

SOUTH AFRICAN BEST PERFORMANCES 2008

JUNIORS (U/20) BORN 1989/90

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As on 16 July 2008

MEN

100 METRES

10.30	1.6	Wilhelm van der Vyver	BO	22-08-89	1sf1	Pretoria(LC)	18-Apr
10.46	0.4	Johannes Mosala	FS	23-03-89	1h2	Rustenburg	28-Mar
10.47	1.5	Patrick Vosloo	VT	02-05-90	1sf3	Pretoria(LC)	18-Apr
10.47	1.0	Roscoe Engel	WP	60390	1sf2	Pretoria(LC)	18-Apr
10.58	1.5	Ethan Floris	BO	15-04-90	2sf3	Pretoria(LC)	18-Apr
10.65	1.5	Brendan Minnie	EC		3sf3	Pretoria(LC)	18-Apr
10.73	1.0	Isaak van Wyk	GN		2sf2	Pretoria(LC)	18-Apr
10.73	1.0	Brent Stevens	WP	270390	3h1	Pretoria(LC)	18-Apr
10.74	1.6	Kagiso Kgasoe	GN		3sf1	Pretoria(LC)	04-Jan
10.74	1.0	Mbulelo Mabinza	CNW		3sf2	Pretoria(LC)	18-Apr

Wind

10.50	2.9	Gavin Sadler	GN		1	Pretoria	05-Apr
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NWI

10.50		Patrick Vosloo	VT	02-05-90	1	Sasolbrg	04-Apr
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200 METRES

20.90	0.9	Patrick Vosloo	VT	02-05-90	1	Rustenburg	29-Mar
21.18	-2.5	Wilhelm van der Vyver	BO	22-08-89	3r3	Pretoria(LC)	07-Mar
21.28	0.9	Roscoe Engel	WP		2	Rustenburg	29-Mar
21.50	0.9	Johannes Mosala	FS	23-03-89	3	Rustenburg	29-Mar
21.67	0.8	Shenzen Gordon	EP		1sf2	Pretoria(LC)	19-Apr
21.71		Heinrich Maartens	VT	10-07-90	2	Germiston	07-Mar
21.73		Hendrik Hoogenboezem	GN		1	Pretoria(LC)	09-Feb
21.75	1.2	Johannes Mosala	FS	23-03-89	1	Bloemfontein	07-Mar
21.77	1.4	Isaak van Wyk	GN		1h4	Pretoria(LC)	19-Apr
21.80		Ruan van Loo	GN		2	Pretoria(LC)	09-Feb

Wind

21.51	3.4	Isaak van Wyk	GN		1	Pretoria	05-Apr
21.78	3.4	Kagiso Kgasoe	GN		2	Pretoria	05-Apr

400 METRES

46.95		André Olivier	CNW	291289	1r1	Pretoria(LC)	07-Mar
47.14		Heinrich Maartens	VT	10-07-90	1	Rustenburg	28-Mar
47.49		PC Beneke	FS	18-07-90	2	Rustenburg	28-Mar
47.54		Hendry Muller	FS	29-06-89	2	Pretoria(LC)	18-Apr
47.70		William Nkuna	GN		2sf1	Pretoria(LC)	18-Apr

47.78	Themba Madima	GN		3sf1	Pretoria(LC)	18-Apr
47.94	Jonda Thomas	FS		2	Bloemfontein	29-Feb
48.26	Shenzen Gordon	EP		1h3	Pretoria(LC)	18-Apr
48.37	Hendrik Hoogenboezem	GN		1	Pretoria(LC)	09-Feb
48.53	Miguel Nunes	WP		6	Pretoria(LC)	19-Apr

800 METRES

1:46.85	André Olivier	CNW	291289	2	Arnhem	18-Jun
1:48.31	Dumisane Hlaselo	FS	080689	1h2	Pretoria(LC)	27-Mar
1:48.55	Raaghib Fredericks	BO	170789	2	Pretoria(LC)	19-Apr
1:48.84	Windy Jonas	FS	11-03-90	3	Pretoria(LC)	19-Apr
1:49.81	Marnus Koekemoer	GN	03-01-90	1	Pretoria	05-Apr
1:51.32	Werner du Toit	CG	24-09-90	4	Pretoria(LC)	19-Apr
1:51.58	William Nkuna	GN		2	Pretoria	05-Apr
1:51.83	William Mothosola	FS		2	Rustenburg	29-Mar
1:52.45	Andrew Roodt	CG	28-08-90	2	Germiston	07-Mar

