

# 2007 SOUTH AFRICAN JUNIOR LIST

Athletes 19 and 18 years

(born 1988 & 1989)

28

Compiled by Danie Cornelius - danie@jumps.co.za

As at 3 September

## JUNIOR MEN

### 100 METRES

SA Rec 10.32 Leigh Julius Bloemfontein 2 April 2004

2007 SA Champion 10.42 Kagiso Kumbane (FS)

10.42	-0.2	Kagiso Kumbane	FS	21-11-88	1	Pretoria	13-Apr
10.51	1.9	Gavin Sadler	GN	05-04-89	2	Port Elizabeth	30-Mar
10.51	-0.2	Duncan McLean	EP	25-02-88	2	Pretoria	13-Apr
10.60	1.1	William Travill	EC	14-11-98	1h1	Port Elizabeth	30-Mar
10.64	-0.2	Jeanre Rossouw	WP	05-02-88	4	Pretoria	13-Apr
10.71	1.4	Le Roux van Tonder	VT	04-04-88	1h1	Germiston	01-Mar
10.76	-2.0	Johannes Mosala	FS	23-03-89	5	Pretoria	13-Apr
10.84	-0.2	Mathew van Heerden	BO		6	Pretoria	13-Apr
10.88	1.4	Rigardo van Rooyen	GN		2h1	Germiston	01-Mar
10.90	1.43	Gerhard van der Heever	GN		3h1	Germiston	01-Mar

### NWI

10.50		Thabo Ramanamane	FS	18-05-89	1	Bloemfontein	20-Jan
10.83		Willie de Beer	GN	14-03-88	2	Pretoria(LC)	10-Mar

### 200 METRES

SA Rec 20.16 Riaan Dempers Germiston 7 April 1995

2007 SA Champion 20.82 Kagiso Kumbane (FS)

20.78	-0.7	Kagiso Kumbane	FS	21-11-88	1	Bloemfontein	16-Feb
21.21	-0.7	Wilhelm van der Vyver	BO	22-08-89	2	Bloemfontein	16-Feb
21.37	1.2	Rapula Sefanyetso	NWN	11-08-88	2	Pretoria	14-Apr
21.51	-0.7	Ryno Swanepoel	BO		3	Bloemfontein	16-Feb
21.56	1.2	Jeanre Rossouw	WP	05-02-88	3	Pretoria	14-Apr
21.59	1.2	Gavin Sadler	GN	05-04-89	4	Pretoria	14-Apr
21.61	1.0	William Travill	EC	14-11-98	1h1	Port Elizabeth	31-Mar
21.81	1.2	Johannes Mosala	FS	23-03-89	6	Pretoria	14-Apr
21.85	-0.7	H Muler	FS		4	Bloemfontein	16-Feb
21.86	-0.7	M Borchter	GN		5	Bloemfontein	16-Feb

### Wind

21.15	2.6	Willie de Beer	GN	14-03-88	8	Durban	31-Mar
21.61	2.2	William Travill	EC		2	Port Elizabeth	31-Mar
21.65	2.2	Gavin Sadler	GN	05-04-89	3	Port Elizabeth	31-Mar

### NWI

20.75		Kagiso Kumbane	FS	21-11-88	1	Gaberone	05-Apr
21.60		Willie de Beer	GN	14-03-88	4	Pretoria(LC)	10-Mar
21.91		Le Roux van Tonder	VT	04-04-88	2	Roodepoort	07-Mar

### 400 METRES

SA Rec 45.15 Riaan Dempers Secunda 6 May 1994

2007 SA Champion 46.32 Willie de Beer (GN)

46.31		Willie de Beer	GN	14-03-88	4	Bangkok	08-Nov
47.55		Rapula Sefanyetso	NWN	11-08-88	2	Pretoria	14-Apr
47.68		Sabelo Bhodoza	KZN		3	Pretoria	14-Apr
47.71		Shane Victor	FS		1h4	Pretoria	13-Apr
48.14		Andre Olivier	CG	29-12-89	1h1	Germiston	01-Mar
48.25		Siyabulela Sinqe	CG	01-03-89	1	Port Elizabeth	30-Mar
48.41		Hendry Muller	FS	29-06-89	2	Port Elizabeth	30-Mar

48.44	Themba Madima	GN	02-04-89	5	Pretoria	14-Apr
48.95	Warren Hendricks	WP	11-02-88	1	Bellville	03-Feb
49.04	Hendrik van der Merwe	FS		8	Pretoria	14-Apr
49.54	Bonginkosi Mkoko	MP		13	Pretoria	13-Apr
49.54	Thabang Makalela	LIM		2h5	Pretoria	13-Apr
49.55	Andries Burger	CG		2	Germiston	10-Mar
49.56	Wessel Stolz	EP		2h1	Pretoria	13-Apr
49.63	Raoul Meiring	EP		1	Port Elizabeth	23-Feb

### 800 METRES

**SA Rec 1:45.46 Hezekiel Sepeng Stuttgart 15 Aug 1993**

**2007 SA Champion 1:48.81 Andre Olivier (CG)**

1:47.92	Andre Olivier	CG	29-12-89	1	Port Elizabeth	31-Mar
1:48.69	Jan Masenamela	NW	16-02-88	5	Durban	17-Mar
1:48.83	Warren Hendriks	WP	11-02-88	2	Pretoria	14-Apr
1:50.36	Dumisani Hlaselo	FS	08-06-89	3	Pretoria	14-Apr
1:50.38	Zweli Sebotsa	FS	01-04-88	2	Port Elizabeth	31-Mar
1:50.63	Raaghib Frederiks	WP	17-07-89	3	Port Elizabeth	31-Mar
1:50.96	Dirk Gouws	FS	24-02-88	5h1	Durban	16-Mar
1:51.0	Lloyd Bosman	SW	25-02-88	2	Potchefstroom	10-Feb
1:52.19	Marcel Luther	CG	19-02-88	2	Germiston	10-Mar
1:52.56	Wandile Nzima	VT		3	Germiston	10-Mar
1:52.9	Christian Botha	GN	13-01-89	2	Roodpeoort	16-Feb

