

## SOUTH AFRICAN BEST PERFORMANCES 2008

Compiled by Danie Cornelius

As on 18 August 2008

E-mail: danie@jumps.co.za

### OQS - OLYMPIC QUALIFYING STANDARD

#### MEN

#### 100m

			OQS (A) 10.21 (B) 10.28			
10.24	1.2	Hannes Dreyer	GN	130185	3	Addis Ababa 01-May
<b>10.30</b>	<b>1.6</b>	<b>Wilhelm van der Vyver</b>	<b>BO</b>	<b>22-08-89</b>	<b>1sf1</b>	<b>Pretoria(LC) 18-Apr</b>
10.35	1.8	Kagisho Kumbane	FS	211188	2sf2	Pretoria(LC) 27-Mar
10.36	0.4	Leigh Julius	EP	250385	4r3	Biberach 28-Jun
10.40	-1.2	Thuso Mpuang	FS	150885	3	Pretoria(LC) 27-Mar
10.43	0.7	Sherwin Vries	KZ	220380	3r2	Biberach 28-Jun
10.44	-1.2	Snyman Prinsloo	CG	220584	4	Pretoria(LC) 27-Mar
10.46	0.4	Johannes Mosala	FS	23-03-89	1h2	Rustenburg 28-Mar
10.46	0.8	Christiaan Krone	GN	300884	6	Milano 02-Jul
10.47	1.5	Patrick Vosloo	VT	02-05-90	1sf3	Pretoria(LC) 18-Apr
10.47	1.0	Roscoe Engel	WC		1sf2	Pretoria(LC) 18-Apr
10.47	0.9	Christiaan Krone	GN	300884	5r3	Hania 07-Jun

#### NWI

10.34		Corne du Plessis	CG	200378	1	Yaounde 14-May
10.42		Jean du Randt	CG	131285	1	Potchefstroom 16-Feb
10.63		Michael Koch	CN	100783	3	Potchefstroom 16-Feb
10.63		Simon Magakwe	CN	140586	4	Potchefstroom 16-Feb
10.70		Johannes Mosala	FS	230389	1	Bloemfontein 02-Feb
10.77		Ofentse Mogawane	GN	200282	1	Pretoria 16-Feb
10.83		Christiaan Krone	GN	300884	3	Pretoria(LC) 26-Jan

#### Wind

10.30	3.7	Leigh Julius	EP		6r1	Uberlandia 11-May
10.50	2.9	Gavin Sadler	GN		1	Pretoria 05-Apr
10.64	6.4	Jeanre Rossouw	WP	050288	1	Bellville 23-Feb
10.70	6.4	Roscoe Engel	WP		2	Bellville 23-Feb
10.80	6.4	Jonathan Isaacs	WP		3	Bellville 23-Feb

#### Hand

10.1	nwi	Lee-Roy Newton	KZ	191278	1	Durban 18-Jan
10.2	nwi	Sergio Mullins	KZ	120580	2	Durban 18-Jan
10.2	nwi	Fabrice Kalele	KZ		3	Durban 18-Jan
10.2	nwi	Rudi Kuschke	GN		1h2	Secunda 25-Jan

#### 200m

			OQS (A) 20.59 (B) 20.75			
<b>20.53</b>	<b>0.3</b>	<b>Thuso Mpuang</b>	<b>FS</b>	<b>150885</b>	<b>1</b>	<b>Addis Ababa 04-May</b>
20.64	-0.6	Kagisho Kumbane	FS	211188	2	Pretoria(LC) 28-Mar
20.74	-0.6	Hannes Dreyer	GN	130185	3	Pretoria(LC) 28-Mar
20.80	1.0	Leigh Julius	EP	250385	2r1	Biberach 28-Jun
20.90	0.9	Patrick Vosloo	VT	02-05-90	1	Rustenburg 29-Mar
20.94	0.4	Ofentse Mogawane	GN	200282	4R2	Biberach 28-Jun
21.01	1.1	Christiaan Krone	GN	300884	3R2	Hania 07-Jun

21.07	0.8	Sergio Mullins	KZ	120580	2r2	Germiston	22-Feb
21.08	-0.8	Corne du Plessis	CG	200378	1sf1	Stellenbosch	15-Mar
21.17	0.8	Ernst Hattingh	CG	160587	2r3	Germiston	22-Feb
<b>21.18</b>	<b>-2.5</b>	<b>Wilhelm van der Vyver</b>	<b>BO</b>	<b>22-08-89</b>	<b>3r3</b>	<b>Pretoria(LC)</b>	<b>07-Mar</b>
21.18	1.0	Sherwin Vries	KZ	220380	4r1	Biberach	28-Jun

#### NWI

21.00		Hannes Dreyer	GN	130185	1	Pretoria	16-Feb
21.25		Michael Koch	CN	100783	1	Potchefstroom	16-Feb
21.30		Hennie Kotze	CN	040284	2	Pretoria(LC)	02-Feb
21.35		LJ van Zyl	GN	200785	1	Pretoria(LC)	26-Jan
21.36		Ofentse Mogawane	GN	200282	2	Pretoria(LC)	04-Mar
21.43		Ernst Hattingh	CG	160587	3	Pretoria(LC)	02-Feb

#### Wind

20.71	2.7	Leigh Julius	EP	250385	3r2	Belem	25-May
21.16	2.5	Tsehogofatso Meshoe	NW		1r1	Germiston	22-Feb
21.25	2.5	Thabo Mathibedi	GN	041082	2r1	Germiston	22-Feb
21.51	3.4	Isaak van Wyk	GN		1	Pretoria	05-Apr

#### Hand

20.1	nwi	Alwyn Myburgh	VT	131080	1h1	Secunda	25-Jan
20.6	nwi	Jean du Randt	CG		2h1	Secunda	25-Jan
20.8	nwi	Sergio Mullins	KZ	120580	3h1	Secunda	25-Jan
21.0	nwi	Jan van Staden	GN		1h3	Secunda	25-Jan
21.0	nwi	Michael Koch	CN	100783	1h2	Secunda	25-Jan
21.0	nwi	Sylvester Abrahams	GN	041082	4h1	Secunda	25-Jan

#### 400m

#### OQS (A) 45.55 (B) 45.95

45.67		Ofentse Mogawane	GN	200282	1	Biberach	28-Jun
45.84		Sibusiso Sishi	KZ	220685	4	Addis Ababa	02-May
46.05		Pieter Smith	GN	030487	2	Biberach	28-Jun
46.25		Oscar Pistorius	GN	221186	3	Lucerne	16-Jul
46.49		Alwyn Myburgh	VT	131080	3	Durban	08-Feb
46.55		Ernst Hattingh	CG	160587	2	Pretoria	16-Feb
46.60		Alvin Samuels	GN		2r2	Germiston	22-Feb
46.64		Ter de Villiers	GN	130782	3	Pretoria	16-Feb
46.71		Sidwell Mithi	CG	280185	2h1	Potchefstroom	01-Feb
46.79		LJ van Zyl	GN	200785	3h1	Potchefstroom	01-Feb

#### Hand

46.2		Alwyn Myburgh	GN	131080	1	Secunda	25-Jan
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#### 800m

#### OQS (A) 1:46.00 (B) 1:47.00

<b>1:43.26</b>		<b>Mbulaeni Mulaudzi</b>	<b>CG</b>	<b>080980</b>	<b>3</b>	<b>Monaco</b>	<b>29-Jul</b>
<b>1:45.49</b>		<b>Samson Ngoepe</b>	<b>CG</b>	<b>280185</b>	<b>2r2</b>	<b>Germiston</b>	<b>22-Feb</b>
1:46.38		Warren Hendricks	WP	110288	3r2	Germiston	22-Feb
1:46.85		André Olivier	CN	291289	2	Arnhem	18-Jun
1:46.91		Werner Botha	GN	310178	1r2	Pretoria(LC)	07-Mar
1:47.57		Ettienne Plaatjies	CN	050387	3	Arnhem	18-Jun
1:47.6		Johan Cronje	FS	130482	3	Secunda	25-Jan
1:47.70		Mthobisi Baloyi	CN	260285	4r2	Pretoria(LC)	07-Mar
1:47.74		Elroy Gelant	VT	250886	4r2	Germiston	22-Feb