1500 METRES

3:38.15	Dumisane Hlaselo	FS	080689	2h2	Stellenbosch	14-Mar
3:42.92	Enock Manyandi	CG	10189	1	Germiston	05-Apr
3:42.97	André Olivier	CG	291289	1	Potchefstroom	16-Feb
3:48.30	Windy Jonas	FS	11-03-90	1	Rustenburg	28-Mar
3:49.47	Folavia Sehohle	CG	14-10-90	2	Rustenburg	28-Mar
3:53.45	Thoriso Ratsela	CG		3h1	Stellenbosch	14-Mar
3:57.89	William Mothosola	FS		2	Bloemfontein	07-Mar
3:58.31	W Darries	SWD		4	Rustenburg	28-Mar
3:59.9	Jerry Motsau	CG	12-03-90	4	Germiston	05-Apr
4:01.25	John Thipe	MP		2h2	Rustenburg	28-Mar

3000 METERS

8:12.70	Enoch Manyandi		010189	4	Pretoria (LC)	07-Mar
8:14.37	Xolisa Tyali	TR	021289	5	Pretoria(LC)	07-Mar
8:20.36	Sityhilo Diko	TRA	100991	3r2	Potchefstroom	01-Feb
9:18.01	Etienne Schoeman	CG		1	Pretoria	26-Feb
9:21.29	Arno j van Rensburg	CG		2	Pretoria	26-Feb

5000 METRES

14:14.96	Xolise Tyali	TR	021289	1	Durban	08-Feb
14:18.10	Enoch Manyandi		010189	1	Pretoria (LC)	19-Apr
14:53.40	Sityhilo Diko	TRA	100991	1	Pretoria(LC)	19-Apr
14:54.28	Folavia Sehohle	CG	14-10-90	1	Rustenburg	29-Mar
14:55.00	W Darries	SWD		2	Rustenburg	29-Mar
15:09.72	Khotatso Makone	FS		1	Bloemfontein	29-Feb
15:10.23	W Hlalele	FS		2	Bloemfontein	29-Feb
15:17.31	Thoriso Ratsela	CG		3	Rustenburg	29-Mar
15:17.40	C Mtombeni	GAU		4	Rustenburg	29-Mar

15:25.79		Bongani Mbobosi	MP		4	Rustenburg	29-Mar
15:28.90		Daniel Mokoma	FS		5	Rustenburg	29-Mar

3000m STEEPLECHASE

9:11.60		William Mothosala	FS	31-03-90	1	Bloemfontein	29-Feb
9:12.00		Sprinkaan Simons	FS	09-04-90	2	Bloemfontein	29-Feb
9:31.60		T Masetle	CG		1	Germiston	07-Mar
9:35.20		J Radebe	CG		2	Germiston	07-Mar

110m HURDLES

(99.5cm)

13.81	1.4	Brett Kruger	GN	250589	1r1	Mannheim	21-Jun
14.05	1.3	Charl Stander	GN		1	Pretoria(LC)	18-Apr
14.08	1.3	Cornel Fredericks	BO	03-03-90	3	Pretoria(LC)	18-Apr
14.14	1.9	Francois Vermaak	MP		1h1	Pretoria(LC)	18-Apr
14.23	1.3	Ettienne Grobbelaar	GN		4	Pretoria(LC)	18-Apr
14.32	1.4	Sphesihle Simelane	KZ		1h1	Rustenburg	28-Mar
14.32	1.3	Herklas (HJ) Gordon	FS	27-04-89	6	Pretoria(LC)	18-Apr
14.32	1.3	Gary Morris	BO	08-01-90	5	Pretoria(LC)	18-Apr
14.33	1.5	RC Lindeque	NW		1h3	Rustenburg	28-Mar
14.35	1.3	Rohan du Toit	EC		8	Pretoria(LC)	18-Apr

Wind

13.96	2.2	Brett Kruger	GN		1h2	Pretoria(LC)	18-Apr
14.31	2.2	Rohan du Toit	GN		2h2	Pretoria(LC)	18-Apr
14.27	2.4	Charl Stander	GN		1	Pretoria	05-Apr

400m HURDLES

(91.4cm)

50.39		Cornel Fredericks	BO	03-03-90	4	Bydgoszcz	11-Jul
50.78		PC Beneke	FS	18-07-90	5	Bydgoszcz	11-Jul
52.20		Neil de Beer	GN	271190	1	Leiden	14-Jun
52.91		Connie Segeel	CG		2	Germiston	07-Mar
53.14		Thabiso Kekana	KZ		3	Rustenburg	29-Mar
53.18		Dwayne Stoop	NW		5	Pretoria(LC)	19-Apr
53.22		RC Lindeque	NW		4	Rustenburg	29-Mar
53.99		Neil le Roux	WP		6	Rustenburg	29-Mar
54.16		Edu Steyn	NW		7	Rustenburg	29-Mar
54.40		Sechaba Matsitsa	FS		4	Pretoria(LC)	19-Apr

