

2009 SOUTH AFRICAN SENIOR BEST PERFORMANCES

Compiler: Gert le Roux

As at 31 December

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NWI - no wind information

Ind. - Indoors

MEN

60m

6.71		Hannes Dreyer	GN	130185	7		Gent	08-Feb
6.81		Le Roux van Tonder	CG	040488	4h1		Malmo, Swe	03-Feb

100m

10.21	1.0	Simon Magakwe	CN	140586	1		Stellenbosch	14-Mar
10.27	1.0	Thuso Mpuang	FS	010384	2		Stellenbosch	14-Mar
10.32	1.0	Kagiso Kumbane	FS	211188	3		Stellenbosch	14-Mar
10.32	0.2	Wilhelm van der Vyver	BO	220889	1s1		Stellenbosch	03-Apr
10.38	1.4	Wade Jooste	CG	240791	1h1		Pretoria (Absa-Tuks)	27-Mar
10.39	1.0	Hannes Dreyer	GN	130185	4		Stellenbosch	14-Mar
10.39	1.4	Ethan Floris	BO	150490	2h1		Pretoria (Absa-Tuks)	27-Mar
10.42	1.0	Leigh Julius	EP	250385	5		Stellenbosch	14-Mar
10.42	1.3	Roscoe Engel	WP	060389	2s2		Stellenbosch	03-Apr
10.44	1.1	Rapula Sefenyatso	NW	110288	1		Pretoria (Absa-Tuks)	14-Feb
10.44	1.0	Snyman Prinsloo	CG	220584	6		Stellenbosch	14-Mar
10.45	0.5	Patrick Vosloo	VT	020590	1s2		Pretoria (Absa-Tuks)	27-Mar
10.46	1.1	Tshegofatso Meshoe	NW	250387	2		Pretoria (Absa-Tuks)	14-Feb
10.47	1.4	Brent Stevens	WP	270390	1s3		Pretoria (Absa-Tuks)	27-Mar
10.50	-0.7	Thabo Mathibedi	NW	041082	1r2		Pretoria (Absa-Tuks)	30-Jan

Wind

10.31	2.3	Leigh Julius	EP	250385	1h3		Stellenbosch	13-Mar
10.37	3.3	Roscoe Engel	WP	060389	1h3		Pretoria (Absa-Tuks)	27-Mar
10.48	3.3	Isaak van Wyk	GN	160389	2h3		Pretoria (Absa-Tuks)	27-Mar
10.49	3.3	Johannes Mosala	FS	230389	3h3		Pretoria (Absa-Tuks)	27-Mar
10.50	2.6	Richmond Collins	GN	050492	1		Pretoria (Absa-Tuks)	13-Jun

Hand

10.1	0.6	Le Roux van Tonder	CG	040488	1r1		Roodepoort	10-Jan
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200m

20.47	1.1	Tshegofatso Meshoe	NW	250387	2		La Chaux-de-Fonds	28-Jun
20.61	0.6	Thuso Mpuang	FS	010384	1		Stellenbosch	04-Apr
20.81	0.5	Thabo Mathibedi	NW	041082	1r2		Pretoria (Absa-Tuks)	30-Jan
20.84	-0.2	Rapula Sefenyatso	NW	110288	1h2		Pretoria (Absa-Tuks)	14-Feb
20.85	0.0	Leigh Julius	EP	250385	1		Port Elizabeth	20-Feb
20.89	1.2	Kagiso Kumbane	FS	211188	2		Pretoria (Absa-Tuks)	28-Mar
20.90	-0.1	Simon Magakwe	CN	140586	2		Stellenbosch	14-Mar
20.91	-0.2	Hannes Dreyer	GN	130185	2		Germiston	06-Mar
20.98	-2.0	Ofentse Mogawane	GN	200282	2h2		Cottbus	08-Aug
21.01	1.2	Isaak van Wyk	GN	160389	3		Pretoria (Absa-Tuks)	28-Mar
21.02	-0.5	Snyman Prinsloo	CG	220584	4		Pretoria (Absa-Tuks)	30-Jan
21.02	0.4	LJ van Zyl	GN	200785	1		Pretoria (Absa-Tuks)	14-Feb
21.04	1.2	Berty Visser	CN	251088	4		Pretoria (Absa-Tuks)	28-Mar

21.09	-1.5	Patrick Vosloo	VT	020590	1	Pretoria (Absa-Tuks)	28-Mar
21.22	0.0	Morne Nagel	GN	230278	2h1	Biberach	24-Jun
Wind							
20.68	2.5	Thuso Mpuang	FS	010384	1	Durban	06-Feb
20.76	2.3	Kagiso Kumbane	FS	211188	1s1	Stellenbosch	04-Apr
20.77	2.3	Leigh Julius	EP	250385	3s1	Stellenbosch	04-Apr
300m							
32.32		LJ van Zyl	GN	200785	1	Spandau (Berlin)	05-Aug
32.53		Ofentse Mogawane	GN	200282	2	Spandau (Berlin)	05-Aug
33.90		Ockert Cilliers	CN	210481	2	Brasschaat	26-Jul
34.12		Isaak van Wyk	GN	160389	1	Stellenbosch	11-Dec
34.26		Cornel Fredericks	BO	030390	2	Stellenbosch	11-Dec
400m							
45.63		Pieter Smith	GN	030487	1	Stellenbosch	14-Mar
45.77		Ofentse Mogawane	GN	200282	1	Velenje, SLO	02-Jul
45.82		LJ van Zyl	GN	200785	1	Pretoria (Absa-Tuks)	30-Jan
46.22		Sibusiso Sishi	CG	220685	2	Stellenbosch	14-Mar
46.43		Jacob Ramokoka	NW	200983	5	Gaborone	30-May
46.69		Jacques de Swardt	GN	120892	1	Roodepoort	21-Mar
46.93		Thapelo Ketlogetswe	CG	120291	1r2	Germiston	06-Mar
47.00		Shane Victor	KZ	291289	5	Stellenbosch	14-Mar
47.00		Ranti Dikgale	LIM	120787	1	Pretoria (Absa-Tuks)	27-Mar
47.04		Pieter Marx	FS	241091	1	Pretoria (Absa-Tuks)	27-Mar
47.07		Oscar Pistorius	GN	221186	2rB	Luzern	15-Jul
47.11		Nico Oosthuizen	FS	281284	6	Stellenbosch	14-Mar
47.12		Matusi Kwadi	CG	220486	2s2	Stellenbosch	13-Mar
47.22		Dirk Gouws	FS	240288	4	Port Elizabeth	20-Feb
47.22		Paul Gorries	EP	280281	7	Stellenbosch	14-Mar
800m							
1:42.86		Mbulaeni Mulaudzi	CG	080980	3	Rieti	06-Sep
1:45.17		Samson Ngoepe	MP	280185	1r2	Ostrava	17-Jun
1:45.41		Andre Olivier	CN	291289	2	Stellenbosch	14-Mar
1:46.38		Hezekiel Sepeng	CN	300674	3	Stellenbosch	14-Mar
1:46.51		Warren Hendricks	CG	110288	4	Casablanca	14-Jun
1:46.75		Adriaan van Wyk	GN	280783	4	Stellenbosch	14-Mar
1:47.60		Peter van der Westhuizen	CG	211284	5	Padua	29-Aug
1:48.81		Samuel Sepeng	CN	151087	3	Hoorn	23-May
1:49.09		Ettienne Plaatjies	CN	250987	5	Germiston	06-Mar
1:49.3		Tshamane Setone	CG	070587	2	Germiston	14-Feb
1:49.32		William Mothosola	FS	310390	1	Pretoria (Absa-Tuks)	28-Mar
1:49.40		Ratlale Mokone	FS	010291	2	Pretoria (Absa-Tuks)	28-Mar
1:49.44		Dirk Gouws	FS	240288	3	Potchefstroom	23-Jan
1000m							
2:17.81		Peter van der Westhuizen	CG	211284	8	Stockholm	31-Jul
1500m							
3:33.63		Johan Cronje	FS	130482	9	Monaco	28-Jul
3:34.30		Juan van Deventer	CG	260383	2	New York	30-May

3.35.33	Peter van der Westhuizen	CG	211284	4	New York	30-May
3.37.79	Pharson Magagane	LIM	060486	3	Stellenbosch	14-Mar
3.38.29	Tshamane Setone	CG	070587	2	Durban	06-Feb
3.38.55	Mbulaeni Mulaudzi	CG	080980	3	Durban	06-Feb
3.38.59	Elroy Gelant	CN	250886	1	Uden, Ned	27-Jun
3.39.40	Andre Olivier	CN	291289	4	Durban	06-Feb
3.39.81	Mthobisi Baloyi	CN	260285	2	Uden, Ned	27-Jun
3.40.45	Lloyd Bosman	CN	250288	6	Stellenbosch	14-Mar
3.40.51	Enoch Manyandi	CG	010189	7	Stellenbosch	14-Mar
3:40.86	Molefe Molefe	VT	270186	3h2	Stellenbosch	13-Mar
3.41.67	Ettienne Plaatjies	CN	250987	6	Durban	06-Feb
3:42.62	Windy Jonas	FS	110390	5h2	Stellenbosch	13-Mar

