b>1</b> | <b>Durban</b> | <b>16-Apr</b> |
| 57.41        |  | Janet Wienand          | CN        | 150585        | 2        | Durban        | 16-Apr        |
| 58.69        |  | Chantelle Terblanche   | WP        | 100785        | 3        | Durban        | 16-Apr        |
| 58.78        |  | Shona Hutchinson       | KZ        | 300174        | 4        | Durban        | 16-Apr        |

|       |  |                    |    |        |   |               |        |
|-------|--|--------------------|----|--------|---|---------------|--------|
| 59.77 |  | Mariska van Driel  | GN | 270488 | 5 | Durban        | 16-Apr |
| 60.54 |  | Janine Visser      | CG | 090687 | 6 | Durban        | 16-Apr |
| 60.59 |  | Juanee Pekelharing | CN | 080382 | 2 | Potchefstroom | 08-Feb |
| 60.85 |  | Carla Hugo         | GN | 200788 | 1 | Roodepoort    | 09-Feb |
| 61.25 |  | Licinda Liebenberg | CG | 270686 | 2 | Potchefstroom | 04-Feb |
| 61.37 |  | Monique Balsamo    | BO | 170984 | 2 | Johannesburg  | 23-Apr |
| Hand  |  |                    |    |        |   |               |        |
| 60.9  |  | Monique Balsamo    | BO | 170984 | 3 | Stellenbosch  | 11-Mar |

### High Jump

WCQ - 1.95

|      |  |                     |    |        |   |               |        |
|------|--|---------------------|----|--------|---|---------------|--------|
| 1.86 |  | Marizca Gertenbach  | CN | 201082 | 1 | Durban        | 18-Feb |
| 1.85 |  | Anika Smit          | CN | 260586 | 1 | Potchefstroom | 29-Jan |
| 1.80 |  | Nicolize Steyn      | GN | 280581 | 3 | Potchefstroom | 04-Feb |
| 1.80 |  | René van der Merwe  | GN | 150686 | 4 | Potchefstroom | 04-Feb |
| 1.80 |  | Dianie Wondergem    | CN | 020382 | 2 | Durban        | 18-Feb |
| 1.80 |  | Louise Dreyer       | CN | 170684 | 1 | Potchefstroom | 05-Mar |
| 1.77 |  | Marcoleen Pretorius | VT | 250789 | 1 | Germiston     | 01-Mar |
| 1.77 |  | Marna Fourie        | WP | 220487 | 1 | Cape Town     | 23-Mar |
| 1.75 |  | Dinah Heymans       | FS | 020267 | 5 | Bloemfontein  | 11-Feb |
| 1.75 |  | Tillanie Neethling  | VT | 180188 | 2 | Paarl         | 20-Mar |

### Pole Vault

WCQ - 4.45

|      |  |                     |    |        |   |               |        |
|------|--|---------------------|----|--------|---|---------------|--------|
| 4.02 |  | Lindie Roux         | BO | 170684 | 1 | Durban        | 15-Apr |
| 3.92 |  | Annelie van Wyk     | WP | 280584 | 2 | Durban        | 15-Apr |
| 3.92 |  | Samantha Dodd       | WP | 130879 | 3 | Durban        | 15-Apr |
| 3.85 |  | Marne van der Burgh | BO | 030185 | 1 | Johannesburg  | 23-Apr |
| 3.62 |  | Eva Thornton        | EP | 180368 | 5 | Durban        | 15-Apr |
| 3.60 |  | Leanne Viviers      | WP | 231188 | 1 | Parow         | 29-Jan |
| 3.60 |  | Retha du Plessis    | BO | 150583 | 4 | Potchefstroom | 04-Feb |
| 3.55 |  | Lisa-Marie Rorich   | BO | 060684 | 2 | Johannesburg  | 23-Apr |
| 3.50 |  | Nicola Loots        | BO | 270989 | 1 | Paarl         | 12-Mar |
| 3.42 |  | Honorata Saar       | GN | 310182 | 6 | Durban        | 15-Apr |
| 3.42 |  | Carien Louw         | GN | 060977 | 7 | Durban        | 15-Apr |

