

# 2006 SOUTH AFRICAN JUNIORS (U/20 ONLY)

Compiled by Gert le Roux

As at 25 April 2006

Under 20	Athletes 19 and 18 years		(born 1987 & 1988)			
<b>MEN</b>						
<b>100 METRES</b>		<b>Under 20</b>			<b>10.74</b>	
10.52	0.4	Duncan McLean	EP	25-02-88	1s1	Pretoria 07-Apr
10.54	0.3	Dayne Lekay	BO	13-06-88	1	Pretoria 07-Apr
10.65	0.5	Kagisho Kumbane	FS	21-11-88	1s3	Pretoria 07-Apr
10.67	0.4	Le Roux van Tonder	VT		2s1	Pretoria 07-Apr
10.67	0.7	Jeanre Rossouw	WP	05-02-88	2h5	Pretoria 07-Apr
10.73	-0.2	Kgaselo Mathabatha	LIM		2h6	Pretoria 07-Apr
10.74	-0.3	T Mputle	NWP		2	Sasolburg 31-Mar
10.74	1.0	Jaco Snyman	GN		1h1	Pretoria 07-Apr
10.74	0.5	Lita Mayekiso	Bor		2s2	Pretoria 07-Apr
10.77	0.5	Chatlin Smith	BO	10-05-87	3s3	Pretoria 07-Apr
<b>NWI</b>						
10.66	nwi	T Mputle	NWP		1	Rustenburg 11-Mar
<b>Wind</b>						
10.67	2.2	Kagisho Kumbane	FS	21-11-88	1	Bloemfontein 17-Mar
10.71	3.4	Jeremy Cyster	WP	10-05-87	1	Parow 25-Feb
<b>200 METRES</b>		<b>Under 20</b>			<b>21.64</b>	
21.05	0.2	Tshegefatso Meshoe	NW		1	Pretoria 08-Apr
21.18	0.2	Kagisho Kumbane	FS	21-11-88	2	Pretoria 08-Apr
21.41	0.2	Willie de Beer	GN	14-03-88	3	Pretoria 08-Apr
21.50	-1.9	T Mputle	NWP		1	Sasolburg 01-Apr
21.58	-0.8	B Brink	GN		3	Germiston 25-Mar
21.59	0.4	Alvin Samuels	KZ	01-07-87	1s3	Pretoria 08-Apr
21.69	0.2	Chatlin Smith	BO		5	Pretoria 08-Apr
21.72	-0.8	Jeanre Rossouw	WP	05-02-88	1	Bellville 04-Mar
21.73	1.3	Baphiwe Mfundisi	EP		1h1	Sasolburg 01-Apr
21.74	0.9	Cobus Olivier	FS		1h1	Pretoria 08-Apr
<b>NWI</b>						
21.30	nwi	Willie de Beer	GN	14-03-88	1	Germiston 11-Mar
21.33	nwi	T Mputle	NWP		1	Rustenburg 11-Mar
21.74	nwi	Rowan de Villiers	CG	15-08-88	2	Germiston 11-Mar
<b>400 METRES</b>		<b>Under 20</b>			<b>48.04</b>	
46.55		Pieter Smith	GN	03-04-87	1	Pretoria 11-Mar
46.55		Alvin Samuels	KZ	01-07-87	1	Pretoria 07-Apr
46.78		Ruan Grobler	EP	22-05-87	3	Pretoria 07-Apr
46.88		Willie de Beer	GN	14-03-88	1	Sasolburg 31-Mar
47.17		Dirk Gouws	FS	24-02-88	2	Sasolburg 31-Mar
47.46		Tumelo Raphiri	NW	22-02-87	3r3	Pretoria 27-Jan
48.04		T Gopane	CG		3	Sasolburg 31-Mar

48.07	Reginald Khoza	GN		1h5	Pretoria	07-Apr
48.12	Solly Moleko	FS		4	Sasolburg	31-Mar
48.13	Juan Bloem	GN	03-02-88	3	Pretoria	04-Mar

### 800 METRES

#### Under 20

**1:51.00**

1:49.13	Dirk Gouws	FS	24-02-88	1	Bloemfontein	11-Mar
1:49.68	Jan Masenamela	NWP	16-02-88	2	Pretoria	08-Apr
1:49.75	Erwin Schmidt	CG	23-04-87	3	Pretoria	08-Apr
1:52.73	Lloyd Bosman	SW	25-02-88	7	Oudtshoorn	25-Feb
1:52.77	Warren Hendricks	WP	11-02-88	1	Oudtshoorn	11-Mar
1:52.88	Shaun Kritzinger	CG		2	Germiston	28-Feb
1:52.90	ht Samuel Sepeng	CN	15-10-87	3	Potchefstroom	21-Feb
1:53.70	ht Maine Moeketsi	MP		1	Secunda	11-Mar
1:53.81	Clinton van Rensburg	FS		2	Bloemfontein	24-Feb
1:53.99	Abram Khumalo	CG	28-12-87	2	Germiston	11-Mar

### 1500 METRES

#### Under 20

**3:48.00**

3:45.91	Tshamano Setone	CG	07-05-87	1	Secunda	20-Jan
3:49.43	Abram Khumalo	CG	28-12-87	2	Pretoria	08-Apr
3:50.63	Tokelo Putsoenyane	FS	05-05-87	1	Sasolburg	31-Mar
3:52.50	Lloyd Bosman	SW		2	Sasolburg	31-Mar
3:52.83	Marcel Luther	CG	19-02-88	3	Sasolburg	31-Mar
3:53.07	Michael Mazibuko	FS		4	Sasolburg	31-Mar
3:53.88	Jacques Pretorius	BO		5	Sasolburg	31-Mar
3:56.54	Vaughan von Appel	CG		6	Pretoria	08-Apr
3:57.10	T Motsehela	FS		1	Bloemfontein	17-Feb
3:57.11	Philemon Ghoshi	LIM		7	Pretoria	08-Apr