1 Mile

3:54.84	Johan Cronje	FS	130482	7	London	25-Jul
3.56.26	Peter van der Westhuizen	CG	211284	11	Eugene	07-Jun
4.02.82	Samson Ngoepe	MP	280185	2	Stellenbosch	11-Dec
4.05.79	Mthobisi Baloyi	CN	260285	3	Stellenbosch	11-Dec
4:06.06	Folavio Sehohle	VT	141090	4	Stellenbosch	11-Dec

3000m

7:53.27	Molefe Molefe	VT	270186	1	Gent	21-Jul
7:54.36	Elroy Gelant	CN	250886	3	Gent	21-Jul
8.00.22	Lloyd Bosman	CN	250288	7	Leiden	13-Jun
8.02.31	Boy Soke	FS	110283	1	Potchefstroom	23-Jan
8.02.79	Juan van Deventer	CG	260383	1	Germiston	06-Mar
8.03.31	Edwin Molepo	CN	310587	9	Gent	21-Jul
8.03.38	Xolise Tyali	TR	021289	2	Potchefstroom	23-Jan
8.03.68	Johan Cronje	FS	130482	3	Potchefstroom	23-Jan
8.03.97	Ruben Ramolefi	CG	170778	4	Kuortane	13-Jun
8.05.20	Stephen Mokoka	VT	310185	1	Pretoria (Absa-Tuks)	30-Jan
8.05.59	Dominic Khoza	CG	101086	2	Germiston	06-Mar
8.05.92	Tshamano Setone	CG	070587	4	Potchefstroom	23-Jan
8.06.13	Dean Brummer	CN	150988	3	Germiston	06-Mar
8.07.97	Olebogeng Masire	CN	140982	2	Pretoria (Absa-Tuks)	30-Jan
8:08.30	Peter v/d Westhuizen	CG	211284	3	Pretoria (Absa-Tuks)	30-Jan
8.12.27	Mthobisi Baloyi	CN	260285	12	Gent	21-Jul
8.12.76	Ettienne Plaatjies	CN	250987	2	Schulding Vught	21-May
8:13.82	Pharson Magagane	LIM	060486	4	Germiston	06-Mar

5000m

13:41.45	Olebogeng Masire	CN	140982	1	Port Elizabeth	20-Feb
13:42.40	Boy Soke	FS	110283	2	Port Elizabeth	20-Feb
13:43.71	Sibusiso Nzima	CG	231186	3	Port Elizabeth	20-Feb
13:44.22	Stephen Mokoka	VT	310185	1	Durban	06-Feb
13:46.71	Dominic Khosa	CG	101086	5	Port Elizabeth	20-Feb
13:54.11	Lungisa Mdedelwa	TR	150984	6	Durban	06-Feb
13:56.32	Xolise Tyali	TR	021289	7	Durban	06-Feb
13:57.63	Pakiso Pedi	FS		3	Stellenbosch	14-Mar
13:59.35	Elroy Gelant	CN	250886	4h1	Belgrade	10-Jul
13:59.52	Johan Cronje	FS	130482	8	Durban	06-Feb
14:03.92	Edwin Molepo	CN	310587	11	Heusden	18-Jul

14:06.58		Gladwin Mzazi	VT	280888	7	Port Elizabeth	20-Feb
14:09.48		Juan van Deventer	CG	260383	4	Stellenbosch	04-Apr

10000m

28:21.44		Gladwin (Sibabalwe) Mzazi	VT	280888	1	Belgrade	08-Jul
28:21.52		Lungisa Mdedelwa	TR	150984	3	Belgrade	08-Jul
28:48.73		Stephen Mokoka	GN	310185	1	Stellenbosch	03-Apr
28:55.37		Juan van Deventer	CG	260383	2	Stellenbosch	03-Apr
29:29.84		Coolboy Ngamole	CG	270679	4	Stellenbosch	13-Mar
29:53.57		Themba Miya	CG	040682	5	Stellenbosch	13-Mar
29:56.00		Lusapho April	Bor	240582	1	Port Elizabeth	14-Feb
30:03.84		Moorosi (Boy) Soke	FS	110283	4	Stellenbosch	03-Apr
30:04.82		Ruben Ramolefi	CG	170778	5	Stellenbosch	03-Apr
30:10.31		Lungile Gongqo	TR	220279	6	Stellenbosch	13-Mar
30:23.15		Isaac Mboyaza	CG	260986	6	Stellenbosch	03-Apr
30:31.60		Zamisa Nkululeko	CG		1	Germiston	14-Feb
30:32.66		Ncedile Bhokaneva	TR	260381	7	Stellenbosch	13-Mar

3000m Steeplechase

8.11.63		Ruben Ramolefi	CG	170778	3	Monaco	28-Jul
8.31.97	***	Joseph McKenzie	CG	300386	2	Stellenbosch	14-Mar
8.35.43		Edwin Molepo	CN	310587	7	Belgrade	11-Jul
8.41.81		Sikhumbuzo Seme	GN	140385	2	Durban	06-Feb
8.45.04		Thuso Phaswana	CG	090686	3	Durban	06-Feb
8.46.49		Dikotsi Lekopa	CN	070788	5	Durban	06-Feb
8.50.22		Amos Nyongo	EP	050786	4	Port Elizabeth	20-Feb
8.51.67		Emmanuel Mkabela	FS	190779	1	Bloemfontein	14-Feb
8.56.06		Henrico Rooi	BO	071288	5	Port Elizabeth	20-Feb
8.56.60		Sivuyile Dlongwana	TR	300581	5	Stellenbosch	14-Mar
8.59.37		Dean Brummer	CN	150988	7	Stellenbosch	14-Mar
8.59.66		Anthony Godongwana	WP	240984	8	Stellenbosch	14-Mar
9.00.07		Tom Lusaseni	WP	120888	6	Stellenbosch	27-Feb
9.05.82		William Mothosola	FS	310390	1	Durban	06-Apr
9.08.08		Danny Danster	SW	220292	7	Port Elizabeth	20-Feb

*** died in October after a short illness

60m Hurdles

7.78	Ind	Lehann Fourie (Neb)		160287	1h	Lincoln, Neb	31-Jan
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110m Hurdles

13.56	1.0	Lehann Fourie (US)		160287	2s1	Belgrade	11-Jul
13.58	-0.3	Shaun Bownes	CN	241070	1	Germiston	18-Apr
13.78	-0.1	Ruan de Vries	GN	010286	1	Stellenbosch	14-Mar
14.08	0.0	Louw Smit	BO	290288	2h2	Stellenbosch	14-Mar
14.20	-0.3	Hennie Kotze	CN	040284	3	Germiston	06-Mar
14.26	-0.1	Willem Coertzen (UK)		301287	dec	Berlin	20-Aug
14.29	1.5	Andre Storm	CN	120788	2	Stellenbosch	03-Apr
14.45	-0.5	Riaan Snyman	CN	230684	4	Stellenbosch	27-Feb
14.46	1.5	James Jagers	CG	110889	3h1	Stellenbosch	03-Apr
14.56	1.5	Francois Vermaak	GN	200190	4	Stellenbosch	03-Apr
14.63	1.5	James Jagers	WP	110889	5	Stellenbosch	03-Apr
14.80	-0.3	Busang Kolisang	CG	110887	7	Pretoria (Absa-Tuks)	30-Jan
14.86	0.1	Herklaas (HJ) Gordon	FS	270489	1	Bloemfontein	27-Feb

WIND

13.57	2.2	Lehann Fourie	(US)	160287	2h1	Fayetteville	18-Apr
13.58	3.1	Shaun Bownes	CN	241070	2h1	Albertville	09-Jul
14.11	3.7	Willem Coertzen	(UK)	301287	1rB	Manchester	04-Jul

Hand

13.9	1.7	Janko Kotze	CG	030382	1	Germiston	03-Oct
14.7	nwi	Francois Potgieter	(UK)	240278	1	Bournemouth	04-Jul

400m Hurdles

47.94		LJ van Zyl	GN	200785	1	Monaco	28-Jul
49.79		Ockert Cilliers	CN	210481	1	Bursa, Tur	10-Jun
49.93		Cornel Fredericks	BO	030390	4	Belgrade	10-Jul
49.96		Wouter le Roux	GN	170186	1	Stellenbosch	14-Mar
50.63		Pieter Koekemoer	KZ	120182	3	Stellenbosch	14-Mar
51.22		Lehann Fourie	(US)	160287	2	Lubbock, Tx	17-May
51.23		Neil de Beer	GN	271190	2	Pretoria (Absa-Tuks)	28-Mar
51.42		Johann Hanekom	GN	031286	3	Durban	06-Feb
51.92		Marc Bender	GN	240188	1	Pretoria (Absa-Tuks)	14-Feb
51.97		Thabiso Kekana	KZ	120190	3	Pretoria (Absa-Tuks)	28-Mar
52.04		Vian Louw	GN	180686	5	Durban	06-Feb
52.24		Rhodwin van Vuuren	CG		4	Stellenbosch	04-Apr
52.55		Albert Mans	GN	u20	1	Johannesburg	21-Feb
52.87		PC (Pieter) Beneke	FS	180790	6	Stellenbosch	04-Apr