1:48.02	Dirk Gouws	FS	240288	5	Durban	08-Feb
<b>Indoors</b>						
1:44.91	Mbulaeni Mulaudzi	CG	080980	2	Valencia	09-Mar
<b>1500m</b>			<b>OQS (A) 3:36.6 (B) 3:39.0</b>			
<b>3:34.46</b>	<b>Juan van Deventer</b>	<b>CG</b>	<b>260383</b>	<b>2r1</b>	<b>Rehlingen</b>	<b>24-May</b>
3:38.15	Dumisane Hlaselo	FS	080689	2h2	Stellenbosch	14-Mar
3:38.37	Johan Cronje	FS	130482	2	Durban	08-Feb
3:41.76	Elroy Gelant	VT	250886	3	Durban	08-Feb
3:42.80	Peter van der Westhuizen	GN	211284	19	Palo Alto	05-Apr
3:42.97	André Olivier	CN	291289	1	Potchefstroom	16-Feb
3:42.99	Mthobisi Baloyi	CN	260285	4	Durban	08-Feb
3:44.22	Ettienne Plaatjies	CN	050387	2h2	Stellenbosch	14-Mar
3:45.10	Lloyd Bosman	CN	250288	4h2	Stellenbosch	14-Mar
3:45.70	Abram Khumalo	CG		5h2	Stellenbosch	14-Mar
<b>1 MILE</b>						
3:51.31	Juan van Deventer	CG	260383	7	Oslo	06-Jun
<b>1 MILE Indoors</b>						
4:02.19	Peter van der Westhuizen	GN	211284	1	Univ. of Nebraska	08-Feb
<b>Oversized Track</b>						
3:59.05	Peter van der Westhuizen	GN	211284	2	Seattle	08-Mar
<b>3000m</b>						
7:41.06	Juan van Deventer	CG	260383	6	Stockholm	22-Jul
7:59.82	Stephen Mokoka	VT	310185	1	Pretoria(LC)	07-Mar
8:04.9	Tsamano Setone	CG	070587	1h1	Secunda	25-Jan
8:04.90	Nkonde Siyabonga			2	Pretoria(LC)	07-Mar
8:09.96	Moorosi (Boy) Soke	FS	110283	1	Potchefstroom	01-Feb
8:11.20	Richard Muvuso			3	Pretoria(LC)	07-Mar
8:11.58	Enoch Mbiya			3	Potchefstroom	01-Feb
8:11.7	Nkosinoxolo Sonqibido	WP	161086	3h1	Secunda	25-Jan
8:13.8	Enoch Manyandi	FS	010189	1h2	Secunda	25-Jan
8:14.37	Xolisa Tyali	TR	021289	5	Pretoria(LC)	07-Mar
<b>Indoors</b>						
8:07.50	Peter van der Westhuizen	GN	211284	1	Univ. of Nebraska	02-Feb
<b>5000m</b>			<b>OQS (A) 13:21.5 (B) 13:28.0</b>			
14:13.45	Boy Soke	FS	110283	7	Addis Ababa	04-May
14:14.96	Xolise Tyali	TR	021289	1	Durban	08-Feb
14:15.94	Mbongeni Ngxazozo	CN	020280	2	Durban	08-Feb
14:16.77	Frik Guys	CG	040687	3	Durban	08-Feb
14:17.35	Lungisa Mdelewa	TR		4	Durban	08-Feb
14:23.56	Cansas Nhlapo	CG	010188	5	Durban	08-Feb
14:24.92	Tom Lusaseni	WP	120888	6	Durban	08-Feb
14:28.93	Samuel Segobaba	FS	040683	7	Durban	08-Feb
14.35.26	Edwin Molepo	CN	310587	1	Potchefstroom	16-Feb
14:39.77	Juan van Deventer	CG	260383	1	Pretoria(LC)	28-Mar

**Indoors**

14.20.65		Peter van der Westhuizen	GN	211284	1	Univ. of Nebraska	26-Jan
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**10000m****OQS (A) 27:50.0 (B) 28:10.0**

28:31.33		Hendrick Ramaala	CG	020272	1	Port Elizabeth	16-Feb
28:40.69		Siyabonga Nkonde	KZ	130788	2	Port Elizabeth	16-Feb
28:53.67		Mbongeni Ngxazozo	CN	020280	3	Port Elizabeth	16-Feb
28:58.53		Mlugisi Lingisa	CG		4	Port Elizabeth	16-Feb
28:58.82		Cansas Nhlapo	CG	010188	5	Port Elizabeth	16-Feb
28:58.83		Motsamai Motone	VT	260678	6	Port Elizabeth	16-Feb
29:16.84		Samuel Tsosana	FS	150486	2	Stellenbosch	14-Mar
29:23.18		David Gedebe	NW		3	Stellenbosch	14-Mar
29:28.47		Samuel Segobaba	FS	040683	7	Port Elizabeth	16-Feb

**3000m Steeple****OQS (A) 8:24.6 (B) 8:32.0**

<b>8:19.86</b>		<b>Ruben Ramolefi</b>	<b>CG</b>	<b>170778</b>	<b>1h2</b>	<b>Beijing</b>	<b>16-Aug</b>
8:38.59		Tshamano Setone	GN	070587	2	Durban	08-Feb
8:38.72		Emmanuel Mkhabela	FS	190779	3	Durban	08-Feb
8:43.73		Motsamai Motone	VT	260678	4	Durban	08-Feb
<b>9.00.37</b>		<b>Dewayne Mouries</b>	<b>BO</b>	<b>290288</b>	<b>5</b>	<b>Durban</b>	<b>08-Feb</b>

**60m Hurdles Indoors**

7.80		Lehann Fourie	GN		1q	Ames	08-Mar
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**110m Hurdles****OQS (A) 13.55 (B) 13.72**

13.91	2.0	Janko Kotze	CG	030382	1	Germiston	01-Mar
13.93	0.7	Hennie Kotze	CN	040284	1	Pretoria(LC)	27-Mar
13.93	-2.0	Lehann Fourie	GN		1	Tucson, Arizona	05-Apr
13.96	2.0	Shaun Bownes	CN	241070	2	Germiston	01-Mar
14.09	-1.2	Ruan de Vries	GN	010286	3h1	Papendal	18-Jun
14.20	2.0	Martin de Bruto	CN	40782	1r2	Nivelles	28-Jun
14.33	-0.6	Willem Coertzen	NW	301282	3	Germiston	22-Feb
14.34	-2.1	Gustav Kukuk	GN	201284	3	Pretoria(LC)	07-Mar
<b>14.35</b>	<b>-2.1</b>	<b>Louw Smit</b>	<b>BO</b>	<b>200288</b>	<b>4</b>	<b>Pretoria(LC)</b>	<b>07-Mar</b>
14.53	-0.6	Riaan Snyman	CN	230684	6	Germiston	22-Feb
14.56	-2.3	Andre Storm	CG	120788	4	Potchefstroom	01-Feb

**Wind**

13.71	2.3	Lehann Fourie	GN		2	Des Moines, Iowa	23-Apr
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**NWI**

14.13		Martin de Bruto	CN	040782	1	Potchefstroom	16-Feb
14.18		Janko Kotze	CG	030382	2	Potchefstroom	16-Feb
14.17		Ruan de Vries	GN	010286	1	Pretoria	16-Feb
14.37		Shaun Bownes	CN	241070	3	Potchefstroom	16-Feb

