

## 2006 S A SENIOR BEST PERFORMANCE LIST

Compiled by Gert le Roux

[gler@mweb.co.za](mailto:gler@mweb.co.za)

As at 25-Apr-06

### MEN

Perf.	W/R	Athlete	DOB	Pos.	Venue	Date
<b>60m (Indoors)</b>						
6.60		Morne Nagel	GN 230278	2	Moscow	25-Jan
<b>100m</b>						
10.27	0.5	Sherwin Vries	EP 220380	1	Secunda	20-Jan
10.36	0.2	Hannes Dreyer	GN 130185	1	Pretoria	03-Mar
10.37	0.5	Snyman Prinsloo	GN 220584	2	Secunda	20-Jan
10.41	0.2	Leigh Julius	EP 250385	3	Pretoria	03-Mar
10.42	1.6	Thuso Mpuang	FS 010384	1	Bloemfontein	28-Jan
10.44	0.5	Lee-Roy Newton	KZ 191278	4	Secunda	20-Jan
10.44	-1.2	Jean du Randt	CG 131285	1	Pretoria	27-Jan
10.46	0.2	Christiaan Krone	GN 300884	5	Pretoria	03-Mar
10.48	0.5	Sergio Mullins	WP 120580	6	Secunda	20-Jan
10.52	0.4	Duncan McLean	EP u20	1h1	Pretoria	07-Apr
<b>Hand</b>						
10.0	0.4	Hannes Dreyer	GN 130185	1h3	Pretoria	14-Jan
10.1	0.4	Snyman Prinsloo	GN 220584	2h3	Pretoria	14-Jan
10.2	0.9	Alwyn Myburgh	GN 131080	1h1	Pretoria	14-Jan
10.2	0.4	Hennie Kotze	CN 040284	3h3	Pretoria	14-Jan
<b>Wind</b>						
10.0	2.9	Corne du Plessis	CG 200378	1h2	Pretoria	14-Jan
<b>200m</b>						
20.70	0.2	Snyman Prinsloo	CG 220584	1	Pretoria	27-Jan
20.71	0.6	Sergio Mullins	WP 120580	1	Bellville	18-Mar
20.84	0.3	Leigh Julius	EP 250385	1	Port Elizabeth	11-Feb
20.91	0.3	Wilhelm van der Vyver	BO 220889	1	Pretoria	08-Apr
20.97	0.2	Hannes Dreyer	GN 130185	2	Pretoria	27-Jan
20.99	-0.5	Jan van der Merwe	FS 160384	1	Stellenbosch	03-Feb
21.05	0.3	Lee-Roy Newton	KZ 191278	2	Port Elizabeth	11-Feb
21.05	0.2	Tshegefatso Meshoe	NW u20	1	Pretoria	08-Apr
21.13	0.3	Sherwin Vries	EP 220380	3	Port Elizabeth	11-Feb
21.18	0.2	Kagisho Kumbane	FS 211188	1	Pretoria	08-Apr
21.18	-2.0	Paul Gorries	EP 280281	2	Bellville	17-Feb
<b>Wind</b>						
20.65	2.9	Sergio Mullins	WP 120580	1	Parow	25-Mar
21.13	2.9	Marcus la Grange	WP 121277	2	Parow	25-Mar
<b>Hand</b>						

20.5	1.0	Hannes Dreyer	GN	130185	1h2	Pretoria	14-Jan
20.9	0.5	Alwyn Myburgh	GN	131080	1h1	Pretoria	14-Jan
20.9	1.0	Leslie J van Rensburg	GN	020285	2h2	Pretoria	14-Jan

### 200m (Indoors)

22.18		Snyman Prinsloo	GN	220584	5	Lievin	03-Mar
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### 300m

#### Indoors

34.76		Snyman Prinsloo	GN	220584	5	Gent	26-Feb
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Perf.	W/R	Athlete		DOB	Pos.	Venue	Date
<b>400m</b>							
45.41		Paul Gorries	EP	280281	3s1	Melbourne	21-Mar
45.78		Ofentse Mogawane	GN	200282	1	Pretoria	27-Jan
45.93		Jan van der Merwe	FS	160384	6s3	Melbourne	21-Mar
46.17		Marcus la Grange	WP	121277	4	Pretoria	27-Jan
46.20		Sidwell Mithi	CG	280185	1	Pretoria	03-Mar
46.55		Pieter Smith	GN	030487	1	Pretoria	11-Mar
46.55		Alvin Samuels	KZ	010787	1	Pretoria	07-Apr
46.62		Ruben Majola	CG	280886	2	Port Elizabeth	11-Feb
46.64		Nathan van Wyk	WP	010679	2	Oudtshoorn	25-Feb
46.78		Jacob Ramokoka	NW	200983	2s1	Port Elizabeth	10-Feb
46.78		Ruan Grobler	EP	220587	3	Pretoria	07-Apr
<b>Hand</b>							
46.3		Ruben Majola	CG	280886	1	Roodepoort	14-Jan

Perf.		Athlete		DOB	Pos.	Venue	Date
<b>800m</b>							
1:46.77		Mbulaeni Mulaudzi	CG	080980	1	Oudtshoorn	25-Feb
1:47.59		Werner Botha	GN	310178	2	Oudtshoorn	25-Feb
1:47.72		Juan van Deventer	CG	260383	1	Pretoria	27-Jan
1:48.04		Adriaan van Wyk	GN	280783	3	Pretoria	27-Jan
1:48.72		Charles Jantjies	BO	210782	3	Oudtshoorn	25-Feb
1:48.96		Isaiah Nkuna	GN	050377	3	Port Elizabeth	11-Feb
1:49.05		Bonolo Maboja	CG	240885	5	Pretoria	27-Jan
1:49.13		Dirk Gouws	FS	240288	1	Bloemfontein	11-Mar
1:49.58		Andre Olivier	CG	291289	1	Pretoria	08-Apr
1:49.68		Jan Masenamela	CN	160288	2	Pretoria	08-Apr