Hand

50.2		Pieter Koekemoer	KZ	120182	1	Potchefstroom	23-Jan
52.2		Wiekus Jonck	BO	180388	5	Potchefstroom	23-Jan

High Jump

2.20		Ramsay Carelse	WP	301085	1	Parow	11-Feb
2.20		Jacques Freitag	CN	110682	1	Oudtshoorn	18-Dec
2.15		Hubert de Beer	LIM	031188	1	Pretoria (Absa-Tuks)	30-Jan
2.15		Ruan Claassen	CG	260390	1	Pretoria (Absa-Tuks)	28-Mar
2.15		Zavion Kotze	BO	061188	1d	Stellenbosch	04-Apr
2.14		Sean Stone	WP	190588	2	Pretoria (Absa-Tuks)	27-Mar
2.10		Leendert Haasbroek	GN	280586	1	Pretoria (Absa-Tuks)	17-Jan
2.10		Juan-Pierre van der Schyff	CN	100589	2	Pretoria (Absa-Tuks)	30-Jan
2.10		Bevan Hendon	BO	210488	1	Paarl	04-Feb
2.10		Willem Voigt	CN	210290	2	Pretoria (Absa-Tuks)	28-Mar
2.10		Keagan Fourie	SW	070991	2	Oudtshoorn	18-Dec
2.05		Heinrich Kuhn	WP	220191	3	Pretoria (Absa-Tuks)	28-Mar
2.05		Pieter Streicher	MP	070290	4	Pretoria (Absa-Tuks)	28-Mar

Pole Vault

5.30		Cheyne Rahme	CG	230191	1	Bambous	01-Aug
5.10		Okkert Brits	EP	220873	1	Stellenbosch	13-Mar
4.80		Jan (JG) Bignaut	GN	020288	1	Pretoria (Absa-Tuks)	24-Jan
4.80		Fanie Jacobs	WP	210476	1	Parow	14-Feb
4.80		Johann du Plessis	BO	260381	3	Stellenbosch	13-Mar
4.71		Christian Norman	BO	160591	1	Bloemfontein	16-Feb
4.70		Ruaan van Wyk	BO	041291	4	Stellenbosch	13-Mar
4.70		Eben Beukes	CG	090390	1	Stellenbosch	03-Apr
4.60		Jeff Puttergill	KZ	050889	2	Stellenbosch	03-Apr

4.60		Sebastiaan Wessels	FS	230191	1		Bloemfontein	10-Oct
4.60		Willem Coertzen	(UK)	301287	dec		Berlin	20-Aug
4.50		Albert Korff	WP	201293	1		Pretoria (Absa-Tuks)	28-Mar

Long Jump

8.50	1.3	Khotso Mokoena	CG	060385	2		Madrid	04-Jul
7.92	1.8	Keenan Watson	WP	030388	1		Stellenbosch	11-Dec
7.84	1.9	Yaw Fosu-Amoah	CG	081081	1		Germiston	14-Feb
7.77	1.8	Zarck Visser	CG	150989	2		Stellenbosch	11-Dec
7.65	1.9	Luvo Maniyonga	BO	181191	1		Gaborone	30-May
7.63	2.0	Hennie Kotze	CN	040284	2		Stellenbosch	03-Apr
7.58	0.6	Willem Coertzen	(UK)	301287	dec		Gotzis, AUT	30-May
7.58	1.0	Stefan Brits	BO	190192	1qB		Bressanone	08-Jul
7.54	1.6	Dylan Cotter	CG	230891	1q1		Pretoria (Absa-Tuks)	27-Mar
7.49	-0.3	Charles le Roux	FS	080585	3		Stellenbosch	03-Apr
7.47	1.0	Tumelo Thagane	CN	030784	3		Potchefstroom	23-Jan
Wind								
8.21	2.3	Khotso Mokoena	CG	060385	1		Stellenbosch	13-Mar
7.94	7.3	Keenan Watson	WP	030388	1		Parow	12-Dec
NWI								
7.54		Lionel Abrahams	BO	040492	1		Worcester	21-Feb

Triple Jump

16.69	0.3	Tumelo Thagane	CN	030784	1		Stellenbosch	04-Apr
16.63	0.6	Charles le Roux	FS	080585	1		Oordegem	04-Jul
16.07	0.0	Boipelo Motlhathlego	GN	271190	1		Pretoria (Absa-Tuks)	28-Mar
15.67	0.8	Apelele Rasmeni	Bor	150491	1		Durban	07-Apr
15.55	1.4	Luvo Maniyonga	BO	181191	2		Stellenbosch	14-Mar
15.42	0.9	Elmarco Matthews	BO	280180	3		Stellenbosch	14-Mar
15.36	0.3	Dylan Cotter	CG	230891	1		Germiston	28-Feb
15.17	1.0	Reneilwe Aphane	GN	240890	5		Stellenbosch	04-Apr
15.13	1.8	Zarck Visser	CG	150989	7		Stellenbosch	04-Apr
15.03	0.3	Jason Kidza-Sewenyane	WP	030182	4		Germiston	06-Mar
14.95	-0.4	Neo Marie	CG	050890	1		Pretoria	31-Oct
14.77	1.9	Solomon Tauriri	CG	131290	8		Stellenbosch	04-Apr
14.75	2.0	Lezlo Bramwill	Bor	250392	1		Pretoria (Absa-Tuks)	28-Mar
14.71	1.8	Zarck Visser	FS	150989	1		Germiston	14-Feb
NWI								
14.81		Rushwahl Samaai	BO	250991	1		Stellenbosch	21-Feb
Wind								
15.24	2.7	Jason Kidza-Sewenyane	WP	030182	4		Stellenbosch	04-Apr

SHOT

20.20		Janus Robberts	BO	100379	1		Stellenbosch	27-Feb
19.46		Ross Jordaan	BO	290185	2		Potchefstroom	23-Jan
18.79		Orazio Cremona	CG	010789	2		Stellenbosch	27-Feb
18.61		Roelie Potgieter	GN	200380	2		Stellenbosch	13-Mar
18.31		Donovan Snyman	GN	300586	1		Stellenbosch	04-Apr
17.99		Hannes Hopley	CG	260181	9		Heusden	18-Jul
17.49		Jaco Engelbrecht	CG	080387	2		Pretoria	31-Oct
17.39		Stephan Brink	NW	110990	5		Pretoria (Absa-Tuks)	30-Jan
17.09		JP Hoffman	GN	010588	3		Pretoria (Absa-Tuks)	14-Feb
16.65		Dean Wattrus	CG	100589	1		Germiston	03-Oct

16.59	Nico Grobler	GN	090988	2	Pretoria (Absa-Tuks)	17-Jan
15.83	Ryno van Winkel	FS	220290	4	Stellenbosch	04-Apr

DISCUS

62.36	Hannes Hopley	CG	260181	1	Port Elizabeth	20-Feb
56.53	Janus Robberts	BO	100379	2	Stellenbosch	14-Mar
55.63	Victor Hogan	FS	250789	1	Bloemfontein	10-Oct
55.42	Donovan Snyman	GN	300586	1	Stellenbosch	04-Apr
55.19	Wynand Coetzee	GN	200284	3	Stellenbosch	27-Feb
53.18	James Sinclair	MP	020686	4	Stellenbosch	14-Mar
52.98	Ross Jordaan	BO	290185	2	Stellenbosch	04-Apr
52.06	Dean Wattrus	CG	100589	1	Germiston	03-Oct
51.45	Dewald van Heerden	CG	040491	1	Germiston	14-Feb
49.78	Dewald Moolman	CG	080788	4	Potchefstroom	23-Jan
49.24	Leon Verster	GN	020790	1	Pretoria (Absa-Tuks)	21-Feb
48.52	Stefan Joubert	FS	230681	5	Potchefstroom	23-Jan
47.51	JP Hoffman	GN	010588	4	Pretoria (Absa-Tuks)	14-Feb

HAMMER

74.78	Chris Harmse	FS	310573	1	Stellenbosch	13-Mar
63.92	Johan Kruger	BO	150487	3	Germiston	06-Mar
63.17	Kristiaan Bekker	CG	160680	4	Germiston	06-Mar
55.27	Micqel le Roux	CG	260390	2	Germiston	03-Oct
54.82	Douw Steenkamp	MP	281287	5	Germiston	06-Mar
53.51	Clinton Williams	CN	030888	3	Stellenbosch	04-Apr
51.07	Charlie Koen	EP	060156	1	WB, Port Elizabeth	24-Jan
50.91	Pieter Badenhorst	FS	140287	4	Stellenbosch	04-Apr
49.59	Tone van Rensburg	GN	050165	6	Stellenbosch	13-Mar
49.09	Vincent Meiring	GN	240465	3	Pretoria (Absa-Tuks)	21-Feb
48.47	Martin Venter	GN	020970	5	Germiston	31-Jan
46.12	Arno Pieterse	CN		5	Stellenbosch	04-Apr