HIGH JUMP

2.19		Willem Voigt	SWD	21-02-90	1	Rustenburg	29-Mar
2.15		JP van der Schyff	CN	100589	3	Pretoria	07-Mar
2.14		Ruan Claassen	VT	26-03-90	2	Rustenburg	29-Mar
2.06		Gerno Erasmus	FS		1	Bloemfontein	07-Mar
2.05		Hamman Muntingh	NW		3	Pretoria(LC)	19-Apr
2.03		Hennie Alers	FS		2	Bloemfontein	07-Mar
2.00		Dawid Greeff	KZ	120190	5	Pretoria	16-Feb

2.00		Gerno Erasmus	FS		5	Pretoria(LC)	19-Apr
1.99		Tiaan Jonkers	BO	04-02-90	4	Rustenburg	29-Mar
1.99		Damian Boshoff	NW		5	Rustenburg	29-Mar
1.95		J Thompson	CGA		2	Germiston	07-Mar
1.95		Jeffrey Lafika	VT		3	Germiston	07-Mar
1.95		Dian Meyers	VT		4	Germiston	07-Mar
1.95		HJ van Aswegen	GN		2	Pretoria	05-Apr
1.95		Gerrie Coetzee	FS		3	Bloemfontein	29-Feb

POLE VAULT

4.88		Eben Beukes	FS	090390	1	Pretoria(LC)	19-Apr
4.60		Lesley Luiters	EP		2	Rustenburg	28-Mar
4.40		Jan-Louis Nienaber	BO	27-01-90	3	Rustenburg	28-Mar
4.40		Jeff Puttergill	KZ		2	Pretoria(LC)	18-Apr
4.30		Francois Fouche	FS	25-08-90	1	Bloemfontein	02-Feb
4.30		Conrad Welthagen	FS	200789	4	Pretoria(LC)	18-Apr
4.20		Francois Burger	BO	11-01-90	4	Rustenburg	28-Mar
4.10		Lourens van der Linde	FS		2	Bloemfontein	29-Feb
4.00		Niel Benade	WP	03-04-90	5	Rustenburg	28-Mar
3.80		Andries Pieterse	GN		1	Pretoria	05-Apr

LONG JUMP

7.66	1.9	Joy Mtungwa	MP		1	Rustenburg	28-Mar
7.64	-0.1	Riaan Arends	CG	310189	1	Pretoria(LC)	18-Apr
7.62		Zarck Visser	FS	15-09-89	2	Bloemfontein	29-Feb
7.39		Nbulelo Mabindisa	NW		3	Rustenburg	28-Mar
7.35		Jason Karolisin	EP	19-12-89	4	Rustenburg	28-Mar
7.29	0.2	Brent Stevens	FS		3	Pretoria(LC)	18-Apr
7.06		Neo Marie	VT	05-08-90	5	Rustenburg	28-Mar
6.94	-0.5	Thamsanqa Ngcobo	KZN		7	Pretoria(LC)	18-Apr
6.91	1.9	Jaco Botha	GN		1d	Pretoria(LC)	18-Apr
6.90		Boipelo Motlhathlego	GN	271190	6	Rustenburg	28-Mar

TRIPLE JUMP

15.96	1.1	Boipelo Motlhathlego	GN	271190	1	Pretoria(LC)	19-Apr
15.78	0.5	Riaan Arends	CG	310189	2	Pretoria(LC)	19-Apr
15.66	1.9	Zarck Visser	FS	15-09-89	3	Pretoria(LC)	19-Apr
15.27	1.5	Reneilwe Aphone	GN	240890	4	Pretoria(LC)	19-Apr
15.00*	0.7	Neo Marie	VT	050890	5	Pretoria(LC)	19-Apr
14.78	1.5	Marcelle Jonkerman	EP		6	Pretoria(LC)	19-Apr
14.14	1.2	Mabuso Pitso	EP		7	Pretoria(LC)	19-Apr
14.08	1.8	Clive Mabele	GN		3	Pretoria	05-Apr
13.93	1.9	Kgomotso Lekalakala	GN		4	Pretoria	05-Apr
13.88	0.2	Louis Filander	BO	21-09-89	5	Rustenburg	29-Mar

* Best Legal Attempt in Competition

Wind

15.04	2,2	Neo Marie	VT	050890	5	Pretoria(LC)	19-Apr
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NWI

15.84		Riaan Arends	CG	310189	1	Harare	08-Jun
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SHOT**(6kg)**

20.19		Orazio Cremona	CG	01-07-89	1	Pretoria(LC)	07-Mar
18.66		Stephan Brink	NW	11-09-90	2	Pretoria(LC)	07-Mar
17.80		Ryno van Winkel	CG	22-02-90	2	Germiston	05-Apr
16.87		Thumelo Thage	GN		3	Pretoria(LC)	19-Apr
16.41		Jayson Smith	NW		5	Pretoria(LC)	19-Apr
16.18		Dewald van Heerden	CG		1	Pretoria	26-Feb
16.00		Dean Wattrus	CG		3	Germiston	05-Apr
15.99		Thys van Wyk	FS	27-02-90	3	Rustenburg	29-Mar