Perf.		Athlete		DOB	Pos.	Venue	Date
<b>1500m</b>							
3:42.50		Juan van Deventer	CG	260383	1	Bellville	17-Feb
3:43.40		Johan Pretorius	CG	230982	3	Bellville	17-Feb
3:44.67		Mbulaeni Mulaudzi	CG	080980	1	Stellenbosch	03-Feb
3:44.71		Isaac Mboyaza	CG	260986	4	Bellville	17-Feb
3:45.20		Hans-Jurie Muller	BO	130785	5	Bellville	17-Feb
3:45.78		Boy Soke	FS	110283	1	Bloemfontein	28-Jan
3:45.91		Tshamano Setone	CG	070587	1	Secunda	20-Jan
3:47.98		Molefe Molefe	CG	270186	3	Port Elizabeth	11-Feb
3:48.12		Samson Ngoepe	CG	280185	6	Bellville	17-Feb

3.48.48	Thabang Mohale	CG	291186	2	Bloemfontein	28-Jan
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**1 Mile (Indoors)**

4.03.37	Marc Rodrigues	(CG)	090282	3	Gainesville	26-Feb
4.03.54	Peter vd Westhuizen	(GN)	211284	2	Fayetteville	10-Feb
4.08.65	Jonny Shuping	(CN)	100984	1	Austin	08-Apr

**2000 Metres**

5.08.05	Ruben Ramolefi	FS	170778	6	Melbourne	09-Mar
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**3000m**

8:00.08	Tshamano Setone	CG	070587	1	Pretoria	27-Jan
8:01.95	Motsamai Motone	VT	260678	2	Pretoria	27-Jan
8:06.61	Ruben Ramolefi	CG	170778	3	Pretoria	27-Jan
8:07.95	Jacob Selebalo	CN	050182	4	Pretoria	27-Jan
8:12.01	Sello Mahase	CG	241184	5	Pretoria	27-Jan
8:16.97	Richard Mavuso	GN	300378	6	Pretoria	27-Jan
8:24.51	Mandla Maseko	GN	120985	7	Pretoria	27-Jan
8:27.11	Hendry du Plooy	CG	260286	8	Pretoria	27-Jan
8:30.57	Lukhanyo Mabinza	GN	090986	9	Pretoria	27-Jan
8:31.78	Sivuyile Dlongwana	TR	210881	10	Pretoria	27-Jan

**3000m Indoors**

7:54.78	Marc Rodrigues		090282	3	Fayetteville	11-Feb
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Perf.	W/R	Athlete	DOB	Pos.	Venue	Date	
<b>5000m</b>							
13.45.10		Boy Soke	FS	110283	2	Port Elizabeth	12-Feb
13.49.54		Tshamano Setone	CG	070587	1	Port Elizabeth	12-Feb
13.57.99		Coolboy Ngamole	CG	270679	1	Bellville	17-Feb
14:00.23		Jacob Selebalo	CN	050182	2	Bellville	17-Feb
14:00.69		Marc Rodrigues	(CG)	090282	20	Walnut	13-Apr
14:01.77		Olegokeng Masire	NW	140982	3	Port Elizabeth	12-Feb
14.03.45		Alexander Motone	VT	260678	2	Stellenbosch	03-Feb
14.06.95		Zolile Bhitane	WP	051085	3	Bellville	17-Feb
14.07.20		Neo Molema	WP	290980	4	Bellville	17-Feb
14:13.87		Piet Jacobs	BO	060578	5	Bellville	17-Feb

**10000m**

28:52.67	Alexander Motone	VT	260678	1	Port Elizabeth	10-Feb
28:54.84	Zolani Ntongana	WP	070780	3	Port Elizabeth	10-Feb
29:03.88	Coolboy Ngamole	CG	270679	4	Port Elizabeth	10-Feb
29:32.43	Marc Rodrigues	(CG)	090282	26	Stanford	31-Mar
29:20.90	Thubalethu Phaku	KZ	041279	5	Port Elizabeth	10-Feb
29:40.32	Teddy Hutamo	CG	250369	6	Port Elizabeth	10-Feb
29:40.32	Mputumi Ngedle	TR	020981	7	Port Elizabeth	10-Feb
29:52.75	Lusapho April	BOR	240582	6	Port Elizabeth	10-Feb
29:54.19	Norman Dlomo	VT	180474	2	Port Elizabeth	10-Feb
29:56.27	Stephen Mokoko	VT	310185	9	Port Elizabeth	10-Feb

**3000m Steeplechase**

8.21.28	Ruben Ramolefi	CG	170778	1	Port Elizabeth	11-Feb
8.37.06	Emanuel Mkhabela	FS	190779	2	Port Elizabeth	11-Feb
8.51.06	Friedl Maans	WP	120182	3	Port Elizabeth	11-Feb
8.58.25	Sivuyile Dlongwana	TR	050981	4	Port Elizabeth	11-Feb
9.00.12	Dewayne Mouries	BO	280288	2	Bellville	28-Jan
9.01.00	Tshepo Motzehela	FS	220887	5	Port Elizabeth	11-Feb
9.03.31	Lukhanya Mabinza	GN	090986	1	Port Elizabeth	01-Apr
9.04.77	Godfrey Ramakone	FS	120585	1	Bloemfontein	28-Jan
9.08.07	Isaac Nyaredi	FS	211286	7	Port Elizabeth	11-Feb
9.09.21	Michael Tlhoru	FS	240285	3	Bloemfontein	28-Jan

Perf.	W/R	Athlete	DOB	Pos.	Venue	Date	
<b>110m Hurdles</b>							
13.52	0.7	Shaun Bownes	CN	241070	2h1	Melbourne	21-Mar
13.62	1.9	Ruan de Vries	GN	010286	2	Secunda	20-Jan
13.82	0.2	Frikkie van Zyl	WP	300781	1	Pretoria	27-Jan
13.85	0.8	Hennie Kotze	CN	040284	2	Port Elizabeth	11-Feb
14.08	0.3	Martin de Bruto	CN	040782	1	Potchefstroom	28-Jan
14.12	-2.7	Lehann Fourie	CN	160287	1	Port Elizabeth	31-Mar
14.18	0.6	Gustav Kukuk	FS	201284	3h2	Port Elizabeth	11-Feb
14.33	0.9	Riaan Snyman	CN	230684	2h2	Secunda	20-Jan
14.33	0.8	Francois Potgieter	FS	240278	6	Port Elizabeth	11-Feb
14.45	0.6	Quinton de Vos	KZ	270183	4h1	Port Elizabeth	11-Feb
<b>Hand</b>							
13.4	0.5	Hennie Kotze	CN	040284	1	Pretoria	14-Jan
13.9	2.7	Janko Kotze	CG	030382	1	Germiston	28-Jan
<b>Wind</b>							
13.91	3.3	Lehann Fourie	CN	160287	1h1	Port Elizabeth	31-Mar
Unsanctioned meeting							
13.92	-0.3	Lehann Fourie	CN	160287	1	Potchefstroom	24-Apr