### 3000 METRES

#### Under 20

8:00.08	Tshamano Setone	CG	07-05-87	1	Pretoria	27-Jan
8.36.45	Steve Ngqola	GN	25-12-87	12	Pretoria	27-Jan
8.46.25	Esau Nkosi	CG		1	Roodepoort	08-Feb
8:50.9	Marcel Luther	CG	19-02-88	1	retoria(Wilgers)	17-Feb
8:58.48	Lambert Theron	CG		1	Germiston	28-Feb
9:01.50	Frans du Toit	GN		1	Roodepoort	17-Feb
9:16.22	B Khumalo	CG		1r2	Germiston	28-Feb

### 5000 METRES

#### Under 20

**14:15.00/8:15.00**

13.49.54	Tshamano Setone	CG	07-05-87	1	Port Elizabeth	11-Feb
14:25.45	Dewayne Mouries	BO	28-02-88	1	Stellenbosch	13-Jan
14.30.92	Essau Nkosi	VT		2	Pretoria	08-Apr
14:40.34	Tshepo Motsehela	FS	22-08-87	1	Bloemfontein	18-Mar
14:41.86	Thuso Phatswana	CG		3	Pretoria	08-Apr
14:46.35	Anele Zondwayo	TR	24-12-89	11	Port Elizabeth	11-Feb
14:46.89	Tokelo Putsoenyane	FS	05-05-87	2	Bloemfontein	17-Mar
14:49.86	Dean Brummer	GN		4	Pretoria	08-Apr
14.50.20	Gladwin Mzazi	VT		1	Germiston	25-Mar
14:53.39	Nkosi Zamlandela	CG		1	Germiston	11-Mar

### One lap short

14:13.70	M Lekopa	NWP		1	Rustenburg	11-Mar
----------	----------	-----	--	---	------------	--------

14:18.40 Abram Dintwe CN 28-05-88 2 Rustenburg 11-Mar

**10000 metres**

**Under 20**

**30.30.00**

31.29.36	Sipho Phala	WP		1	Pretoria	07-Apr
31.52.69	Shiyabonga Nkonde	KZ		2	Pretoria	07-Apr
32.10.86	Gladwin Mzazi	VT		3	Pretoria	07-Apr
32.25.62	Essau Radebe	GN		1	Pretoria	04-Mar
32.33.34	Mantshule Thandolwethu	CG		4	Pretoria	07-Apr
32.47.86	Thulo Nyedimane	FS		1	Bloemfontein	11-Mar
32.50.58	Sibongeseni Magwaca	TR		5	Pretoria	07-Apr
33.18.12	Israel Selepe	FS		2	Bloemfontein	11-Mar
33.32.56	Tshepo Nyapotse	FS		3	Bloemfontein	11-Mar
33.32.60	Mandla Nkosi	GN		6	Pretoria	07-Apr

**3000m STEEPLECHASE**

**Under 20**

**9.10.00**

9.00.12	Dewayne Mouries	BO	28-02-88	2	Bellville	28-Jan
9.01.00	Tshepo Motsehela	FS	22-08-87	5	Port Elizabeth	11-Feb
9:02.99	Albert Zim	FS		1	Bloemfontein	18-Mar
9.06.89	Steve Ngqola	GN	25-12-87	1	Germiston	25-Mar
9:08.45	Edwun Molepe	CG		2	Germiston	25-Mar
9:13.37	Tokelo Putsoenyane	FS	05-05-87	1	Bloemfontein	11-Mar
9.15.67	Henrico Rooi	BO	07-12-88	1	Oudtshoorn	11-Mar
9.16.52	Tom Lusaseni	WP	12-08-88	1	Bellville	04-Mar
9.19.59	Seun van Wyk	FS	16-08-87	1	Sasolburg	31-Mar
9.20.84	Elvis Tattas	FS	17-03-88	4	Pretoria	08-Apr

**110 METRES HURDLES (0.995 cm)**

**U/20**

**14.34**

13.74	-0.2	Lehann Fourie	CN	16-02-87	1h1	Pretoria	07-Apr
14.01	-0.2	Louw Smit	BO	22-02-88	2	Pretoria	07-Apr
14.10	0.0	Divan Strydom	FS	18-08-88	1h2	Bloemfontein	18-Mar
14.10	0.0	Andre Storm	VT	12-07-88	1	Germiston	25-Mar
14.27	-0.6	Marius Erasmus	FS		2	Sasolburg	31-Mar
14.32	-0.6	Karst Smits	CN	15-02-88	3	Sasolburg	31-Mar
14.44	-0.6	Wiekus Jonck	CG	18-03-88	4	Sasolburg	31-Mar
14.47	1.0	Ezekiel Mashau	LIM		1h4	Pretoria	07-Apr
14.57	1.0	Denzel Salton	MP	15-02-87	2h4	Pretoria	07-Apr
14.71	-0.2	Tiaan Steyn	FS		6	Pretoria	07-Apr

**NWI**

13.90		Andre Storm	CG	12-07-88	1	Germiston	10-Mar
14.10		Karst Smits	CN	15-02-88	1	Rustenburg	11-Mar
14.28		Wiekus Jonck	CG	18-03-88	2	Germiston	10-Mar
14.45		Busang Kolisang	VT		3	Roodepoort	08-Feb
14.47		Bernu Steyn	GN	08-03-88	3	Germiston	28-Feb

**Wind**

13.74	2.1	Lehann Fourie	CN		1	Pretoria	07-Apr
14.32	2.3	Divan Strydom	FS	18-08-88	1	Bloemfontein	11-Mar

