



ATHLETICS 2014

South African Track and Field Annual/Suid Afrikaanse Baan en Veld Jaarboek

ATLETIEK 2014

This Track and Field Annual is dedicated to the memory of

Gert le Roux
1935 - 2013





Helene Swanepoel: Gold Meda 400m Hurdles 8th IAAF World Youth Championships, Dontesk, Ukraine

TRACK AND FIELD RECORDS

W - World	SA U23 - SA U23 Best	WYB - World Youth Best
C - Commonwealth	WJ - World Junior	SAY - SA Youth
A - Africa	AJ - Africa Junior	SA SYB - SA Sub-Youth Best (Unofficial)
SA - South African	SAJ - SA Junior	

MEN

100 METRES

W, C	9.58	0.9 Usain Bolt	JAM	Berlin	16-Aug	2009
A	9.85	1.7 Olusoji Fasuba	NGR	Doha	12-May	2006
SA	10.06	2.0 Johan Rossouw		Johannesburg	23-Apr	1988
	10.06	1.8 Simon Magakwe		Johannesburg	27-Apr	2012
WJ	10.01	0.0 Darrel Brown	TRI	Paris	24-Aug	2003
		0.9 Yoshohide Kiryu	JPN	Hiroshima	29-Apr	2013
AJ	10.05	1.0 Davidson Ezinwa	NGR	Bauchi	04-Jan	1990
SAJ	10.19	1.3 Akani Simbine		Lusaka	11-Dec	2012
WYB	10.19	0.5 Yoshohide Kiryu	JPN	Fukaroi	03-Nov	2012
SAY	10.36	0.2 Leigh Julius		Pretoria	14-Apr	2002
SA SYB	10.88	1.4 Kyle Appel		Pretoria	04-Apr	2013
		Ruan Dams		Pretoria	04-Apr	2013

200 METRES

W, C	19.19	-0.3 Usain Bolt	JAM	Berlin	20-Aug	2009
SA	20.11	-0.8 Morne Nagel		Germiston	05-Apr	2002
WJ	19.93	1.4 Usain Bolt	JAM	Devonshire, BER	11-Apr	2004
AJ, SAJ	20.16	-0.2 Riaan Dempers		Germiston	07-Apr	1995
WYB	20.13	0.0 Usain Bolt	JAM	Bridgetown	20-Jul	2003
SAY	20.79	0.2 Leigh Julius		Pretoria	13-Apr	2002
SA SYB	21.34	1.2 Kyle Appel		Bellville	09-Nov	2013

400 METRES

W	43.18	Michael Johnson	USA	Seville	26-Aug	1999
A	44.10	Gary Kikaya	COD	Stuttgart	09-Sep	2006

C	44.17	Innocent Egbunike	NGR	Zurich	19-Aug	1987
SA	44.59	Arnaud Malherbe		Roodepoort	19-Mar	1999
	44.59	Hendrik Mokganyetsi		Yokohama	09-Sep	2000
WJ	43.87	Steve Lewis	USA	Seoul	28-Sep	1988
AJ, SAJ	45.15	Riaan Dempers		Secunda	06-May	1994
WYB	45.14	Obea Moore	USA	Santiago de Chile	02-Sep	1995
SAY	45.15	Riaan Dempers		Secunda	06-May	1994
SA SYB	47.75	Thabo Thobelangope		Johannesburg	29-Mar	1996

800 METRES

W, A	1:40.91	David Rudisha	KEN	London	08-Aug	2012
C	1:41.73	Sebastian Coe	GBR	Firenze	10-Jun	1981
SA	1:42.69	Hezekiel Sepeng		Brussels	03-Sep	1999
WJ, AJ	1:41.73	Nijel Amos	BOT	London	08-Aug	2012
SAJ	1:45.46	Hezekiel Sepeng		Stuttgart	15-Aug	1993
WYB	1:43.37	Mohammed Aman	ETH	Rieti	10-Sep	2011
SAY	1:47.67	Mandla Nkosi		Pretoria	29-Jan	1999
SA SYB	1:52.83	Mandla Nkosi		Johannesburg	25-Mar	1997

1000 METRES

W, C, A	2:11.96	Noah Ngeny	KEN	Rieti	05-Sep	1999
SA	2:15.86	Mbulaeni Mulaudzi		Stockholm	07-Aug	2007
WJ, AJ	2:15.00	Benjamin Kipkurui	KEN	Nice	17-Jul	1999
SAJ	2:20.21	Clyde Colenso		Sydney	17-Aug	1996

1500 METRES

W, A	3:26.00	Hicham El Guerrouj	MAR	Rome	14-Jul	1998
C	3:26.34	Bernard Lagat	KEN	Brussels	24-Aug	2001
SA	3:31.93	Johan Cronje		Rieti	08-Sep	2013
WJ, AJ	3:30.24	Cornelius Chirchir	KEN	Monaco	19-Jul	2002
SAJ	3:38.15	Dumisane Hlaselo		Stellenbosch	14-Mar	2008
WYB	3:33.72	Nicolas Kiptunui Kemboi	KEN	Zurich	18-Aug	2006
SAY	3:42.92	Hans van der Veen		Port Elizabeth	11-Dec	1982
SA SYB	3:54.82	Mandla Maseko		Durban	02-Mar	2001

1 MILE

W, A	3:43.13	Hicham El Guerrouj	MAR	Rome	07-Jul	1999
SA	3:50.82	Johan Fourie		Port Elizabeth	11-Mar	1987
WJ, AJ	3:49.29	William Biwott Tanui	KEN	Oslo	03-Jul	2009
SAJ	3:58.15	Jacques van Rensburg		Port Elizabeth	11-Mar	1987
SAY	4:07.20	Marius-Hugo Schlechter		Cape Town	17-Mar	1982