JAVELIN

81.18	Robert Oosthuizen	BO	230187	3	Ostrava	17-Jun
80.01	Gerbrandt Grobler	(Fin)	260183	5	Pihtipudas	28-Jun
78.58	Ulrich Damon	CN	231090	1	Potchefstroom	13-Oct
78.14	Hardus Pienaar	GN	100881	5	Doha	08-May
75.23	Tobie Holtzhausen	CN	250587	2	Potchefstroom	07-Oct
70.82	Bernard Crous	CN	130489	2	Potchefstroom	18-Feb
69.78	Stefan Stander	CN	220185	1	Potchefstroom	12-Feb
67.40	Rocco van Rooyen	WP	231292	3	Stellenbosch	11-Dec
66.78	Charl Willemsse	FS	040291	1	Bloemfontein	16-Feb
66.70	Willem Coertzen	(UK)	301287	5	Manchester	04-Jul
66.39	Dean Goosen	CG	010192	1	Germiston	31-Jan
65.59	Rudo Klopper	CN	170990	4	Potchefstroom	07-Oct
65.38	Frans Human	FS	100379	1	Bloemfontein	13-Feb
65.24	Steyn Kriel	CN	180491	2	Pretoria (Absa-Tuks)	28-Mar

DECATHLON

8 146	Willem Coertzen	(UK)	301287	14	Berlin 19/20 Aug
	10.89 (-0.4), 7.32 (0.4), 13.16, 2.02, 48.63; 14.26 (-0.1), 42.40, 4.60, 65.46, 4:32.57				
6 969	Terry Wepener	(UK)	080282	13	Kladno 23/24 Jul

	11.40 (0.9). 6.53, 13.08, 2.00, 52.04; 15.10 (2.3), 37.85, 4.00, 51.54, 4;51.96				
6 597	Zavion Kotze	BO	061188	1	Stellenbosch 3/4 Apr
	11.27, 6.91, 11.08, 2.15, 48.46; 16.01, 29.03, 3.20, 38.44, 4:49.48				
6 144	Willem le Roux	BO	110690	2	Stellenbosch 3/4 Apr
	11,65, 6.43, 11.50, 1.80, 54.13; 16.82, 34.25, 3.40, 57.40, 5:00.39				
6 096	Willem de Bruin	CG	030287	3	Stellenbosch 3/4 Apr
	11.12, 7.03, 10.79, 1.90, 54.14; 16.09, 29.53, 3.20, 38.69, 5:01.18				
5 800	Dean Clarke	GN	***	4	Stellenbosch 3/4 Apr
	11.20, 6.28, 9.43, 1.65, 49.57; 16.78, 28.44, 3.60, 39.57, 5:07.23				
5 554	Divan Strydom	FS	***	5	Stellenbosch 3/4 Apr
	11.51, 6.43, 8.99, 1.70, 51.99; 15.59, 24.66, 2.70, 47.20, 5:19.20				
5 432	LW Swanepoel	FS	050188	6	Stellenbosch 3/4 Apr
	12.03, 6.49, 11.26, 1.90, 54.26; 16.69, 32.14, 2.80, 43.96, 6:12.79				
5 098	Danie Eyssen	FS	181086	7	Stellenbosch 3/4 Apr
	11.80, 5.35, 8.56, 1.65, 49.77; 17.86, 21.88, 2.40, 36.51, 4:26.11				
4 378	Jacques Matthysen			8	Stellenbosch 3/4 Apr
	11.73, 5.68, 8.41, 1.60, 50.93; 20.95, 22.83, xxx, 37.16, 5:06.52				

4x100m Relay

39.34	SA Students			1h1	Belgrade 11-Jul
	Leigh Julius, Thuso Mpuang, Kagiso Kumbane, Wilhelm van der Vyver				
39.52	SA Students			3	Belgrade 12-Jul
	Leigh Julius, Thuso Mpuang, Kagiso Kumbane, Wilhelm van der Vyver				
39.59	SA Team Chuene			1	Germiston 06-Mar
	Hannes Dreyer, Leigh Julius, Sergio Mullins, Thabo Mathibedi				
39.70	SA Team Chuene			1	Stellenbosch 27-Feb
	Kagisho Kumbane, Leigh Julius, Sergio Mullins, Thuso Mpuang				
39.94	SA Selection			7	Berlin 14-Jun
	Hannes Dreyer, Tshegefatso Meshoe, Morne Nagel, Thuso Mpuang				
40.21	SA Team Malehopo			3	Germiston 06-Mar
	Sylvester Abrahams, Le Roux van Tonder, Kagisho Kumbane, Ruan de Vries				
40.25	Western Province			1	Stellenbosch 14-Mar
40.32	Central Gauteng			2	Stellenbosch 14-Mar
40.43	Gauteng North			3	Stellenbosch 14-Mar
	Hannes Dreyer, Sylvester Abrahams, Isaak van Wyk, Ruan de Vries				
40.56	Eastern Province			4	Stellenbosch 14-Mar
40.67	SA Team Malehopo			3	Stellenbosch 27-Feb
	Pierre Meintjies, Roscoe Engel, Jeanre Rossouw, Thabo Mathibedi				Pretoria (Absa-Tuks)
40.70	Univ. of Johannesburg			1	Stellenbosch 03-Apr

4x400m Relay

3.07.59	RSA Team			1	Gaborone 30-May
	Ofentse Mogawane, Tshegefatso Meshoe, Sibusiso Sishi, Jacob Ramokoka				
3.07.88	South Africa			6h2	Berlin 22-Aug
	Ofentse Mogawane, Jacob Ramokoka, Sibusiso Sishi, Pieter Smith				
3.08.51	SA Students			4h2	Belgrade 11-Jul
	Sibusiso Sishi, Pieter Smith, Warren Hendricks, Cornel Fredericks				
3.08.96	SA Team			1	Stellenbosch 27-Feb
	Dirk Gouws, Ofentse Mogawane, Pieter Koekemoer, Pieter Smith				
3.09.82	SA Students			6	Belgrade 12-Jul
	Sibusiso Sishi, Pieter Smith, Warren Hendricks, Cornel Fredericks				
3.09.92	University of Johannesburg			1	Stellenbosch 04-Apr

3.11.93	Boland u20	1	Pretoria (Absa-Tuks)	28-Mar
3.11.99	KZN	1	Stellenbosch	14-Mar
	Shane Victor, Sabelo Bhodoza, Ivan Moloney, Pieter Koekemoer			
3.12.46	NWN	2	Stellenbosch	14-Mar
	James Ramokoka, Tshegefatso Meshoe, Donald Sebisi, Colin Wowana			
3.12.49	AGN	3	Stellenbosch	14-Mar
	Ofentse Mogawane, Adriaan van Wyk, LJ van Zyl, Pieter Smith			
3.12.77	Pretoria University (Tuks)	2	Stellenbosch	04-Apr

3000m Walk

12:29.44	Sipho Mahlangu	TR	160683	1	Pretoria (Absa-Tuks)	30-Jan
12:34.31	Dewald Bekker	GN	150390	2	Pretoria (Absa-Tuks)	30-Jan
12:36.44	Werner Appel	CG	120687	3	Pretoria (Absa-Tuks)	30-Jan
12:45.65	Marc Mundell	GN	070783	4	Pretoria (Absa-Tuks)	30-Jan
13:28.29	Ihan Collins	VT	010380	5	Pretoria (Absa-Tuks)	30-Jan
13:43.4	Armond Nel	WP	200890	1	Parow	27-Jan
13:45.60	Wayne Snyman	CN	080385	6	Pretoria (Absa-Tuks)	30-Jan
13:58.33	Molise Mojalefa	VT	230888	7	Pretoria (Absa-Tuks)	30-Jan
14:06.2	Ross McDonald	WP	040373	2	Parow	27-Jan
14:34.50	Carl Meyer	CG	150557	8	Pretoria (Absa-Tuks)	30-Jan

5000m Walk

21:32.14	Marc Mundell	GN	070783	1	Germiston	06-Mar
21:38.24	Dewald Bekker	GN	150390	2	Germiston	06-Mar
21:48.37	Gideon Cillie	WP	070783	1	Parow	11-Feb
21:48.45	Werner Appel	CG	120687	3	Germiston	06-Mar
22:32.06	Wayne Snyman	CN	080385	4	Germiston	06-Mar
22:57.3	Ross McDonald	WP	040373	1	Bellville	20-Feb
23:04.40	Professor Cele	KZ	041288	1	Durban	24-Jan
23:06.0	Armond Nel	WP	200890	1	Paarl	04-Feb
23:08.62	Molise Mojalefa	VT	230888	5	Germiston	06-Mar
26:25.50	Olwethu Danisa	EC	u16	1	Durban	06-Apr
26:49.98	Johan van Zyl	WP		2	Parow	11-Feb
26:58.47	Lindela Madikizela	WP		3	Parow	11-Feb