**Hand**

14.40		Henko Coetzee	MP	22-06-87	2	Secunda	11-Mar
-------	--	---------------	----	----------	---	---------	--------

<b>400 METRES HURDLES</b>	<b>(91.4cm)</b>	<b>Under 20</b>			<b>53.34</b>
50.78	Juan Bloem	GN	03-02-88	1	Pretoria 08-Apr
51.00	Wiekus Jonck	CG	18-03-88	2	Pretoria 08-Apr
53.21	Louis Peacock	MP		3	Pretoria 08-Apr
53.31	Tiaan Jacobs	FS		4	Pretoria 08-Apr
53.50	Busang Kolisang	VT		2	Sasolburg 01-Apr
53.66	Willie de Beer	GN	14-03-88	2	Germiston 28-Feb
53.72	Adriaan Vermaak	MP		5	Pretoria 08-Apr
53.77	Erik le Roux	FS	24-02-88	1	Bloemfontein 24-Feb
53.89	Marc Bender	CG	24-01-88	2	Pretoria 04-Mar
54.15	Heinrich Albrecht	CG		3h2	Pretoria 08-Apr

<b>HIGH JUMP</b>	<b>Under 20</b>				<b>2.14m</b>
2.10	Sean Stone	WP	19-05-88	3	Stellenbosch 03-Feb
2.10	Allan Syce	WP	21-10-88	1	Oudtshoorn 11-Mar
2.10	Michael de Beer	MP	30-12-87	1	Secunda 11-Mar
2.10	Pieter Smith	CN		1q	Sasolburg 31-Mar
2.05	Bevan Hendon	BO		2	Bellville 28-Jan
2.05	Mornay Hendricks	WP		2	Bellville 04-Mar
2.04	Henning Greyling	FS	08-12-87	1	Bloemfontein 18-Mar
2.02	R Kotze	GW		1	Kimberley 11-Mar
2.00	H de Beer	LIM		3	Sasolburg 01-Apr
2.00	Eugene Cohn	NWP		7	Sasolburg 01-Apr
2.00	Elisa Langenhoven	GW		5	Sasolburg 01-Apr
2.00	Gideon Barnard	LIM		5q	Sasolburg 31-Mar
2.00	Tiaan Dorfling	GN		4	Pretoria 08-Apr
2.00	Crowyn McMaster	CG		6	Pretoria 08-Apr

<b>POLE VAULT</b>	<b>Under 20</b>				<b>5.05m</b>
4.90	Jan (JG) Blignaut	FS	02-02-88	1	Sasolburg 01-Apr
4.70	Gustav Munro	EP	14-07-88	3	Pretoria 08-Apr
4.70	Francois Germishuys	BO	31-10-87	2	Pretoria 08-Apr
4.30	Jacques Groenewald	GN	24-12-87	2	Germiston 25-Mar
4.20	Gerhard Marx	FS	09-07-87	2	Bloemfontein 11-Mar
4.10	Henco Nienaber	BO	20-03-88	2	Oudtshoorn 11-Mar
4.10	Paul Farrell	FS		4	Bloemfontein 11-Mar
4.10	Christopher Dyson	EP		5	Pretoria 08-Apr
3.81	Riaan Jordaan	FS		3	Bloemfontein 18-Mar

<b>LONG JUMP</b>	<b>Under 20</b>				<b>7.55m</b>	
7.79	1.5	Keenan Watson	BO	03-03-88	1	Oudtshoorn 25-Feb
7.52	0.4	Ethan Alexander	EP	27-01-88	2	Pretoria 07-Apr
7.36	1.0	Karst Smits	CN	15-02-88	1	Roodepoort 08-Feb
7.30	0.1	Anton Harmse	CG	01-02-87	3	Pretoria 07-Apr
7.01	1.1	Leon Joubert	GN		1	Germiston 25-Mar
6.94	0.7	W de Bruin	CG		2	Germiston 25-Mar
6.87	0.9	Henry Smith	CG		3	Germiston 25-Mar
6.86	1.1	Russell Kingwill	EC		3	Sasolburg 31-Mar
6.86	0.2	Sifiso Xulu	KZ		5	Pretoria 07-Apr
6.85	-1.8	Johan vd Westhuizen	BO		2	Bloemfontein 17-Feb

**NWI**

7.39		Anton Harmse	CG	01-02-87	1g2	Germiston	28-Feb
7.36		Jaco Swart	CG		4	Roodepoort	08-Feb
7.11		Johannes Strydom	BO		2	Oudtshoorn	25-Feb
7.02		Leon Joubert	GN		1	Roodepoort	17-Feb
7.01		Methwan Samuels	BO		3	Oudtshoorn	25-Feb
6.95		Dorian Lenders	CG		2	Roodepoort	08-Feb
6.93		Jody Pluim	WP		4	Oudtshoorn	11-Mar
6.88		Ruben Erasmus	D2		2	Germiston	10-Mar
6.85		Dino Frost	CG		3	Roodepoort	08-Feb

**Wind**

7.62	2.2	Ethan Alexander	EP	27-01-88	2	Oudtshoorn	25-Feb
------	-----	-----------------	----	----------	---	------------	--------

**TRIPLE JUMP****Under 20****15.60m**

14.76	-0.9	Reinhardt van Wyk	WP	23-08-88	1	Sasolburg	01-Apr
14.65	0.0	John Nkosi	FS		1	Bloemfontein	17-Feb
14.60	1.3	Dino Frost	CG		1	Roodepoort	08-Feb
14.41	-0.6	Anton Harmse	CG	01-02-87	2	Sasolburg	01-Apr
14.41	0.9	Divan Stoop	CN		3	Pretoria	08-Apr
14.39	0.6	Keith Phoré	WP		1	Bellville	03-Mar
14.38	0.5	Greshan Jephtha	WP		2	Bellville	03-Mar
14.30	0.2	Alex Terblanche	CN	01-09-87	1	Potchefstroom	28-Jan
14.26	-0.6	Russell Kingwill	NWP		6	Sasolburg	01-Apr
14.11	1.2	Karst Smits	CN	15-02-88	4	Sasolburg	01-Apr

