

2006 SA YOUTHS AND TOP SUB-YOUTHS

Combined List

Compiled by Gert le Roux

As at 25 April 2006

Under 18 Athletes 17, 16 and 15 years (born 1989, 1990 & 1991)

YOUTH BOYS

100 METRES

Under 18

10.58	0.0	Wilhelm van der Vyver	BO	22-08-89	1	Pretoria	07-Apr
10.62	0.0	Quinton Dormehl	KZ	31-05-89	2	Pretoria	07-Apr
10.81	2.0	Gavin Sadler	GN	05-04-89	1	Germiston	25-Mar
10.81	1.5	Johannes Mosala	FS		2s1	Pretoria	07-Apr
10.84	2.0	Daniel Mathopa	FS		1	Bloemfontein	11-Mar
10.84	0.2	Patrick Vosloo	VT	02-05-90	1s2	Pretoria	07-Apr
10.88	1.0	Thabo Ramanamane	FS	18-05-89	1	Bloemfontein	17-Mar
10.90	2.0	Joshua Capazorio	CG		1h1	Pretoria	07-Apr
10.91	0.3	Avemele Ngetu	BOR		2s3	Pretoria	07-Apr
10.93	0.0	Andreas Theochandes	KZ		5	Pretoria	07-Apr

NWI

10.74		Daniel Mathopa	FS		1	Bloemfontein	24-Feb
10.80		Gavin Sadler	GN	05-04-89	1	Roodepoort	08-Feb
10.80		Joshua Capazorio	CG		3	Roodepoort	08-Feb
10.85		Frans Kamffer	NW		2	Roodepoort	08-Feb

200 METRES

Under 18

20.91	0.3	Wilhelm van der Vyver	BO	22-08-89	1	Pretoria	08-Apr
21.83	0.3	Quinton Dormehl	KZ	31-05-89	2	Pretoria	08-Apr
21.88	0.3	Shenzhan Gordon	EP		3	Pretoria	08-Apr
21.99	-1.6	Gavin Sadler	GN	05-04-89	2	Sasolburg	01-Apr
22.00	0.3	Patrick Vosloo	VT	02-05-90	4	Pretoria	08-Apr
22.00	0.3	Themba Madima	GN		5	Pretoria	08-Apr
22.07	-1.0	Vincent Mooki	CG		1	Germiston	25-Mar
22.10	0.7	Andreas Theochandes	KZ		2s3	Pretoria	08-Apr
22.14	0.3	Avemele Ngetu	BOR		6	Pretoria	08-Apr
22.19	-0.1	Leon du Toit	FS		3s2	Sasolburg	31-Mar

NWI

21.79		D Hannes	SW		1	Oudtshoorn	11-Mar
21.99		Joshua Capazorio	CG		1	Germiston	11-Mar
22.09		Frans Kamffer	CG		1	Roodepoort	08-Feb

Wind

22.01	3.6	Leon du Toit	FS		1	Bloemfontein	10-Mar
22.03	3.6	Johannes Mosala	FS		2	Bloemfontein	10-Mar
22.05	3.6	Daniel Matopa	FS		3	Bloemfontein	10-Mar
22.06	3.6	Lambert Fick	FS		4	Bloemfontein	10-Mar
22.07	3.6	Oscar Carshagen	FS	u17	5	Bloemfontein	10-Mar

400 metres

Under 18

47.73		Harry Dikgale	LIM		1	Sasolburg	31-Mar
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47.75	Heinrich Maartens	VT		2	Sasolburg	31-Mar
48.10	William Nkuna	VT	11-11-89	2	Germiston	25-Mar
48.37	Themba Madima	GN		3	Pretoria	08-Apr
48.78	Hendri Muller	FS		3	Sasolburg	31-Mar
49.06	Siyabulela Sinqe	CG		1h5	Pretoria	08-Apr
49.13	Shenzhan Gordon	EP		4	Pretoria	08-Apr
49.35	PC Beneke	FS		1	Bloemfontein	17-Feb
49.35	Valentino Nomdoe	WP		4	Sasolburg	31-Mar
49.40	Werner du Toit	CG		4	Germiston	25-Mar

800 metres

Under 18

1:49.58	Andre Olivier	CG	29-12-89	1	Pretoria	08-Apr
1:49.81	Dumisane Hlaselo	FS	08-06-89	1	Sasolburg	01-Apr
1:50.74	William Nkuna	GN	11-11-89	3	Pretoria	08-Apr
1:53.30	Raagib Fredericks	WP		4	Pretoria	08-Apr
1:54.30	Pieter Strydom	CG	08-03-89	2	Germiston	25-Mar
1:54.48	Marcelino Davids	BO		3	Sasolburg	01-Apr
1:54.60	ht Windy Jonas	FS		2	Bethlehem	03-Mar
1:55.38	Bongi Khumalo	KZ		5	Pretoria	08-Apr
1:55.60	Marnus Koekemoer	GN	03-01-90	3	Germiston	25-Mar
1:55.77	Tseko Motaung	G		2	Germiston	11-Mar