**400m Hurdles**

48.05	LJ (Louis) van Zyl	GN	200785	1	Melbourne	23-Mar
48.23	Alwyn Myburgh	GN	131080	2	Melbourne	23-Mar
48.74	Ter de Villiers	GN	130782	2	Port Elizabeth	11-Feb
49.44	Pieter Koekemoer	KZ	120182	2	Pretoria	03-Mar
49.63	Ockert Cilliers	CN	210481	4	Secunda	20-Jan
50.57	Wouter le Roux	GN	170186	1	Pretoria	28-Jan
50.78	Juan Bloem	GN	03-02-88	1	Pretoria	08-Apr
51.00	Wiekus Jonck	CG	18-03-88	2	Pretoria	08-Apr
51.07	Johann Hanekom	GN	031286	5	Stellenbosch	03-Feb
51.50	Llewellyn Herbert	GN	210777	7	Port Elizabeth	11-Feb

Perf.	W/R	Athlete	DOB	Pos.	Venue	Date	
<b>High Jump</b>							
2.25		Ramsay Carelse	WP	301085	1	Stellenbosch	03-Feb
2.24		Jacques Freitag	GN	110682	1	Pretoria	27-Jan
2.15		Zieg Veenemans	GN	130583	2	Port Elizabeth	11-Feb

2.10	Sean Stone	WP	190588	3	Stellenbosch	03-Feb
2.10	Terry Wepener	CG	080282	3	Port Elizabeth	11-Feb
2.10	Allan Syce	WP	211088	1	Oudtshoorn	11-Mar
2.10	Michael de Beer	MP	301287	1	Secunda	11-Mar
2.10	Juan-Pierre van der Schyff	CN	100589	1	Rustenburg	11-Mar
2.10	Leendert Haasbroek	GN	280586	1	Port Elizabeth	01-Apr
2.05	Mornay Hendricks	WP		2	Bellville	28-Jan
2.05	Bevan Hendon	BO		2	Bellville	28-Jan
2.05	Francois Potgieter	FS	240278	4	Port Elizabeth	11-Feb
2.05	Morne James	WP	260376	1	Parow	25-Feb

### Indoors

2.28	Ramsay Carelse	WP	301085	3	Tallinn	28-Feb
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### Pole Vault

5.65	Okkert Brits	BO	220873	1	Port Elizabeth	10-Feb
5.40	Fanie Jacobs	BO	210476	1	Pretoria	03-Mar
5.10	Johann du Plessis	BO	260381	2	Bellville	28-Jan
5.00	Francois Coetzer	BO	131180	2	Port Elizabeth	10-Feb
4.90	Brent Howell	WP	230686	3	Bellville	28-Jan
4.90	Jan (JG) Blignaut	FS	020288	1	Sasolburg	01-Apr
4.70	Francois Potgieter	FS	240278	2	Port Elizabeth	31-Mar
4.70	Francois Germishuys	BO	311087	2	Pretoria	08-Apr
4.70	Gustav Munro	EP	140788	3	Pretoria	08-Apr
4.50	Cheyne Rahme	CG	230191	1	Pretoria	08-Apr

Perf.	W/R	Athlete	DOB	Pos.	Venue	Date	
<b>Long Jump</b>							
8.04	2.0	Martin McClintock	CG	300675	1	Germiston	28-Jan
8.04	0.4	Khotso Mokoena	CN	060385	4	Melbourne	21-Mar
7.95	1.3	Yaw Fosu-Amoah	GN	081081	1q2	Melbourne	21-Mar
7.79	1.5	Keenan Watson	BO	030388	1	Oudtshoorn	28-Jan
7.52	0.4	Ethan Alexander	EP	270188	2	Pretoria	07-Apr
7.50	0.9	Jason Karolisin	EP	191289	1	Pretoria	07-Apr
7.48	0.2	Julian Karolis	WP	190389	2	Pretoria	07-Apr
7.46	1.1	Charles le Roux	FS	050585	1	Port Elizabeth	31-Mar
7.38	-0.8	Tiaan Pretorius	FS	050581	1	Bloemfontein	28-Jan
7.36	1.0	Karst Smits	CN	120288	1	Roodepoort	08-Feb

### Wind

8.05	3.8	Yaw Fosu-Amoah	GN	081081	1	Stellenbosch	03-Feb
7.62	2.2	Ethan Alexander	EP	270188	2	Oudtshoorn	25-Feb

### Indoors

8.01		Khotso Mokoena	CN	060385	5	Moscow	11-Mar
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### Triple Jump

16.95	0.7	Khotso Mokoena	CN	060385	2	Melbourne	25-Mar
15.93	-1.0	Jason Kidza-Sewanyane	KZ	030182	2	Port Elizabeth	11-Feb
15.33	1.5	Elmarco Matthews	BO	280180	1	Port Elizabeth	11-Feb
15.07	-0.8	Charles le Roux	FS	050585	3	Pretoria	27-Jan
15.00	0.5	Tumelo Thagane	CN	030784	4	Port Elizabeth	11-Feb

14.91	0.6	Riaan Arends	EP		1	Pretoria	08-Apr
14.80	-2.3	Adewale Adejumo	CG	110385	3	Port Elizabeth	01-Apr
14.76	-0.9	Reinhardt van Wyk	WP	230888	1	Sasolburg	01-Apr
14.68	1.4	Stefan van Heerden		090984	1	Bloemfontein	28-Jan
14.65	0.0	John Nkosi	FS		1	Bloemfontein	17-Feb

#### Wind

14.65	2.1	Ethan Alexander	EP	270188	5	Port Elizabeth	11-Feb
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#### SHOT