**NWI**

14.79		Reinhardt van Wyk	WP	23-08-88	1	Oudtshoorn	11-Mar
14.54		Anton Harmse	CG	01-02-87	1	Germiston	28-Feb
14.47		Ethan Alexander	EP	27-01-88	1	Pretoria	08-Apr
14.45		Sifiso Mchunu	MP		2	Pretoria	08-Apr
14.27		C Louw	CG		2	Germiston	11-Mar
14.21		Karst Smits	CN	15-02-88	1	Rustenburg	11-Mar
14.18		Xolani Mahlangu	MP		1	Secunda	11-Mar

**Wind**

14.65	2.1	Ethan Alexander	EP	27-01-88	5	Port Elizabeth	11-Feb
-------	-----	-----------------	----	----------	---	----------------	--------

**SHOT****Under 20****6kg****17.90m**

20.14		JP (Jan) Hoffman	GN	01-05-88	1	Pretoria	07-Apr
18.55		Nico Grobler	FS		1	Bethlehem	03-Mar
18.07		Jaco Engelbrecht	CG	08-03-87	2	Germiston	25-Mar
16.79		Jaco Jonker	GN	21-01-87	2	Pretoria	04-Mar
15.87		Tertius de Necker	CG		1	Germiston	28-Feb
15.83		Eric Kirsten	BO		5	Pretoria	07-Apr
15.79		Louis Botha	LIM		3	Sasolburg	31-Mar
15.70		Ferdinand Gericke	CN		7	Pretoria	07-Apr
15.64		Kevin Rademeyer	FS	03-03-88	2	Bloemfontein	24-Feb
15.33		Dirk Badenhorst	WC		4	Sasolburg	31-Mar

**DISCUS****Under 20****1.75kg****55.00m**

52.99		JP (Jan) Hoffman	GN	01-05-88	1	Pretoria	08-Apr
52.30		Jaco Jonker	GN	21-01-87	2	Pretoria	08-Apr

50.40	Pieter van Deventer	NW	09-02-88	3	Pretoria	08-Apr
49.86	Ben Venter	FS	15-05-87	4	Pretoria	08-Apr
49.59	Dewald Moolman	CG	08-07-88	1	Germiston	10-Mar
48.68	Louis Botha	LIM		5	Pretoria	08-Apr
48.64	Morne van der Merwe	CN		6	Pretoria	08-Apr
48.35	Pieter Boer	MP		8	Pretoria	08-Apr
47.95	Nico Grobler	FS		1	Bloemfontein	11-Mar
47.78	Jaco Engelbrecht	CG	08-03-87	9	Pretoria	08-Apr

### HAMMER

#### Under 20

6kg

67.50m

63.45	Clinton Williams	EP	03-08-88	1	Port Elizabeth	04-Mar
63.36	Heinrich Gonzales	BO	10-02-88	1	Oudtshoorn	11-Mar
63.33	Douw Steenkamp	MP	28-12-87	1	Secunda	11-Mar
60.02	Johan Kruger	BO	15-04-87	4	Pretoria	07-Apr
58.72	Jayde Wiggins	WP	05-01-88	5	Pretoria	07-Apr
55.77	Pieter Badenhorst	FS	14-02-87	6	Pretoria	07-Apr
53.06	Jacques Senekal	EP	02-06-88	2	Port Elizabeth	04-Mar
51.13	Dawie Strydom	CN	29-04-88	4	Sasolburg	01-Apr
50.38	Werner Pretorius	FS		1	Bloemfontein	18-Mar

### HAMMER

#### Under 20

7.26kg

48.43	Douw Steenkamp	MP	28-12-87	1	Pretoria	27-Jan
44.52	Pieter Badenhorst	FS	14-02-87	8	Port Elizabeth	10-Feb

### Javelin

#### Under 20

800gm

66.50m

79.43	Robert Oosthuizen	BO	23-01-87	2	Port Elizabeth	11-Feb
72.36	Noël Meyer	CN	20-04-88	1	Sasolburg	31-Mar
70.14	Fernie Kitshoff	BO	30-01-88	1	Oudtshoorn	11-Mar
64.19	Tobie Holtzhausen	CN		4	Pretoria	08-Apr
63.86	Ryan Olivier	SW	02-08-88	1	Oudtshoorn	03-Mar
60.79	Duard Kleynhans	GN		1	Pretoria	21-Jan
60.00	Martin Gouws	VT		6	Pretoria	08-Apr
59.91	Marshall Cole	GN		1	Roodepoort	17-Feb
59.78	Johannes de la Rey	NC		4	Sasolburg	31-Mar
59.51	Johann Botha	CG		1	Germiston	25-Mar

### DECATHLON

7 090 pts (jnr implements)

4 188	Cobus Theron	GN		1	Pretoria	3-4Mar
3 082	Henri Truter	GN		2	Pretoria	3-4Mar
3 078	Ryno Blygnaut	GN		3	Pretoria	3-4Mar

### WALKING

#### 10000m WALK

(Track)

#### Under 20

44:05.00

46:18.56	Werner Appel	CN	12-06-87	1	Pretoria	08-Apr
48:05.66	Andre Bekker	CN		1	Sasolburg	31-Mar
48:46.83	Michael (Lewis) Modise	FS		2	Sasolburg	31-Mar
49:21.29	Professor Cele	KZ		2	Pretoria	08-Apr
49:59.00	Deon Smith	NWP		2	Rustenburg	11-Mar
50:36.36	Hendrik Botha	VT	08-08-88	4	Pretoria	08-Apr
50:49.84	Timothy Morgendal	WP		1	Oudtshoorn	11-Mar

51:43.2	Kevin Eagleton	EP	15-09-88	1	Port Elizabeth	03-Mar
52:02.48	Emmanuel Isaacs	EP	20-12-87	6	Pretoria	08-Apr
52:16.7	Nico Vorster	WP	26-10-87	1	Bellville	04-Mar

### 20km ROAD WALK

### Under 20

1:32:52	Werner Appel	CN	12-06-87	1	Port Elizabeth	11-Feb
---------	--------------	----	----------	---	----------------	--------