1500 METRES

Under 18

3:48.95	Dumisane Hlaselo	FS	08-06-89	1	Sasolburg	31-Mar
3:52.59	Andre Olivier	CG	29-12-89	2	Sasolburg	31-Mar
3:54.24	Windy Jonas	FS		3	Sasolburg	31-Mar
3:54.62	Enock Manyandi	FS		4	Sasolburg	31-Mar
4:00.31	Virgina Ngudlumana	WP		1	Oudtshoorn	11-Mar
4:00.51	Xolisa Tyhali	TR		4	Pretoria	08-Apr
4:01.80	Marcelino Davids	BO		2	Oudtshoorn	11-Mar
4:02.99	Folaviz Sehohle	CG		5	Pretoria	08-Apr
4:03.78	Willem Darries	SW		1h2	Sasolburg	31-Mar
4:04.23	Lungile Faku	TR		3h1	Pretoria	08-Apr

3000 metres

Under 18

8.35.40	Xolise Tyhali	TR		1	Pretoria	07-Apr
8.37.15	F Sehohle	CG		2	Pretoria	07-Apr
8.40.00	Vuyisile Tsobo	CG		3	Pretoria	07-Apr
8.40.33	Enoch Malyandi	FS		1	Bloemfontein	18-Mar
8.41.87	Willem Darries	SW		4	Pretoria	07-Apr
8.41.89	T Masehla	CG		5	Pretoria	07-Apr
8:42.98	Windy Jonas	FS		2	Sasolburg	01-Apr
8:43.30	Senzo Nkosi	KZ		6	Pretoria	07-Apr
8:49.72	Lunga Mchwenyane	CG		1	Germiston	25-Mar
8.53.12	Shaun Zuzani	WP		2	Oudtshoorn	11-Mar

2000m Steeplechase

Under 18

5.57.94	Virgina Ngudlumana	WP		1	Pretoria	08-Apr
6:03.60	Antonie Peens	FS		2	Sasolburg	31-Mar
6.06.19	Eric Martins	VT		2	Pretoria	08-Apr

6.08.25	Thulani Vilakazi	MP		3	Pretoria	08-Apr
6.10.24	Khalala Mofokeng	FS		1	Bloemfontein	17-Mar
6.10.34	Caiphus Mthombeni	CG		1	Germiston	25-Mar
6.10.46	Simon Mofokeng	VT		4	Pretoria	08-Apr
6.10.52	Tshepiso Mokoboka	FS		2	Bloemfontein	17-Mar
6.11.60	Themba Nkosi	KZ		5	Pretoria	08-Apr
6.11.95	Johannes Mokoboka	FS		1	Bloemfontein	11-Mar

110mHurdles

(91.4cm)

Under 18

13.63	0.0	Herklas (HJ) Gordon	FS	27-04-89	1	Pretoria	07-Apr
13.77	-1.3	James Jagers	WP	11-08-89	2	Sasolburg	31-Mar
13.92	-1.3	Cornell Fredericks	BO		3	Sasolburg	31-Mar
14.19	0.0	Philani Nkosi	KZ		4	Pretoria	07-Apr
14.29	0.6	Brett Kruger	GN	25-05-89	1	Germiston	25-Mar
14.36	-2.7	Heinrich Maartens	VT		2h1	Sasolburg	31-Mar
14.51	-1.3	Johannes Engelbrecht	EC		5	Sasolburg	31-Mar
14.56	-1.3	Pieter Wasserfall	MP		7	Sasolburg	31-Mar
14.57	0.0	Jaco Willemse	MP		6	Pretoria	07-Apr

NWI

14.32		A Wessels	CG	u17	1r2	Germiston	28-Feb
14.42		Pieter Koch	GN	u17	1	Germiston	28-Feb
14.47		Michael Wilken	CG	CG ???	1	Roodepoort	08-Feb

Wind

14.42	2.3	Robert Ebersohn	FS		2	Bloemfontein	10-Mar
14.55	2.5	Kenneth Motsoari	FS	u17	1	Bloemfontein	18-Mar

Hand

14.2		Pieter Wasserfall	MP		1	Secunda	11-Mar
14.2		Ryan Nel	WP		2h2	Pretoria	07-Apr

400 metres Hurdles

(84.0 cm)

Under 18

51.38		Cornell Fredericks	BO		1	Pretoria	08-Apr
52.14		Philani Khosi	KZ		2	Pretoria	08-Apr
52.74		PC Beneke	FS		2	Sasolburg	01-Apr
53.42		Ruan Ferreira	VT		3	Pretoria	08-Apr
54.16		Ryan Nel	WC		4	Sasolburg	01-Apr
54.34		Pieter Wasserfall	MP		5	Sasolburg	01-Apr
54.82		Kenneth Motsoari	FS		3h2	Pretoria	08-Apr
54.89		Bennie van Vuuren	CG		2	Germiston	11-Mar
55.04		Boitshoko Mahloko	GN		5	Pretoria	08-Apr
55.05		Gabriel le Roux	WC		6	Sasolburg	01-Apr