21.06		Janus Robberts	BO	100379	1	Pretoria	27-Jan
19.58		Hannes Hopley	NW	260181	1	Stellenbosch	03-Feb
18.76		Roelie Potgieter	GN	200380	2	Port Elizabeth	10-Feb
18.64		Burger Lambrechts	GN	030473	3	Stellenbosch	03-Feb
16.38		Donovan Snyman	GN	300586	2	Pretoria	21-Jan
16.09		Ross Jordaan	BO	290185	5	Stellenbosch	03-Feb
15.94		Barend van Vuuren		080986	7	Pretoria	27-Jan
15.80		Andre Marais	CG	300474	4	Port Elizabeth	10-Feb
15.63		Henk Booysen	MP	011172	5	Secunda	20-Jan
15.13		Erik Kirsten	BO		3	Port Elizabeth	31-Mar

Perf.	W/R	Athlete		DOB	Pos.	Venue	Date
<b>Discus</b>							
62.01		Hannes Hopley	NW	260181	2	Pretoria	27-Jan
56.65		Janus Robberts	BO	100379	2	Port Elizabeth	11-Feb
54.86		Roelie Potgieter	GN	200380	2	Stellenbosch	03-Feb
54.50		Chris Harmse	FS	310573	3	Port Elizabeth	11-Feb
52.60		Donovan Snyman	GN	300586	1	Port Elizabeth	31-Mar
51.80		Burger Lambrechts	GN	030473	4	Stellenbosch	03-Feb
51.69		Marius Bester	CN	250585	4	Port Elizabeth	11-Feb
50.31		Wynand Coetzee	GN	200284	2	Port Elizabeth	31-Mar
50.01		Stefan Joubert	FS	230681	1	Germiston	18-Mar
48.76		Uwe Sauer	CG	230186	5	Port Elizabeth	31-Mar

#### Hammer

77.20		Chris Harmse	FS	310573	1	Pretoria	27-Jan
58.71		Johan Harmse	VT	210583	1	Potchefstroom	31-Jan
55.19		Jaco Bruwer	BO	160586	2	Port Elizabeth	01-Apr
54.51		Johan Kruger	BO	150487	3	Port Elizabeth	01-Apr
52.50		Charlie Koen	EP	060156	1	Port Elizabeth	22-Feb
51.94		Meyer Conradie	CN	220285	3	Port Elizabeth	10-Feb
51.64		Marius Bester	CN	250585	4	Port Elizabeth	10-Feb
51.49		Burger Lambrechts	GN	030473	3	Bellville	17-Feb
49.51		Jayde Wiggins	WP	050188	1	Parow	25-Feb
48.48		Douw Steenkamp	MP	281287	4	Pretoria	27-Jan

#### Javelin

84.28		Hardus Pienaar	GN	100881	1	Pretoria	27-Jan
79.43		Robert Oosthuizen	BO	230187	2	Port Elizabeth	11-Feb
75.68		Lohan Rautenbach	CN	060286	3	Port Elizabeth	11-Feb
75.10		Brian Erasmus	SW	280280	2	Oudtshoorn	25-Feb

73.61	Tommie du Toit	CN	170882	1	Port Elizabeth	01-Apr
72.29	Noël Meyer	CN	200488	1	Roodepoort	08-Feb
71.19	Raldu Potgieter	SW	030486	5	Port Elizabeth	11-Feb
70.84	Willie Human	CN	080382	1	Potchefstroom	28-Feb
70.55	Gerbrand Grobler	CN	260183	1	Potchefstroom	28-Jan
70.14	Fernie Kitshoff	BO	300188	1	Oudtshoorn	11-Mar

### Decathlon

7 185	Sors Joubert	BO	240584	1	Pretoria	27-28/1
7 242	Jannie Botha	FS	300378	1	Pretoria	7-8 Apr
7 152	Terence Wepener	CG	080282	1	Port Elizabeth	31/3,1/4
6 333	Charles Strohmenger	GN	020478	4	Pretoria	27-28/1
6 906	Francois Potgieter	FS	240278	5	Pretoria	7-8 Apr
5 849	Tinus de Bruin	NW	070286	6	Pretoria	27-28/1

### 4x100m Relay

38.96	RSA National Team			2	Melbourne	25-Mar
40.37	Gauteng North			1	Port Elizabeth	11-Feb
40.71	Kwa-Zulu Natal			2	Port Elizabeth	11-Feb
40.82	Eastern Province			3	Port Elizabeth	11-Feb
40.96	Central Gauteng			4	Port Elizabeth	11-Feb
41.04	Western Province			5	Port Elizabeth	11-Feb
41.09	Pretoria University			1	Port Elizabeth	31-Mar
41.35	Free State			6	Port Elizabeth	11-Feb
41.36	Gauteng North u20			1	Pretoria	08-Apr
41.64	Central North West			7	Port Elizabeth	11-Feb

### 4x400m Relay

3.01.84	RSA National Team			2	Melbourne	25-Mar
3.10.88	University of Johannesburg			1	Port Elizabeth	01-Apr
3.11.15	Gauteng North A			1	Port Elizabeth	11-Feb
3.11.25	Gauteng Schools u20			1	Sasolburg	01-Apr
3.11.66	Free State			2	Port Elizabeth	11-Feb
3.11.83	Gauteng North C			3	Port Elizabeth	11-Feb
3.11.91	Gauteng North u20			1	Pretoria	08-Apr
3.12.54	Kwa-Zulu Natal			4	Port Elizabeth	11-Feb
3.12.58	Free State University			2	Port Elizabeth	01-Apr
3.13.16	Central Gauteng			5	Port Elizabeth	11-Feb

### 20km Road Walk

1:29:44	Wayne Snyman	CN	080385	1	Port Elizabeth	01-Apr
1:30:35	Marc Mundell	GN	070783	2	Port Elizabeth	01-Apr
1:32:23	Jacobus van Dyk	CN	210685	3	Port Elizabeth	01-Apr
1:32:52	Werner Appel	CN	120687	1	Port Elizabeth	11-Feb
1:34:18	Thami Hlatswayo	CG	200782	2	Port Elizabeth	11-Feb
1:34:25	Jaco Appel	KZ	050484	4	Port Elizabeth	01-Apr
1:35:20	Pieter Vorster	WP	240584	1	Youngsfield	14-Jan
1:35:34	Izak Nel	WP	100963	2	Youngsfield	14-Jan