10000m Walk

44:04.48	Marc Mundell	GN	070783	1	Durban	06-Feb
44:11.59	Werner Appel	CG	120687	2	Durban	06-Feb
44:29.22	Sipho Mahlangu	TR	160683	3	Durban	06-Feb
45:35.61	Dewald Bekker	GN	150390	1	Pretoria (Absa-Tuks)	14-Feb
45:47.45	Thami Hlatswayo	GN	200782	4	Durban	06-Feb
46:05.67	Wayne Snyman	CN	080385	5	Durban	06-Feb
46:23.00	Molise Mojalefa	VT	230888	1	Potchefstroom	12-Feb
47:14.62	Armond Nel	WP	200890	2	Pretoria	28-Mar
48:08.20	Ruan Wessels	FS	290192	1	Durban	07-Apr
48:32.80	Reginald Hufkie	EP	280492	2	Durban	07-Apr
49:11.00	Manqoba Kubheka	KZ	080192	3	Durban	07-Apr
49:49.70	Nhlanhla Khanyile	KZ	270771	7	Durban	06-Feb

10km Road Walk

44:36	Dewald Bekker	GN	150390	1	Youngsfield	09-May
47:41	Armond Nel	WP	200890	1	Oudtshoorn	05-Jul

49:04	Naywin Blaauw	EP	u18	3	Youngsfield	09-May
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20 km Road Walk

01:28:01	Marc Mundell	GN	070783	1	Stellenbosch	03-Apr
01:29:35	Wayne Snyman	CN	080385	1	Stellenbosch	14-Mar
01:30:04	Werner Appel	CG	120687	3	Stellenbosch	03-Apr
01:30:07	Sipho Mahlangu	GN	160683	2	Stellenbosch	14-Mar
01:30:39	Werner Appel	CG	120687	3	Stellenbosch	14-Mar
01:32:06	Wayne Snyman	CN	080385	1	Stellenbosch	03-Apr
01:34:24	Ross McDonald	WP	040373	5	Stellenbosch	14-Mar
01:35:54	Molise Mojalefa	VT	230888	6	Stellenbosch	14-Mar
01:36:48	Gideon Cillie	WP	070783	7	Stellenbosch	14-Mar
01:38:50	Professor Cele	KZ	041288	1	Durban	28-Feb
01:40:46	Armond Nel	WP	200890	9	Stellenbosch	14-Mar
01:42:51	Wade Fraser	KZ	180888	2	Durban	28-Feb

20000m Walk (Track)

01:38:13	Werner Appel	CG	120687	1	Germiston	14-Feb
01:55:21	Thabiso Tsagane	CG	170970	2	Germiston	14-Feb
01:58:28	Thapelo Mofokeng	CG		3	Germiston	14-Feb
1:59:48	Vincent Caisien	CG		4	Germiston	14-Feb

50 km Road Walk

04:04:42	Marc Mundell	GN	070783	1	Zittau	25-Apr
04:26:19	Thami Hlatswayo	GN	200782	2	Zittau	25-Apr
04:47:41	Nhlanhla Khanyile	KZ	270771	1	Oudtshoorn	05-Jul
05:02:20	Sipho Mahlangu	GN	160683	2	Oudtshoorn	05-Jul
05:15:41	Abraham Mbhele	KZ		3	Oudtshoorn	05-Jul

WOMEN

100m

11.36	-0.7	Tsholofelo Thipe	NW	120986	1	Stellenbosch	14-Mar
11.45	-0.7	Nombulelo Mkenku	FS	300689	2	Stellenbosch	14-Mar
11.69	0.8	Isabel le Roux	GN	230187	2	Stellenbosch	27-Feb
11.71	-0.7	Thandiwe Vilakazi	CN	221185	3	Stellenbosch	14-Mar
11.74	-0.7	Cindy Stewart	EP	141185	4	Stellenbosch	14-Mar
11.81	-0.7	Carina Horn	GN	090389	5	Stellenbosch	14-Mar
11.83	1.8	Chante van Tonder	CG	250593	1	Germiston	28-Nov
11.87	1.8	Bernicca Mashava	CG	140188	2	Germiston	28-Nov
11.89	-0.5	Melissa Hewitt	BO	200591	1	Pretoria (Absa-Tuks)	27-Mar
11.92	0.5	Alyssa Conley	CG	270491	1s1	Pretoria (Absa-Tuks)	27-Mar
11.98	1.3	Christine Ras	CG	040286	2h3	Stellenbosch	13-Mar
11.98	0.9	Stacey Gardiner	WP	060488	3h1	Pretoria (Absa-Tuks)	27-Mar
Wind							
11.56	2.1	Isabel le Roux	GN	230187	2	Pretoria (Absa-Tuks)	14-Feb
11.81	3.2	Alyssa Conley	CG	270491	1h1	Pretoria (Absa-Tuks)	27-Mar
11.84	2.3	Christine Ras	CG	040286	2s1	Stellenbosch	03-Apr
11.87	2.1	Cherese Jones	GN	300174	3	Pretoria (Absa-Tuks)	14-Feb
11.87	2.1	Estie Wittstock	CG	150980	4	Pretoria (Absa-Tuks)	14-Feb
11.89	2.3	Stacey Gardiner	WP	060488	3s3	Stellenbosch	03-Apr
11.90	2.2	Janice Josephs	BO	310382	2	Durban	06-Feb
11.91	2.3	Nontobeko Gumede	KZ	211289	4s1	Stellenbosch	03-Apr

Hand							
11.7	nwi	Nontobeko Gumede	KZ	211289	1	Durban	17-Jan
200m							
23.11	0.1	Isabel le Roux	GN	230187	1	Germiston	06-Mar
23.30	0.1	Tsholofelo Thipe	NW	120986	2	Germiston	06-Mar
23.62	0.1	Nombulelo Mkenku	FS	300689	1	Pretoria (Absa-Tuks)	28-Mar
23.80	-0.3	Justine Palframan	KZ	041193	1	Pretoria	31-Oct
23.83	0.4	Estie Wittstock	GN	150980	22	Pretoria (Absa-Tuks)	19-Mar
23.94	0.7	Carina Horn	GN	090389	2	Pretoria (Absa-Tuks)	28-Mar
23.96	-1.1	Arista Hefer	CN	120987	1	Germiston	14-Nov
24.24	0.3	Cindy Stewart	EP	141185	1	Stellenbosch	04-Apr
24.34	0.3	Christine Ras	CG	040286	2	Stellenbosch	04-Apr
24.36	0.3	Alyssa Conley	CG	270491	3	Stellenbosch	04-Apr
24.42	-0.4	Thandiwe Vilakazi	CN	221185	4	Stellenbosch	14-Mar
24.44	1.6	Chanel Fourie	CG	250592	1	Germiston	28-Nov
24.52	0.4	Wenda Theron	GN	300688	4	Pretoria (Absa-Tuks)	19-Mar
24.60	-1.1	Rorisang Ramonnye	CN	311290	2	Pretoria (Absa-Tuks)	28-Mar
24.60	0.9	Cherese Jones	GN	300174	3s2	Stellenbosch	04-Apr
NWI							
24.06		Adri Schoeman	CG	130770	1	Potchefstroom	23-Jan
24.12		Irmgard Bensusan	CG	240191	1	Roodepoort	21-Mar
24.37		Amanda Kotze	GN	260286	2	Potchefstroom	23-Jan
24.55		Zanri van der Merwe	GN	140593	1	Roodepoort	21-Mar
24.58		Simone Lubbe	GN	051093	2	Roodepoort	21-Mar
24.59		Arista Hefer	CN	120987	4	Potchefstroom	23-Jan
Wind							
23.01	2.6	Isabel le Roux	GN	230187	1	Pretoria (Absa-Tuks)	14-Feb
23.25	2.6	Tsholofelo Thipe	NW	120986	2	Pretoria (Absa-Tuks)	14-Feb
23.89	3.9	Carina Horn	GN	090389	1s1	Stellenbosch	04-Apr
23.98	3.9	Alyssa Conley	CG	270491	2s1	Stellenbosch	04-Apr
24.04	3.9	Cindy Stewart	EP	141185	3s1	Stellenbosch	04-Apr
400m							
51.15		Tsholofelo Thipe	NW	120986	1	Stellenbosch	14-Mar
52.30		Estie Wittstock	GN	150980	2	Stellenbosch	01-Jun
53.08		Amanda Kotze	GN	260286	2	Germiston	06-Mar
53.29		Anri Steyn	CG	300993	1	Pretoria (Absa-Tuks)	27-Mar
53.72		Justine Palframan	KZ	041193	2	Pretoria (Absa-Tuks)	27-Mar
53.73		Alet van Wyk	GN	111185	3	Stellenbosch	14-Mar
53.76		Eugenie Wicksell	GN	010989	1	Stellenbosch	03-Apr
54.00		Wenda Theron	GN	300688	2	Stellenbosch	03-Apr
54.54		Rorisang Ramonnye	NW	311290	5	Stellenbosch	14-Mar
54.90		Sonja van der Merwe	WP	190592	3	Pretoria (Absa-Tuks)	27-Mar
55.00		Tihanna Vorster	CG	280385	3	Stellenbosch	03-Apr
55.20		Anuschka Nice	CG	260891	2	Pretoria (Absa-Tuks)	27-Mar
800m							
1:55.45		Caster Semenya	GN	070191	1	Berlin	19-Aug
2:04.58		Lebogang Phalula	CG	091283	2	Germiston	06-Mar
2:04.91		Dinah Lebo Phalula	CG	091283	1	Germiston	14-Feb
2:05.17		Anuschka Nice	CG	260891	3	Germiston	06-Mar