### JUNIOR WOMEN

### WOMEN

#### Under 20

#### Athletes 19 and 18 years

#### (born 1987 & 1988)

#### 100 METRES

#### Under 20

#### 12.04 sec

11.88	1.3	Wenda Theron	BO	06-04-88	2s1	Pretoria	07-Apr
12.08	0.2	Isabel le Roux	GN	23-01-87	3h1	Pretoria	07-Apr
12.12	0.6	Arista Hefer	CN	12-09-87	1r2	Secunda	20-Jan
12.14	1.3	Nikki Horn	BO	18-04-88	4s1	Pretoria	07-Apr
12.15	1.3	Stacey Gardiner	BO	06-04-88	5s1	Pretoria	07-Apr
12.27	0.5	Lorinda van Loggerenberg	GN	30-07-88	2s2	Pretoria	07-Apr
12.35	0.2	Renette Reynecke	NW		5h1	Pretoria	07-Apr
12.37	0.5	Tanya de Bruin	Bor		3s2	Pretoria	07-Apr
12.38	0.5	Enolicia Simons	FS		4s2	Pretoria	07-Apr
12.40	1.3	Lichiel Piek	NW	30-07-87	6s1	Pretoria	07-Apr

#### NWI

12.02		Bernice Coetzee	FS		1	Bloemfontein	11-Mar
12.12		Wenda Theron	BO	06-04-88	1	Oudtshoorn	11-Mar
12.22		Ismarie Steyn	LIM		1	Roodepoort	08-Feb
12.28		Louise van der Merwe	WP	06-04-88	2	Oudtshoorn	11-Mar
12.29		Lichiel Piek	NW	30-07-87	1	Rustenburg	11-Mar
12.32		Lorinda van Loggerenberg	GN	30-07-88	1	Germiston	11-Mar
12.36		Nikki Horn	BO	18-04-88	3	Oudtshoorn	11-Mar

#### Wind

12.27	2.1	Bernica Mashava	CG		1h1	Pretoria	07-Apr
12.31	2.1	Tanya de Bruin	Bor		2h1	Pretoria	07-Apr

#### Hand

11.8		Dané van Schalkwyk	GN		1	Roodepoort	17-Feb
------	--	--------------------	----	--	---	------------	--------

#### 200 METRES

#### Under 20

#### 24.64

24.14	0.1	Wenda Theron	CG	06-04-88	2	Pretoria	08-Apr
24.58	0.6	Arista Hefer	CN	12-09-87	1h2	Pretoria	08-Apr
24.65	0.5	Isabel le Roux	SW	23-01-87	2h4	Pretoria	08-Apr
24.87	0.6	Nikki Horn	BO	18-04-88	2h2	Pretoria	08-Apr
25.09	-0.3	Dané van Schalkwyk	GN		3	Sasolburg	01-Apr
25.48	-0.3	Cheni Prinsloo	EC		4	Sasolburg	01-Apr
25.53	1.0	Elsche Krantz	FS		1	Bloemfontein	18-Mar
25.55	1.4	Louise van der Merwe	WP	06-04-88	1	Bellville	04-Mar
25.61	0.4	Enolicia Simons	FS		3h1	Pretoria	08-Apr
25.66	-0.4	Tanya de Bruin	EC		1h1	Sasolburg	01-Apr
25.66	0.6	Lichiel Piek	NW		3h1	Pretoria	08-Apr

#### NWI

24.59		Isabel le Roux	SW	23-01-87	1	Pretoria	04-Mar
-------	--	----------------	----	----------	---	----------	--------

24.77		Arista Hefer	CN	12-09-87	4	Pretoria	27-Jan
23.60		Gladys Mphetu	FS		1	Bloemfontein	11-Mar
25.25		Lichiel Piek	NW		1	Rustenburg	11-Mar
25.36		Ilze Pretorius	NW		2	Rustenburg	11-Mar

#### Wind

24.26	3.8	Arista Hefer		12-09-87	3	Secunda	20-Jan
-------	-----	--------------	--	----------	---	---------	--------

#### 400 METRES

#### Under 20

#### 55.24

55.06		Arista Hefer	CG	12-09-87	1	Pretoria	08-Apr
55.79		Angela Wagner	GN	19-01-88	1	Pretoria	11-Mar
56.78		Karien Marais	CG	05-05-88	1	Sasolburg	31-Mar
57.48		Ché Kempff	FS	06-02-88	2	Sasolburg	31-Mar
57.58		Adele Fouche	CG	21-04-88	1	Germiston	28-Feb
58.08		Monyani Teleko	CG	31-07-88	2h2	Pretoria	08-Apr
58.11		Chanaix Nice	CG	26-02-88	3	Germiston	10-Mar
58.67		Jolanda Loubser	EP		2h1	Sasolburg	31-Mar
58.71		Charmaine Banting	FS	06-02-88	1	Bloemfontein	11-Mar
58.71		Karlien de Wet	MP		4	Sasolburg	31-Mar

#### 800 METRES

#### Under 20

#### 2:09.00

2:04.06		Angela Wagner	GN	19-01-88	6	Port Elizabeth	11-Feb
2:11.77		Gemay van Heerden	CG		1	Sasolburg	01-Apr
2:12.16		Anet Coetzee	VT		2	Pretoria	08-Apr
2:13.95		Recinda Hanekom	CG	17-11-88	1r2	Germiston	28-Feb
2:14.68		Karien Marais	CG	05-05-88	1	Germiston	28-Feb
2:14.72		Monyani Teleko	CG	31-07-88	4	Pretoria	08-Apr
2:15.08		Cornelia Joubert	CG	22-06-88	2	Roodepoort	08-Feb
2:15.44		Renata Erasmus	MP		3	Sasolburg	01-Apr
2:16.03		M Vermaak	CG		2	Roodepoort	08-Feb
2:16.10	ht	Noria Sibanda	MP		1	Secunda	11-Mar