High Jump

Under 18

2.10		Juan-Pierre van der Schyff	CN	10-05-89	1	Rustenburg	11-Mar
2.03		Dawie Greeff	KZ	12-01-90	1	Pretoria-Menlo	04-Feb
2.03		Rudi van Wyk	NW		1	Pretoria	08-Apr
2.00		William Travill	EP		1	Port Elizabeth	04-Mar
2.00		Ruan Claassen	VT	26-03-90	2	Sasolburg	01-Apr
1.97		Willem Voigt	SW	21-02-90	1	Oudtshoorn	11-Mar
1.97		Gerno Erasmus	FS		1	Bloemfontein	17-Mar

1.96		Gerrie Coetzee	FS	18-08-89	1	Bloemfontein	17-Mar
1.95		Hennie Alers	FS		1	Bethlehem	03-Mar
1.95		Mario Neethling	EP		2	Port Elizabeth	04-Mar
1.95		Andrew Mardon	GN		1	Roodepoort	17-Feb
1.95		Andre Louw	MP		1	Secunda	11-Mar
1.95		Dian Meyer	G		q	Sasolburg	31-Mar
1.95		Dean Joubert	BO		2q1	Pretoria	08-Apr

Pole Vault

Under 18

4.50		Cheyne Rahme	CG	23-01-91	1	Pretoria	08-Apr
4.40		Eben Beukes	FS	09-06-90	1	Bloemfontein	10-Mar
4.20		Jeff Puttergill	EP	05-08-89	1	Sasolburg	31-Mar
4.20		Gerhard du Plessis	BO	10-03-89	3	Pretoria	08-Apr
4.00		Neil Benade	WP		2	Sasolburg	31-Mar
4.00		Eric Evans	NW		5	Pretoria	08-Apr
3.96		Conrad Welthagen	FS	20-07-89	1	Bloemfontein	17-Mar
3.90		Francois Burger	BO		3	Sasolburg	31-Mar
3.90		Hendrick du Plessis	WC		4	Sasolburg	31-Mar
3.80		Andries Pieterse	NW		3	Germiston	25-Mar
3.80		Lesley Luiters	EP	u17	6	Sasolburg	31-Mar

Long Jump

Under 18

7.50	0.9	Jason Karolisin	EP	19-12-89	1	Pretoria	07-Apr
7.48	0.2	Julian Karolis	WP	19-03-89	2	Pretoria	07-Apr
7.04	1.8	Zach Visser	FS		1	Bloemfontein	17-Feb
7.04	0.6	Riaan Arends	EP	19-12-89	3	Sasolburg	01-Apr
6.90	0.1	Reginald Kleinbooi	EC		4	Pretoria	07-Apr
6.79	0.3	Shadian Lourens	SW	05-03-89	5	Pretoria	07-Apr
6.75	0.4	Brent Stevens	LS		4	Sasolburg	31-Mar
6.59	1.2	Okkert Breedt	FS		2	Bloemfontein	18-Mar
6.55	0.5	Neo Marie	VT	05-08-90	6	Pretoria	07-Apr
6.55	1.0	Robert Ebersohn	FS		O/t	Pretoria	07-Apr

NWI

7.02		Shadian Lourens	SW	05-03-89	1	Oudtshoorn	11-Mar
6.77		Hendrik Hoogenboezem	GN	u17	1	Germiston	28-Feb
6.76		Ryno Papier	BO		3	Oudtshoorn	11-Mar
6.71		Connie Segeel	CG		1	Roodepoort	08-Feb
6.67		Almeri Ungerer	CG		2	Roodepoort	08-Feb
6.66		Leslie Coleman	FS	u16	4q2	Pretoria	07-Apr
6.63		Joiy Mthungwa	MP		3q1	Pretoria	07-Apr
6.62		Robert Siebert	MP		1	Roodepoort	17-Feb

Triple Jump

Under 18

14.91	0.6	Riaan Arends	EP		1	Pretoria	08-Apr
14.55	0.4	Neo Marie	VT	05-08-90	2	Pretoria	08-Apr
14.42	-0.4	Zach Visser	FS		1	Bloemfontein	17-Feb
14.39	-0.5	Whelan Fortuin	VT		3	Pretoria	08-Apr
14.28	0.7	Reginald Kleinbooi	EP		4	Pretoria	08-Apr
14.07	1.3	Boipelo Motlhathego	GN		5	Pretoria	08-Apr
13.88	1.2	Esdale Litz	WC		4	Sasolburg	01-Apr

13.81	1.9	Xolani Mahlangu	MP		5	Sasolburg	01-Apr
13.60	0.8	Bennie van Vuuren	CG		6	Pretoria	08-Apr
13.51	1.3	Robert Ebersohn	FS		2	Bloemfontein	18-Mar

Wind

13.79	3.2	Rafiq Esburg	WC		6	Sasolburg	01-Apr
13.52	3.0	Corne Botha	LIM		7	Sasolburg	01-Apr