1:37:06	Gideon Cillié	WP	250577	3	Youngsfield	14-Jan
1:39:16	Ross McDonald	WP	040373	1	Parow	25-Mar

### 20000m Walk

1:34:50	Marc Mundell	GN	070783	1	Germiston	28-Jan
1:35:00	Werner Appel	CN	120687	1	Potchefstroom	28-Jan
1:39:10	Jaco Appel	KZ	050484	2	Potchefstroom	28-Jan
1:39:27	Wayne Snyman	CN	080385	3	Potchefstroom	28-Jan
1:49:41	Welcome Marubane			2	Germiston	28-Jan
1:50:32	Leslie Sethoga			3	Germiston	28-Jan
1:59:45	Edward Motsathle			4	Germiston	28-Jan

Perf.	W/R	Athlete	DOB	Pos.	Venue	Date
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### WOMEN

#### 100m

11.31	-0.2	Geraldine Pillay	WP	250877	2	Melbourne	20-Mar
11.60	1.1	Estie Wittstock	CG	150980	1	Secunda	20-Jan
11.60	0.5	Janice Josephs	BO	310382	2	Bellville	17-Feb
11.61	1.1	Wendy Seegers	CG	280276	2	Secunda	20-Jan
11.72	1.5	Bevin Smith	CG	130791	1s2	Pretoria	07-Apr
11.83	1.3	Nombulelo Mkenku	FS	300689	1s1	Pretoria	07-Apr
11.87	-0.5	Cindy Stewart	EP	141185	2	Pretoria	27-Jan
11.88	1.3	Wenda Theron	BO	060488	2s1	Pretoria	07-Apr
11.94	0.6	Minette Albertse	FS	020181	1	Bloemfontein	28-Jan
11.94	0.5	Claudine J van Rensburg	GN	261089	2	Pretoria	07-Apr

#### NWI

11.84		Cindy Stewart	EP	141185	1	Port Elizabeth	21-Jan
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#### Hand

11.1	0.2	Adri Schoeman	GN	130770	1	Pretoria	14-Jan
11.3		Thandi Vilakazi	CG	221185	1	Roodepoort	14-Jan
11.5	0.2	Tsholofelo Selemela	NW	120986	2	Pretoria	14-Jan
11.5		Melissa le Roux	CG	080285	2	Roodepoort	14-Jan

Perf.	W/R	Athlete	DOB	Pos.	Venue	Date
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#### 200m

22.92	0.6	Geraldine Pillay	WP	250877	3	Melbourne	23-Mar
23.40	0.4	Adri Schoeman	GN	130770	1	Pretoria	27-Jan
23.42	0.9	Janice Josephs	BO	310382	1hep	Melbourne	21-Mar
23.53	-1.4	Estie Wittstock	CG	150980	2	Stellenbosch	03-Feb
23.94	0.1	Nombulelo Mkenku	FS	300689	1	Pretoria	08-Apr
24.06	-1.0	Amanda Kotze	GN	260286	1	Port Elizabeth	01-Apr
24.14	0.1	Wenda Theron	CG	060488	2	Pretoria	08-Apr
24.20	0.1	Bevin Smith	CG	130791	1s1	Pretoria	08-Apr
24.32	-0.4	Anr'e Zandberg	WP	140690	1	Bellville	18-Mar
24.33	-1.0	Wendy Seegers	CG	280276	1	Port Elizabeth	01-Apr

#### Wind

23.34	3.8	Estie Wittstock	CG	150980	1	Secunda	20-Jan
23.70	3.8	Amanda Kotze	GN	260286	2	Secunda	20-Jan

24.26	3.8	Arista Hefer	CN	120987	3	Secunda	20-Jan
24.29	3.8	Dominique Koster	CG	030177	4	Secunda	20-Jan

### Hand

22.8	0.9	Adri Schoeman	CG	130770	1	Pretoria	14-Jan
23.5	0.9	Amanda Kotze	GN	260286	2	Pretoria	14-Jan
23.7	0.9	Tsholofelo Selemela	NW	120986	3	Pretoria	14-Jan

### 400m

51.77		Adri Schoeman	GN	130770	1	Pretoria	27-Jan
<b>52.01</b>		<b>Estie Wittstock</b>	<b>CG</b>	<b>150980</b>	<b>2</b>	<b>Osaka</b>	<b>06-May</b>
52.67		Surita Febbraio	CG	271273	3	Pretoria	27-Jan
52.69		Tsholofelo Selemela	NW	120986	1	Bellville	17-Feb
52.95		Amanda Kotze	GN	260286	5	Pretoria	27-Jan
53.71		Janet Wienand	CN	150585	2	Port Elizabeth	31-Mar
54.01		Dominique Koster	CG	030177	2	Pretoria	03-Mar
54.79		Elmie Hugo	FS	130783	3	Port Elizabeth	31-Mar
54.82		Tihanna Vorster	BO	280385	4	Port Elizabeth	31-Mar
54.83		Chanelle Olivier	CG	150986	3r2	Boksburg	07-Jan

Perf.	W/R	Athlete		DOB	Pos.	Venue	Date
<b>800m</b>							
2:02.43		Lebogang D-R Phalula	CG	091283	1	Port Elizabeth	11-Feb
2:02.94		Lebo Phalula	CG	091283	2	Port Elizabeth	11-Feb
2:03.44		Mari-Louise Romijn	GN	190277	3	Port Elizabeth	11-Feb
2:03.50		Marlene Breytenbach	GN	040182	4	Port Elizabeth	11-Feb
2:03.83		Chanelle Olivier	CG	150986	5	Port Elizabeth	11-Feb
2:04.06		Angela Wagner	GN	190188	6	Port Elizabeth	11-Feb
2:07.91		Nicole Marais	BO	230284	1	Port Elizabeth	01-Apr
2:08.10		Nandi Meyer	CG	110390	1	Germiston	25-Mar
2:09.5		Mapaseka Makhanya	CG	090485	3	Germiston	28-Jan
2:10.48		Christilee Jansen	CN	130589	1	Pretoria	08-Apr