2:06.45		Elsire Roos	WP	281179	3		Stellenbosch	14-Mar
2:07.36		Doné Vermaak	GN	171290	2		Stellenbosch	27-Feb
2:08.26		Rone Reynecke	FS	010386	5		Stellenbosch	14-Mar
2:08.37		Mandie Brandt	CG	051182	6		Stellenbosch	14-Mar
2:09.49		Chanelle Anderson	BO	130189	3		Stellenbosch	04-Apr
2:09.61		Felicia Mofokeng	FS	141094	1	Pretoria (Absa-Tuks)		28-Mar
2:09.90		Juanee Cilliers	CN	080382	5		Uden	27-Jun
2:10.29		Masabata Motoane	GN	310193	2	Pretoria (Absa-Tuks)		28-Mar

1500m

4:08.01		Caster Semenya	GN	070191	1		Bambous	02-Aug
4:13.05		Lebo Phalula	CG	091283	1		Stellenbosch	14-Mar
4:16.33		Lebogang Phalula	CG	091283	8		Kortrijk	11-Jul
4:20.46		Ezbe Strydom	CN	270381	4		Nijmegen	29-May
4:22.10		Carlyn Fischer	GN	270990	1	Pretoria (Absa-Tuks)		21-Feb
4:22.84		Violet Raseboya	CG	190286	4		Stellenbosch	14-Mar
4:26.52		Abongile Lerotholi	FS	060789	2		Stellenbosch	03-Apr
4:28.69		Dominique Scott	BO	240692	6		Stellenbosch	14-Mar
4:30.50		Natanya Luther	KZ	250191	1h1		Durban	06-Apr
4:31.01		Mandie Brandt	CG	051182	4		Stellenbosch	03-Apr
4:31.08		Anuschka Nice	CG	260891	1		Johannesburg	21-Feb
4:32.00		Anelda Pypers	CG	150491	1		Germiston	14-Feb
4:32.60		Chanelle Olivier	CG	150986	5		Stellenbosch	03-Apr

One Mile (Indoors)

4:43.12		Angela Wagner	(US)	190188	3		Seattle	31-Jan
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3000m

9:21.54		Lebo Phalula	CG	091283	1		Potchefstroom	23-Jan
9:26.91	ind	Angela Wagner	BYU	190188	8		New York	07-Feb
9:31.10		Ezbe Strydom	CN	270381	1	Pretoria (Absa-Tuks)		30-Jan
9:31.32		Lebogang Phalula	CG	091283	2		Potchefstroom	23-Jan
9:37.93	ind	Christine Kalmer	(Ark)	100286	6		Lexington	28-Feb
9:38.99		Tebogo Masehla	CG	061079	2	Pretoria (Absa-Tuks)		30-Jan
9:41.50		Nolene Conrad	CG	260785	3	Pretoria (Absa-Tuks)		30-Jan
9:42.64		Silvia Tsetlanyane	CG	200493	1		Durban	07-Apr
9:45.28		Dominique Scott	BO	230493	2		Durban	07-Apr
9:47.32		Mampielo Sibanda	CG	050293	3		Durban	07-Apr
9:48.80		Patience Khumalo	CG	081188	4	Pretoria (Absa-Tuks)		30-Jan
9:52.33		Baby Mokone	FS	200292	4		Durban	07-Apr
9:53.77		Catherine Skosana (Nkosi)	GN	111080	6	Pretoria (Absa-Tuks)		30-Jan
9:55.10		Anneke Gildenhuys	CG	030493	5		Durban	07-Apr
9:56.11		Myrette Filmalter	GN	100181	7	Pretoria (Absa-Tuks)		30-Jan

5000 metres

15:57.15		Lebo Phalula	CG	091283	1		Stellenbosch	13-Mar
16:02.55		Lebogang Phalula	CG	091283	2		Durban	06-Feb
16:11.77		Christine Kalmer	(Ark)	100286	11		Stanford	02-May
16:17.01		Irvette van Blerk	CG	050787	3		Durban	06-Feb
16:39.58		Annerien van Schalkwyk	GN	060279	3		Stellenbosch	13-Mar
16:41.43		Ezbe Strydom	CN	270381	1		Stellenbosch	04-Apr
16:44.91		Nolene Conrad	CG	260785	2		Stellenbosch	04-Apr
16:47.12		Catherine Skosana (Nkosi)	GN	111080	5		Durban	06-Feb

16:49.42		Takalane Nthulane	CG	130580	6	Durban	06-Feb
16:52.23		Mpho Mabuza	CG	031179	5	Stellenbosch	13-Mar
17:07.36		Myrette Filmalter	GN	100181	3	Stellenbosch	04-Apr
17:20.7		Ntombesintu Ntshiliza	EP	271281	1	Port Elizabeth	13-Oct
17:26.17		Elene Lourens	BO	030890	1	Bellville	21-Mar
17:26.18		Thozama April	WP	021185	6	Stellenbosch	13-Mar

10000 metres

34:30.70		Irvette van Blerk	CG	050787	1	Stellenbosch	14-Mar
34:31.92		Mpho Mabuza	CG	031179	2	Stellenbosch	14-Mar
35:29.51		Catherine Skosana	GN	111080	3	Stellenbosch	14-Mar
36:00.62		Christine Kalmer	(Ark)	100286	6	Gainesville	15-May
39:40.34		Mia Pienaar	BO		4	Stellenbosch	14-Mar

3000m Steeplechase

10:00.60		Angela Wagner	(US)	190188	6	Stanford	02-May
10:07.90		Nolene Conrad	CG	260785	1	Durban	06-Feb
10:13.44		Myrette Filmalter	GN	100181	1	Stellenbosch	03-Apr
10:14.79		Tebogo Masehla	CG	061079	1	Stellenbosch	14-Mar
10:27.38		Thandi Malindi	FS	100787	2	Stellenbosch	14-Mar
10:53.64		Abongile Lerotholi	FS	060789	5	Stellenbosch	14-Mar
11:21.00		Ezbe Strydom	CN	270381	1	Potchefstroom	26-Feb
11:38.78		Caroline Marandela	CG	300993	1	Pretoria (Absa-Tuks)	28-Mar
11:46.26		Thembi Baloyi	GN	070189	5	Stellenbosch	03-Apr
11:49.26		Destiny Titus	WP	080589	1	Bellville	21-Mar
11:51.19		Amukelani Baloyi	CG	120293	2	Pretoria (Absa-Tuks)	28-Mar
11:56.44		Angelique Faasen	GN	u20	3	Pretoria (Absa-Tuks)	28-Mar

100m Hurdles

13.47	1.5	Christine Ras	CG	040286	1	Stellenbosch	03-Apr
13.68	1.5	Janet Wienand	BO	150585	2	Stellenbosch	03-Apr
13.72	1.5	Erika Kleinhans	GN	160888	3	Stellenbosch	03-Apr
13.85	-0.7	Claudia Viljoen	GN	010589	2	Pretoria (Absa-Tuks)	19-Mar
13.93	-0.7	Irmgard Bensusan	CG	240191	4	Pretoria (Absa-Tuks)	19-Mar
14.21	-0.5	Marike Walters	BO	120287	4	Pretoria (Absa-Tuks)	30-Jan
14.58	0.0	Ansulet Potgieter	FS	270491	1	Bloemfontein	16-Feb
14.62	1.5	Licinda Liebenberg	GN	270686	6	Stellenbosch	03-Apr
14.65	-0.4	Jackie Kriel	FS	270886	4	Germiston	06-Mar
14.74	-0.7	Margit du Plessis	GN		5	Pretoria (Absa-Tuks)	19-Mar
15.14	-0.7	Hannelie Kotze	LIM	220290	1hp	Stellenbosch	13-Mar
15.36	1.0	Carli Gey van Pittius	BO	100791	1	Pretoria (Absa-Tuks)	27-Mar
NWI							
14.51		Ansulet Potgieter	FS	270491	1	Bloemfontein	14-Feb

400m Hurdles

56.23		Janet Wienand	BO	150585	1	Stellenbosch	14-Mar
56.45		Wenda Theron	GN	300688	2	Stellenbosch	14-Mar
58.08		Licinda Liebenberg	GN	270686	3	Stellenbosch	14-Mar
58.83		Mariska Meintjies	CN	110186	4	Stellenbosch	14-Mar
59.78		Jana Theron	GN	270289	5	Stellenbosch	14-Mar
60.22		Anneri Ebersohn	FS	090890	6	Stellenbosch	27-Feb
60.37		Melissa Harmse	GN	220293	1	Pretoria (Absa-Tuks)	28-Mar