NWI

14.13		Boipelo Motlhatlhego	GN		1	Pretoria	04-Mar
13.60		Shane Ford	CG		3	Germiston	11-Mar

Shot

Under 18

5kg

19.23		Orazio Cremona	CG		1	Roodepoort	08-Feb
18.15		Theo van Schalkwyk	MP		2	Pretoria	07-Apr
18.11		Stefan Brink	NW		1	Sasolburg	31-Mar
17.80		Jayson Smith	NW	12-05-90	3	Pretoria	07-Apr
17.77		Ryno van Winkel	CG	22-02-90	4	Pretoria	07-Apr
17.38		Duncan-Lee Dennis	FS	19-01-89	3	Sasolburg	31-Mar
17.16		Stephan le Roux	VT		5	Sasolburg	31-Mar
16.91		Brynn-Peter Kemp	BO		7	Pretoria	07-Apr
16.66		Thumelo Thage	LIM		6	Sasolburg	31-Mar
16.50		Jandre Marais	FS		1	Bethlehem	03-Mar

Discus

Under 18

1.5kg

56.80		Victor Hogan	BO	25-07-89	1q1	Pretoria	08-Apr
52.41		Damien Ceylon	WP		2	Oudtshoorn	11-Mar
51.51		Jayson Smith	NW	12-05-90	1	Germiston	28-Feb
51.45		Christiaan Stander	SW	05-04-90	3	Oudtshoorn	11-Mar
51.10		Ryno van Winkel	CG	22-02-90	2	Pretoria	08-Apr
51.08		Orazio Cremona	CG		3	Pretoria	08-Apr
49.92		Damiene Ceylon	WP		2q1	Pretoria	08-Apr
48.46		Stefan Brink	NW		3	Sasolburg	31-Mar
48.34		Jaco Havenga	CG		1	Germiston	28-Feb
48.08		Stefan le Roux	VT		3	Roodepoort	08-Feb

Hammer

Under 18

5 kg

60.30		Nicholas van Zyl	SW	15-06-89	1	Sasolburg	01-Apr
54.20		Jayson Smith	NW	12-05-90	2	Sasolburg	01-Apr
53.61		Nandus Schoultz	EP		3	Sasolburg	01-Apr
51.97		Rossouw Kruger	BO		2	Oudtshoorn	11-Mar
51.50		Stefan le Roux	VT		4	Pretoria	08-Apr
51.17		Eghard Basson	EP	u17	5	Pretoria	08-Apr
50.67		F Gerber	EP		4	Sasolburg	01-Apr
49.64		Louwtjie Prinsloo	FS		1	Bloemfontein	18-Mar
48.88		Michiel le Roux	WP		3	Oudtshoorn	11-Mar
48.58		Dean J van Rensburg	FS		1	Bloemfontein	11-Mar

Javelin

Under 18

700gm

70.05		Charl Muller	CN	12-02-89	1	Pretoria	08-Apr
69.44		Bernard Crous	SW	13-04-89	2	Pretoria	08-Apr
68.20		R van Rensburg	LIM		q	Sasolburg	31-Mar

67.70	Marinus Els	FS		1	Bloemfontein	10-Mar
66.87	Sias Ebersohn	FS	23-02-89	1	Bloemfontein	17-Feb
66.70	Ulrich Damon	WP		1	Oudtshoorn	11-Mar
65.19	Janneman Espach	VT	12-10-89	3	Sasolburg	31-Mar
64.70	Jacques Viljoen	EP		5	Sasolburg	31-Mar
63.77	Jean Robbertse	GN	15-05-89	1	Potchefstroom	21-Feb
62.77	Hanno van Eeden	WP		3	Oudtshoorn	11-Mar

OCTATHLON

Under 18

5 355	Robert Ebersohn	FS		1	Pretoria	7-8 Apr
5 175	Blake Mcuur	CG		2	Pretoria	7-8 Apr
4 405	Mario Mostert	GN		3	Pretoria	7-8 Apr
4 325	July Mashiloane	VT		4	Pretoria	7-8 Apr
4 145	Gert Swanepoel	VT		5	Pretoria	7-8 Apr
3 895	Mona Lunga	VT		6	Pretoria	7-8 Apr
3 825	Pierre Diedericks	GN		2	Pretoria	3-4Mar
3 805	Bayanda Phangela	VT		7	Pretoria	7-8 Apr
3 769	J van Staden	NW		3	Pretoria	3-4Mar
3 670	Mongezi Mabela	VT		7	Pretoria	7-8 Apr

WALKING

10000m Walk

(Track)

Under 18

50:09.00	Christo Booyens	CN	22-03-90	1	Rustenburg	11-Mar
50:13.21	Lorenzo Blaauw	BO	16-07-89	1	Oudtshoorn	11-Mar
51:00.10	Gert Smit	FS		2	Sasolburg	01-Apr
51:33.96	Nicholas Brink	BO		2	Oudtshoorn	11-Mar
51:35.80	Grant Rosenberg	BO		3	Oudtshoorn	11-Mar
52:27.27	Dewald Bekker	GN	<<<<<14	1	Pretoria	04-Mar
52:30.37	Jan-Pieter Debbs	EP	u17	1	Port Elizabeth	03-Mar
52:40.00	Rudolph Maseko	MP		1	Secunda	11-Mar
53:03.98	Xolisile Gingqini	EP		1	Port Elizabeth	03-Mar
53:13.38	Jason September	BO		3	Pretoria	08-Apr