#### 1500 METRES

#### Under 20

#### 4:28.00

4:25.77		Angela Wagner	GN	19-01-88	4	Stellenbosch	03-Feb
4:30.31		Lena Lotter	BO	02-08-88	1	Bloemfontein	17-Feb
4:37.80		Pulane Mosome	CG	17-04-88	1	Germiston	10-Mar
4:38.30		Recinda Hanekom	CG	17-11-88	2	Germiston	10-Mar
4:40.57		Noria Sibanda	MP		1	Sasolburg	31-Mar
4:40.80		Patience Khumalo	CG	08-11-88	3	Germiston	10-Mar
4:40.81		Thandi Malindi	FS	16-07-87	2	Sasolburg	31-Mar
4.41.25		Maryke Rossouw	CG	30-03-88	4	Germiston	10-Mar
4.41.52		Cornelia Joubert	CG	22-06-88	3	Sasolburg	31-Mar
4:43.42		Gerda-Marie Theron	EP		1	Port Elizabeth	03-Mar

#### 3000 METRES

#### Under 20

#### 9:35.00

09:59.21		Lenah Mokwa	CG	03-04-87	6	Pretoria	27-Jan
10.05.40		Pulani Mosomi	CG	17-04-88	1	Sasolburg	01-Apr
10:06.03		Patience Khumalo	CG	08-11-88	7	Secunda	20-Jan
10.07.06		Nanet Grobbelaar	GN	02-06-88	2	Pretoria	07-Apr
10.11.03		Noria Sibanda	MP	18-05-88	4	Pretoria	07-Apr
10.23.51		Hellen Phanyane	LIM	12-08-88	3	Sasolburg	01-Apr

10.25.22	Cecilia Ndaweni	CG	19-01-87	5	Pretoria	07-Apr
10.32.68	Maryke Rossouw	CG	30-03-88	5	Germiston	28-Feb
10.34.19	Doloris Blondis	FS		1	Bloemfontein	18-Mar
10.41.45	Estie Bester	CG		2	Germiston	28-Feb

### 5000 METRES

#### Under 20

#### 16:30.00

16:31.07	Lena Lotter	BO	02-08-88	2	Port Elizabeth	10-Feb
17:19.05	Lenah Mokwa	CG	03-04-87	8	Port Elizabeth	10-Feb
17:34.97	Patience Khumalo	VT	08-11-88	9	Port Elizabeth	10-Feb
17:40.33	Noria Sibanda	MP	18-05-88	11	Port Elizabeth	10-Feb
17:47.24	Cecilia Ndaweni	CG	19-01-87	2	Pretoria	07-Apr
18:08.58	Nanet Grobbelaar	GN	02-06-88	1	Germiston	25-Mar
19:59.54	Anna Bronkhorst	CG		3	Germiston	25-Mar
20:07.82	Nomfundiseko Magubu	TR		3	Pretoria	07-Apr
21:28.27	Nozuko Cingo	TR		4	Pretoria	07-Apr
21:45.45	Ntokoza Dlamini	CG		5	Pretoria	07-Apr

### 3000m STEEPLECHASE

#### Under 20

#### 11.00.00

10:46.09	Destiny Titus	WP	08-05-89	3	Bellville	17-Feb
11:02.17	Pulane Mosome	CG	17-04-88	2	Pretoria	08-Apr
11:12.23	Masello Moekoa	FS	05-09-88	4	Port Elizabeth	11-Feb
11:19.10	Thandi Malindi	FS	16-07-87	4	Pretoria	08-Apr
11:33.66	Ashley Schnetler	CG		5	Pretoria	08-Apr
11:34.52	Chantelle Bruyns	GN	05-07-89	6	Pretoria	08-Apr
11:41.72	Inge Bouwmeester	CG		7	Pretoria	08-Apr
11:47.89	Selinah Mofokeng	CG		2	Germiston	25-Mar
12:03.22	Elbie van Dyk	CG		8	Pretoria	08-Apr
12:04.52	Thembi Baloyi	CG		3	Germiston	25-Mar

### 100m HURDLES

#### Under 20

#### 84cm

#### 14.24

14.19	0.0	Erika Kleynhans	MP	16-08-88	1	Pretoria	07-Apr
14.20	1.0	Mariska van Driel	GN	27-04-88	1	Germiston	25-Mar
14.24	1.0	Heike Kotze	CG	11-12-87	2	Germiston	25-Mar
14.28	0.0	Marika Walters	BO	12-02-87	2	Pretoria	07-Apr
14.75	0.4	Elminette Beckmann	FS	14-06-89	5	Port Elizabeth	11-Feb
14.93	0.0	Margit du Plessis	VT	31-03-88	5	Pretoria	07-Apr
14.98	0.0	Charlotte Redelinghuys	GN	20-03-88	6	Pretoria	07-Apr
15.15	0.5	Heike Kotze	CG	11-12-87	6	Secunda	20-Jan
15.40	1.8	Nerina Nel	GN		1hep	Pretoria	07-Apr
15.49	0.0	Grethe Nel	KZ		7	Pretoria	07-Apr

### NWI

14.18		Mariska van Driel	GN	27-04-88	1	Roodepoort	08-Feb
15.33		Grethe Nel	KZ		4h2	Pretoria	07-Apr

### Hand

13.9		Mariska van Driel	GN	27-04-88	1	Roodepoort	17-Feb
14.3		Erika Kleynhans	MP	16-08-88	1	Secunda	11-Mar

### 400m HURDLES

#### Under 20

#### 76.2cm

#### 60.44

62.10		Erika Kleynhans	MP	16-08-88	1	Pretoria	08-Apr
62.24		Chanaix Nice	CG	26-02-88	1	Germiston	11-Mar

62.39	Carla Hugo	GN	20-07-88	2	Pretoria	08-Apr
62.65	Janine Visser	BO	20-07-88	3	Pretoria	08-Apr
64.72	Millie de Bruyn	WP		1	Oudtshoorn	11-Mar
65.38	Anel Oberholzer	NWP		1	Rustenburg	11-Mar
65.83	M Janse van Rensburg	NWP		4	Sasolburg	01-Apr
65.92	Danika Myburgh	GN	14-05-88	3	Germiston	11-Mar
66.01	Margit du Plessis	VT		3	Germiston	28-Feb
66.22	Marizaan Rossouw	BO		3h2	Sasolburg	01-Apr