### Long Jump

WCQ - 6.75

(\* - best legal jump)

|      |      |                         |    |        |    |              |        |
|------|------|-------------------------|----|--------|----|--------------|--------|
| 6.41 | 1.4  | Delia Visser            | CN | 090483 | 1  | Johannesburg | 23-Apr |
| 6.27 | 1.9  | Janice Josephs          | WP | 310382 | 1* | Durban       | 15-Apr |
| 6.24 | 1.7  | Karin Mey               | GN | 310583 | 2  | Durban       | 15-Apr |
| 6.11 | -0.6 | Justine Robbeson        | CG | 150585 | 2  | Krugersdorp  | 15-Jan |
| 6.16 | 1.1  | Charlene Henning        | FS | 220985 | 3  | Johannesburg | 23-Apr |
| 6.03 | 1.4  | Leandie Maritz          | CG | 250287 | 1  | Paarl        | 19-Mar |
| 5.98 | -0.2 | Lindi van Dyk           | GN | 110386 | 1  | Pretoria     | 29-Jan |
| 5.97 | 1.0  | Maira Steyn             | GN | 280383 | 4  | Pretoria     | 18-Mar |
| 5.88 | 0.7  | Christy Coetzee         | CG | 240589 | 1  | Roodepoort   | 09-Feb |
| 5.71 | -1.4 | Michelle Berowsky-Adams | WP | 150578 | 1  | Parow        | 29-Jan |
| Wind |      |                         |    |        |    |              |        |
| 6.39 | 4.1  | Delia Visser            | CN | 090483 | 1  | Krugersdorp  | 15-Jan |
| 6.38 | 5.1  | Janice Josephs          | WP | 310382 | 1  | Durban       | 15-Apr |
| 6.24 | 5.2  | Justine Robbeson        | CG | 150585 | 3  | Durban       | 15-Apr |

|      |     |                         |    |        |   |        |        |
|------|-----|-------------------------|----|--------|---|--------|--------|
| 6.20 | 2.9 | Charlene Henning        | FS | 220985 | 4 | Durban | 15-Apr |
| 6.00 | 2.8 | Lindi van Dyk           | GN | 110386 | 5 | Durban | 15-Apr |
| 5.75 | 4.9 | Michelle Berowsky-Adams | WP | 150578 | 9 | Durban | 15-Apr |

### Triple Jump

WCQ - 14.30

|       |     |                        |     |        |    |              |        |
|-------|-----|------------------------|-----|--------|----|--------------|--------|
| 12.62 | 1.7 | Charlene Henning       | FS  | 220985 | 1  | Johannesburg | 22-Apr |
| 12.40 | 0.8 | Delia Visser           | CN  | 090483 | 2  | Johannesburg | 22-Apr |
| 12.36 | 1.2 | Mariana Banting        | FS  | 040381 | 3  | Johannesburg | 22-Apr |
| 12.11 | 1.7 | Moira Steyn            | GN  | 260383 | 3  | Durban       | 16-Apr |
| 12.07 | 2.0 | Cindy Peters           | WP  | 120284 | 4* | Durban       | 16-Apr |
| 11.92 | 0.2 | Arlene Muller          | CG  | 031286 | 1  | Germiston    | 02-Apr |
| 11.74 | 0.2 | Rochelle van der Merwe | EP  | 150287 | 2  | Germiston    | 02-Apr |
| 11.67 | 1.3 | Yolande Meijer         | CG  | 100783 | 7  | Johannesburg | 22-Apr |
| 11.64 | 1.6 | Inkie Tulleken         | SWD | 110290 | 1q | Germiston    | 02-Apr |
| 11.53 | 0.9 | Eliz-Mari Prinsloo     | GN  | 090788 | 2* | Germiston    | 02-Apr |
| Wind  |     |                        |     |        |    |              |        |
| 12.08 | 2.9 | Cindy Peters           | WP  | 120284 | 4  | Durban       | 16-Apr |
| 12.06 | 2.1 | Arlene Muller          | CG  | 031286 | 5  | Durban       | 16-Apr |
| 11.70 | 2.7 | Charmain Barnard       | GN  | 021168 | 6  | Durban       | 16-Apr |