DISCUS**(1.75kg)**

65.52		Victor Hogan	FS	250789	1	Pretoria(LC)	03-Jul
54.45		Leon Verster	VT	20790	1	Rustenburg	28-Mar
53.98		Dewald van Heerden	CG	04-04-91	1	Pretoria(LC)	09-Feb
53.25		Orazio Cremona	CG	01-07-89	1	Germiston	05-Apr
51.88		Christiaan Stander	WC	05-04-90	1	Oudtshoorn	16-Feb
50.89		Jayson Smith	NW	12-05-90	4	Pretoria(LC)	19-Apr
49.00		Ryno van Winkel	CG	22-02-90	1	Pretoria	26-Feb
48.09		Arnold Griesel	GN		3	Germiston	07-Mar
47.96		Ricus Roux	FS		6	Pretoria(LC)	19-Apr

HAMMER**(6kg)**

62.44		Micquel le Roux	WP	26-03-90	1	Pretoria(LC)	18-Apr
49.57		Arno Pieterse	CNW		2	Pretoria(LC)	18-Apr
48.81		Wesley Grobler	FS		2	Rustenburg	28-Mar
48.12		Eghard Basson	EC		3	Pretoria(LC)	18-Apr
47.20		E Erasmus	SWD		1	Oudtshoorn	16-Feb
45.71		Jonathan Croeser	AGN		4	Pretoria(LC)	18-Apr
45.61		Elardus Erasmus	SWD		5	Pretoria(LC)	18-Apr
45.06		Vincent van Rensburg	CG		6	Pretoria(LC)	18-Apr
43.10		Stephen Kleyn	WC		5	Rustenburg	28-Mar
42.27		Quinton Roberts	FS		2	Bloemfontein	07-Mar

JAVELIN**(800g)**

71.89		Philmar J van Rensburg	CNW	230689	1	Potchefstroom	12-Feb
69.28		Bernard Crous	CNW	130489	1	Pretoria(LC)	19-Apr
68.83		Janneman Espach	GN	12-10-89	2	Pretoria(LC)	19-Apr
66.24		Jason Henning	GN	13-08-90	1	Rustenburg	29-Mar
65.92		Rudo Klopper	FS		2	Rustenburg	29-Mar
62.93		Ulrich Damon	WP	23-10-90	4	Oudtshoorn	01-Mar
61.33		Marinus Els	FS	29-05-89	5	Pretoria(LC)	19-Apr

59.40	Jaco Joubert	BO	04.03.90	3	Rustenburg	29-Mar
58.00	Johann Kemp	FS		4	Rustenburg	29-Mar
56.99	Francois Bosch	MP		8	Pretoria(LC)	19-Apr

Decathlon

5833	Jaco Botha	GN		1	Pretoria(LC)	18/19-Apr
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4 x 100m RELAY

39.59	South Africa			2h3	Bydgoszcz	11-Jul
Johannes Mosala, Roscoe Engels, Patrick Volsoo, Wilhelm van der Vyfer						
40.81	Boland			1	Pretoria(LC)	18-Apr
41.70	Western Province			1	Rustenburg	28-Mar
41.81	Western Province			2	Pretoria(LC)	18-Apr
42.02	Gauteng			2	Rustenburg	28-Mar
42.32	Gauteng North			3	Pretoria(LC)	18-Apr
42.39	AHS	GN		1	Pretoria(LC)	09-Feb
42.39	Central Gauteng			4	Pretoria(LC)	18-Apr
42.48	Free State			3	Rustenburg	28-Mar
42.65	Central Gauteng B			5	Pretoria(LC)	18-Apr
42.93	Free State			6	Pretoria(LC)	18-Apr

4 x 400m RELAY

3:09.72	South Africa			1	Harare	08-Jun
Patrick Vosloo, Roscoe Engel, Riaan Arends, Cornel Fredericks						
3:10.58	Free State			1	Pretoria(LC)	19-Apr
3:11.94	Gauteng			1	Rustenburg	29-Mar
3:11.96	Free State			2	Rustenburg	29-Mar
3:12.09	South Africa			7H3	Bydgoszcz	12-Jul
3:14.50	Vaal Triangle			2	Pretoria(LC)	19-Apr
3:15.53	Gauteng North			3	Pretoria(LC)	19-Apr
3:17.02	Western Povince			4	Pretoria(LC)	19-Apr
3:17.48	Central Gauteng			5	Pretoria(LC)	19-Apr
3:24.55	Western Cape			3	Rustenburg	29-Mar

3000m WALK (TRACK)