### 1500 METRES

**SA Rec 3:40.29 Johan Cronje Cuxhaven 21 Jul 2001**

**2007 SA Champion 3:47.27 Dumisani Hlaselo (FS)**

3:46.4	Dumisane Hlaselo	FS	08-06-89	1	Windhoek	26-May
3:47.63	Andre Olivier	CG	29-12-89	1	Port Elizabeth	30-Mar
3:48.34	Enoch Malyandi	FS	01-01-89	2	Pretoria	14-Apr
3:49.84	Marcel Luther	CG	19-02-88	3	Pretoria	14-Apr
3:49.85	Lloyd Bosman	CNW	25-02-88	4	Pretoria	14-Apr
3:51.50	Cansas Nhlapo	MP	01-01-88	3	Port Elizabeth	30-Mar
3:54.57	Trevor Robertson	NC		4	Port Elizabeth	30-Mar
3:55.6	Pieter Strydom	CG	08-03-89	3	Roodepoort	07-Feb
3:56.19	Virgina Ngudlumana	WP	12-03-89	1	Bellville	27-Jan

### 5000 METRES

**SA Rec 13:26.88 Terry Thornton Stellenbosch 8 Nov 1986**

**2007 SA Champion 14:34.46 Enoch Manyandi (CG)**

14:33.44	Cansas Nhlapo	MP	01-01-88	1	Port Elizabeth	31-Mar
14:34.48	Enoch Manyandi	CG	01-01-89	1	Pretoria	13-Mar
14:37.16	Masto Lekopa	NW		2	Port Elizabeth	31-Mar
14:40.78	Molefi Matsepe	FS		3	Port Elizabeth	31-Mar
14:43.81	Gladwin Mzazi	VT		3	Pretoria	13-Mar
14:51.90	Dean Brummer	GN	15-09-88	4	Port Elizabeth	31-Mar
15:00.25	Xolasa Tjali	CG	02-12-88	4	Pretoria	13-Mar
15:02.15	Isaac Selepe	FS	03-01-88	5	Pretoria	13-Mar
15:09.15	Sydney Ngwenya	CG		2	Germiston	10-Mar
15.14.97	Jean Brumer	GN	15-09-88	8	Pretoria	13-Mar

### 3000m STEEPLECHASE

**SA Rec 8:30.29 Anton Nicolaison Durban 7 Dec 1987**  
**2007 SA Champion 9:19.57 Dikotsi Lekopa (CNW)**

8:57.06		Lesole Zim	FS		1	Port Elizabeth	31-Mar
9:07.00		Virginia Ngudlumana	WC	12-03-89	2	Port Elizabeth	31-Mar
9:08.52		Dewayne Mouries	BO	28-02-88	4	Port Elizabeth	09-Feb
9:09.52		Pat Mtsweni	MP	05-07-89	3	Port Elizabeth	31-Mar
9:19.57		Dikotsi Lekopa	CNW		1	Pretoria	14-Apr
9:24.54		Samuel Matsepe	FS	28-09-88	1	Bloemfontein	24-Mar
9:27.14		M Qwasha	FS	16-06-88	2	Bloemfontein	24-Mar
9:27.19		Willem Daries	WC	20-09-89	4	Port Elizabeth	31-Mar
9:28.72		Lesenyeho Makhobalo	GAU		5	Port Elizabeth	31-Mar
9:38.41		Witness Hlalele	FS		6	Port Elizabeth	31-Mar

**110m HURDLES 99.5cm**

**SA Rec 13.74 Lehann Fourie Pretoria 7 April 2006**  
**2007 SA Champion 13.80 Andre Storm (CG)**

13.80	-1.2	Andre Storm	CG	12-07-88	1	Pretoria	13-Apr
13.87	0.3	Gerhard van der Heever	GN		1h1	Germiston	01-Mar
13.93	-1.2	Louw Smit	BOL	20-02-88	2	Pretoria	13-Apr
14.41	1.0	Herklas (HJ) Gordon	FS	27-04-89	1	Bloemfontein	26-Jan
14.43	-1.2	Brett Kruger	GN	25-05-89	4	Pretoria	13-Apr
14.46	0.3	Charl Stander	GN	12-06-89	2h1	Germiston	01-Mar
14.66	0.3	Andrew Coetzee	CG		3h1	Germiston	01-Mar
14.75	0.6	James Jagers	WP	11-08-89	1	Bellville	03-Feb

**NWI**

13.73		Louw Smit	BOL	20-02-88	1h2	Pretoria	13-Apr
13.78		Andre Storm	CG	12-07-88	1h4	Pretoria	13-Apr
14.17		James Jagers	WP	11-08-89	2	Port Elizabeth	30-Mar
14.30		Charl Stander	GN	12-06-89	3	Port Elizabeth	30-Mar
14.35		Marius Erasmus	FS	17-06-88	1	Roodepoort	07-Feb
14.65		Pieter Wasserval	MP	12-01-89	4	Port Elizabeth	30-Mar