YOUTH GIRLS

Under 18

Athletes 17 and 16 years

(born 1989 & 1990)

WOMEN

100 METRES

Under 18

11.72	1.5	Bevin Smith	CG	u15	1s2	Pretoria	07-Apr
11.83	1.3	Nombulelo Mkenku	FS	30-06-89	1s1	Pretoria	07-Apr
11.94	0.5	Claudine J van Rensburg	GN	26-10-89	2	Pretoria	07-Apr
11.96	1.5	Anr'e Zandberg	NC		2s2	Pretoria	07-Apr
12.17	0.0	Alyssa Conley	CG	27-04-91	2	Sasolburg	31-Mar
12.18	0.5	Christy Coetzee	CG	24-05-89	3	Pretoria	07-Apr
12.19	-1.0	Celeste Rietels	BO		2s2	Sasolburg	31-Mar
12.31	-1.0	Thandeka Ndlovokvana	EC		3s1	Sasolburg	31-Mar
12.37	0.5	Arlene Gowar	EP		5	Pretoria	07-Apr
12.38	0.9	Marli Spies	MP		1h3	Sasolburg	31-Mar
12.38	1.5	Melissa van Niekerk	CG	15-07-90	3s2	Pretoria	07-Apr

NWI

12.20		Christy Coetzee	CG	24-05-89	2	Germiston	11-Mar
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Wind

12.05	2.3	Alyssa Conley	CG	u16	1h5	Pretoria	07-Apr
12.36	2.1	Melissa Hewitt	BO		1h2	Pretoria	07-Apr
12.37	2.1	Danielle Steenkamp	CG		2h2	Pretoria	07-Apr

200 METRES**Under 18**

23.94	0.1	Nombulelo Mkenku	FS	30-06-89	1	Pretoria	08-Apr
24.20	0.1	Bevin Smith	CG	u15	1s1	Pretoria	08-Apr
24.36	-1.0	Anr'e Zandberg	NC		2	Sasolburg	01-Apr
24.57	0.7	Celeste Rietels	BO	14-01-90	2	Pretoria	08-Apr
24.91	0.1	Claudia Viljoen	GN		2s1	Pretoria	08-Apr
24.97	0.7	Alyssa Conley	CG	u16	4	Pretoria	08-Apr
25.02	1.6	Thandeka Ndlovokvana	EP		2s2	Pretoria	08-Apr
25.04	-0.6	Danielle Steenkamp	CG		1	Germiston	25-Mar
25.14	1.6	Jana Theron	VT		3s2	Pretoria	08-Apr
25.14	0.8	Mariesa Smith	CG		2h2	Pretoria	08-Apr

NWI

24.71		Claudia Viljoen	GN	01-05-89	1	Germiston	11-Mar
24.91		Jana Theron	VT		1	Roodepoort	08-Feb

400 METRES**Under 18**

55.48		Christilee Jansen	CN	13-05-89	1	Sasolburg	31-Mar
55.57		Eugenie Wicksell	GN	01-09-89	2	Sasolburg	31-Mar
56.02		Nandi Meyer	CG	11-03-90	3	Sasolburg	31-Mar
56.71		Cherilee Jansen	CN	13-05-89	1	Pretoria	07-Apr
56.85		Doné Vermaak	GN	17-12-90	1	Germiston	25-Mar
56.99		Sphelele Luthuli	KZ		2	Pretoria	07-Apr
57.10		Erika de Jongh	CN		3	Pretoria	07-Apr
57.11		Yolanda le Grange	CG	06-05-91	1	Sasolburg	31-Mar
57.31		Carli Kleynhans	VT		2	Germiston	25-Mar
57.33		C Schouwstra	CG		3	Germiston	10-Mar
57.37		Olga Khumalo	KZ		5	Pretoria	07-Apr

800 METRES**Under 18**

2:08.10		Nandi Meyer	CG	11-03-90	1	Germiston	25-Mar
2:10.48		Christilee Jansen	CN	13-05-89	1	Pretoria	08-Apr
2:10.65		Anelda Pypers	CG		1r2	Germiston	28-Feb
2:11.30		Anuschka Nice	CG	26-08-91	2	Germiston	25-Mar
2:11.40		Natanya Luther	CG	25-01-91	3	Germiston	25-Mar
2:11.55		Doné Vermaak	GN	17-12-90	3	Sasolburg	01-Apr
2:12.73		Cherilee Jansen	CN	13-05-89	4	Sasolburg	01-Apr
2:12.80		Selinah Mofokeng	CG		4	Germiston	25-Mar
2:13.20	ht	Elandre Drotsky	MP		1	Secunda	11-Mar
2:13.40		Abongile Lerotholi	FS	06-07-89	10	Port Elizabeth	11-Feb