### Shot

WCQ - 18.55

|       |  |                   |    |        |     |                |        |
|-------|--|-------------------|----|--------|-----|----------------|--------|
| 16.51 |  | Marli Knoetze     | LM | 021087 | 1   | Germiston      | 01-Apr |
| 16.04 |  | Simoné du Toit    | CG | 270988 | 2   | Durban         | 15-Apr |
| 13.74 |  | Mariska van Zyl   | EP | 060382 | 1   | Port Elizabeth | 25-Feb |
| 13.52 |  | Elene Taljaard    | GN | 120384 | 1   | Pretoria       | 19-Mar |
| 13.21 |  | Magdel Venter     | MP | 011085 | 2   | Johannesburg   | 22-Apr |
| 13.11 |  | Bianca van Rooyen | CG | 280188 | 1   | Krugersdorp    | 18-Feb |
| 13.01 |  | Sonnika Knoetze   | CN | 180887 | 1   | Paarl          | 20-Mar |
| 12.88 |  | Tanya Treurnicht  | CG | 040184 | 1   | Germiston      | 26-Mar |
| 12.68 |  | Ursula Fourie     | GN | 300187 | 2   | Germiston      | 01-Apr |
| 12.68 |  | Janice Josephs    | WP | 310382 | 9hp | Salo, ITA      | 07-May |

### Discus

WCQ - 62.00

|              |  |                      |           |               |          |                     |               |
|--------------|--|----------------------|-----------|---------------|----------|---------------------|---------------|
| <b>63.17</b> |  | <b>Elizna Naude</b>  | <b>FS</b> | <b>140978</b> | <b>1</b> | <b>Bloemfontein</b> | <b>04-Mar</b> |
| 52.72        |  | Simoné du Toit       | CG        | 270988        | 1        | Germiston           | 05-Mar        |
| 47.87        |  | Mariska van Zyl      | EP        | 060382        | 1        | Port Elizabeth      | 26-Feb        |
| 47.53        |  | Marli Knoetze        | LM        | 021087        | 1        | Polokwane           | 18-Feb        |
| 47.02        |  | Magdel Venter        | MP        | 011085        | 2        | Pretoria            | 18-Mar        |
| 46.80        |  | Elene Taljaard       | GN        | 120384        | 1        | Pretoria            | 19-Mar        |
| 45.62        |  | Tanya Bloem          | GN        | 230782        | 4        | Durban              | 16-Apr        |
| 44.20        |  | Maryke Oberholzer    | LM        | 271189        | 2        | Germiston           | 02-Apr        |
| 44.10        |  | Henriette Loggenberg | MP        | 020588        | 3        | Germiston           | 02-Apr        |
| 42.35        |  | Ursula Fourie        | GN        | 300187        | 1        | Pretoria            | 05-Mar        |

### Hammer

WCQ - 69.50

|       |  |                  |    |        |   |              |        |
|-------|--|------------------|----|--------|---|--------------|--------|
| 50.43 |  | Marilize Coetzee | WP | 271276 | 1 | Durban       | 15-Apr |
| 48.26 |  | Tanya Treurnicht | CG | 040184 | 2 | Durban       | 15-Apr |
| 47.22 |  | Karen Snyman     | GN | 170485 | 3 | Durban       | 15-Apr |
| 46.64 |  | Karin le Roux    | WP | 260387 | 4 | Durban       | 15-Apr |
| 45.22 |  | Tanya Weyers     | CN | 120385 | 1 | Johannesburg | 22-Apr |