**400m HURDLES 91.4cm**

**SA Rec 48.76 Llewellyn Herbert Pretoria 8 April 1996**  
**2007 SA Champion 51.74 Juan Bloem (GN)**

51.74		Juan Bloem	GN	03-02-88	1	Pretoria	14-Apr
52.06		Wiekus Jonck	BO	18-03-88	2	Pretoria	14-Apr
53.28		Ruan Ferreira	VT	05-01-89	1	Germiston	10-Mar
54.12		Philane Nkosi	KZN	05-03-89	3	Pretoria	14-Apr
54.13		Pieter Botha	NW	16-04-88	5	Pretoria	09-Mar
54.17		Tebogo Rabutu	NW		2	Port Elizabeth	31-Mar
54.26		Danie van Zyl	WC		4	Port Elizabeth	31-Mar
54.53		Edson Shoko	GN		2	Germiston	10-Mar
54.56		Francois van Staden	NW	25-04-89	1h1	Germiston	01-Mar
54.99		Ison Campbell	VT		3h1	Germiston	10-Mar

**HIGH JUMP**

**SA Rec 2.31 Jacques Freitag Rehlingen 4 June 2001**  
**2007 SA Champion 2.15 Hubert de Beer (LIM)**

2.15		Hubert de Beer	LIM	03-11-88	1	Port Elizabeth	30-Mar
2.10		Juan-Pierre van der Schyff	CN	10-05-89	2	Potchefstroom	02-Feb
2.10		Sean Stone	WP	19-05-88	2	Pretoria	14-Apr
2.05		Bevan Hendon	BO	21-04-88	2	Bellville	27-Jan

2.05		Andre Louw	MP	11-02-89	3	Port Elizabeth	30-Mar
2.00		EM Langenhoven	FS	02-07-88	1	Bloemfontein	29-Jan
2.00		Armand Niemand	GN	03-09-88	2	Roodepoort	07-Feb
2.00		Gideon Barnard	LIM		4	Port Elizabeth	30-Mar
2.00		Mornay Hendricks	BO	08-11-88	5	Port Elizabeth	30-Mar
2.00		Christiaan Alfredo	BOR		4	Pretoria	14-Apr
2.00		Maurice Fischer	BOL		5	Pretoria	14-Apr
2.00		Sonwabo Sulupha	CG		6	Pretoria	14-Apr

### POLE VAULT

**SA Rec 5.46 Okkert Brits Paarl 26 Dec 1992**

**2007 SA Champion 4.50 JG Blignaut (GN)**

4.80		Jan (JG) Blignaut	FS	020288	5	Algiers	21-July
4.40		Jeff Puttergill	EP	05-08-89	1	Port Elizabeth	30-Mar
4.40		Gustav Munro	EP	14-07-88	3	Durban	30-Mar
4.30		Christopher Dyson	EP	02-11-88	1	Port Elizabeth	23-Feb
4.10		Conrad Welthagen	FS	20-07-89	2	Port Elizabeth	30-Mar
4.00		Eric Evans	NW	25-02-89	3	Port Elizabeth	30-Mar
4.00		Paul Farrel	GN	24-06-88	4	Pretoria	13-Apr
4.00		Andries Pieterse	NWN		5	Pretoria	13-Apr
3.80		Gerhard du Plessis	BO	10-03-89	4	Port Elizabeth	30-Mar

### LONG JUMP

**SA Rec 8.09 Godfrey Mokoena Grosseto 14 July 2003**

**2007 SA Champion 7.81 Keenon Watson (BOL)**

7.85	1.2	Keenan Watson	BO	03-03-88	1	Durban	30-Mar
7.67	1.2	Ethan Alexander	EP	27-01-88	2	Pretoria	13-Apr
7.34	0.2	Jason Karolisin	EP	19-12-89	1	Port Elizabeth	30-Mar
7.24	1.7	Nathian Daniels	WC		5	Pretoria	13-Apr
7.16	-4.6	Zach Visser	FS		3	Port Elizabeth	30-Mar
7.29	1.4	Joy Mtungwa	MP		4	Pretoria	13-Apr
7.06	0.5	Shawn Faber	MP		6	Pretoria	13-Apr
<b>NWI</b>							
7.21		Zach Visser	FS		2h	Pretoria	13-Apr
7.14		Shawn Faber	MP		3h	Pretoria	13-Apr
7.05		A Baklen	VT		1	Germiston	10-Mar
6.99		Andre van Rooyen	BO		1	Stellenbosch	24-Feb
6.98		Juan-Pierre van der Schyff	CN	10-05-89	1	Roodepoort	27-Feb
6.96		Daniel Kleinhans	GN	24-08-88	2	Germiston	10-Mar

### TRIPLE JUMP

**SA Rec 16.96 Godfrey Mokoena Bloemfontein 3 April 2004**

**2007 SA Champion 15.15 Zach Visser (FS)**

15.15	1.1	Zach Visser	FS	15-09-89	1	Pretoria	14-Apr
14.83	0.9	Dudley Adams	WP		2	Pretoria	14-Apr
14.75	1.3	Whelan Fortuin	VT	21-04-89	3	Pretoria	14-Apr
14.48	1.1	Casius Louw	CG	11-11-88	4	Pretoria	14-Apr
14.48	1.5	Nathian Daniels	WP		5	Pretoria	14-Apr
14.45	1.0	Xolani Mahlangu	MP	10-11-88	6	Pretoria	14-Apr
13.95	1.2	Reginald Kleinbooi	EP	14-03-89	7	Pretoria	14-Apr
13.71	1.4	Shawn Faber	MP		8	Pretoria	14-Apr
<b>NWI</b>							
15.52		Riaan Arends	EP	31-01-89	1	Port Elizabeth	31-Mar