**Hand**

13.5	nwi	Ruan de Vries	GN	010286	1	Secunda	25-Jan
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13.7	nwi	Janko Kotze	CG	030382	2	Secunda	25-Jan
13.9	nwi	Gustav Kukuk	FS	201284	3	Secunda	25-Jan
14.2	nwi	Riaan Snyman	CN	230684	4	Secunda	25-Jan

#### 400m Hurdles

		<b>OQS (A) 49.20 (B) 49.50</b>					
<b>48.22</b>		<b>LJ van Zyl</b>	<b>GN</b>	<b>200785</b>	<b>1</b>	<b>Athens</b>	<b>13-Jul</b>
<b>48.71</b>		<b>Ter de Villiers</b>	<b>GN</b>	<b>130782</b>	<b>1</b>	<b>Germiston</b>	<b>22-Feb</b>
<b>48.92</b>		<b>Alwyn Myburgh</b>	<b>GN</b>	<b>131080</b>	<b>3h2</b>	<b>Beijing</b>	<b>16-Aug</b>
<b>49.18</b>		<b>Ockert Cilliers</b>	<b>CN</b>	<b>210481</b>	<b>3</b>	<b>Germiston</b>	<b>22-Feb</b>
<b>50.39</b>		<b>Cornel Fredericks</b>	<b>BO</b>	<b>03-03-90</b>	<b>4</b>	<b>Bydgoszcz</b>	<b>11-Jul</b>
50.42		Johann Hanekom	GN	031286	2	Pretoria(LC)	28-Mar
50.78		PC Beneke	FS	18-07-90	5	Bydgoszcz	11-Jul
51.03		Wouter le Roux	GN	170186	5	Pretoria(LC)	07-Mar
<b>51.52</b>		<b>Wiekus Jonck</b>	<b>BO</b>	<b>18-03-88</b>	<b>3</b>	<b>Pretoria(LC)</b>	<b>28-Mar</b>
51.55		Pieter Koekemoer	KZ	120182	2	Potchefstroom	01-Feb

#### High Jump

		<b>OQS (A) 2.30 (B) 2.27</b>					
2.19		Willem Voigt	SWD	21-02-90	1	Rustenburg	29-Mar
2.18		Hubert de Beer	GN	031188	1	Stellenbosch	15-Mar
2.18		Ramsay Carelse	WP	301085	2	Stellenbosch	15-Mar
2.15		Juan-Pierre van der Schyff	CN	100589	3	Pretoria(LC)	07-Mar
2.14		Ruan Claassen	VT	26-03-90	2	Rustenburg	29-Mar
2.10		Zieg Veenemans	GN	130583	1	Pretoria(LC)	26-Jan
2.10		EM Langenhoven	FS	020788	4	Stellenbosch	15-Mar
2.10		Heinrich Kuhn	WP		1	Pretoria(LC)	18-May

#### Pole Vault

		<b>OQS (A) 5.70 (B) 5.55</b>					
5.20		Riaan Botha	GN	081170	1	Pretoria(LC)	26-Jan
5.20		Cheyne Rahme	CG	230191	1	Pretoria(LC)	19-Apr
<b>4.90</b>		<b>Johann du Plessis</b>	<b>BO</b>	<b>260381</b>	<b>1</b>	<b>Pretoria(LC)</b>	<b>27-Mar</b>
4.88		Eben Beukes	FS	090390	1	Pretoria(LC)	19-Apr
4.80		Jan (JG) Blignaut	GN	020288	1	Stellenbosch	15-Mar
4.60		Lesley Luiters	EP		2	Rustenburg	28-Mar
<b>4.60</b>		<b>Francois Germishuys</b>	<b>BO</b>	<b>311087</b>	<b>3</b>	<b>Pretoria(LC)</b>	<b>27-Mar</b>
4.60		Fanie Jacobs	WP		3	Pretoria(LC)	07-Mar
<b>4.60</b>		<b>Ruaan van Wyk</b>	<b>BO</b>	<b>041291</b>	<b>3</b>	<b>Stellenbosch</b>	<b>01-Apr</b>
<b>4.60</b>		<b>Christiaan Norman</b>	<b>BOL</b>		<b>2</b>	<b>Pretoria(LC)</b>	<b>19-Apr</b>
<b>4.40</b>		<b>Jan-Louis Nienaber</b>	<b>BOL</b>	<b>27-01-90</b>	<b>3</b>	<b>Rustenburg</b>	<b>28-Mar</b>
4.40		Christopher Dyson	EP	021188	4	Pretoria(LC)	27-Mar
4.40		Jeff Puttergill	KZ		2	Pretoria(LC)	18-Apr

#### Long Jump

		<b>OQS (A) 8.20 (B) 8.05</b>					
<b>8.25</b>	<b>0.8</b>	<b>Khotso Mokoena</b>	<b>CN</b>	<b>060385</b>	<b>2</b>	<b>Stellenbosch</b>	<b>14-Mar</b>
<b>7.96*</b>	<b>0.6</b>	<b>Keenan Watson</b>	<b>BO</b>	<b>030388</b>	<b>1</b>	<b>Stellenbosch</b>	<b>14-Mar</b>
7.90	0.9	Yaw Fosu-Amoah	GN	081081	1	Potchefstroom	01-Feb
7.74	-2.3	Stefan Brits	CG	19-01-92	1	Rustenburg	28-Mar
7.66	1.9	Joy Mtungwa	MP		1	Rustenburg	28-Mar
7.64	-0.1	Riaan Arends	CG	310189	1	Pretoria(LC)	18-Apr

\* Best Legal Jump in Comptition

7.50	1.8	Martin McClintock	CG	300675	3	Pretoria	16-Feb
7.45	1.2	Dylon Cotter	CG	230891	2	Rustenburg	28-Mar
7.44	-0.3	Ethan Alexander	EP	270188	2	Durban	08-Feb
7.44	1.1	Willem Coertzen	CN	301282	1dec	Germiston	22-Feb

#### Wind

8.35	2.3	Khotso Mokoena	CN	060385	2	Hengelo	24-May
8.26	2.9	Keenan Watson	WP	030388	1	Stellenbosch	14-Mar
7.97	2.9	Yaw Fosu-Amoah	GN	081081	1	Oudsthoorn	01-Mar
<b>7.55</b>	<b>3.9</b>	<b>Keenan Watson</b>	<b>BO</b>	<b>030388</b>	<b>1</b>	<b>Bellville</b>	<b>22-Feb</b>

#### Indoors

8.08		Khotso Mokoena	CN	060385	1	Valencia	08-Mar
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#### Triple Jump

**OQS (A) 17.10 (B) 16.80**

16.51	0.3	Tumelo Thagane	CN	030784	1	Pretoria(LC)	28-Mar
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
15.56		Dylon Cotter	CG	23-08-91	1	Germiston	05-Apr
15.50	1.8	Apelele Rasmeni	EC		1	Rustenburg	29-Mar
15.29	0.1	Yaw Fosu-Amoah	GN	081081	3	Pretoria(LC)	28-Mar
15.27	1.5	Reneilwe Aphane	GN	240890	4	Pretoria(LC)	19-Apr
15.00*	0.7	Neo Marie	VT	050890	5	Pretoria(LC)	19-Apr
14.85	-0.8	Charles le Roux	FS	080585	4	Secunda	25-Jan

\* Best Legal Attempt in Competition

#### Wind

15.59	2.1	Charles le Roux	FS	080585	4	Stellenbosch	15-Mar
<b>15.51</b>	<b>7.5</b>	<b>Elmarco Matthews</b>	<b>BO</b>	<b>280180</b>	<b>5</b>	<b>Stellenbosch</b>	<b>15-Mar</b>
15.04	2.2	Neo Marie	VT	050890	5	Pretoria(LC)	19-Apr