12:59.32	Gert Smith	FS	140789	3	Potchefstroom	01-Feb
13:02.81	Dewald Bekker	GN	150390	4	Potchefstroom	01-Feb

5000m WALK (TRACK)

22:54.36	Dewald Bekker	GN	150390	2	Germiston	22-Feb
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10000m WALK (TRACK)

46:39.39	Gert Smith	FS	140789	1	Bloemfontein	29-Feb
46:49.38	Dewald Bekker	GN	150390	1	Rustenburg	29-Mar
48:24.52	Armond Nel	WP	23-01-91	3	Pretoria(LC)	19-Apr
50:54.50	Elias Ramenyaduce	FS		4	Rustenburg	29-Mar

51:30.43		Wiseman Hlongwa	CG		2	Germiston	07-Mar
52:10.95		Leon Geel	NW	29-01-90	5	Rustenburg	29-Mar
52:36.70		Rodney Clough	FS		6	Rustenburg	29-Mar
52:37.69		Lorenzo Blaauw	BO	16-07-89	4	Pretoria(LC)	19-Apr
53:05.92		Daniel Hart	WC		5	Pretoria(LC)	19-Apr
54:12.40		Brian Clough	FS	09-03-90	7	Rustenburg	29-Mar

WOMEN

100 METRES

11.58	-0.9	Nombulelo Mkenku	FS	300689	1	Pretoria(LC)	18-Apr
11.95	-0.9	Celeste Rietels	WP	14-01-90	2	Pretoria(LC)	18-Apr
11.98	1.6	Christy Coetzee	CNW	24-05-89	2h3	Pretoria(LC)	18-Apr
12.08	1.5	Anri Zandberg	NC	14-06-90	3h2	Pretoria(LC)	18-Apr
12.15	1.5	Carina Horn	GN		3h3	Pretoria(LC)	18-Apr
12.27	1.0	Ronica Bosch	VT	16-01-90	1h1	Pretoria(LC)	18-Apr
12.33	-0.1	Nontobeko Gumede	KZ	121289	3sf2	Rustenburg	28-Mar
12.38	1.5	Claudine J van Rensburg	GN	261089	4h3	Pretoria(LC)	18-Apr
12.46	nwi	Claudia Viljoen	GN	010589	3	Pretoria(LC)	02-Feb
12.48	nwi	Sanmari Coetzee	CG		1	Pretoria	26-Feb
12.48	0.9	Melissa van Niekerk	GAU		5	Rustenburg	28-Mar

200 METRES

23.62	1.2	Nombulelo Mkenku	FS	300689	1	Harare	08-Jun
24.37	-0.2	Karyn Dreyer	GN	270689	3	Pretoria(LC)	19-Apr
24.48		Anneri Ebersohn	FS	09-08-90	1	Bloemfontein	02-Feb
24.50	-0.2	Celeste Rietels	WP	14-01-90	4	Pretoria(LC)	19-Apr
24.89	-0.2	Carina Horn	GN		5	Pretoria(LC)	19-Apr
24.90	1.3	Anri Zandberg	NC	14-06-90	2	Rustenburg	29-Mar
25.04		Sanmari Coetzee	CG		1	Germiston	07-Mar
25.10	-0.2	Rorisang Ramonye	NWN		6	Pretoria(LC)	19-Apr
25.12	-0.3	Claudia Viljoen	GN	010589	7	Pretoria(LC)	28-Mar

NWI

23.62		Nombulelo Mkenku	FS	300689	1	Harare	07-Jun
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400 METRES

55.07		Anneri Ebersohn	FS	09-08-90	1	Bloemfontein	02-Feb
55.88		Rorisang Ramonnye	CN	311290	3h1	Stellenbosch	14-Mar
56.68		Eugenie Wicksell	GN	01-09-89	2	Potchefstroom	01-Feb
56.04		Karyn Dreyer	GN	27-06-89	2	Pretoria	05-Apr
56.83		Done Vermaak	GN	17-12-90	1	Rustenburg	28-Mar
57.27		Rorisang Ramonnye	CN	311290	3	Potchefstroom	01-Feb
57.33		Elri Richter	FS		2	Bloemfontein	07-Mar
57.33		Nandi Meyer	CG	11-03-90	2	Rustenburg	28-Mar
57.82		I vd Merwe	CG		2	Germiston	07-Mar