61.60		Tania Ras	GN	021192	2	Pretoria (Absa-Tuks)	28-Mar
61.75		Marion-Ann Duvenhage	CN	220192	1	Durban	07-Apr
61.78		Jean-Marie Senekal	BO	111292	3	Pretoria (Absa-Tuks)	28-Mar
62.13		Andrea Strauss	CN	150991	1	Pretoria (Absa-Tuks)	28-Mar
62.21		Liriska Botha	FS	090793	5	Pretoria (Absa-Tuks)	28-Mar
62.49		Marike Vermaak	MP	310793	2h2	Pretoria (Absa-Tuks)	28-Mar

High Jump

1.85		Anika Smit	CN	260586	1	Potchefstroom	23-Jan
1.85		René van der Merwe	GN	150686	10q	Belgrade	10-Jul
1.80		Tillanie Neethling	GN	180188	2	Potchefstroom	23-Jan
1.80		Marcoleen Pretorius	CN	250789	4	Potchefstroom	23-Jan
1.80		Marizca Gertenbach	MP	201082	2	Stellenbosch	14-Mar
1.75		Elizabeth Lotz	GN	130381	6	Potchefstroom	23-Jan
1.75		June Roelofse	GN	190392	1	Johannesburg	21-Feb
1.75		Remina Stephan	BO	310592	6	Stellenbosch	14-Mar
1.73		Chaney Lindner	CG	120992	1	Germiston	28-Feb
1.73		Shannon Molotane	WP	230594	1q1	Durban	06-Apr
1.73		Frances Seeliger	GN	290392	1	Pretoria	31-Oct
1.72		Janette Siebert	FS	130189	1	Bloemfontein	27-Feb
1.72		Alisha Small	SW	290493	1	Oudtshoorn	24-Oct

Pole Vault

4.10		Deone Joubert	CG	230488	1	Pretoria (Absa-Tuks)	19-Mar
3.70		Honorata Saar	GN	310182	2	Pretoria (Absa-Tuks)	30-Jan
3.70		Monique J van Noordwyk (Balsamo)	BO	170984	2	Stellenbosch	13-Mar
3.50		Eva Thornton	EP	160390	1	Stellenbosch	21-Feb
3.40		Juanita Stander	BO	020290	3	Stellenbosch	11-Dec
3.30		Ané Niewoudt	BO	280790		Pretoria (Absa-Tuks)	27-Mar
3.30		Nicola Loots	BO	270989	5	Stellenbosch	13-Mar
3.30		Jeannie van Dyk	EP	220992	1	Pretoria (Absa-Tuks)	27-Mar
3.20		Kulthoon Gaidien	BO	171194	3	Stellenbosch	28-Feb
3.10		Talitha Lombard	BO	300688	1	Paarl	28-Jan
3.10		Celeste Fourie	BO	030287	7	Stellenbosch	27-Feb
3.10		Taahirah Kozain	BO	130493	2	Stellenbosch	28-Feb
3.10		Talitha Lombard	BO	300688	1	Paarl	28-Jan
3.10		Mandi Maritz	EP	120790	5	Stellenbosch	04-Apr

Long Jump

6.75	1.0	Janice Josephs	BO	310382	1	Port Elizabeth	20-Feb
6.37	1.2	Patience Ntshingila	CN	260889	1	Gaborone	30-May
6.26	1.0	Delia Smith	CG	090483	1	Germiston	14-Feb
6.07	-0.4	Lynique Prinsloo	CG	300391	4	Germiston	06-Mar
6.07	-0.9	Monja Goosen	GN	021091	1	Pretoria (Absa-Tuks)	27-Mar
6.07	1.1	Zanri van der Merwe	GN	140593	1	Pretoria (Absa-Tuks)	27-Mar
5.92	-2.3	Kelly Kingwell	CG	220191	2	Stellenbosch	04-Apr
5.84	1.8	Janet Wienand	CN	150585	1	Stellenbosch	11-Dec
5.82	0.2	Christy Coetzee	GN	240589	5	Germiston	06-Mar
5.81	1.3	Maryke Brits	BO	250294	2	Pretoria (Absa-Tuks)	27-Mar
5.78	-1.2	Nicholeen McLaren	CG	100590	2	Germiston	28-Feb
5.78	0.4	Birdie Carstens	SW	130592	3	Pretoria (Absa-Tuks)	27-Mar
5.78	2.0	Samantha Pretorius	WP	030292	2	Stellenbosch	11-Dec

Wind

6.79	5.6	Janice Josephs	BO	310382	1	Parow	14-Feb
6.08	7.9	Celeste Rietels	WP	140190	1	Durban	06-Apr
NWI							
6.10		Lynique Prinsloo	CG	300391	1	Germiston	03-Mar
5.89		Janet Wienand	CN	150585	1	Oudtshoorn	18-Dec
5.81		Kayla Gilbert	CG	050193	1	Germiston	03-Oct

Triple Jump

13.31	1.6	Patience Ntshingila	CN	260889	1	Germiston	14-Nov
12.87	-0.2	Cindy Peters	CG	120284	1	Stellenbosch	03-Apr
12.66	2.0	Marike Steyn	FS	100187	3	Stellenbosch	03-Apr
12.63	0.2	Arlie Muller	CN	031286	1	Potchefstroom	12-Feb
12.44	0.7	Kelly Kingwell	CG	220191	1	Pretoria (Absa-Tuks)	28-Mar
12.34	0.5	Delia Smith	CG	090483	3	Pretoria (Absa-Tuks)	30-Jan
12.26	1.5	Danelle Erwee	FS	291193	1	Pretoria (Absa-Tuks)	28-Mar
12.19	1.3	Luchelle Prinsloo	CN	180792	2	Pretoria (Absa-Tuks)	28-Mar
12.16	1.5	Marike Steyn	FS	100187	1	Bloemfontein	14-Feb
12.14	0.5	Monja Goosen	GN	021091	2	Pretoria (Absa-Tuks)	28-Mar
12.10	0.3	Michelle Cornelius	GN	140989	4	Germiston	06-Mar
11.88	-0.3	Bianca Erwee	CN	040390	7	Pretoria (Absa-Tuks)	30-Jan
11.86	1.4	Matsie Dikotla	CG	030987	7	Stellenbosch	03-Apr
Wind							
12.17	2.5	Danielle Fourie	CG	110690	4	Stellenbosch	03-Apr
12.16	3.8	Michelle Cornelius	GN	140989	5	Stellenbosch	03-Apr

Shot

16.39		Simoné du Toit	(SMU)	270988	3	Norman, Okla	30-May
15.72		Veronica Abrahamse	KZ	180880	1	Durban	06-Feb
14.30		Marli Knoetze	CN	210887	2	Stellenbosch	03-Apr
14.02		Bianca van Rooyen	CG	280188	1	Roodepoort	17-Jan
13.26		Tanya Treurnicht	CG	040184	2	Germiston	31-Jan
13.17		Elzaan Mostert	CG	060190	3	Germiston	31-Jan
13.03		Allanah Crafford	NW	190791	1	Durban	07-Apr
12.94		Sonnika Knoetze	CN	180887	2	Potchefstroom	26-Feb
12.56		Ischke Senekal	EP	080193	1	Port Elizabeth	13-Oct
12.48		Nanke Supra	VT	220191		Roodepoort	21-Mar
12.45		Yolandi-Mari Bothma	CG	030392	2	Germiston	03-Oct
12.41		Liette van Schalkwyk	FS	111193	1	Pretoria (Absa-Tuks)	27-Mar
12.35		Simoné Meyer	KZ	220393	1	Secunda	17-Jan

Discus

59.67		Elizna Naude	GN	140978	7qA	Berlin	19-Aug
57.35		Simoné du Toit	SMU	270988	1	Denton, Tx	30-Apr
51.05		Simoné Meyer	KZ	220393	1	Pretoria (Absa-Tuks)	13-Jun
47.99		Lindie Liebenberg	Bor	220291	1	Pretoria (Absa-Tuks)	28-Mar
47.23		Suriette Botha	GN	180292	2	Pretoria (Absa-Tuks)	28-Mar
45.24		Maryke Oberholzer	LIM	271189	3	Stellenbosch	14-Mar
43.74		Jo-Anne Heidenreich	GN	140289	4	Stellenbosch	14-Mar
43.15		Danelle Willemse	MP	200393	3	Pretoria (Absa-Tuks)	28-Mar
43.01		Alme Coetzee	FS	110892	3	Durban	06-Apr
42.99		Carien Dreyer	GN	110192	4	Pretoria (Absa-Tuks)	28-Mar
42.75		Ursula Fourie	GN	300187	2	Stellenbosch	04-Apr
42.64		Estie van Staden	GW	150291	2	Durban	06-Apr

42.59	Yolanie Uys	FS	061192	5	Pretoria (Absa-Tuks)	28-Mar
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Hammer

54.21	Annemie Smith	SW	240392	1	Pretoria (Absa-Tuks)	27-Mar
53.52	Marizette Badenhorst	FS	070690	1	Stellenbosch	03-Apr
52.47	Karin le Roux	BO	260387	1	Parow	14-Feb
52.00	Marilize Coetzee	WP	271276	1	Bellville	21-Mar
49.90	Nadia Botha	FS	070891	2	Pretoria (Absa-Tuks)	27-Mar
49.43	Simone Viviers	EP	11-06-92	1	Bloemfontein	24-Oct
48.02	Tanya Treurnicht	CG	040184	1	Germiston	14-Feb
47.63	Magdaleen Louw	EP	040292	2	Durban	06-Apr
46.07	Leandri de Beer	CG	270289	3	Stellenbosch	03-Apr
45.51	Anneke Louw	EP	110391	2	Durban	06-Apr
44.91	Nanette Stapelberg	FS	110790	4	Stellenbosch	03-Apr
44.56	Angelina Rodriques de Franca	VT	190491	3	Pretoria (Absa-Tuks)	27-Mar