#### NWI

15.84		Riaan Arends	CG	310189	1	Harare	08-Jun
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#### SHOT

**OQS (A) 20.30 (B) 19.80**

<b>19.46</b>		<b>Ross Jordaan</b>	<b>BO</b>	<b>290185</b>	<b>1</b>	<b>Pretoria(LC)</b>	<b>28-Mar</b>
19.15		Janus Robberts	WP	100379	1	Pretoria(LC)	07-Mar
18.97		Roelie Potgieter	GN	200380	2	Potchefstroom	01-Feb
18.55		Orazio Cremona	CG	01-07-89	1	Secunda	25-Jan
18.20		Hannes Hopley	CG	260181	2	Stellenbosch	14-Mar
18.08		Donovan Snyman	GN	300586	2	Pretoria(LC)	28-Mar
17.69		JP Hoffman	GN	010588	3	Pretoria	16-Feb
<b>17.38</b>		<b>Ross Jordaan</b>	<b>BO</b>	<b>290185</b>	<b>3</b>	<b>Pretoria(LC)</b>	<b>07-Mar</b>
17.31		Stephan Brink	NW	11-09-90	3	Secunda	25-Jan
16.78		Nico Grobler	GN	090988	4	Germiston	22-Feb

#### 35lb Weight Throw

**Non-standard event**

20.57		Charlie Koen	EP	060156	1	Westbourne Oval	19-Jan
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#### DISCUS

**OQS (A) 64.50 (B) 62.50**

60.29		Hannes Hopley	CG	260181	1	Stellenbosch	15-Mar
<b>59.21</b>		<b>Victor Hogan</b>	<b>BO</b>	<b>250789</b>	<b>2</b>	<b>Stellenbosch</b>	<b>01-Jun</b>

53.98	Martin Moggee	EP	160387	1	Westbourne Oval	19-Jan
52.68	JP Hoffman	GN	010588	3	Stellenbosch	01-Jun
52.21	Donovan Snyman	GN	300586	4	Stellenbosch	01-Jun
51.87	Janus Robberts	WP	100379	5	Stellenbosch	15-Mar
51.64	Orazio Cremona	CG	010789	2	Secunda	25-Jan
51.61	Wynand Coetzee	GN	200284	3	Germiston	22-Feb
<b>51.29</b>	<b>Ross Jordaan</b>	<b>BO</b>	<b>290185</b>	<b>1</b>	<b>Pretoria(LC)</b>	<b>27-Mar</b>
50.62	Stefan Joubert	FS	230681	3	Secunda	25-Jan

<b>Hammer</b>		<b>OQS (A) 78.50 (B) 74.00</b>				
<b>78.73</b>	<b>Chris Harmse</b>	<b>FS</b>	<b>310573</b>	<b>1</b>	<b>Ruimsig</b>	<b>22-Mar</b>
<b>61.15</b>	<b>Johan Kruger</b>	<b>BOL</b>	<b>150487</b>	<b>1</b>	<b>Pretoria(LC)</b>	<b>28-Mar</b>
54.64	DG Steenkamp	GN		4	Pretoria(LC)	07-Mar
54.54	Clinton Williams	EP	030888	5	Pretoria(LC)	07-Mar
54.12	Vincent Meiring	GN		2	Pretoria	16-Feb
51.32	Reg Marchant	GN		6	Pretoria(LC)	07-Mar
51.16	Micqel le Roux	WP		5	Stellenbosch	14-Mar
51.15	Charlie Koen	EP	060156	1	Port Elizabeth	09-Feb
50.84	Pieter Badenhorst	FS	140287	2	Pretoria(LC)	28-Mar
50.60	Johan Harmse	CN	210583	3	Pretoria(LC)	28-Mar

<b>Javelin</b>		<b>OQS (A) 81.80 (B) 77.80</b>				
<b>86.80</b>	<b>Robert Oosthuizen</b>	<b>BO</b>	<b>230187</b>	<b>1</b>	<b>Oudsthoorn</b>	<b>01-Mar</b>
80.49	Hardes Pienaar	GN	100881	2	Goteburg	24-Jun
77.04	Gerbrandt Grobler	CN	260183	3	Anhalt Dessau	30-May
74.13	Willie Human	CN	080382	1	Pretoria	16-Feb
71.89	Philmar J van Rensburg	CN	230689	1	Potchefstroom	12-Feb
71.20	Tobie Holtzhausen	CN	250587	1	Potchefstroom	26-Feb
70.24	Willie Human	CN	080382	2	Oudsthoorn	01-Mar
69.81	Nico Liebenberg	GN	311084	2	Pretoria	16-Feb
69.28	Bernard Crous	CNW	130489	1	Pretoria(LC)	19-Apr
69.01	Fernie Kitshoff	CN	300188	2	Potchefstroom	19-Feb

<b>Decathlon</b>		<b>OQS (A) 8000 (B) 7700</b>				
7721	Willem Coertzen	SA	301282	1	Reduit, Mauritius	4/5-Apr
6725	Terry Wepener	CG	080282	2	Stellenbosch	14/15 Mar
6560	Hennie Kotze	CN	040284	3	Stellenbosch	14/15 Mar
6129	Willem de Bruin	CN		1	Pretoria(LC)	27/28 Mar
5571	Dean Clarke	GN		1	Pretoria	15/16 Feb
5559	Jaco Botha	GN		2	Pretoria(LC)	27/28 Mar
5499	LW Swanepoel	FS		3	Pretoria(LC)	27/28 Mar
5256	Danie Eyssen	FS		4	Pretoria(LC)	27/28 Mar

<b>4x100m Relay</b>						
38.75	South Africa			1	Addis Ababa	02-May
	Hannes Dreyer, Corne du Plessis, Sergio Mullins, Thuso Mpuang					
39.59	South Africa u/20			2h3	Bydgoszcz	11-Jul
	Joahannes Mosala, Roscoe Engels, Patrick Volsoo, Wilhelm van der Vyfer					

40.44	University of Johannesburg A			1	Pretoria(LC)	27-Mar
40.52	CGA			1	Stellenbosch	15-Mar
40.76	North West University			2	Pretoria(LC)	27-Mar
40.81	Boland u/20			1	Pretoria(LC)	18-Apr
41.10	KZN			2	Stellenbosch	15-Mar
41.12	University of Pretoria			3	Pretoria(LC)	27-Mar
41.17	Free State University			4	Pretoria(LC)	27-Mar
41.20	WP			3	Stellenbosch	15-Mar
41.45	NWN			4	Stellenbosch	15-Mar
41.62	EP			5	Stellenbosch	15-Mar

#### 4x400m Relay

3:03.58	South Africa			1	Addis Ababa	04-May
	Pieter Smith, Ockert Cilliers, Sibusiso Sishi, LJ van Zyl					
3:07.37	University of Johannesburg A			1	Pretoria(LC)	28-Mar
3:08.15	GN			1	Stellenbosch	15-Mar
3:08.17	CGA			2	Stellenbosch	15-Mar
3:08.63	University of Pretoria A			2	Pretoria(LC)	28-Mar
3:10.02	North West University			3	Pretoria(LC)	28-Mar
3:10.58	Free State u/20			1	Pretoria(LC)	19-Apr
3:10.92	University of Johannesburg B			4	Pretoria(LC)	28-Mar
3:11.94	Gauteng u/20			1	Rustenburg	29-Mar
3:11.96	Free State u/20			2	Rustenburg	29-Mar