57.88	Erika de Jongh	CN	030489	6	Germiston	22-Feb
57.88	Madelein vd Merwe	NW		3	Rustenburg	28-Mar

800 METRES

2.12.58	Nandi Meyer	CG	11-03-90	2	Pretoria(LC)	19-Apr
2:12.63	Elri Richter	FS		1	Bloemfontein	29-Feb
2:12.82	Done Vermaak	GN		3	Pretoria(LC)	19-Apr
2.14.10	Eri Richter	FS	40590	4	Pretoria(LC)	19-Apr
2:14.43	C Beukes	CG		1	Germiston	07-Mar
2:15.27	Elzanie Viljoen	CG		3	Germiston	07-Mar
2:15.6	Roline Machabaphala	CG		3	Germiston	05-Apr
2.15.79	Carlyn Fischer	FS		2	Bloemfontein	29-Feb
2:16.26	Seipati Lephung	FS		2	Bloemfontein	07-Mar
2:16.47	M Williams	CG		5	Germiston	07-Mar

1500 METRES

4:32.33	Maxine Heine-Wacker	CG	27-04-90	1	Rustenburg	28-Mar
4:36.96	Carlyn Fischer	FS		2	Rustenburg	28-Mar
4:44.58	Regina Thukana	FS		3	Rustenburg	28-Mar
4:44.68	Roline Machabaphala	CG	22-12-89	2	Pretoria(LC)	19-Apr
4:46.98	Tshegofatso Taukobong	GN		3	Pretoria(LC)	19-Apr
4:47.02	Liani Jacobs	GN		3	Germiston	07-Mar
4:47.32	Anika Claasens	MP		5	Rustenburg	28-Mar
4:47.66	Engela Kuhn	GN	11-06-90	1	Pretoria(LC)	09-Feb
4:49.81	Leani Jacobs	GN		2	Pretoria(LC)	09-Feb
4:50.15	Angelique Leitao	CG		4	Germiston	07-Mar

3000 METRES

9:56.99	Maxine Heine-Wacker	CG	270490	5	Potchefstroom	01-Feb
10:16.75	Ashleigh Schnetler	CG		1	Pretoria	26-Feb
10:19.00	Carlyn Fischer	FS		1	Pretoria(LC)	18-Apr
10:26.55	Thsithshaamba Ravhandlala	GN		2	Pretoria(LC)	18-Apr
10:31.52	Thembi Baloyi	GN		3	Pretoria(LC)	18-Apr
10:51.04	Zintle Sinque	CG		5	Pretoria(LC)	18-Apr
10:58.04	Elene Lourens	EP		6	Pretoria(LC)	18-Apr

3000m STEEPLECHASE

11:12.57	Abongile Lerotholi	FS	70689	3	Pretoria(LC)	27-Mar
11:17.06	Thembi Baloyi	GN		1	Pretoria(LC)	19-Apr
11:21.32	Destiny Tities	WP	080589	4	Durban	08-Feb
11:24.29	Amukelani Baloyi	CGA		2	Pretoria(LC)	19-Apr
11:34.56	Ashleigh Schnetler	CGA		3	Pretoria(LC)	19-Apr
11:51.63	Thato Makhafolo	CGA		4	Pretoria(LC)	19-Apr

100m HURDLES

(84cm)

13.80	0.3	Claudia Viljoen	GN	010589	2	Pretoria(LC)	28-Mar
14.07	1.5	Elminette Beckmann	FS	231189	1h1	Pretoria(LC)	18-Apr
14.26	0.3	Marli Spies	MP	300890	2h1	Pretoria(LC)	18-Apr
14.70		Anneri Ebersohn	FS	09-08-90	1	Bloemfontein	07-Mar
14.91	0.0	Dayna O'Reilly	NW	14-11-90	2	Rustenburg	29-Mar
14.99	0.0	Danielle Steenkamp	CG		3	Rustenburg	29-Mar
15.13	0.0	Hannelie Kotze	LIM	22-02-90	4	Rustenburg	29-Mar

Hand

14.1		Elminette Beckmann	FS	14-06-89	3	Secunda	25-Jan
14.6		Anneri Ebersohn	FS	09-08-90	1	Bloemfontein	19-Jan
14.8		Claudia Viljoen	GN	01-05-89	5	Secunda	25-Jan
14.9		Jana Theron	VT	27-02-89	6	Secunda	25-Jan

400m HURDLES**(76.2cm)**

59.66		Anneri Ebersohn	FS	09-08-90	1	Pretoria(LC)	19-Apr
61.11		Jana Theron	VT	270289	1	Sasolburg	04-Apr
62.47		Danielle Steenkamp	CG		1	Rustenburg	28-Mar
63.49		Marli Spies	MP	30-08-90	2	Rustenburg	28-Mar
63.86		Rouxzanne Roos	GN		2	Germiston	07-Mar
64.03		Aliza Pienaar	GN	06-02-90	3	Germiston	07-Mar
64.70		Yolandi le Roux	GN	18-01-89	6	Germiston	22-Feb
64.94		Amelia Nienaber	CG		4	Germiston	07-Mar
65.34		Adele Burger	NW		4	Rustenburg	28-Mar
65.61		Azel Crous	BO		5	Rustenburg	28-Mar