### 1500m

4:12.34		Lebogang D-R Phalula	CG	091283	4	Melbourne	09-Mar
4:16.12		Marlene Breytenbach	GN	040182	1	Stellenbosch	03-Feb
4:16.12		Chanelle Olivier	CG	150986	2	Bellville	17-Feb
4:19.55		Lebo Phalula	CG	091283	9	Melbourne	09-Mar
4:23.44		Lisa van der Merwe	GN	300779	5	Bellville	17-Feb
4:25.77		Angela Wagner	GN	190188	4	Stellenbosch	03-Feb
4:26.08		Violet Raseboya	CG	190286	5	Port Elizabeth	11-Feb
4:26.58		Nicole Marais	BO	230284	6	Bellville	17-Feb
4:29.61		Nicolene van Rooyen	CG	090885	7	Bellville	17-Feb
4:30.31		Lena Lotter	BO	020888	1	Bloemfontein	17-Feb

### 3000m

09:24.93		Tebogo Masehla	CG	061079	1	Pretoria	27-Jan
09:27.09		Ronel Thomas	GN	190172	2	Pretoria	27-Jan
09:35.89		Rene Kalmer	FS	031180	3	Pretoria	27-Jan
09:36.45		Lebo Phalula	CG	091283	1	Secunda	20-Jan
09:42.78		Poppy Mlambo	CG	071280	4	Pretoria	27-Jan

09:49.08	Lisa van der Merwe	GN	300779	5	Pretoria	27-Jan
09:50.3	Nolene Conrad	WP	260785	1	Blue Downs	17-Jan
09:51.44	Praxides Dim	CG	151289	1	Pretoria	07-Apr
09:51.70	Minette Bell	CN	050478	5	Secunda	20-Jan
09:52.59	Jane Tuge	CN	240789	2	Pretoria	07-Apr

### Indoors

09:40.64	Christine Kalmer		100286	8	Fayetteville	11-Feb
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### 5000m

16:29.97	Zintle Xiniwa	WP	231086	1	Port Elizabeth	10-Feb
16:31.07	Lena Lotter	WP	020888	2	Port Elizabeth	10-Feb
16:41.93	Christine Kalmer	(FS)	100286	15	Palo Alto	31-Mar
16:42.55	Rene Kalmer	FS	031180	3	Port Elizabeth	10-Feb
16:51.55	Ronel Thomas	GN	190172	4	Port Elizabeth	10-Feb
16:52.64	Nolene Conrad	WP	260785	2	Bellville	28-Jan
17:00.34	Takalane Nthulane	CG	130580	5	Port Elizabeth	10-Feb
17:01.26	Ntombesintu Mfunzi	EP	271281	6	Port Elizabeth	10-Feb
17:07.39	Simangele Mabuza	VT	220882	7	Port Elizabeth	10-Feb
17:12.66	Minette Bell	CN	050478	1	Port Elizabeth	01-Apr

### 10000m

34:29.07	Poppy Mlambo	CG	071280	1	Port Elizabeth	11-Feb
35:33.53	Takalane Nthulane	CG	130580	2	Port Elizabeth	11-Feb
36:28.39	Simangele Mabuza	VT	220882	3	Port Elizabeth	11-Feb

### 3000m Steeplechase

10:01.14	Tebogo Masehla	CG	061079	1	Bellville	17-Feb
10:05.30	Nolene Conrad	WP	260785	1	Port Elizabeth	11-Feb
10:46.09	Destiny Titus	WP	080589	3	Bellville	17-Feb
10:57.56	Andrea Horak	GN	301283	3	Port Elizabeth	31-Mar
11:00.31	Myrette Filmalter	GN	100181	3	Port Elizabeth	11-Feb
11:02.17	Pulane Mosome	CG	170489	2	Pretoria	08-Apr
11:12.23	Masello Moekoa	FS	050988	4	Port Elizabeth	11-Feb
11:19.10	Thandi Malindi	FS	100787	4	Pretoria	08-Apr
11:33.66	Ashley Schnetler	CG		5	Pretoria	08-Apr
11:34.52	Chantelle Bruyns	GN	050789	6	Pretoria	08-Apr

Perf.	W/R	Athlete	DOB	Pos.	Venue	Date	
<b>100m Hurdles</b>							
13.38	0.5	Janice Josephs	BO	310382	1	Secunda	20-Jan
14.07	0.5	Suné Labuschagne	GN	060884	2	Secunda	20-Jan
14.17	0.5	Christine Ras	CG	040286	3	Secunda	20-Jan
14.19	0.0	Erika Kleynhans	MP	160888	1	Pretoria	07-Apr
14.20	1.0	Mariska van Driel	GN	270488	1	Germiston	25-Mar
14.24	1.0	Heike Kotze	CG	111287	2	Germiston	25-Mar
14.28	0.0	Marika Walters	BO	120287	2	Pretoria	07-Apr
14.40	0.4	Reinette Bothma	GN	060884	4	Port Elizabeth	11-Feb
14.44	0.9	Chantelle Terblanche	WP	100785	1h1	Port Elizabeth	31-Mar

14.56	0.9	Rene van der Merwe	GN	150686	2h1	Port Elizabeth	31-Mar
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#### 400m Hurdles

56.01		Janet Wienand	CN	150585	1	Pretoria	03-Mar
56.88		Surita Febbraio	CG	271273	1	Port Elizabeth	11-Feb
58.60		Shona Hutchinson	KZ	300174	2	Pretoria	03-Mar
59.23		Kerryn Hulsen	KZ	051074	3	Port Elizabeth	11-Feb
60.04		Chantelle Terblanche	WP	100785	2	Port Elizabeth	01-Apr
60.25		Licinda Liebenberg	GN	270686	4	Pretoria	03-Mar
60.34		Anneri Ebersohn	FS	090890	1	Pretoria	08-Apr
60.52		Marli Spies	MP	300890	5	Pretoria	03-Mar
60.76		Amanda Kotze	GN	260286	1	Pretoria	28-Jan
61.39		Mariska Meintjies	VT	110186	2h1	Port Elizabeth	10-Feb