#### 3000m Walk

12:16,53	Werner Appel	CG	870612	1	Potchefstroom	01-Feb
12:22,88	Marc Mundell	GN	70783	3	Canberra	10-Jan
12:59,29	Sipho Mahlangu	GN	830616	2	Potchefstroom	01-Feb
12:59,32	Gert Smith	FS	891009	3	Potchefstroom	01-Feb
13:02,81	Dewald Bekker	GN	900315	4	Potchefstroom	01-Feb
13:31,31	Lewis Modise	FS	880823	5	Potchefstroom	01-Feb
13:35,86	Wade Fraser	KZ	880818	6	Potchefstroom	01-Feb
13:47,91	Ihan Collins	VT	800301	7	Potchefstroom	01-Feb
14:09,63	Carl Meyer	CG	570515	8	Potchefstroom	01-Feb
14:20,11	Andre Bekker	GN	880225	9	Potchefstroom	01-Feb

#### 5000m Walk

20:45.96	Werner Appel	CN	120687	1	Pretoria(LC)	07-Mar
20:53.35	Marc Mundell	GN	070783	2	Pretoria(LC)	07-Mar
22:14.86	Sipho Mahlangu	GN	160683	3	Pretoria(LC)	07-Mar
22:17.5	Professor Cele	KZ	041288	1	Kings Park	18-Jan
22:54.36	Dewald Bekker	GN	150390	2	Germiston	22-Feb
22:56.04	Ross McDonald	WP	30473	1	Bellville	19-Jan
22:58.78	Thami Hlatswayo	GN	200782	4	Pretoria(LC)	07-Mar
23:42.00	Ihan Collins	VT	10380	1	Sasolburg	12-Jan
24:10.49	Wade Fraser	KZ	880818	5	Pretoria(LC)	07-Mar
24:12.00	Carl Meyer	CG	570515	1	Durban	16-Feb

#### 10km Walk

43:14.45	Werner Appel	CN	120687	1	Durban	08-Feb
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46:39.39	Gert Smith	FS	140789	1	Bloemfontein	29-Feb
46:49.38	Dewald Bekker	GN	150390	1	Rustenburg	29-Mar
48:10.35	Professor Cele	KZ	041288	2	Durban	08-Feb
48:18.19	Nhlanhla Khanyile	KZ		3	Durban	08-Feb
48:24.52	Armond Nel	WC	23-01-91	3	Pretoria(LC)	19-Apr
48:50.19	Oxley Africa	KZ	040462	4	Durban	08-Feb
50:03.25	Wade Fraser	KZ	880818	5	Durban	08-Feb
50:54.50	Elias Ramenyaduce	FS		4	Rustenburg	29-Mar
51:16.86	Daniel Hart	WP		2	Bellville	09-Mar

## 20km R / Walk

### OQS (A) 1:23:00 (B) 1:24:30

1:28:05	Thami Hlatswayo	GN	200782	1	Stellenbosch	15-Mar
1:28:04	Marc Mundell	GN	070783	2	Stellenbosch	15-Mar
1:29:22	Werner Appel	CN	120687	3	Stellenbosch	15-Mar
1:33:40	Sipho Mahlangu	GN	160683	4	Stellenbosch	15-Mar
1:37:37	Pieter Vorster	WP	240584	1	Bellville	23-Feb
1:39:59	Mojalefa Molise	VT		5	Stellenbosch	15-Mar
1:40:49	Wade Fraser	KZ		3	Pretoria(LC)	27-Mar
1:48:30	Gideon Cillie	CG	120687	7	Stellenbosch	15-Mar
1:45:40	Armond Nel	WP	190890	2	Bellville	23-Feb

## 50km R / Walk

## WOMEN

### 100m

### OQS (A) 11.32 (B) 11.42

11.35	-1.3	Geraldine Pillay	WP	250877	1r2	Germiston	22-Feb
11.53	0.1	Isabel le Roux	GN	230187	1	Pretoria(LC)	27-Mar
11.55	0.8	Estie Wittstock	GN	150980	1h1	Potchefstroom	01-Feb
11.55	0.8	Tsholofelo Thipe	NW	120986	2h2	Potchefstroom	01-Feb
11.58	-0.9	Nombulelo Mkenku	FS	300689	1	Pretoria(LC)	18-Apr
11.65	0.1	Thandiwe Vilakazi	CN	221185	2	Pretoria(LC)	27-Mar
11.82	0.8	Cindy Stewart	EP	141185	6h1	Potchefstroom	01-Feb
11.94	1.5	Alyssa Conley	CG	270491	1h2	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

### Hand

11.1	nwi	Estie Wittstock	CG	150980	1h1	Secunda	25-Jan
11.3	nwi	Nombulelo Mkenku	FS	300689	2h1	Secunda	25-Jan
11.6	nwi	Thandiwe Vilakazi	CN	221185	3h1	Secunda	25-Jan
11.8	nwi	Christy Coetzee	CG	240589	4h1	Secunda	25-Jan
11.9	nwi	Isabel le Roux	GN	230187	5h1	Secunda	25-Jan

### 200m

### OQS (A) 23.00 (B) 23.20

<b>22.69</b>	<b>1.5</b>	<b>Isabel le Roux</b>	<b>GN</b>	<b>230187</b>	<b>1</b>	<b>Addis Ababa</b>	<b>04-May</b>
23.28	2.0	Tsholofelo Thipe	NW	120986	2	Germiston	22-Feb
23.65	-1.6	Geraldine Pillay	WP	250877	2sf3	Addis Ababa	03-May
23.96	-0.2	Nombulelo Mkenku	FS	300689	1	Pretoria(LC)	19-Apr
24.07	-1.0	Estie Wittstock	CG	150980	2h1	Potchefstroom	01-Feb
24.17		Bevin Smith	CG	13-07-91	1	Germiston	07-Mar

24.22	2.0	Alyssa Conley	CG	270491	3	Germiston	22-Feb
24.25	-0.3	Cindy Stewart	EP	141185	2	Pretoria(LC)	28-Mar
24.27	-0.3	Arista Hefer	CN	120987	3	Pretoria(LC)	28-Mar
24.29	-0.3	Thandiwe Vilakazi	CN	221185	4	Pretoria(LC)	28-Mar

#### NWI

24.48		Anneri Ebersohn	FS	09-08-90	1	Bloemfontein	02-Feb
24.55		Janet Wienand	CN	150585	1	Potchefstroom	16-Feb

#### Hand

22.6	nwi	Estie Wittstock	GN	150980	1h1	Secunda	25-Jan
23.0	nwi	Isabel le Roux	GN	230187	1h2	Secunda	25-Jan
23.6	nwi	Michelle Andrew	CG	080482	3h1	Secunda	25-Jan
24.7	nwi	Nombulelo Mkenku	FS	300689	4h1	Secunda	25-Jan
24.9	nwi	Karyn Dreyer	GN	270689	3h2	Secunda	25-Jan
24.9	nwi	Amanda Kotze	GN	260286	5h1	Secunda	25-Jan

#### 400m

**QQS (A) 51.55 (B) 52.35**

<b>51.49</b>		<b>Tsholofelo Thipe</b>	<b>NW</b>	<b>120986</b>	<b>4</b>	<b>Addis Ababa</b>	<b>02-May</b>
52.38		Estie Wittstock	GN	150980	1	Durban	08-Feb
53.61		Janet Wienand	CN	150585	1	Pretoria(LC)	27-Mar
54.19		Tihanna Vorster	GN	280385	3	Durban	08-Feb
54.30		Arista Hefer	CN	120987	2	Pretoria(LC)	27-Mar
54.46		Alet van Wyk	WP	111185	2	Stellenbosch	15-Mar
54.91		Sonja van der Merwe	WC	19-05-92	1	Pretoria(LC)	18-Apr
55.07		Anneri Ebersohn	FS	09-08-90	1	Bloemfontein	02-Feb
55.11		Anika van Huyssteen	GN	05-05-91	1	Rustenburg	28-Mar
55.25		Justine Palframan	KZ	41193	1	Pretoria(LC)	18-May