14.00	Leroy Roems	BO		2	Port Elizabeth	31-Mar
13.65	Rendani Ramohva	LIM		5	Port Elizabeth	31-Mar

### SHOT 6kg

SA Rec 20.50 Janus Robberts Naboomspruit 18 Oct 1997

2007 SA Champion 19.59 JP Hoffman (GN)

19.59	JP Hoffman	GN	01-05-88	1	Pretoria	13-Apr
18.21	Orazio Cremona	CG	01-07-89	2	Pretoria	13-Apr
17.98	Nico Grobler	GN	09-09-88	3	Pretoria	13-Apr
16.74	Heinz Sauer	VT		1	Germiston	01-Mar
16.60	Tertius de Necker	CG		2	Germiston	01-Mar
16.22	Louis Botha	CNW		4	Pretoria	16-Jan
16.04	Duncan-Lee Dennis	FS	19-01-89	2	Port Elizabeth	30-Mar
15.90	Stefan le Roux	VT	23-01-89	1	Sasolburg	27-Feb
15.78	Clemens Kiessig	FS	22-02-89	2	Bloemfontein	24-Mar
15.69	Janre Marais	FS	14-06-89	4	Port Elizabeth	30-Mar
15.36	Pieter van Deventer	CNW	09-02-88	5	Pretoria	13-Apr
15.35	Theo van Schalkwyk	MP	10-01-89	6	Pretoria	13-Apr
15.20	Dewald van Deventer	CG		1	Roodepoort	16-Feb

### DISCUS 1.75kg

SA Rec 63.46 Frits Potgieter 1 Oct 1993

2007 SA Champion 54.93 Victor Hogan (BOL)

55.77	Victor Hogan	BOL	25-07-89	1	Port Elizabeth	31-Mar
54.57	JP Hoffman	GN	01-05-88	2	Ouagadougou	13-Aug
50.96	Dewald Moolman	CG	08-07-88	3	Pretoria	14-Apr
50.12	Pieter van Deventer	CNW	09-02-88	4	Pretoria	14-Apr
49.76	Orazio Cremona	CG	01-07-89	5	Pretoria	14-Apr
49.15	Christof Smith	VT		2	Port Elizabeth	31-Mar
46.02	Nico Grobler	GN	09-09-88	3	Pretoria	14-Apr
45.59	Dunca-Lee Dennis	FS	19-01-89	8	Pretoria	14-Apr
45.38	Dewald van Deventer	CG		3	Germiston	10-Mar
45.37	Steven Sansom	NW		1	Roodepoort	07-Feb
43.86	Werner van der Zee	GN		4	Germiston	10-Mar

### HAMMER 6kg

**SA Rec 81.04 Werner Smit Parow 29 March 2003**

**2007 SA Champion 66.20 Clinton Williams (BOL)**

( \*\*\* = 7.26kg hammer)

66.44	Clinton Williams	EP	03-08-88	1	Port Elizabeth	20-Jan
61.11	Jade Wiggins	WP	05-01-88	2	Pretoria	13-Apr
57.15	Jacques Senekal	EP	02-06-88	3	Pretoria	13-Apr
51.23	Stephan le Roux	VT	23-01-89	4	Pretoria	13-Apr
51.55***	Heinrich Gonzales	BO	10-02-88	2	Durban	30-Mar
50.13	Rosseau Viviers	EP		5	Pretoria	13-Apr
48.77	Dean Janse van Rensburg	FS	07-07-89	2	Port Elizabeth	31-Mar
48.68	Rossouw Kruger	BO		1	Stellenbosch	24-Feb
46.47	Louwtjie Prinsloo	FS	24-02-89	6	Pretoria	13-Apr

### **JAVELIN**

**800g**

**SA Rec 83.07 Robert Oosthuizen Beijing 19 Aug 2006**

**2007 SA Champion 72.78 Fernie Kitshoff (CN)**

72.78	Fernie Kitshoff	CN	30-01-88	1	Pretoria	14-Apr
67.70	Janneman Espach	GN	12-10-89	2	Pretoria	14-Apr
67.17	Noel Meyer	CNW	20-04-88	3	Pretoria	14-Apr
65.31	Philmar J van Rensburg	LIM		2	Roodepoort	07-Feb
62.78	Marinus Els	FS	29-05-89	4	Pretoria	14-Apr
62.45	Jacques du Preez	CNW	29-02-88	1	Potchefstroom	20-Feb
60.29	Bernard Crous	SWD	13-04-89	6	Pretoria	14-Apr
58.69	Heino Lamprechts	CNW	24-04-88	7	Pretoria	14-Apr
58.45	Adri Grobler	NW		2	Germiston	01-Mar

### **4 x 100m**

**SA Rec 40.26 Transvaal Bloemfontein 8 April 1994**

**2007 SA Champion 42.01 Eastern Province**

40.61	South Africa			1	Ouagadougou	11-Aug
42.01	Eastern Province			1	Pretoria	13-Apr
42.40	Boland			2	Pretoria	13-Apr
42.46	Free State			3	Pretoria	13-Apr
42.61	Western Province			4	Pretoria	13-Apr
42.37	Free State			1	Port Elizabeth	30-Mar
42.76	Gauteng			2	Port Elizabeth	30-Mar
42.99	Mpumalanga			3	Port Elizabeth	30-Mar

### **Hand**

42.4	Affies	GN		1	Roodepoort	16-Feb
42.8	Grey Kollege	FS		1	Pretoria (Affies)	03-Feb
43.2	HS Waterkloof	GN		2	Roodepoort	16-Feb
43.3	HS Kemptonpark	CG		3	Roodepoort	16-Feb
43.3	H Jongenskool, Paarl	BO		1	Stellenbosch	24-Feb
43.9	HTS Vereniging	CG		1	Pretoria (LC)	02-Feb
43.9	HS Eldoraigne	GN		3	Pretoria(LC)	10-Feb