1500 METRES**Under 18**

4:35.07		Roline Machabaphala	CG		1	Pretoria	08-Apr
4:36.88		Abongile Lerotholi	FS	06-07-89	2	Pretoria	08-Apr
4:36.92		Anelda Pypers	CG		1	Sasolburg	31-Mar
4:38.71		Selina Mofokeng	VT		1	Germiston	10-Mar

4.38.71		Maxine Heine-Wacke	CG	27-04-90	1	Sasolburg	31-Mar
4.39.39		Precious Mnisi	MP		3	Pretoria	08-Apr
4:41.83		Relandi Liggett	CG	04-06-91	2	Germiston	10-Mar
4.41.84		Charity Molotsane	FS		2	Sasolburg	31-Mar
4.42.20		Renate Rossouw	CG	09-09-91		Germiston	22-Feb
4:42.40	ht	Natanya Luther	CG	25-01-91	1	Wilgers, Pta	17-Feb
4.43.06		Jane Tuge	CN	24-07-89	1	Rustenburg	11-Mar

3000 METRES

Under 18

09.51.44		Praxides Dim	CG	15-12-89	1	Pretoria	07-Apr
09.52.59		Jane Tuge	CN		2	Pretoria	07-Apr
09.57.49		Maxine Heine-Wacke	CG	27-04-90	1	Sasolburg	01-Apr
10.05.93		Destiny Titus	WP	08-05-89	3	Pretoria	07-Apr
10.20.88		Witness Molapo	LIM		3	Sasolburg	01-Apr
10.25.16		Lusanda Bomvana	TR		5	Pretoria	07-Apr
10.11.09		Ruani van der Merwe	CG	10-08-91	2	Germiston	25-Mar
10.32.40	u16	Renate Rossouw	CG	09-09-91	6	Sasolburg	01-Apr
10.32.51		Jolene Hoffman	WP	08-05-89	2	Oudtshoorn	11-Mar
10.37.75		M Mashabela	CG		5	Germiston	10-Mar

100m Hurdles

Under 18

76.2cm

13.87	-0.1	Claudia Viljoen	GN	01-05-89	1	Pretoria	07-Apr
14.20	-0.1	Anneri Ebersohn	FS	09-08-90	2	Pretoria	07-Apr
14.31	-0.8	Dayna O'Reilly	NW		3	Pretoria	07-Apr
14.36	-0.1	Elminette Beckmann	FS	14-06-89	4	Pretoria	07-Apr
14.38	-0.1	Marli Spies	MP	30-08-90	5	Pretoria	07-Apr
14.39	-0.1	Jana Theron	VT	27-02-89	6	Pretoria	07-Apr
14.51	0.7	Ansulet Potgieter	FS		2h1	Pretoria	07-Apr
14.86	1.2	J van Rensburg	FS		2h1	Bloemfontein	18-Mar
15.30	-0.8	Marese Stoffberg	BO		7	Sasolburg	31-Mar
15.31	-0.8	Janita Stander	BO		8	Sasolburg	31-Mar
15.32	0.7	Hanlie Redelinghuys	GN		5h1	Pretoria	07-Apr

NWI

14.86		Riana Jansen van Vuuren	NW	07-07-89	2	Germiston	28-Feb
14.89		Hanlie Redelinghuys	GN		3	Germiston	10-Mar

Hand

14.4		Sunel van der Linde	MP		2	Secunda	11-Mar
15.0		Kim Ludick	GN	23-02-90	1	Germiston	28-Feb

Wind

14.18	3.0	Elminette Beckmann	FS	14-06-89	1	Bloemfontein	18-Mar
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400m Hurdles

Under 18

76.2cm

60.34		Anneri Ebersohn	FS	09-08-90	1	Pretoria	08-Apr
60.52		Marli Spies	MP	30-08-90	5	Pretoria	03-Mar
62.19		Danel Botes	NW		1	Rustenburg	11-Mar
62.32		Dayna O'Reilly	NW		2	Rustenburg	11-Mar
62.49		Marisca van Rensburg	FS		3	Pretoria	08-Apr
63.12		Elminette Beckmann	FS	14-06-89	2	Bloemfontein	11-Mar
63.38		C Schouwstra	CG		1	Germiston	25-Mar
64.19		Yolandi le Roux	GN	18-01-89	6	Pretoria	08-Apr