Javelin

65.43	Sunette Viljoen	CN	061083	1q	Belgrade	07-Jul
61.01	Justine Robbeson	CN	150585	1	Potchefstroom	21-Nov
55.83	Tazmin Brits	CN	080191	1	Potchefstroom	04-Mar
56.61	Gerlize de Klerk	CN	230389	2	Potchefstroom	07-Nov
50.77	Gezelle Bernard	Bor	150991	2	Durban	07-Apr
50.01	Rencia Fourie	CN	010290	2	Pretoria (Absa-Tuks)	27-Mar
49.55	Anzel van der Schyff	GN	190387	3	Potchefstroom	23-Jan
48.36	Mariska Botes	CN	061187	3	Potchefstroom	21-Nov
47.70	Leanke Steyn	FS	301090	1	Bloemfontein	14-Jan
47.51	Sonnika Knoetze	CN	180887	4	Potchefstroom	07-Oct
46.97	Liezel de Swardt	NW	090392	1	Pretoria (Absa-Tuks)	27-Mar
45.80	Leandri Swiegers	GN	240893	1	Pretoria	07-Nov
45.49	Allanah Crafford	NW	190791	3	Pretoria (Absa-Tuks)	27-Mar
44.30	Veronica Abrahamse	KZ	180880	5	Stellenbosch	03-Apr
42.00	Charlotte Olivier	GN		1	Pretoria (Absa-Tuks)	24-Jan

Heptathlon

4 687	Bianca Jantzen	GN	090690	1	Stellenbosch	3/4 Apr
	16.28, 1.71, 10.27, 26.95; 5.18, 28.53, 2:20.35					
4 523	Bianca Jantzen	GN	090690	1	Pretoria (Absa-Tuks)	27-28/3
	16.22 (2.6), 1.68, 10.45, 27.06 (-1.1); 5.24 (0.4), 27.35, 2:30.49					
4 404	Hannelie Kotze	LIM	220290	3	Pretoria (Absa-Tuks)	27-28Mar
	15.20 (2.6), 1.50, 8.70, 26.22 (-1.1); 5.54 (0.0), 30.46, 2:42.18					
4 148	Bianca Erasmus	GN	131089	2	Stellenbosch	13-14Mar
	15.76, 1.50, 8.55, 26.78, 5.71, 22.23, 2:44.13					
4 033	Nicola Offner	BO	230290	4	Pretoria (Absa-Tuks)	27-28/3
	18.63 (2.6), 1.55, 10.92, 28.08 (-1.1); 4.81, 41.60, 2:45.68					
4 112	Lani van Heerden	CN	011088	4	Stellenbosch	3/4 Apr
	16.93, 1.65, 8.94, 27.36; 4.46, 27.29, 2:27.26					
3 941	Lani van Heerden	CN	011088	4	Stellenbosch	13-14Mar
	17.78, 1.60, 8.28, 27.84, 4.86, 25.42, 2:27.23					
4 417	Marizca Gertenbach	CG	201082	2	Stellenbosch	3/4 Apr
	15.90, 1.74, 11.48, 28.17; 5.22, 28.89, 2:49.54					
3 842	Leandri Botha	FS			Pretoria (Absa-Tuks)	27-28Mar
	16.11 (2.6), 1.55, 7.59, 27.16 (-1.1); 5.12 (0.3), 19.03, 2:43.98					
3 401	Magda du Plessis	CN	141287	6	Stellenbosch	13-14Mar

	17.39, 1.55, 7.86, 28.80, 5.11, 20.77, 3:05.22						
3 352	Amore Kotze	CG	060589	7		Stellenbosch	13-14Mar
	18.96, 1.40, 10.41, 30.24, 4.38, 35.63, 2:51.88						
3 266	Danel Botes	CG	020689	7		Stellenbosch	3/4 Apr

4x100m

44.91	SA Students			4h1		Belgrade	11-Jul
	Thandi Vilakazi, Isabel le Roux, Carina Horn, Cindy Stewart						
45.54	Gauteng North A			1		Stellenbosch	14-Mar
	Isabel le Roux, Cheresse Jones, Carina Horn, Claudia Viljoen						
46.11	Univ. of Johannesburg			1		Stellenbosch	03-Apr
46.95	Boland			2		Stellenbosch	14-Mar
	Janet Wienand, Janice Josephs, Maryke Brits, Melissa Hewitt						
46.96	Central Gauteng			3		Stellenbosch	14-Mar
47.23	Eastern Province			4		Stellenbosch	14-Mar
47.38	KwaZulu Natal		u18	1	Pretoria (Absa-Tuks)		27-Mar
47.48	Gauteng North B			5		Stellenbosch	14-Mar
	Erika Kleynhans, Honorata Saar, Alet van Wyk, Wenda Theron						
47.49	North West North			6		Stellenbosch	14-Mar
	Maminyana Zulu, Rorisang Ramonnye, Sudia Smith, Tsholofelo Thipe						
47.50	Central Gauteng u18			2	Pretoria (Absa-Tuks)		27-Mar

4x400m

3.37.54	Gauteng North A			1		Stellenbosch	14-Mar
	Alet van Wyk, Estie Wittstock, Amanda Kotze, Eugenie Wicksell						
3.38.86	Gauteng North B			2		Stellenbosch	14-Mar
	Doné Vermaak, Caster Semenya, Wenda Theron, Licinda Liebenberg						
3.43.54	SA Team			1		Stellenbosch	27-Feb
	Amanda Kotze, Eugenie Wicksell, Alet van Wyk, Estie Wittstock						
3.43.99	Pretoria University (Tuks)			1		Stellenbosch	04-Apr
3.44.85	North West North			3		Stellenbosch	14-Mar
	Roné Reynecke, Sudia Smith, Rorisang Ramonnye, Tsholofelo Thipe						
3.45.80	Gauteng North u20			1	Pretoria (Absa-Tuks)		28-Mar
3.46.51	Central Gauteng			4		Stellenbosch	14-Mar
	Lebogang Phalula, Violet Raseboya, Lebo Phalula, Tihanna Vorster						
3.49.07	University of Johannesburg			2		Stellenbosch	04-Apr
3.49.93	North West North u20			2	Pretoria (Absa-Tuks)		28-Mar
3.50.00	Central Gauteng u20			3	Pretoria (Absa-Tuks)		28-Mar
	North West Univ. (Pukke)			3		Stellenbosch	04-Apr

5000m Walk

23:20.60	Susan Swanepoel	GN	100273	1		Germiston	06-Mar
26:13.4	Anel Oosthuizen	WC	220495	1		Durban	06-Apr
26:20.3	Alida Kruger	WC	020194	2		Durban	06-Apr
26:30.1	Inge Kotze	BO	211192	1		Stellenbosch	28-Feb
26:37.8	Ada Booyens	CG		1		Germiston	18-Apr
26:40.9	Zelda Schultz	BO	150292	2		Stellenbosch	28-Feb
26:58.47	Lindela Madikizela	WP		3		Parow	11-Feb
27:04.8	Robyn Paulse	WC	010395	3		Durban	06-Apr
27:06.17	Michelle Hopkins	CG	091188	2		Durban	06-Mar
27:10.48	Barbara Nell	CG	231054	2		Germiston	18-Apr

20km Road Walk

01:48:14	Nomsa Buthelezi	CG	120181	1	Stellenbosch	14-Mar
01:51:42	Michelle Hopkins	CG	091188	2	Stellenbosch	14-Mar
01:53:58	Barbara Nell	CG	231054	3	Stellenbosch	14-Mar
01:55:13	Leslie van Buuren	CG		1	Youngsfield	09-May
02:03:28	Siyabonga Phakathi	CG		3	Germiston	14-Feb
02:03:55	Yvonne Irschmer	KZ	200562	4	Stellenbosch	14-Mar
02:04:02	Ann McKenzie	KZ	020666	5	Stellenbosch	14-Mar
02:04:41	Yvonne Onderweegs	BO	151280	1	Bellville	21-Feb
02:04:54	Khethiwe Memela	KZ	020166	6	Stellenbosch	14-Mar
02:05:40	Jo-Ann Williams	KZ	100289	7	Stellenbosch	14-Mar

20000m Track Walk

01:59:10	Nomsa Buthelezi	CG	120181	1	Germiston	14-Feb
02:02:08	Barbara Nell	CG	231054	2	Germiston	14-Feb
2:03.28.3	Siyabonga Phakathi	CG		3	Germiston	14-Feb
02:04:41	Maria Ghisleni	CG		4	Germiston	14-Feb

ends**56 athletes**