## 4 x 400m

SA Rec 3:04.50 South Africa Grosseto 18 July 2004

2007 SA Champion 3:16.02 Gauteng North

3:15.38	South Africa	3	Ouagadougou	13-Aug
3:16.02	Gauteng North	1	Pretoria	13-Apr
3:17.22	Gauteng	1	Port Elizabeth	30-Mar
3:18.98	Free State	2	Port Elizabeth	30-Mar
3:19.29	Kwazulu A	2	Pretoria	13-Apr
3:21.90	Kwazulu	3	Port Elizabeth	30-Mar
3:22.12	Western Cape	4	Port Elizabeth	30-Mar
3:23.95	Eastern Cape	5	Port Elizabeth	30-Mar
3:24.48	Eastern Province	3	Pretoria	13-Apr
3:24.48	Central North West	4	Pretoria	13-Apr
3:26.70	Vaal Triangle	5	Pretoria	13-Apr

## 10000m WALK

SA Rec 44.06.36 T Esterhuizen Kaapstad 13 Februarie 2004

2007 SA Champion 47:57.42 Lewis Modise (FS)

47:57.42	Modisi Lewsi	FS		1	Pretoria	13-Apr
47:59.95	Gert Smith	FS	09-10-89	1	Bloemfontein	24-Mar
48:12.15	Andre Bekker	GN		2	Pretoria	13-Apr
49:24.00	Professor Cele	KZN	04-12-88	1	Port Elizabeth	31-Mar
49:52.16	Hendrik Botha	VT	06-08-88	4	Pretoria	13-Apr
50:45.83	Timothy Morgendal	WP		5	Pretoria	13-Apr
51:02.40	Lorenzo Blouw	BO	16-07-89	3	Port Elizabeth	31-Mar
51:07.9	Dewald Bekker	GN	15-03-90	3	Pretoria	23-Feb
51:18.26	Wade Fraser	KZN	18-08-88	5	Pretoria	13-Apr
52:22.36	F Modisenyani	FS		2	Bloemfontein	24-Mar

## JUNIOR WOMEN

### 100 METRES

SA Rec 11.24 Marcel Winkler Pretoria 29 April 1989

2007 SA Champion 11.54 Constance Mkenku (FS)

11.27	0.6	Constance Mkenku	FS	30-06-89	2	Algiers	19-Jul
12.03	-0.2	Christy Coetzee	CG	24-05-89	2	Pretoria	13-Apr
12.24	-0.6	Claudine J van Rensburg	GN	26-10-89	3	Port Elizabeth	30-Mar
12.28	-0.2	Lorinda van Loggerenberg	GN	30-07-88	3	Pretoria	13-Apr
12.28	0.7	Bernica Mashava	CG	14-01-88	2h1	Pretoria	13-Apr
12.32	1.2	Stacey Gardiner	BO	06-04-88	4s2	Durban	30-Mar
12.37	-0.6	Thandeka Molokovana	GAU		4	Port Elizabeth	30-Mar
12.39	1.2	Carina Horn	CG		2h2	Pretoria	13-Apr
12.40	0.8	Monique Maree	GN	31-08-89	2h2	Germiston	01-Mar
12.49	-0.2	Bernica Mashava	CG	14-01-88	6	Pretoria	13-Apr
12.58	-0.6	Wilandi Schultz	WC		5	Port Elizabeth	30-Mar

### NWI

12.18		Wenda Theron	GN	30-06-88	1	Pretoria	23-Feb
12.62		Elminette Beckmann	FS	14-06-89	1	Bloemfontein	23-Mar

## 200 METRES

SA Rec 22.76 Evette de Klerk Sasolburg 21 April 1984

2007 SA Champion 24.01 Constance Mkenku (FS)

23.43	1.2	Constance Mkenku	FS	30-06-89	1	Windhoek	26-May
24.55	1.6	Wenda Theron	GN	30-06-88	2	Pretoria	14-Apr
25.12	-0.2	Christy Coetzee	CG	24-05-89	1h2	Germiston	01-Mar
25.14	1.6	Carina Horn	CG		4	Pretoria	14-Apr
25.47	1.2	Thandeka Molokovana	GAU		3	Port Elizabeth	31-Mar
24.66	1.6	Karyn Dreyer	GN	27-06-89	3	Pretoria	14-Apr
24.99	1.6	Lorinda van Loggerenberg	GN	30-07-88	4	Pretoria	14-Apr

### NWI

24.66		Karyn Dreyer	GN	27-06-89	1	Germiston	10-Mar
24.94		Lorinda van Loggerenberg	GN	30-07-88	4	Pretoria(LC)	09-Mar
25.01		Monique Maree	GN	31-08-89	2	Germiston	10-Mar
25.35		Claudia Viljoen	GN	01-05-89	2	Roodepoort	07-Feb
25.43		Jana Theron	VT	27-02-89	3	Germiston	10-Mar