|       |                      |    |        |   |                |        |
|-------|----------------------|----|--------|---|----------------|--------|
| 44.82 | Ingrid Doubell       | FS | 021182 | 1 | Bloemfontein   | 05-Mar |
| 44.71 | Sané du Preez        | FS | 040383 | 2 | Johannesburg   | 22-Apr |
| 43.51 | Marizette Badenhorst | FS | 070690 | 1 | Germiston      | 01-Apr |
| 42.50 | Suzanne Fourie       | EP | 190385 | 1 | Port Elizabeth | 19-Mar |
| 42.22 | Jolene van Zyl       | FS | 050188 | 2 | Germiston      | 01-Apr |

### Javelin

WCQ - 62.00

|       |                      |     |        |    |               |        |
|-------|----------------------|-----|--------|----|---------------|--------|
| 57.92 | Ynthie Coetzee       | GN  | 110688 | 1  | Durban        | 16-Apr |
| 57.08 | Sunette Viljoen      | CN  | 061083 | 1  | Potchefstroom | 15-Mar |
| 54.32 | Justine Robbeson     | CG  | 150585 | 2  | Durban        | 16-Apr |
| 51.75 | Linda Smit           | CN  | 150885 | 3  | Durban        | 16-Apr |
| 49.90 | Elizna Labuschagne   | CN  | 170685 | 2  | Potchefstroom | 15-Mar |
| 48.04 | Anzel van der Schyff | LIM | 190387 | 5  | Durban        | 16-Apr |
| 47.20 | Sonnika Knoetze      | CN  | 180887 | 4  | Potchefstroom | 15-Mar |
| 46.68 | Gerlize de Klerk     | GN  | 230389 | 4  | Potchefstroom | 04-Feb |
| 46.11 | Nicole Nel           | BO  | 160987 | 1q | Paarl         | 20-Mar |
| 45.80 | Riatha Jacobs        | CN  | 090586 | 1  | Germiston     | 01-Apr |

### 3000m Walk

|          |                  |    |        |   |               |        |
|----------|------------------|----|--------|---|---------------|--------|
| 13:19.50 | Nicolene Cronje  | CG | 160683 | 1 | Potchefstroom | 04-Feb |
| 14:11.3  | Suzanne Erasmus  | CN | 280985 | 1 | Potchefstroom | 15-Feb |
| 14:31.0  | Handri Botha     | CN | 250286 | 2 | Potchefstroom | 15-Feb |
| 15:39.95 | Nomsa Buthelezi  | CG | 121081 | 4 | Potchefstroom | 04-Feb |
| 15:50.00 | Michelle Hopkins | CG | 091188 | 5 | Potchefstroom | 04-Feb |

### Heptathlon

|       |                     |    |        |   |              |           |
|-------|---------------------|----|--------|---|--------------|-----------|
| 5 958 | Janice Josephs      | BO | 310382 | 2 | Salo', ITA   | 7-8 May   |
| 4 423 | Louise Dreyer       | CN | 170684 | 1 | Johannesburg | 22-23 Apr |
| 3 767 | Leandre du Plooy    | CG | 060284 | 2 | Johannesburg | 22-23 Apr |
| 3 354 | Helen-Joan Lombaard | FS | 150585 | 3 | Johannesburg | 22-23 Apr |