64.51	Sunel van der Linde	MP		1h1	Pretoria	08-Apr
65.14	Louisa Hartzenberg	CG		2	Germiston	11-Mar

HIGH JUMP

Under 18

1.77	Marcoleen Pretorius	VT	25-07-89	1	Germiston	25-Mar
1.75	Janette Siebert	FS	13-01-89	1	Bethlehem	03-Mar
1.75	Marike Prinsloo	FS	22-03-89	3	Sasolburg	01-Apr
1.73	Zehanca Prinsloo	CG	u16	1	Germiston	28-Feb
1.70	Kyleigh Wilke	GN		3	Pretoria	08-Apr
1.69	Corne Rabie	FS		2	Bloemfontein	24-Feb
1.68	Elsie Algera	GN	09-06-89	1	Roodepoort	17-Feb
1.68	Rolien Bredenhahn	BO		1	Oudtshoorn	11-Mar
1.68	Johanel Hugo	BO		1	Oudtshoorn	11-Mar
1.65	Sanika Coetzee	CG	u17	1	Germiston	28-Feb
1.65	Leanie Jacobs	GN		1	Pretoria	04-Mar
1.65	Zanli Blom	MP	19-05-90	1	Secunda	11-Mar
1.65	Bianca Erwee	FS	04-03-90	2	Bloemfontein	10-Mar
1.65	Merka Smuts	KZ		4	Sasolburg	01-Apr
1.65	Carina du Preez	CG		6	Pretoria	08-Apr
1.65	June Roelofse	CG	u15	3	Roodepoort	08-Feb
1.65	Cheney Lindner	CG	u16	1	Roodepoort	08-Feb

POLE VAULT

Under 18

3.30	Janita Stander	BO	02-02-90	1	Sasolburg	01-Apr
3.30	Nicola Loots	BO	27-09-89	1	Pretoria	07-Apr
3.10	Anneen Fleischmann	FS	13-12-89	1	Bloemfontein	17-Feb
3.10	Danel Botes	NW		3	Sasolburg	01-Apr
3.00	Solize Vosloo	FS		3	Pretoria	07-Apr
3.00	Marike Jansen	FS	u17	3	Pretoria	07-Apr
2.80	Mandi Venter	WP		3	Oudtshoorn	11-Mar
2.71	Karen Malherbe	FS		3	Bloemfontein	18-Mar
2.71	Johanet Coetzer	FS	u17	1	Bloemfontein	18-Mar
2.70	Elizabeth Pienaar	FS		2	Bloemfontein	17-Feb

Long Jump

Under 18

5.79	1.2	Claudine J van Rensburg	GN	26-10-89	1	Pretoria	07-Apr
5.68	0.5	Christy Coetzee	CG	24-05-89	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	30-05-89	3	Pretoria	07-Apr
5.50	0.2	Louise Coertzen	MP		4	Pretoria	07-Apr
5.40	1.3	Nadine Scholtz	FS		1	Bloemfontein	11-Mar
5.39	-0.4	D le Roux	NWP		5	Sasolburg	31-Mar
5.38	-0.4	Ilse Liebenberg	BO	30-03-90	6	Sasolburg	31-Mar
5.38	0.3	Bianca Beukes	VT		5	Pretoria	07-Apr

NWI

5.66		Ilse Liebenberg	BO	30-03-90	1	Oudtshoorn	11-Mar
5.56		Rosanne Oeschger	GN	11-08-91	2	Roodepoort	08-Feb
5.51		Linique Prinsloo	CG		3	Roodepoort	08-Feb

5.50		Michelle Cornelius	GN	14-09-89	2	Roodepoort	17-Feb
5.50		Nadine Scholtz	FS		1	Bloemfontein	17-Feb
5.38		D Kritzinger	SW		2	Oudtshoorn	11-Mar
5.38		Tanya Smith	KZ		1q2	Pretoria	07-Apr
5.38		R Vermaak	CG		4	Roodepoort	08-Feb

Triple Jump

Under 18 & 16

12.20	0.0	Michelle Cornelius	GN	140989	1	Johannesburg	03-Feb
11.77	-1.1	Inkie Tulleken	SW	11-02-90	2	Sasolburg	01-Apr
11.43	-0.9	Maurelia Maart	BO	19-03-89	3	Sasolburg	01-Apr
11.30	0.8	Elmien Nel	BO		4	Sasolburg	01-Apr
11.14	-0.6	Marni Stevens	GN		6	Sasolburg	01-Apr
11.14	-0.7	Patricia Milho	NWP		5	Sasolburg	01-Apr
10.90	0.2	Liejandrie Bieldt	GN		7	Sasolburg	01-Apr
10.68	0.1	Clarise Marais	G	u16	1	Sasolburg	01-Apr
10.44	-0.3	Anel Brink	LIM		8	Sasolburg	01-Apr
10.40	1.3	Natasha Jansen	MP	u16	2	Sasolburg	01-Apr

Wind

11.28	3.7	Michelle Pieterse	CN	12-10-90	1	Roodepoort	08-Feb
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NWI

11.40		Marni Stevens	GN		2	Germiston	10-Mar
11.23		Patricia Milho	NWP		4	Pretoria	08-Apr
11.04		Liejandrie Bieldt	GN		5	Pretoria	08-Apr
10.99		Mary Masumbuka	CG		6	Pretoria	08-Apr
10.97		Liejandrie Bieldt	GN		2	Pretoria	04-Mar
10.95		D Fourie	CG		7	Pretoria	08-Apr
10.88		D le Roux	NWP		1	Rustenburg	11-Mar
10.71		J Bate	MP		1	Secunda	11-Mar
10.68		Carmen Williams	CG	18-03-89	5	Germiston	10-Mar
10.64		R Rinkwest	D 10		6	Germiston	10-Mar