## 400 METRES

SA Rec 51.89 Myrtle Simpson Bloemfontein 15 April 1983

2007 SA Champion 56.34 Eugenie Wicksell (GN)

55.23		Eugenie Wicksell	GN	01-09-89	1	Germiston	10-Mar
55.59		Monique Maree	GN	31-08-89	2	Germiston	10-Mar
56.40		Karyn Dreyer	GN	27-06-89	3	Pretoria	13-Apr
57.51		Erika de Jongh	CN	03-04-89	4	Pretoria	13-Apr
58.05		Jana Theron	GN	27-02-89	1	Sasolburg	23-Jan
58.06		Christele Barnard	GN	06-02-89	3	Germiston	10-Mar
58.25		Haylee Haddon	CG		5	Pretoria	13-Apr
58.34		Lizelle Keyser	NW		2h3	Pretoria	13-Apr
58.74		Charmaine Banting	CNW		3h3	Pretoria	13-Apr
58.80		Carlin van der Berg	FS	06-07-89	1	Bloemfontein	24-Mar
58.90		Karli Kleynhans	VT	18-04-89	4	Germiston	10-Mar
59.30		Amelia Nienaber	CG		5	Germiston	10-Mar

## 800 METRES

SA Rec 2:00.9 Zola Budd Kroonstad 16 March 1984

2007 SA Champion 2:13.35 Anet Coetzee (GN)

2:12.6		Anet Coetzee	VT	16-09-89	2	Pretoria	23-Feb
2:13.3		Chanaix Nice	CG	26-02-88	5	Sasolburg	23-Jan
2:13.64		Cornelia Joubert	GAU	22-06-88	1	Port Elizabeth	31-Mar
2:14.2		Roline Machabaphala	CG	22-12-89	1	Roodepoort	27-Feb
2:14.90		Christelle Jansen	NW	13-05-89	1h	Port Elizabeth	31-Mar
2:15.67		Denga Mshavha	LIM		1h	Port Elizabeth	31-Mar
2:15.98		Christelle Joubert	GN		1	Germiston	10-Mar
2:16.06		Monyane Teleko	CG	31-07-88	2	Pretoria	14-Mar
2:16.36		Christelle Barnard	GN		3	Pretoria	14-Apr
2:17.46		Cornelia Joubert	CG	22-06-88	1h	Port Elizabeth	31-Mar

2:17.50 Cherlilee Jansen NW 13-05-89 4 Port Elizabeth 31-Mar

### 1500 METRES

**SA Rec 4:01.81 Zola Budd Port Elizabeth 21 March 1984**

**2007 SA Champion 4:36.21 Noria Sibande (MP)**

4:30.19	Noria Sibanda	MP	16-05-88	1	Port Elizabeth	31-Mar
4:30.62	Cornelia Joubert	GAU		2	Port Elizabeth	31-Mar
4:38.43	Roline Machabaphala	CG	22-12-89	3	Pretoria	14-Apr
4:42.10	Vicky van der Merwe	BO		1h2	Port Elizabeth	31-Mar
4:43.61	Phulani Mosomi	CG	17-04-88	3	Pretoria	14-Apr
4:44.60	Thishaamba Rayhandala	GN	31-10-89	3	Germiston	10-Mar
4:47.29	Abongile Lerotholi	FS	06-07-89	4	Pretoria	14-Apr
4:47.88	Portia Ngwenya	GN		6	Pretoria	14-Apr
4:49.86	Destiny Tieties	WP	08-05-89	4	Port Elizabeth	31-Mar
4:51.00	Cornelia Joubert	LSEN		1h	Port Elizabeth	31-Mar
4:51.02	Jane Tuge	CNW		7	Pretoria	14-Apr

### 3000 METRES

**SA Rec 8:37.5 Zola Budd Port Elizabeth 29 Feb 1984**

**2007 SA Champion 10:12.01 Noria Sibande (MP)**

09:58.94	Noria Sibanda	MP	16-05-88	1	Port Elizabeth	30-Mar
10:11.29	Mathapelo Moamoge	NW		2	Port Elizabeth	30-Mar
10:17.80	Jane Tuge	CNW		2	Pretoria	14-Apr
10:20.24	Praxides Dim	VT	15-12-89	1	Germiston	10-Mar
10:28.42	Marlisa Mamaribe	LIM		3	Port Elizabeth	30-Mar
10:34.01	Titshambe Ravhandalala	GAU		4	Port Elizabeth	30-Mar
10:46.32	Vuyokazi Mabude	EC		5	Port Elizabeth	30-Mar
10:49.88	Sibongile Shezi	KZN		6	Port Elizabeth	30-Mar
11:02.10	Mbali Mbatha	KZN		7	Port Elizabeth	30-Mar
11:02.18	Cindy Kruger	MP	03-04-89	8	Port Elizabeth	30-Mar

### 3000m STEEPLECHASE

**SA Rec 10:35.17 Masello Moekoa Durban 17 April 2004**

**2007 SA Champion 11:14.19 Ashley Schneitler (CG)**

10:48.72	Pulane Mosome	CN	17-04-88	3	Stellenbosch	02-Mar
11:14.19	Ashley Schneitler	CG		1	Pretoria	14-Apr
11:17.23	Vuyokazi Mabude	TRA		2	Pretoria	14-Apr
11:19.69	Amukelani Baloyi	CG		4	Pretoria	14-Apr
11:23.13	Destiny Tieties	WP	08-05-89	5	Stellenbosch	02-Mar

### 100m HURDLES 84cm

**SA Rec 13.47 Arnell Jacobs Bloemfontein 4 April 1997**

**2007 SA Champion 13.79 Claudia Viljoen (GN)**

13.79	0.7	Claudia Viljoen	GN	01-05-89	1	Pretoria	13-Apr
13.88	0.7	Wenda Theron	GN	30-06-88	2	Pretoria	13-Apr
14.13	0.7	Elminette Beckmann	FS	14-06-89	3	Pretoria	13-Apr
14.28	1.7	Erika Kleynhans	GN	16-08-88	4	Durban	30-Mar
14.29	0.7	Jana Theron	VT	27-02-89	4	Pretoria	13-Apr
15.11	0.7	Louise Coertzen	MP	15-03-89	5	Pretoria	13-Apr
15.18	0.6	R Janse van Vuuren	NW		4	Port Elizabeth	30-Mar
15.37	nwi	Sunel van der Linde	MP	18-01-89	3h1	Port Elizabeth	30-Mar