HIGH JUMP

1.86		Marcoleen Pretorius	CNW	250789	1	Harare	07-Jun
1.72		Bianca Erwee	FS	14-03-90	q	Rustenburg	28-Mar
1.70		Sanika Coetzee	CG		1	Germiston	07-Mar
1.70		Marike Prinsloo	FS	22-03-89	5	Pretoria(LC)	28-Mar
1.70		Carina du Preez	CG	18-09-89	7	Pretoria(LC)	28-Mar
1.70		Janette Siebert	FS	13-01-89	4	Pretoria(LC)	19-Apr
1.68		M Smuts	KZ		3	Rustenburg	28-Mar
1.67		Bianca Jantzen	GN	09-06-90	1P	Pretoria(LC)	18-Apr
1.65		Elsie Algera	GN	09-06-89	8	Pretoria(LC)	28-Mar
1.65		Roeline Bredenhand	BO	22-10-90	q	Rustenburg	28-Mar

POLE VAULT

3.20		Mandy Maritz	EP	12-07-90	1	Rustenburg	29-Mar
3.10		Marike Jansen	FS	07-06-90	2	Rustenburg	29-Mar
3.10		Danel Botes	NW	020689	4	Pretoria(LC)	07-Mar
3.05		Solize Vosloo	FS	04-04-90	1	Pretoria(LC)	18-Apr
3.00		Anne Nieuwoudt	BO	28-07-90	3	Rustenburg	29-Mar
2.50		Cecile Boshoff	FS		3	Bloemfontein	07-Mar
2.50		Karen Malherbe	FS		4	Bloemfontein	07-Mar

2.50		Liesl van Rooyen	FS		5	Bloemfontein	07-Mar
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LONG JUMP

6.15		Christy Coetzee	CG	240589	1	Germiston	05-Apr
6.06		Patience Ntshingila	CG		2	Germiston	05-Apr
5.85		Nicholeen McLaren	MP	100590	2	Rustenburg	28-Mar
5.84		Bianca Erwee	FS	14-03-90	1	Bloemfontein	29-Feb
5.76	-0.1	Celeste Rietels	WP	140190	4	Stellenbosch	14-Mar
5.76		Danielle Fourie	CG	110690	2	Germiston	05-Apr
5.70	0.9	Claudine J van Rensburg	GN	261089	2	Pretoria	05-Apr
5.66		Lelanie Kruger	CG		5	Germiston	05-Apr
5.56	0.3	Marni Stevens	CNW	300589	4	Germiston	22-Feb
5.56		Patience Ntshingila	CG		1	Germiston	07-Mar

Wind

5.88	3.8	Nicholeen McLaren	MP	100590	2	Potchestroom	01-Feb
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TRIPLE JUMP

12.80	-0.7	Bianca Erwee	FS	14-03-90	1	Rustenburg	29-Mar
12.06	1.2	Michelle Cornelius	GN	140989	1	Pretoria	05-Apr
11.91	1.4	Danielle Fourie	CG	11-06-90	2	Pretoria(LC)	19-Apr
11.90	-0.8	Hannelie Kotze	LIM	22-02-90	2	Rustenburg	29-Mar
11.57	1.1	Liejandri Bieldt	GN	200289	3	Pretoria	16-Feb
11.31	1.2	Inkie Tulleken	SWD		5	Pretoria(LC)	19-Apr
11.30	-0.4	LK Mmboni	LIM		3	Rustenburg	29-Mar
11.06	0.6	CA Brink	LIM		5	Rustenburg	29-Mar

Wind

11.93	7.7	Valerie Koda-Ella	EP		4	Stellenbosch	15-Mar
11.67	6.9	Liejandri Bieldt	GN	200289	7	Stellenbosch	15-Mar

SHOT PUT

(4kg)

13.46		Elzaan Mostert	WP	060190	1	Rustenburg	28-Mar
13.21		Alannah Crafford	NW		1	Rustenburg	28-Mar
12.27		Jani Brits	VT	22-08-90	1	Sasolburg	04-Apr
11.97		Phia Smit	FS	19-06-90	2	Pretoria(LC)	19-Apr
11.80		Jonandrie Kuhn	FS		1	Bloemfontein	29-Feb
11.60		Benedelle Senekal	CNW		3	Pretoria(LC)	19-Apr
11.47		Yolanda Maree	CG		1	Germiston	05-Apr
11.11		Alecia Bruwer	VT		4	Rustenburg	28-Mar
10.98		Charlotte Steyn	MP		5	Rustenburg	28-Mar
10.91		J Coetzer	FS		2	Bloemfontein	07-Mar

DISCUS

(1kg)

49.80		Maryke Oberholzer	LIM	271189	1	Polokwane	05-Apr
42.93		Joanna Heydenrich	NWN		2	Pretoria(LC)	19-Apr
42.61		J Coetzer	FS		1	Bloemfontein	07-Mar