#### 800m

**QQS (A) 2:00.0 (B) 2:01.3**

2:03.38		Juanee Cilliers	CN	80382	7	Flanders	23-Jul
2:05.61		Dinah Lebo Phalula	CG	091283	1	Durban	08-Feb
2:05.96		Lebogang Phalula	CG	091283	2	Durban	08-Feb
2:07.27		Marlene Breytenbach	GN	040182	3	Durban	08-Feb
2:08.00		Caster Semenya	LIM		1	Pretoria(LC)	18-May
2:08.53		Mandie Brandt	GN	051182	3	Pretoria(LC)	07-Mar
2:08.61		Violet Raseboya			2	Pretoria(LC)	07-Mar
2:09.92		Rone Reynecke	FS	010386	4	Durban	08-Feb
2:10.20		Mapaseka Makhanya	GN	090485	4	Germiston	22-Feb
2:10.46		Anuschka Nice	CG	260891	2	Rustenburg	29-Mar

#### 1500m

**QQS (A) 4:07.0 (B) 4:08.0**

<b>4:06.71</b>		<b>Rene Kalmer</b>	<b>CG</b>	<b>031180</b>	<b>2</b>	<b>Madrid</b>	<b>05-Jul</b>
4:19.7		Lebogang Phalula	CG	091283	1	Secunda	25-Jan
4:20.0		Marlene Breytenbach	GN	040182	2	Secunda	25-Jan
4:23.5		Dinah Lebo Phalula	CG	091283	3	Secunda	25-Jan
4:26.4		Violet Raseboya	CG	190286	4	Secunda	25-Jan
4:32.33		Maxine Heine-Wacker	CG	27-04-90	1	Rustenburg	28-Mar
4:33.25		Caster Semenya	LIM		1	Rustenburg	28-Mar
4:34.15		Masabata Mosoane	VT		2	Pretoria(LC)	18-Apr
<b>4:35.89</b>		<b>Dominique Scott</b>	<b>BOL</b>		<b>2</b>	<b>Rustenburg</b>	<b>28-Mar</b>

4:36.06	Juane Cilliers	CN	080382	5	Stellenbosch	15-Mar
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### 3000m

9:37.10	Rene Kalmer	CG	031180	1	Potchefstroom	01-Feb
9:39.87	Tebogo Masehla	CG	061079	1	Germiston	22-Feb
9:41.37	Este de Jager			2	Potchefstroom	01-Feb
9:49.72	Catherine Nkosi	GN		2	Germiston	22-Feb
9:53.13	Zintle Xiniwe	WP	231086	3	Germiston	22-Feb
9:53.75	Marlene Breytenbach	GN	040182	1	Pretoria(LC)	02-Feb
9:54.28	Annerien van Schalkwyk	GN	060279	4	Germiston	22-Feb
9:56.92	Sylvia Tshetlanyone	CG	20-04-93	1	Rustenburg	29-Mar
9:56.99	Maxine Heine-Wacker	CG	270490	5	Potchefstroom	01-Feb

### 5000 metres

**OQS (A) 15:09.0 (B) 15:24.0**

15:48.33	Rene Kalmer	CG	031180	2	Sydney	15-Feb
16:00.55	Este de Jager			1	Pretoria(LC)	28-Mar
16:14.15	Zintle Xiniwe	WP	231086	2	Durban	08-Feb
16:25.25	Annerien van Schalkwyk	GN	060279	3	Stellenbosch	14-Mar
16:30.58	Nicolene van Rooyen	CG	090885	2	Pretoria(LC)	28-Mar
16:30.58	Nolene Conrad	WP		3	Pretoria(LC)	28-Mar
16:33.91	Catherine Nkosi	GN		3	Durban	08-Feb
16:39.2	Portia Ngwenya	CG	020888	4	Pretoria(LC)	28-Mar
16:54.61	Thozama April	WP	021185	4	Stellenbosch	14-Mar
16:56.63	Thandi Malindi	FS		5	Pretoria(LC)	28-Mar

### 10000 metres

**OQS (A) 31:45.0 (B) 32:20.0**

36:16.56	Mpho Mabuza	CG		1	Stellenbosch	15-Mar
37:28.92	Simangele Mabuza	VT	220882	2	Stellenbosch	15-Mar
38:28.46	Poppy Mlambo	CG	071280	3	Stellenbosch	15-Mar
38:31.24	Nomsa Ntshethe	TRA		4	Stellenbosch	15-Mar
39:11.43	Prisilla Kubu	CG		5	Stellenbosch	15-Mar
40:39.88	Amy Aronson	WP		6	Stellenbosch	15-Mar
42:13.33	Nicola Collins	WP		7	Stellenbosch	15-Mar

### 3000m Steeple

**OQS (A) 9:46.00 (B) 9:55.0**

9:58.68	Angela Wagner	GN	19-01-88	1	Norridge	31-May
10:26.24	Tebogo Masehla	CG	061079	1	Pretoria(LC)	07-Mar
10:27.76	Myrette Filmalter	GN	100181	2	Pretoria(LC)	07-Mar
10:43.41	Thandi Malindi	FS	100787	2	Durban	08-Feb
10:56.73	Nolene Conrad	WP	260785	3	Pretoria(LC)	07-Mar
11:12.57	Abongile Lerotholi	FS	70689	3	Pretoria(LC)	27-Mar
11:15.14	Masello Moekoa			3	Durban	08-Feb
11:17.06	Thembi Baloyi	GN		1	Pretoria(LC)	19-Apr
11:21.32	Destiny Tities	WP	080589	4	Durban	08-Feb

### 100m Hurdles

**OQS (A) 12.96 (B) 13.11**

13.71	0.3	Christine Ras	CG	040286	1	Pretoria(LC)	27-Mar
13.80	0.3	Claudia Viljoen	GN	010589	2	Pretoria(LC)	27-Mar

13.90	0.0	Suné Labuschagne	GN	060884	3	Germiston	22-Feb
13.95	0.0	Erika Kleynhans	GN	160888	4	Germiston	22-Feb
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
<b>14.39</b>	<b>0.3</b>	<b>Marike Walters</b>	<b>BO</b>	<b>120287</b>	<b>4</b>	<b>Pretoria(LC)</b>	<b>27-Mar</b>
14.44	0.7	Reinette Bothma	GN	060884	2	Pretoria(LC)	04-Mar
14.56	-2.2	Irmgard Bensusan	CG		3	Stellenbosch	15-Mar

#### NWI

14.47	nwi	Wenda Theron	GN	300688	4	Pretoria(LC)	02-Feb
14.97	nwi	René van der Merwe	GN	150686	2	Pretoria(LC)	26-Jan

#### Hand

13.5		Christine Ras	CG	040286	1	Secunda	25-Jan
13.8		Suné Labuschagne	GN	060884	2	Secunda	25-Jan
14.1		Elminette Beckmann	FS	140689	3	Secunda	25-Jan

#### 400m Hurdles

**OQS (A) 55.60 (B) 56.50**

56.81		Janet Wienand	CN	150585	1	Germiston	22-Feb
59.66		Anneri Ebersohn	FS	09-08-90	1	Pretoria(LC)	19-Apr
59.82		Erika Kleynhans	GN	160888	2	Pretoria(LC)	28-Mar
60.10		Licinda Liebenberg	GN	270686	3	Pretoria(LC)	28-Mar
60.62		Mariska Meintjies	VT	110186	2	Durban	08-Feb
61.74		Marion-Ann Duvenhage	NW		1	Rustenburg	29-Mar
62.07		Jana Theron	VT	270289	3h1	Stellenbosch	14-Mar
62.40		Carla Hugo	GN	200788	3h2	Stellenbosch	14-Mar
62.44		Ulrike Rautenbach	NW		2	Rustenburg	29-Mar
62.47		Danielle Steenkamp	CG		1	Rustenburg	28-Mar