Perf.	W/R	Athlete	DOB	Pos.	Venue	Date	
<b>High Jump</b>							
1.91		Anika Smit	CN	260586	2	Melbourne	09-Mar
1.83		René van der Merwe	GN	150686	2	Port Elizabeth	01-Apr
1.82		Marna Fourie	WP	220487	1	Parow	25-Mar
1.80		Marizca Gertenbach	MP	201082	2	Port Elizabeth	11-Feb
1.77		Marcoleen Pretorius	VT	250789	1	Germiston	25-Mar
1.75		Dianie Wondergem-Enslin	CN	020382	1	Potchefstroom	28-Jan
1.75		Janette Siebert	FS	130189	1	Bethlehem	03-Mar
1.75		Rozanne du Toit	CG	290687	1	Germiston	10-Mar
1.75		Marike Prinsloo	FS	220389	3	Sasolburg	01-Apr
1.73		Zehanca Prinsloo	CG	u16	1	Germiston	28-Feb

#### Pole Vault

4.15		Samantha Dodd	WP	130879	1	Pretoria	27-Jan
4.00		Lindi Roux	WP	170684	1	Bellville	17-Jan
3.70		Sylma Jordaan	WP	030185	1	Bellville	28-Jan
3.60		Leanne Viviers	WP	231188	2	Bellville	28-Jan
3.60		Ida-Marie Ehlers	GN	280975	4	Port Elizabeth	10-Feb
3.50		Eva Thornton	EP	160368	5	Port Elizabeth	10-Feb
3.50		Anel Jansen	EP	241086	6	Port Elizabeth	10-Feb
3.50		Corrie Doubell	BO	141284	2	Port Elizabeth	01-Apr
3.45		Deoné Joubert	GN	230488	2	Pretoria	07-Apr
3.30		Janita Stander	BO	020290	1	Sasolburg	01-Apr
3.30		Nicola Loots	BO	270989	1	Pretoria	07-Apr

Perf.	W/R	Athlete	DOB	Pos.	Venue	Date	
<b>Long Jump</b>							
* - best legal jump							
6.49	2.0	Janice Josephs	BO	310382	1	Port Elizabeth	10-Feb
6.33	-0.2	Karin Mey	GN	310583	1	Pretoria	27-Jan
6.23	0.8	Delia Visser	CN	090483	1	Secunda	20-Jan
5.90	-0.1	Charlene Henning	FS	220985	3	Pretoria	27-Jan
5.80	0.0	Leandie Maritz	CG	250287	1	Pretoria	07-Apr
5.79	1.2	Claudine J van Rensburg	GN	261089	1	Pretoria	07-Apr
5.75	0.2	Carla Marais	CN	101287	1	Potchefstroom	28-Jan

5.70	0.1	Rochelle van der Merwe	EP	150287	2	Pretoria	07-Apr
5.68	0.2	Lindi van Dyk	GN	110386	4	Pretoria	27-Jan
5.68	0.5	Christy Coetzee	CG	240589	3	Pretoria	07-Apr

5.64	0.1	Patience Ntshingila	CG		1	Sasolburg	31-Mar
5.62	1.2	Jadri Fourie	CN		2	Pretoria	07-Apr
5.58	1.9	Alicia Sauer	VT		1	Roodepoort	08-Feb
5.57	0.3	Marni Stevens	VT	300589	3	Pretoria	07-Apr
5.53	1.4	**Michelle Adams	WP	150578	5	Port Elizabeth	10-Feb
5.51	0.0	Islarie Wessels	CN	020887	2	Potchefstroom	28-Jan

#### Wind

5.62	5.6	Rochelle v/d Merwe	EP	150287	4	Port Elizabeth	10-Feb
5.54	2.3	Michelle Adams	WP	150578	2	Stellenbosch	13-Jan
5.52	2.7	Islarie Wessels	CN	020887	6	Port Elizabeth	10-Feb

#### Triple Jump

12.30	-0.5	Arlie Muller	CN	031286	1	Potchefstroom	28-Jan
12.20	0.0	Michelle Cornelius	GN	140989	1	Johannesburg	03-Feb
11.89	0.3	Eliz-Mari Prinsloo	GN	090788	1	Pretoria	08-Apr
11.77	-1.1	Inkie Tulleken	SW	110290	2	Sasolburg	01-Apr
11.59	-0.5	Marike Steyn	GN	100187	3	Port Elizabeth	10-Feb
11.43	-0.9	Maurelia Maart	BO	190389	3	Sasolburg	01-Apr
11.40	-0.3	Carla Marais	CN	101287	2	Potchefstroom	28-Jan
11.30	0.8	Elmien Nel	BO		4	Sasolburg	01-Apr
11.25	-1.6	Dorette Kriel	FS	241285	1	Bloemfontein	28-Jan
11.25	-0.2	Juanita Minnaar	VT		3	Sasolburg	31-Mar

#### Wind

11.68	2.5	Rochelle v/d Merwe	EP	150287	1	Port Elizabeth	10-Feb
11.37	3.7	Cindy Peters	WP		1	Bellville	28-Jan

#### NWI

12.05		Yolande Meijer	CG	100783	1	Boksburg	07-Jan
11.53		Eliz-Mari Prinsloo	GN	090788	1	Menlo (Pta)	04-Feb
11.48		Rochelle v/d Merwe	EP	150287	1	Port Elizabeth	21-Jan

#### Shot

16.86		Marli Knoetze	CN	021087	1	Potchefstroom	01-Feb
16.77		Simoné du Toit	CG	270988	1	Stellenbosch	03-Feb
13.57		Bianca van Rooyen	CG	280188	2	Roodepoort	08-Feb
13.43		Mariska van Zyl	EP	060382	3	Port Elizabeth	10-Feb
13.29		Sonnika Knoetze	CN	180887	2	Port Elizabeth	31-Mar
13.07		Justine Robbeson	CN	150585	3	Port Elizabeth	31-Mar
12.79		Karin Snyman	GN	170485	1	Pretoria	21-Jan
12.76		Line Barnard	BO		1	Sasolburg	31-Mar
12.46		Magdel Venter	FS	011085	4	Port Elizabeth	31-Mar
12.44		Elzaan Mostert	WP	060190	2	Sasolburg	31-Mar