42.59	Phia Smit	FS	19-06-90	1	Bloemfontein	29-Feb
41.50	Leandri de Beer	NW	270289	3	Pretoria(LC)	07-Mar
41.20	Amore Kotze	MP	060589	3	Pretoria(LC)	19-Apr
39.20	Luzanne Badenhorst	FS	04-12-90	2	Rustenburg	29-Mar
38.23	Michelle Allers	GN		1	Germiston	07-Mar
37.88	Amea Beck	WP		6	Pretoria(LC)	19-Apr

HAMMER

(4kg)

53.97	Marizette Badenhorst	FS	070690	1	Bloemfontein	07-Mar
46.49	Nanette Stapelberg	FS	110790	2	Pretoria(LC)	18-Apr
43.59	Carin van Aardt	GN	220289	3	Pretoria(LC)	18-Apr
42.82	Leandri de Beer	NW	27-02-89	4	Pretoria(LC)	18-Apr
37.80	Natasha Thompson	EP	15-02-90	3	Rustenburg	29-Mar
37.24	Nadia Bernardo	EP	10-08-89	5	Pretoria(LC)	28-Mar
36.76	Elzaan Mostert	WP	06-01-90	4	Rustenburg	29-Mar
35.12	Corne Nortje	MP		5	Pretoria(LC)	18-Apr

JAVELIN

(600g)

53.33	Leanke Steyn	FS	301090	2	Pretoria(LC)	18-Apr
50.42	Rencia Fourie	GN	010290	1	Pretoria(LC)	01-Feb
49.62	Gerlize de Klerk	CNW	230389	4	Pretoria(LC)	18-Apr
43.38	Liezl van Rooyen	FS	30-11-89	5	Pretoria(LC)	18-Apr
41.80	Nanette Stapelberg	FS		2	Bloemfontein	29-Feb
40.71	Nicola Offner	BO	23-02-90	4	Rustenburg	28-Mar
39.97	Alicia Viljoen	CNW		6	Pretoria(LC)	18-Apr
39.74	Madeleine van der Merwe	CN	01-10-90	5	Rustenburg	28-Mar
39.67	Karin Furstenburg	FS	12-03-89	3	Bloemfontein	29-Feb
37.97	Yolandi Fourie	CG		6	Rustenburg	28-Mar

Heptathlon

4718	Bianca Erwee	FS	140390	1	Stellenbosch	14/15 Mar
3818	Nicola Offner	BO	230290	2	Stellenbosch	14/15 Mar

4 x 100m RELAY

46.37	South Africa			7H3	Bydgoszcz	11-Jul
Celeste Rietels, Alyssa Conley, Christie Coetzee, Claudia Viljoen						
46.53	South Africa			1	Harare	08-Jun
Celeste Rietels, Alyssa Conley, Christie Coetzee, Nombuleo Mkenku						
48.46	Gauteng			1	Rustenburg	28-Mar
49.21	Western Cape			2	Rustenburg	28-Mar
49.73	North West			3	Rustenburg	28-Mar
49.88	Eastern Cape			4	Rustenburg	28-Mar
51.13	Kempton Park HS	CG		1	Pretoria(LC)	09-Feb

4 x 400m RELAY

3:47.66	Gauteng North			1	Pretoria(LC)	19-Apr
3:51.01	Central Gauteng			2	Pretoria(LC)	19-Apr
3:52.87	Free State			3	Pretoria(LC)	19-Apr
3:53.56	Eastern Province			4	Pretoria(LC)	19-Apr
3:54.95	Central North West			5	Pretoria(LC)	19-Apr
3:58.34	Gauteng			1	Rustenburg	29-Mar
3:58.40	North West			2	Rustenburg	29-Mar
3:59.71	North West North			6	Pretoria(LC)	19-Apr
4:01.15	Eastern Cape			3	Rustenburg	29-Mar
4:03.52	Free State			4	Rustenburg	29-Mar

10000m WALK

58:20.01	Sumarie Maree	CNW		1	Pretoria(LC)	18-Apr
59:12.96	Suzanna Liebenberg	NW		2	Pretoria(LC)	18-Apr
1:01:09	Anandie Coetzee	WP		2	Rustenburg	29-Mar
1:01:45	Mariska Coetzee	BO	08-08-90	3	Rustenburg	29-Mar
1:02.42	Karla de Klerk	EC		1	Bloemfontein	29-Feb
1:02:25	Jo-Ann Williams	BO	10-02-89	4	Pretoria(LC)	18-Apr
1:03.62	Nicolette Snyders	WC		4	Rustenburg	29-Mar
1:05:39	Lillian Venter	FS		1	Bloemfontein	07-Mar
1:05:39	S Engelbrecht	FS		2	Bloemfontein	07-Mar
end						