#### High Jump

**OQS (A) 1.95 (B) 1.91**

1.90		Anika Smit	CN	260586	1	Pretoria(LC)	28-Mar
1.86		Marcoleen Pretorius	VT	250789	1	Harare	07-Jun
1.85		Marizca Gertenbach	FS	201082	2	Pretoria(LC)	07-Mar
1.83		Elizabeth Lotz	GN	130381	1	Pretoria	16-Feb
1.83		Tillanie Neethling	GN	180188	1	Pretoria(LC)	02-Feb
1.80		René van der Merwe	GN	150686	3	Pretoria(LC)	26-Jan
1.73		Chaney Linder	CG		1	Rustenburg	29-Mar
1.72		Bianca Erwee	FS	14-03-90	q	Rustenburg	28-Mar
1.70		Sanika Coetzee	CG		1	Germiston	07-Mar
1.70		Shannon Freeman	CG		2	Rustenburg	29-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

#### Pole Vault

**OQS (A) 4.45 (B) 4.30**

3.80		Deone Joubert	CG	230488	1	Stellenbosch	14-Mar
3.80		Eva Thornton	EP	160368	1	Port Elizabeth	09-Feb
<b>3.60</b>		<b>Lindi Roux</b>	<b>BOL</b>	<b>170684</b>	<b>2</b>	<b>Germiston</b>	<b>22-Feb</b>
3.60		Honorata Saar	GN	310182	2	Pretoria(LC)	26-Jan
<b>3.40</b>		<b>Talitha Lombard</b>	<b>BO</b>	<b>300888</b>	<b>3</b>	<b>Stellenbosch</b>	<b>14-Mar</b>
3.40		Ida-Marie Ehlers	GN	280975	3	Pretoria(LC)	26-Jan

3.30		Anel Jansen	EP	241086	2	Oudtshoorn	01-Mar
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

### Long Jump

				<b>OQS (A) 6.72 (B) 6.60</b>			
<b>6.64</b>	<b>1.7</b>	<b>Janice Josephs</b>	<b>BO</b>	<b>310382</b>	<b>1</b>	<b>Addis Ababa</b>	<b>02-May</b>
6.07	0.1	Delia Smith	CG		1	Pretoria(LC)	26-Feb
5.92	1.2	Christy Coetzee	CG	240589	2	Stellenbosch	14-Mar
5.91	0.1	Monja Goosen	GN		2	Pretoria(LC)	18-Apr
5.89	0.3	Ria Humphries	GN		2	Pretoria(LC)	26-Feb
5.76	-0.1	Celeste Rietels	WC	140190	4	Stellenbosch	14-Mar
5.75	-0.1	Nicholeen McLaren	MP	100590	5	Secunda	25-Jan
5.74	-0.3	Janene Webber	CG		2	Pretoria(LC)	28-Mar
5.70	-0.1	Lynique Prinsloo	CG		3	Germiston	22-Feb
5.67	0.6	Claudine J van Rensburg	GN	261089	4	Pretoria(LC)	26-Feb

### Wind

6.10	4.0	Delia Smith	CG		1	Potchestroom	01-Feb
5.88	3.8	Nicholeen McLaren	MP	100590	2	Potchestroom	01-Feb

### NWI

6.15		Christy Coetzee	CG	240589	1	Germiston	05-Apr
6.06		Patience Ntshingila	CG		2	Germiston	05-Apr
5.91		Monja Goosen	GN		1	Rustenburg	28-Mar
5.90		Ria Humphries	GN		1	Pretoria(LC)	04-Mar
5.90		Patience Ntshingila	CG		1	Rustenburg	28-Mar
5.90		Maryke Brits	CG	u/15	1	Rustenburg	28-Mar
5.86	2.5	Jadri Fourie	CNW		1	Pretoria(LC)	18-Apr
5.85		Zanri van der Merwe	GN	u/16	2	Rustenburg	28-Mar
5.85		Nicholeen McLaren	MP	100590	2	Rustenburg	28-Mar
5.84		Lynique Prinsloo	CG		2	Rustenburg	28-Mar
5.84	3.4	Kelly Kingwell	EP		2	Pretoria(LC)	18-Apr
5.79	4.1	Chane Burger	CGA		3	Pretoria(LC)	18-Apr

### Indoors

<b>6.51</b>		<b>Janice Josephs</b>	<b>BO</b>	<b>310382</b>	<b>7q</b>	<b>Valencia</b>	<b>08-Mar</b>
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### Triple Jump

				<b>OQS (A) 14.20 (B) 14.00</b>			
12.80	-0.7	Bianca Erwee	FS	14-03-90	1	Rustenburg	29-Mar
12.67	0.0	Arlie Muller	CN	031286	1	Pretoria(LC)	07-Mar
12.46	0.1	Cindy Peters	CG	120284	2	Pretoria(LC)	07-Mar
12.25	0.8	Marike Steyn	FS	100187	2	Potchefstroom	01-Feb
12.06	1.2	Michelle Cornelius	GN	140989	1	Pretoria	05-Apr
11.96	0.4	Kelly Kingwell	EP	22-01-91	1	Pretoria(LC)	18-May
11.93	1.1	Matsi Dikotla	CG		4	Pretoria(LC)	27-Mar
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
11.71*	1.6	Chanet v d Berg	NW		2	Pretoria(LC)	19-Apr
11.66	1.9	Monja Goosen	GN		2	Rustenburg	29-Mar

\* Best Legal Attempt in Competition

### Wind

12.73	7.3	Arlie Muller	CN	031286	1	Stellenbosch	15-Mar
12.49	6.9	Cindy Peters	CG	120284	2	Stellenbosch	15-Mar
12.27	7.5	Marike Steyn	FS	100187	3	Stellenbosch	15-Mar
12.15	4.1	Kelly Kingwell	EP		1	Pretoria(LC)	19-Apr
11.82	2.1	Chanet v d Berg	NW		1	Rustenburg	29-Mar
11.71	7.1	Matsi Dikotla	CG		6	Stellenbosch	15-Mar
11.67	6.9	Liejandri Bieldt	GN	200289	7	Stellenbosch	15-Mar

#### NWI

12.18		Bianca Erwee	FS	14-03-90	1	Bloemfontein	07-Mar
11.62		Rozanne Oeschger	GN	11-08-91	1	Germiston	07-Mar
11.46		Danelle Erwee	FS		1	Bloemfontein	29-Feb

#### Shot

**OQS (A) 18.35 (B) 17.20**

16.58		Simoné du Toit	CN	270988	1	Potchefstroom	16-Feb
16.23		Veronica Abrahamse	KZ	180880	2	Oudsthoorn	01-Mar
14.43		Sonnika Knoetze	CN	180887	1	Potchefstroom	26-Feb
14.06		Magdel Venter	FS	011085	2	Pretoria(LC)	27-Mar
14.03		Bianca van Rooyen	CG	280188	3	Pretoria(LC)	07-Mar
13.75		Marli Knoetze	CN		2	Potchefstroom	26-Feb
13.46		Elzaan Mostert	WP	060190	1	Rustenburg	28-Mar
13.36		Carien Dreyer	GN	11-01-92	1	Germiston	02-May
13.28		Alannah Crafford	NW		2	Germiston	02-May
13.08		Justine Robbeson	CN	150585	5	Pretoria(LC)	27-Mar