### 5000m Walk

|          |                     |    |        |   |              |        |
|----------|---------------------|----|--------|---|--------------|--------|
| 22:50.60 | Nicolene Cronje     | CG | 160683 | 1 | Stellenbosch | 11-Mar |
| 26:27.5  | Michelle Hopkins    | CG | 091188 | 1 | Paarl        | 20-Mar |
| 26:41.8  | Gwen Smeeton        | WP | 060267 | 1 | Parow        | 26-Feb |
| 27:44.7  | Susan Groenewald    | BO | 200290 | 1 | Paarl        | 12-Mar |
| 27:45.1  | Anandi Coetzee      | WP | 140690 | 1 | Kuilsrivier  | 26-Feb |
| 27:46.2  | Amorette van Daalen | WP | 271088 | 1 | Kuilsrivier  | 26-Feb |
| 28:22.20 | Michelle Hopkins    | CG | 091188 | 2 | Pretoria     | 29-Jan |
| 28:25.9  | Jo-Anne Williams    | BO | 100289 | 2 | Paarl        | 20-Mar |
| 28:47.91 | Lindi Cronje        | VT | 011188 | 2 | Germiston    | 01-Apr |
| 29:00.6  | N Schultz           | WC |        | 3 | Paarl        | 20-Mar |

### 10000m Walk (Track)

|          |                 |    |        |   |               |        |
|----------|-----------------|----|--------|---|---------------|--------|
| 47.32.54 | Nicolene Cronje | CG | 160683 | 1 | Pretoria      | 19-Mar |
| 51.24.21 | Handri Botha    | CN | 250286 | 1 | Potchefstroom | 05-Mar |
| 51.39.50 | Natalie Fourie  | WP | 100682 | 1 | Cape Town     | 29-Jan |
| 54.37.30 | Gwen Smeeton    | WP | 060261 | 2 | Cape Town     | 29-Jan |
| 56:11.72 | Nomsa Buthelezi | CG | 121081 | 1 | Germiston     | 05-Feb |

|          |                    |    |        |   |          |        |
|----------|--------------------|----|--------|---|----------|--------|
| 56:50.11 | Karen-Marie Becker | GN | 070782 | 3 | Pretoria | 19-Mar |
|----------|--------------------|----|--------|---|----------|--------|

**10km Walk (Road)**

|       |                    |    |        |   |              |        |
|-------|--------------------|----|--------|---|--------------|--------|
| 51:19 | Suzanne Erasmus    | CN | 280985 | 1 | Johannesburg | 23-Apr |
| 51:55 | Handri Botha       | CN | 250286 | 2 | Johannesburg | 23-Apr |
| 52:49 | Brenda Nooy        | CG | 270453 | 1 | Parow        | 19-Mar |
| 56:14 | Barbara Nell       | CG | 231054 | 2 | Parow        | 19-Mar |
| 59:13 | Karen-Marie Becker | GN | 070782 | 3 | Johannesburg | 23-Apr |

**20km Walk (Road) -----WCQ - 1:33.30**

|         |                     |    |        |   |        |        |
|---------|---------------------|----|--------|---|--------|--------|
| 1:42:52 | Nicolene Cronje     | CG | 160683 | 1 | Durban | 16-Apr |
| 1:44:55 | Suzanne Erasmus     | CN | 280985 | 2 | Durban | 16-Apr |
| 1:50:57 | Brenda Nooy         | CG | 270453 | 3 | Durban | 16-Apr |
| 1:59:35 | Nomsa Buthelezi     | CG | 121081 | 4 | Durban | 16-Apr |
| 2:01:47 | Leone van Schalkwyk | CG |        | 5 | Durban | 16-Apr |
| 2:05:35 | Trudi Carstens      | WP | 080362 | 1 | Parow  | 19-Mar |
| 2:08:00 | Karen-Marie Becker  | GN | 070782 | 6 | Durban | 16-Apr |

**20000m Walk (Track)**

|             |                 |    |        |   |               |        |
|-------------|-----------------|----|--------|---|---------------|--------|
| 1h 42:25.0  | Nicolene Cronje | CG | 160683 | 1 | Germiston     | 26-Mar |
| 1h 46:12.03 | Suzanne Erasmus | CN | 280985 | 1 | Potchefstroom | 05-Mar |
| 1h 57:00.0  | Brenda Nooy     | CG | 270453 | 2 | Germiston     | 26-Mar |

ends