### Hand

63.0	Mariska van Driel	GN	27-04-88	1	Roodepoort	17-Feb
------	-------------------	----	----------	---	------------	--------

### HIGH JUMP

#### Under 20

#### 1.82m

1.82	Marna Fourie	BO	22-04-87	1	Parow	25-Mar
1.75	Rozanne du Toit	CG	29-06-87	1	Germiston	10-Mar
1.70	Tersia Stander	CG	25-05-88	1	Roodepoort	17-Feb
1.70	Tillanie Neethling	VT	18-01-88	2	Germiston	10-Mar
1.65	Jani von Gericke	CG	11-04-88	2	Roodepoort	17-Feb
1.65	Lani van Heerden	CN	01-10-88	1	Rustenburg	11-Mar
1.65	Jacqueline van der Walt	LIM		q	Sasolburg	01-Apr
1.63	Charlotte Redelinghuys	GN	20-03-88	3	Sasolburg	01-Apr
1.63	Lorren Smith	EP		4	Port Elizabeth	01-Apr
1.62	Rene du Toit	EP	08-01-88	1	Port Elizabeth	04-Mar

### POLE VAULT

#### Under 20

#### 3.95m

3.60	Leanne Viviers	WP	23-11-88	2	Bellville	28-Jan
3.45	Deoné Joubert	GN	23-04-88	2	Pretoria	07-Apr
3.25	Talitha Lombard	BO		3	Pretoria	07-Apr
3.16	Eugenie Burger	FS	10-06-88	1	Bloemfontein	18-Mar
3.10	Yolandi Stemmet	WP	08-08-88	3	Sasolburg	31-Mar
3.00	Janneke Wolmarans	EP	25-06-88	1	Port Elizabeth	03-Mar
3.00	Mariska Groenewald	FS		5	Sasolburg	01-Jan
2.85	Anbel Beyers	BO		7	Pretoria	07-Apr
2.80	Carmen-Ann Lombard	FS	06-04-88	2	Bloemfontein	24-Feb
2.60	Amandi Pansegrouw	NW	19-04-87	2	Pretoria	04-Mar

### LONG JUMP

#### Under 20

#### 6.10m

5.80	0.0	Leandie Maritz	CG	25-02-87	1	Pretoria	07-Apr
5.75	0.2	Carla Marais	VT	10-12-87	1	Potchefstroom	28-Jan
5.70	0.1	Rochelle van der Merwe	EP	15-02-87	2	Pretoria	07-Apr
5.58	0.5	Islarie Wessels	GN	02-08-87	4	Pretoria	07-Apr
5.51	0.2	Eliz-Mari Prinsloo	GN	09-07-88	6	Pretoria	07-Apr
5.48	-0.4	Elayne Henderson	WP	31-07-87	1	Bellville	18-Mar
5.47	1.6	Juanita Minnaar	VT		1	Sasolburg	31-Mar
5.39	1.4	Magda du Plessis	MP		2	Sasolburg	31-Mar
5.30	0.8	Mareli Steyn	GN		4	Germiston	25-Mar
5.23	-0.5	Grethe Nel	KZ		5	Sasolburg	31-Mar

### NWI

5.54		Eliz-Mari Prinsloo	GN	09-07-88	1	Roodepoort	17-Feb
5.52		Magda du Plessis	MP		1	Secunda	11-Mar
5.37		Tony-Lee Louw	WP		1	Oudtshoorn	11-Mar

5.33		Stephanie Mostert	BO		2	Oudtshoorn	11-Mar
5.32		Bianca van der Merwe	CG		3	Germiston	10-Mar

#### Wind

5.50	3.1	Elayne Henderson	WP	31-07-87	1	Parow	25-Mar
------	-----	------------------	----	----------	---	-------	--------

#### TRIPLE JUMP

#### Under 20

#### 12.90m

11.89	0.3	Eliz-Mari Prinsloo	GN	09-07-88	1	Pretoria	08-Apr
11.59	-0.5	Marike Steyn	GN	10-01-87	3	Port Elizabeth	10-Feb
11.44	-0.7	Grethe Nel	KZ		2	Sasolburg	31-Mar
11.40	-0.3	Carla Marais	CN	10-12-87	2	Potchefstroom	28-Jan
11.25	-0.2	Juanita Minnaar	VT		3	Sasolburg	31-Mar
11.13	-1.1	Valencia Enslin	MP	07-03-88	4	Sasolburg	31-Mar
10.98	-0.1	Stephanie Mostert	BO		5	Sasolburg	31-Mar
10.96	-0.5	Matjie Dikotla	LIM		6	Sasolburg	31-Mar
10.93	0.2	Lize Fouche	FS		7	Sasolburg	31-Mar
10.80	0.0	Islarie Wessels	CN	02-08-87	4	Potchefstroom	28-Jan

#### NWI

11.83		Rochelle van der Merwe	EP	15-02-87	2	Pretoria	08-Apr
11.74		Marike Steyn	GN	10-01-87	3	Pretoria	08-Apr
11.48		Magda du Plessis	MP	14-12-87	1	Secunda	11-Mar
11.37		Valencia Enslin	MP	07-03-88	2	Secunda	11-Mar
11.33		Juanita Minnaar	VT		2	Germiston	10-Mar
11.21		Magda du Plessis	MP	14-12-87	4	Pretoria	08-Apr