#### Discus

**OQS (A) 61.00 (B) 59.00**

<b>61.76</b>		<b>Elizna Naude</b>	<b>GN</b>	<b>140978</b>	<b>3</b>	<b>Anhalt Dessau</b>	<b>30-May</b>
49.80		Maryke Oberholzer	LIM	271189	1	Polokwane	05-Apr
49.35		Simoné du Toit	CG	270988	1	Oudsthoorn	01-Mar
47.25		Magdel Venter	FS	011085	2	Pretoria(LC)	28-Mar
46.70		Lindie Liebenberg	EC	22-02-91	1	Rustenburg	29-Mar
45.24		Carien Dreyer	GN	11-01-92	1	Pretoria(LC)	18-May
44.88		Suriette Botha	GN	u/17	1	Pretoria(LC)	19-Apr
44.83		Mariska van Zyl	EP	060382	3	Stellenbosch	15-Mar
42.93		Joanna Heydenrich	NWN		2	Pretoria(LC)	19-Apr
42.61		J Coetzer	FS		1	Bloemfontein	07-Mar

#### Hammer

**OQS (A) 69.50 (B) 67.00**

53.97		Marizette Badenhorst	FS	070690	1	Bloemfontein	07-Mar
50.89		Karin le Roux	BO	260387	4	Pretoria(LC)	07-Mar
50.60		Nadia Botha	FS	07-08-91	1	Pretoria(LC)	18-Apr
49.06		Marilize Coetzee	WP	271276	1	Bellville	22-Feb
48.53		Anneke Louw	EC		1	Rustenburg	28-Mar
46.92		Jolene van Zyl	FS	050188	3	Germiston	22-Feb
46.49		Nanette Stapelberg	FS	110790	2	Pretoria(LC)	18-Apr
46.21		Simone Viviers	EC		2	Pretoria(LC)	18-Apr
43.73		Magdaleen Louw	EP		4	Pretoria(LC)	18-Apr

#### Javelin

**OQS (A) 60.50 (B) 57.00**

<b>63.49</b>		<b>Justine Robbeson</b>	<b>CN</b>	<b>150585</b>	<b>1</b>	<b>Potchefstroom</b>	<b>16-Feb</b>
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<b>62.24</b>	<b>Sunette Viljoen</b>	<b>CN</b>	<b>061083</b>	<b>1</b>	<b>Potchefstroom</b>	<b>26-Feb</b>
57.55	Tazmin Brits	CN	080191	1	Pretoria(LC)	18-Apr
53.33	Leanke Steyn	FS	301090	2	Pretoria(LC)	18-Apr
50.42	Rencia Fourie	GN	010290	1	Pretoria	08-Feb
49.62	Gerlize de Klerk	CNW	230389	4	Pretoria(LC)	18-Apr
48.72	Gezelle Barnard	EC		2	Germiston	02-May
47.81	Anzel van der Schyff	GN	190387	4	Pretoria(LC)	07-Mar
44.25	Elizna Labuschagne	CN	170685	5	Pretoria (LC)	27-Mar
43.88	Liezel de Swart	NWN		2	Pretoria(LC)	18-Apr

### Heptathlon

			<b>OQS</b>	<b>(A) 6000 (B) 5800</b>		
4718	Bianca Erwee	FS	140390	1	Stellenbosch	14/15 Mar
4204	Louise Dreyer	CN		1	Pretoria(LC)	27/28 Mar
<b>3818</b>	<b>Nicola Offner</b>	<b>BOL</b>	<b>230290</b>	<b>2</b>	<b>Stellenbosch</b>	<b>14/15 Mar</b>
3805	Christelle Conradie	GN		2	Pretoria(LC)	27/28 Mar
3764	Danel Botes	CG		3	Pretoria(LC)	27/28 Mar
3628	Magda du Plessis	CN		4	Pretoria(LC)	27/28 Mar
3285	Clarina Swanefelder	CN		5	Pretoria(LC)	27/28 Mar
3085	Carla Taljaard	GN		6	Pretoria(LC)	27/28 Mar

### 4x100m Relay

44.28	South Africa			3	Addis Ababa	02-May
	Tsholofelo Tshipe, Isabel le Roux, Christine Ras, Geraldine Pillay					
46.16	University of Pretoria A			1	Pretoria(LC)	27-Mar
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					
47.02	Gauteng		u/18	1	Rustenburg	28-Mar
47.42	North West University			2	Pretoria(LC)	27-Mar
47.46	Free State		u/18	2	Rustenburg	28-Mar
47.80	Western Cape		u/18	3	Rustenburg	28-Mar
48.20	EP			1	Stellenbosch	15-Mar
48.22	WP			2	Stellenbosch	15-Mar
48.30	CGA			3	Stellenbosch	15-Mar
48.31	University of Pretoria B			3	Pretoria(LC)	27-Mar

### 4x400m Relay

03:44.19	North West University			1	Pretoria(LC)	28-Mar
03:46.73	University of Pretoria A			2	Pretoria(LC)	28-Mar
03:52.71	University of Johannesburg A			3	Pretoria(LC)	28-Mar
03:53.25	WP			1	Stellenbosch	15-Mar
03:54.19	GN			2	Stellenbosch	15-Mar
03:54.77	CGA			3	Stellenbosch	15-Mar
3:58.34	Gauteng		u/20	1	Rustenburg	29-Mar
03:58.37	CN			4	Stellenbosch	15-Mar
3:58.40	North West		u/20	2	Rustenburg	29-Mar

### 3km Walk

<b>14:20.69</b>	<b>Ruzanne Harris</b>	<b>BO</b>	<b>290185</b>	<b>1</b>	<b>Potchefstroom</b>	<b>01-Feb</b>
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15:46.90	Michelle Hopkins	CG	091188	2	Potchefstroom	01-Feb
16:25.39	Ada Booyens			3	Potchefstroom	01-Feb

### 5km Walk

<b>24:22.95</b>	<b>Ruzanne Harris</b>	<b>BO</b>	<b>290185</b>	<b>1</b>	<b>Pretoria(LC)</b>	<b>07-Mar</b>
25:52.63	Susan Swanepoel	GN		2	Pretoria(LC)	07-Mar
26:00.35	Corli Swart	FS	05-03-91	1	Rustenburg	28-Mar
26:21.74	Michelle Hopkins	CG	091188	3	Pretoria(LC)	07-Mar
27:22.91	Nomsa Buthelezi	CG	120181	4	Pretoria(LC)	07-Mar
27:51.25	Melissa de Jager	NW	u/18	2	Rustenburg	28-Mar
27:56.67	Ada Booyens			3	Germiston	22-Feb
<b>28:08.45</b>	<b>Zelda Schultz</b>	<b>BOL</b>	<b>u/18</b>	<b>3</b>	<b>Rustenburg</b>	<b>28-Mar</b>
28:14.65	Maria Ghisleni	CG		5	Pretoria(LC)	07-Mar
28:19.06	Janri de Klerk	EC	u/18	4	Rustenburg	28-Mar

### 10km Walk

<b>51:16.44</b>	<b>Ruzanne Harris</b>	<b>BO</b>	<b>290185</b>	<b>1</b>	<b>Durban</b>	<b>08-Feb</b>
54:20.81	Nomsa Buthelezi	CG	120181	2	Durban	08-Feb
54:33.45	Michelle Hopkins	CG	091188	3	Durban	08-Feb

### 20km R/Walk

			<b>OQS</b>		<b>(A) 1:33:30 (B) 1:38:00</b>	
<b>0:01:41</b>	<b>Ruzanne Harris</b>	<b>BO</b>	<b>290185</b>	<b>4</b>	<b>Addis Ababa</b>	<b>04-May</b>
1:51:47	Michelle Hopkins	CG	091188	2	Stellenbosch	15-Mar
1:51:57	Nomsa Buthelezi	CG	120181	3	Stellenbosch	15-Mar
2:09:31	Trudi Carstens	WP	080362	1	Parow	23-Mar

ends