Shot

Under 18

4kg

12.76		Line Barnard	BO		1	Sasolburg	31-Mar
12.44		Elzaan Mostert	WP	06-01-90	2	Sasolburg	31-Mar
11.97		Sonia Smuts	CG	u16	1	Germiston	25-Mar
11.96		Lindie Liebenberg	Bor		3	Pretoria	08-Apr
11.93		Johandrie Kuhn	FS		4	Pretoria	08-Apr
11.76		Les-Lee Thompson	MP	15-02-89	2q1	Pretoria	08-Apr
11.73		C Dreyer	GN	u16	1	Germiston	11-Mar
11.73		Melinda Marais	NW	u16	1	Sasolburg	01-Apr
11.69		Lindie Liebenberg	Bor	22-02-91	3	Sasolburg	01-Apr
11.63		Lilani van Staden	MP	01-04-89	1	Roodepoort	08-Feb

Discus

Under 18

1 kg

43.33		Maryke Oberholzer	LIM		1	Sasolburg	31-Mar
42.33		Lindie Liebenberg	Bor	22-02-91	1	Aliwal North	04-Mar
42.11		Luzanne Badenhorst	FS		1	Bloemfontein	11-Mar
41.20		Jo-Anne Heidenreich	NW		3	Pretoria	08-Apr
40.65		Karin Furstenburg	FS	12-03-89	2	Sasolburg	31-Mar
40.32		Phia Smit	FS		2	Bloemfontein	11-Mar

40.31	Amea Beck	WP	02-05-89	1	Parow	25-Feb
39.79	Leandri de Beer	NW	27-02-89	6	Pretoria	08-Apr
39.79	Amore Kotze	MP		5	Pretoria	08-Apr
37.26	Melinda Marais	NW		1	Germiston	28-Feb

Hammer

Under 18

4kg

44.93	Marizette Badenhorst	FS	07-06-90	1	Bloemfontein	10-Mar
41.82	Dominique Johnson	Bor		2	Pretoria	07-Apr
38.26	Nadia Botha	FS		3	Sasolburg	31-Mar
37.92	Anneke Louw	EP		3	Pretoria	07-Apr
37.92	Carin van Aardt	MP	22-02-89	4	Pretoria	07-Apr
36.74	Natasha Thompson	EP1991	5	Pretoria	07-Apr
36.03	Simone Viviers	EP	u17	6	Sasolburg	31-Mar
35.57	Elzaan Mostert	WP		7	Sasolburg	31-Mar
34.46	Nanette Stapelberg	FS		8	Sasolburg	31-Mar
33.05	Ilze Senekal	EP	u17	3	Port Elizabeth	22-Feb

Javelin

Under 18

600g

49.35	Rencia Fourie	GN	01-02-90	1	Sasolburg	01-Apr
48.53	Gerlize de Klerk	GN	23-03-89	3	Port Elizabeth	11-Feb
48.14	Leanke Steyn	FS	30-10-90	1	Bloemfontein	10-Mar
45.46	Tazmin Brits	CN		2	Pretoria	08-Apr
43.93	Karin Furstenburg	FS	12-03-89	2	Bloemfontein	17-Feb
42.58	Madelein van der Merwe	NW	01-10-90	1	Germiston	28-Feb
42.16	Elana Labuschagne	MP		1q1	Pretoria	08-Apr
42.12	Louise Coertzen	MP		4	Pretoria	08-Apr
41.61	Janita Terblanche	FS		2	Bloemfontein	17-Mar
41.18	Aletta Oosthuizen	GN		1	Germiston	10-Mar

Heptathlon

Under 18

4 858	Hannelie Kotze	LIM		3	Pretoria	7-8 Apr
4 436	Bianca Erwee	FS		1	Pretoria	7-8 Apr
4 280	Carmen Williams	CG		2	Pretoria	7-8 Apr
3 826	Madelein van der Merwe	GN		1	Pretoria	3-4 Mar
3 357	Clarinda Swanevelder	CG		4	Pretoria	7-8 Apr
3 292	Liezel van den Heever	GN		2	Pretoria	3-4 Mar
3 220	Andriette Portheine	GN		5	Pretoria	7-8 Apr
3 075	Amanda Griffen	VT		6	Pretoria	7-8 Apr

WALKING

5000m Walk

Under 18

28.45.90	Wilna Nienaber	CN	04-10-90	1	Rustenburg	11-Mar
28.47.60	A Marais	CN		2	Rustenburg	11-Mar
29:06.77	Jo-Ann Williams	BO		1	Pretoria	07-Apr
29:13.23	Pauline Hlahane	FS		2	Pretoria	07-Apr
29:26.87	Lilian Venter	FS	u17	4	Pretoria	07-Apr
29:47.66	Jeanette Linde	FS		5	Pretoria	07-Apr
29:48.95	Corli Swart	FS		6	Pretoria	07-Apr
30:04.93	Z Mvakwendlu	EP	u17	1	Port Elizabeth	03-Mar
30:18.35	Nakita Schultz	BO		8	Pretoria	07-Apr

30:32.01

Susan Groenewald BO

9

Pretoria 07-Apr

ends