#### Wind

11.68	2.5	Rochelle van der Merwe	EP	15-02-87	1	Port Elizabeth	10-Feb
11.19	3.1	Dorette Kriel	FS		2	Bloemfontein	10-Feb
11.18	2.1	Jacomien vd Merwe	FS		1	Bloemfontein	11-Mar
11.06	4.1	L Fouche	FS		1	Bloemfontein	18-Mar

#### SHOT PUT

#### Under 20

#### 4kg

#### 14.40m

16.86		Marli Knoetze	CN	02-10-87	1	Potchefstroom	01-Feb
16.77		Simoné du Toit	CG	27-09-88	1	Stellenbosch	03-Feb
13.57		Bianca van Rooyen	CG	28-01-88	2	Roodepoort	08-Feb
13.26		Sonnika Knoetze	CN	18-08-87	4	Pretoria	07-Apr
12.22		Ursula Fourie	GN	30-01-87	1	Pretoria	11-Mar
12.21		C du Plessis	CG		2	Germiston	11-Mar
11.88		Kiki Peenz	GN	19-06-88	2	Germiston	28-Feb
11.82		Jeannerie Karsten	NC		4	Sasolburg	01-Apr
11.65		Izelma Parkin	FS		5	Pretoria	07-Apr
11.48		Henriette Loggenberg	MP	02-05-88	1	Secunda	11-Mar

#### DISCUS

#### Under 20

#### 1 kg

#### 47.00m

53.07		Simoné du Toit	CG	27-09-88	1	Roodepoort	08-Feb
47.20		Marli Knoetze	LM	02-10-87	1	Port Elizabeth	01-Apr
44.39		Henriette Loggenberg	MP	02-05-88	2	Sasolburg	31-Mar
42.53		Ursula Fourie	GN	30-01-87	3	Pretoria	27-Jan
40.29		Charlotte Moolman	GN	29-11-88	1	Pretoria	03-Apr
38.48		Amanda Strydom	FS		1	Bloemfontein	11-Mar
38.12		Kiki Peenz	GN	19-06-88	3	Pretoria	03-Apr
37.38		Maryke van Aswegen	MP		6	Pretoria	08-Apr

37.29	Nadia Swart	FS	08-03-88	1	Bloemfontein	24-Feb
36.54	Y Fourie	CG		1	Roodepoort	08-Feb

### HAMMER

#### Under 20

#### 4kg

#### 56.00m

48.87	Jolene van Zyl	FS	05-01-88	1	Sasolburg	31-Mar
46.78	Karin le Roux	BO	26-03-87	2	Pretoria	07-Apr
39.09	Mandie Stassen	FS		3	Pretoria	07-Apr
38.47	Gerda Rust	FS		2	Bloemfontein	11-Mar
36.06	Corrie Bloem	MP	05-08-87	1	Secunda	11-Mar
34.31	Jolandie Groenewald	WP	24-03-87	1	Bellville	04-Mar
34.22	Lozahn du Preez	NW		3	Sasolburg	31-Mar
33.46	Cherisse Smit	NW		4	Pretoria	07-Apr
27.32	Maréli Marais	SW		1	Oudtshoorn	03-Mar
21.52	F Heydenreich	EP		1	Port Elizabeth	03-Mar

### JAVELIN

#### Under 20

#### 600g

#### 49.50m

47.03	Anzel van der Schyff	LM	19-03-87	1	Pretoria	07-Apr
45.57	Nicole Nel	BO	16-09-87	1	Bellville	28-Jan
45.12	Mariska Botes	CG	06-11-87	6	Port Elizabeth	31-Mar
44.80	Lizelle Jacobs	SW	05-05-88	1	Sasolburg	01-Apr
41.57	Heloise Labuschagne	FS		1	Bloemfontein	18-Mar
41.30	Sunee van Niekerk	G		2	Sasolburg	01-Apr
41.09	Sonnika Knoetze	CN	18-08-87	6	Pretoria	27-Jan
40.43	Gezelle J van Rensburg	FS	11-04-88	1	Bloemfontein	17-Feb
40.28	Yolande Koekemoer	CG		3	Sasolburg	01-Apr
39.35	Lezanne Muller	FS		1	Bloemfontein	11-Mar

### HEPTATHLON

#### Under 20

#### 5 150 pts

4 262	Nerina Kruger	CG	31-07-87	1	Pretoria	7-8 Apr
3 622	Alicia van den Bergh	LIM		2	Pretoria	7-8 Apr
3 612	Liezl Phillips	CG		3	Pretoria	7-8 Apr
3 571	Kiki Peenz	GN	19-06-88	4	Pretoria	7-8 Apr
3 065	Madelyne Lansdell	GN		2	Pretoria	3-4 Mar
2 946	Angelique Dercksen	GN		3	Pretoria	3-4 Mar
2 881	Janri Blignaut	GN		5	Pretoria	7-8 Apr
2 806	Danel van der Westhuizen	GN		6	Pretoria	7-8 Apr

### WALKING

#### 10000m WALK

#### Under 20

#### 50.55.00

0:57:08.18	Amorette van Daalen	WP		1	Sasolburg	31-Mar
0:57:54.88	Michelle Hopkins	CG	09.11.88	1	Germiston	10-Mar
0:58:39.96	Natassha Cohen	KZ		1	Pretoria	07-Apr
0:59:23.40	Riandi Booyens	CN	12-04-88	1	Rustenburg	11-Mar
1:00:11.96	Carien Basson	FS		1	Bloemfontein	11-Mar
1:01:00.00	Jenine Mostert	WC		3	Sasolburg	31-Mar
1:01:31.29	Whilneshia Persent	WP		4	Sasolburg	31-Mar
1:02:36.14	Jocelyn de Klerk	FS		1	Bloemfontein	18-Mar
1:04:42.47	Merriam Tladi	FS		5	Sasolburg	31-Mar
1:06:36.00	L Mogomosi	NWP		2	Rustenburg	11-Mar

**ENDS**