#### Discus

61.55		Elizna Naude	FS	140978	1	Melbourne	21-Mar
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53.07	Simoné du Toit	CG	270988	1	Roodepoort	08-Feb
47.20	Marli Knoetze	CN	021087	1	Port Elizabeth	01-Apr
46.30	Mariska van Zyl	EP	060382	3	Port Elizabeth	11-Feb
44.39	Henriette Loggenberg	MP	020588	2	Sasolburg	31-Mar
43.33	Maryke Oberholzer	LIM	271189	1	Sasolburg	31-Mar
42.53	Ursula Fourie	GN	300187	3	Pretoria	27-Jan
42.11	Luzanne Badenhorst	FS		1	Bloemfontein	11-Mar
42.05	Magdel Venter	FS	011085	3	Port Elizabeth	01-Apr
41.69	Charlotte Moolman	GN	291188	1	Pretoria	14-Jan

### Hammer

54.74	Karin Snyman	GN	170485	1	Pretoria	28-Jan
50.21	Marilize Coetzee	WP	271276	1	Bellville	18-Mar
48.87	Jolene van Zyl	FS	05-01-88	1	Sasolburg	31-Mar
45.70	Tanya Treurnicht	CG	040184	4	Pretoria	03-Mar
46.78	Karin le Roux	BO	26-03-87	2	Pretoria	07-Apr
44.87	Marizette Badenhorst	FS	070690	1	Pretoria	07-Apr
41.82	Dominique Johnson	Bor		2	Pretoria	07-Apr
41.33	Tanya Weyers	CN	120385	2	Port Elizabeth	31-Mar
41.18	Ingrid Doubell	FS	021182	2	Bloemfontein	28-Jan
39.82	Suzaan Fourie	EP	190385	1	Port Elizabeth	21-Jan

### Javelin

60.72	Sunette Viljoen	CN	061083	1	Melbourne	19-Mar
57.10	Justine Robbeson	CN	150585	1	Potchefstroom	24-Apr
52.37	Linda Smit	CN	150885	2	Potchefstroom	28-Jan
49.35	Rencia Fourie	GN	010290	1	Sasolburg	01-Apr
48.53	Gerlize de Klerk	CN	230389	3	Port Elizabeth	11-Feb
48.37	Anzel van der Schyff	GN	190387	3	Port Elizabeth	31-Mar
48.14	Leanke Steyn	FS	301090	1	Bloemfontein	10-Mar
48.03	Elizna Labuschagne	CN	170685	5	Port Elizabeth	31-Mar
47.10	Rencia Fourie	GN	010290	4	Port Elizabeth	11-Feb
45.57	Nicole Nel	WP	160987	1	Bellville	28-Jan

### Meeting scrapped by ASA

57.10	Justine Robbeson	CN	150585	1	Potchefstroom	24-Apr
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### Heptathlon

6 181	Janice Josephs	BO	310382	5	Melbourne	21-22/3
4 367	Nerina Kruger	GN	310787	1	Port Elizabeth	31/3-1/4
4 361	Heike Kotze	CG	111287	2	Port Elizabeth	31/3-1/4
3 926	Louise Dreyer	CN	260586		Pretoria	27-28/1
3 809	Christel Conradie	GN		3	Port Elizabeth	31/3-1/4

### 4x100m Relay

46.22	Univ. of Johannesburg	CG		1	Port Elizabeth	31-Mar
46.26	Central Gauteng	CG		1	Port Elizabeth	11-Feb
46.26	Central Gauteng	CG		1	Port Elizabeth	11-Feb
46.82	Western Province	WP		2	Port Elizabeth	11-Feb
47.12	Kwa-Zulu Natal	KZ		3	Port Elizabeth	11-Feb
47.33	Eastern Province	EP		4	Port Elizabeth	11-Feb

47.58	Univ. of Pretoria A2	GN		2	Port Elizabeth	31-Mar
47.77	Free State Schools u18	FS		1	Sasolburg	01-Apr
47.79	Free State	FS		5	Port Elizabeth	11-Feb
47.81	Gauteng Schools u18	FS		2	Sasolburg	01-Apr

#### 4x400m Relay

3.37.87	Central Gauteng	CG		1	Port Elizabeth	11-Feb
3.37.94	Gauteng North	GN		2	Port Elizabeth	11-Feb
3.46.39	Kwa-Zulu Natal	KZ		3	Port Elizabeth	11-Feb
3.46.80	Pretoria University	GN		1	Port Elizabeth	01-Apr
3.49.86	NWU (Potchefstroom)	CN		2	Port Elizabeth	01-Apr
3.51.83	Free State Univ.	FS		3	Port Elizabeth	01-Apr
3.52.76	Western Province	WP		4	Port Elizabeth	11-Feb

#### 3000m Walk (Track)

13:23.75	Nicolene Cronje	CG	160683	1	Boksburg	07-Jan
13:53.0	Suzanne Erasmus	CN	260985	1	Potchefstroom	24-Jan
15:47.14	Gwen Smeeton	WP	060267	1	Bellville	28-Jan

#### 10km Walk

49:35.3	Suzanne Erasmus	CN	260985	1	Port Elizabeth	31-Mar
50:26.4	Handri Botha	CN	250286	2	Port Elizabeth	31-Mar
56:06.1	Chantelle Harmse	CN	170584	2	Port Elizabeth	31-Mar

#### 20km Walk

1:38:19	Nicolene Cronje	CG	160683	4	Melbourne	20-Mar
1:40:54	Suzanne Erasmus	CN	260985	5	Melbourne	20-Mar
1:46:18	Handri Botha	CN	250286	3	Port Elizabeth	11-Feb
1:54:00	Leoni van Schalkwyk	KZ	111281	4	Port Elizabeth	11-Feb
2:01:45	Chantelle Harmse	CN	170584	5	Port Elizabeth	11-Feb
2:09:05	Trudi Carstens	WP	080362	1	Youngsfield	14-Jan

#### 20000m Walk (Track)

1:42:51	Suzanne Erasmus	CN	260985	1	Potchefstroom	28-Jan
1:44:10	Nicolene Cronje	CG	160683	1	Germiston	28-Jan
1:47:24	Handri Botha	CN	250286	2	Potchefstroom	28-Jan
2:01:10	Sophie Kutoane			2	Germiston	28-Jan

ends