#### **400m HURDLES 76.2cm**

**SA Rec 55.74 Myrtle Simpson Bloemfontein 16 April 1983**

**2007 SA Champion 61.08 Carla Hugo (GN)**

61.08		Carla Hugo	GN	20-07-88	1	Pretoria	14-Apr
61.16		Mariska van Driel	GN	27-04-88	2	Sasolburg	23-Jan
62.57		Jana Theron	VT	27-02-89	2	Pretoria	14-Apr
62.82		Yolandi le Roux	GN	18-01-89	1	Port Elizabeth	31-Mar
63.00		Danel Botes	NW	02-06-89	3	Pretoria	14-Apr
63.57		Sunel van der Linde	MP	18-01-89	2	Port Elizabeth	31-Mar
63.96		L Keyser	NW		3	Port Elizabeth	31-Mar
65.01		Yolanda Loubser	EP	29-03-88	5	Pretoria	14-Apr
65.40		Joline Claasen	FS		2h	Port Elizabeth	31-Mar
65.69		Carmen Williams	CG		2	Germiston	10-Mar

#### **HIGH JUMP**

**SA Rec 1.96 Charmaine Gale Bloemfontein 4 April 1981**

**2007 SA Champion 1.83 Marcoleen Pretorius (VT)**

1.89		Marcoleen Pretorius	VT	25-07-89	1	Port Elizabeth	30-Mar
1.80		Tersia Stander	CG	25-05-88	5	Durban	17-Mar
1.80		Tillanie Neethling	VT	18-01-88	1	Sasolburg	23-Jan
1.75		Marike Prinsloo	FS	22-03-89	1	Bloemfontein	24-Mar
1.75		Janette Siebert	FS	13-01-89	2	Bloemfontein	24-Mar
1.70		Elsie Algera	GN	09-06-89	4	Pretoria (LC)	16-Jan
1.70		Carina du Preez	CG	18-09-89	1	Roodepoort	27-Feb

#### **POLE VAULT**

**SA Rec 4.05 Annelie van Wyk Bloemfontein 1 Feb 2002**

**2007 SA Champion 3.60 Leanne Viviers (BOL)**

3.60		Leanne Viviers	BOL	23-11-88	1	Pretoria	14-Apr
3.30		Deoné Joubert	CG	23-04-88	3	Pretoria(LC)	10-Mar
3.20		Talitha Lombard	BOL	30-08-88	2	Pretoria	14-Apr
3.00		Yolandi Stemmet	WP		1	Bellville	09-Mar
3.00		Nicola Loots	BOL	27-09-89	3	Pretoria	14-Apr
3.00		Daniel Loots	NWN		5	Pretoria	14-Apr
2.80		Mandi Venter	WP	01-01-90	2	Bellville	09-Mar
2.80		Anneen Fleischman	FS	13-12-89	6	Pretoria	14-Apr

#### **LONG JUMP**

**SA Rec 6.54 Luzaan du Preez Germiston 21 April 1990**

**2007 SA Champion 6.11 Christy Coetzee (CG)**

6.15	-3.2	Christy Coetzee	CG	24-05-89	1	Port Elizabeth	30-Jan
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5.76	1.0	Bianca Erasmus	GN	13-10-89	2	Pretoria	13-Apr
5.69	0.3	Marni Stevens	VT	30-05-89	3	Pretoria	13-Apr
5.68	1.3	Claudine J van Rensburg	GN	26-10-89	1	Germiston	01-Mar
5.63	-0.2	Lousie Coertzen	MP	15-03-89	4	Pretoria	13-Apr
5.55	1.4	Jacqueline de Klerk	BOR		6	Pretoria	13-Apr
5.50	1.8	Naomi Botha	CG		2	Germiston	01-Mar
5.45	0.0	Mareli Steyn	GN	31-05-88	7	Pretoria	13-Apr
<b>NWI</b>							
5.93		Patience Ntshingila	CG		2	Germiston	10-Mar
5.53		Michelle Cornelius	GN	14-09-89	1	Pretoria (Affies)	26-Jan
5.45		Simone Dreyer	MP		1	Roodepoort	27-Feb
5.38		Carmen Williams	CG	18-03-89	1	Pretoria(LC)	10-Feb
5.37		Liejandrie Bieldt	GN	20-02-89	1	Pretoria (Die Wilgers)	16-Feb

### TRIPLE JUMP

**SA Rec 12.75 Karen Pretorius Pretoria 20 April 2001**

**2007 SA Champion 11.93 Michelle Cornelius (GN)**

11.93	1.7	Michelle Cornelius	GN	14-09-89	1	Pretoria	14-Apr
11.79	0.7	Eliz-Mari Prinsloo	GN	09-07-88	2	Potchefstroom	02-Feb
11.67	1.7	Leandrie Bieldt	GN	20-02-89	2	Pretoria	14-Apr
11.26	0.5	Rachelle Persons	BO		3	Pretoria	14-Apr
11.06	1.1	Mary Masembuka	CG		1	Germiston	01-Mar
11.06	1.2	Marni Stevens	VT	30-05-89	2	Port Elizabeth	30-Mar
<b>NWI</b>							
11.40		Anya Wagner	CG		1	Roodepoort	24-Feb
10.91		Liezl Phillips	CG		1	Roodepoort	07-Feb
10.91		Liezel van den Heever	CG		1	Roodepoort	27-Feb
10.66		Carmen Williams	CG		1	Roodepoort	16-Feb

### SHOT PUT 4kg

**SA Rec 16.95 Simone du Toit Beijing 15 Aug 2006**

**2007 SA Champion 16.58 Simone du Toit (CNW)**

16.87		Simoné du Toit	CN	27-09-88	1	Durban	16-Mar
13.46		Bianca van Rooyen	CG	28-01-88	4	Durban	16-Mar
12.95		Line Barnard	BO	30-08-89	3	Pretoria	14-Apr
12.75		Les-Lee Thompson	MP	15-02-89	1	Port Elizabeth	31-Mar
12.36		Henriette Loggenberg	MP	02-05-88	3	Secunda	26-Jan
12.24		Johandri Kuhn	FS	16-01-89	3	Port Elizabeth	31-Mar
11.99		Lelanie van Staden	CG	01-04-89	1	Roodepoort	07-Feb
11.83		Felicia Mars	BO		4	Port Elizabeth	31-Mar
11.81		Jo-Anne Heidenreich	NW	14-02-89	2	Roodepoort	07-Feb
11.51		Leandri Schmidt	LIM		6	Port Elizabeth	31-Mar

### DISCUS 1 kg

**SA Rec 53.07 Simone du Toit Roodepoort 8 Feb 2006**

**2007 SA Champion 48.34 Simone du Toit (CNW)**

50.46		Simoné du Toit	CN	27-09-88	2	Durban	17-Mar
45.92		Maryke Oberholzer	LIM	27-11-89	3	Secunda	26-Jan
43.49		Henriette Loggenberg	GN	02-05-88	2	Durban	31-Mar
43.24		Karin Furstenburg	FS	12-03-89	1	Port Elizabeth	30-Mar
42.53		Jo-Anne Heidenreich	NW	14-02-89	2	Port Elizabeth	30-Mar
40.46		Charlotte Moolman	GN	29-11-88	5	Secunda	26-Jan
39.55		Leandri de Beer	NW	27-02-89	6	Pretoria	13-Apr

39.50	Charmonix Maree	BO		4	Port Elizabeth	30-Mar
39.39	Amore Kotze	MP	06-05-89	5	Port Elizabeth	30-Mar
39.30	Corne Volgraaff	EC		6	Port Elizabeth	30-Mar

### HAMMER 4kg

SA Rec 49.09 Karen le Roux Belville 14 Nov 2006

2007 SA Champion 40.38 Jolene van Zyl (FS)

47.15	Jolene van Zyl	FS	05-01-88	2	Durban	16-Mar
39.92	Carin van Aardt	MP	22-02-89	1	Port Elizabeth	30-Mar
38.84	Nadia Bernardo	EP		2	Pretoria	13-Apr
38.62	Leandri de Beer	NW	27-02-89	4	Pretoria	13-Apr
36.76	Simoné du Toit	CN	27-09-88	3	Durban	30-Mar
36.29	S Lekabe	NW		4	Port Elizabeth	30-Mar
30.35	Rieth Moodie	BO		5	Port Elizabeth	30-Mar

### JAVELIN 600g

SA Rec 58.33 Sunette Viljoen Potchefstroom 6 Dec 2002

2007 SA Champion 52.22 Gerlize de Klerk (GN)

52.22	Gerlize de Klerk	GN	23-03-89	1	Pretoria	13-Apr
47.69	Ynithi Coetzee	GN	11-06-88	2	Roodepoort	07-Feb
44.29	Charlene Groenewald	GN		1	Pretoria(Menlo)	23-Feb
43.86	Karin Furstenburg	FS	12-03-89	2	Pretoria	13-Apr
43.80	Elana Labuschagne	MP	20-05-89	3	Pretoria	13-Apr
42.31	Louise Coertzen	MP	15-03-89	4	Pretoria	13-Apr
40.95	Liezl van Rooyen	FS	30-11-89	1	Bloemfontein	24-Mar
40.52	Francelle Joubert	BO		6	Port Elizabeth	31-Mar

### 4 x 100m

SA Rec 45.07 Northern Transvaal Pretoria 31 March 1984

2007 SA Champion 47.86 Gauteng North

46.60	South Africa			1	Ouagadougou	11-Aug
	Constance Mkenku, Christi Coetzee, Wenda Theron, Claudia Viljoen					
47.86	Gauteng North A			1	Pretoria	13-Apr
47.96	Gauteng			1	Port Elizabeth	30-Mar
48.69	Central Gauteng A			2	Pretoria	13-Apr
48.84	Free State			3	Pretoria	13-Apr
49.30	Free State			2	Port Elizabeth	30-Mar

### 4 x 400m

SA Rec 3:37.93 South Africa Lisbon 14 July 1994

2007 SA Champion 3:57.54 Gauteng North

3:53.32	Gauteng			1	Port Elizabeth	30-Mar
3:53.90	North West			2	Port Elizabeth	30-Mar
3:57.54	Gauteng North A			1	Pretoria	13-Apr
3:59.44	Central North West			2	Pretoria	13-Apr

### 10000m WALK

SA Rec 50:03.34 Nicolene Cronje Kingston 18 Jul 2002

2007 SA Champion 57:96.65 Michelle Hopkins (VT)

53:06.50	Joanne Williams	BO	10-02-89	1	Stellenbosch	01-Feb
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56:09.71	Michelle Hopkins	CG	09-11-88	2	Durban	30-Mar
58:26.26	Anke Ingram	FS	28-05-89	1	Bloemfontein	24-Mar
59:56.49	Amorette van Daalen	WP	27-10-88	1	Bellville	08-Mar