2000 METRES

W, A	4:44.79	Hicham El Guerrouj	MAR	Berlin	07-Sep	1999
SA	4:56.41	Johan Fourie		Stellenbosch	22-Apr	1985
WJ, AJ	4:56.86	Isaac Songok	KEN	Berlin	31-Aug	2001
SAJ	5:07.31	Jacques van Rensburg		Bloemfontein	09-Mar	1987
SAY	5:18.10	Hansie van der Mescht		Port Elizabeth	21-Nov	1987

3000 METRES

W, C, A	7:20.67	Daniel Komen	KEN	Rieti	01-Sep	1996
SA	7:41.06	Juan van Deventer		Stockholm	21-Jul	2008
WJ, AJ	7:28.78	Augustine K. Choge	KEN	Doha. QAT	13-May	2005
SAJ	8:00.53	Aaron Gabonewe		Pietersburg	03-Apr	1996
WYB	7:32.37	Abreham Cherkos	ETH	Lausanne	11-Jul	2006
SAY	8:08.57	Hans van der Veen		Stellenbosch	25-Apr	1983
SA SYB	8:28.89	Mandla Maseko		Durban	03-Mar	2000

5000 METRES

W, A	12:37.35	Kenenisa Bekele	ETH	Hengelo	31-May	2004
C	12:39.74	Daniel Komen	KEN	Brussels	22-Aug	1997
SA	13:14.16	Shadrack Hoff		Gateshead	02-Jul	1995
WJ, AJ	12:52.61	Eliud Kipchoge	KEN	Oslo	27-Jun	2003
SAJ	13:26.88	Terry Thornton		Stellenbosch	08-Nov	1986

10000 METRES

W, A	26:17.53	Kenenisa Bekele	ETH	Brussels	26-Aug	2005
C	26:27.85	Paul Tergat	KEN	Brussels	22-Aug	1997
SA	27:29.94	Hendrick Ramaala		Port Elizabeth	22-Feb	1999
WJ, AJ	26:41.75	Samuel Wanjiru	KEN	Brussels	26-Aug	2005

SAJ	28:50.94	Meck Mothuli		Port Elizabeth	17-May	1993
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1500 METRES STEEPLECHASE

SA SYB	4:31.39	Frans Motsopye		Durban	13-Apr	2003
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2000 METRES STEEPLECHASE

WYB	5:19.99	Meresa Kahsay	ETH	Donetsk	12-Jul	2013
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SAY	5:43.30	Donney Danster		Oudtshoorn	10-Dec	2009
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3000 METRES STEEPLECHASE

W	7:53.63	Saif Saeed Shaheen	QAT	Brussels	03-Sep	2004
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A	7:55.28	Brahim Boulami	MAR	Brussels	24-Aug	2001
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C	7:55.72	Bernard Barmasai	KEN	Cologne	24-Aug	1997
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SA	8:11.50	Ruben Ramolefi		Daegu	28-Aug	2011
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WJ, AJ	7:58.66	Stephen Cheronu	KEN	Brussels	24-Aug	2001
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SAJ	8:30.29	Anton Nicolaisen		Durban	07-Dec	1987
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100 METRES HURDLES (80cm)

SA SYB	12.91	0.5 Hercules Venter		Germiston	22-Mar	2002
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110 METRES HURDLES (1.067m)

W	12.87	0.9 Dayron Robles	CUB	Ostrava	12-Jun	2008
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C	12.91	0.5 Colin Jackson	GBR	Stuttgart	20-Aug	1993
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A, SA	13.24	0.3 Lehann Fourie		Bruxelles	07-Aug	2012
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WJ	13.12	1.6 Xiang Liu	CHN	Lausanne	02-Jul	2002
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SAJ	13.82	1.4 Ruan de Vries		Pretoria	06-Nov	2004
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	13.82	-0.8 Ruan de Vries		Potchefstroom	04-Feb	2005
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SAJ, AJ (99.	13.51	0.0 Tiaan Smit		Pretoria	05-Apr	2013
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Under 18 (91.4cm)

WYB	13.12	0.8 Wilhem Belocian	FRA	Lens	21-Jul	2012
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SAY	13.35	0.2 Marthinus van der Vyver		Debrecen	14-Jul	2001
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300 METRES HURDLES (76cm)

SA SYB	35.56	LJ van Zyl		Malaga		2001
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400 METRES HURDLES (91.4cm)

W	46.78	Kevin Young	USA	Barcelona	06-Aug	1992
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C, A	47.10	Samuel Matete	ZAM	Zurich	07-Aug	1991
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SA	47.66	LJ van Zyl		Pretoria	25-Feb	2011
	47.66	LJ van Zyl		Ostrava	31-May	2011
WJ	48.02	Danny Harris	USA	Los Angeles	17-Jun	1984
AJ, SAJ	48.76	Llewellyn Herbert		Pretoria	08-Apr	1996
WYB, SAY	48.89	LJ van Zyl		Kingston	17-Jul	2002

4 x 100 METRES RELAY

W, C	36.84	Jamaica		London	11-Aug	2012
A	37.94	Nigeria		Athens	09-Aug	1997
SA	38.47	SA National team		Edmonton	12-Aug	2001
		Morne Nagel, Corne du Plessis, Lee-Roy Newton, Mathew Quinn				
WJ	38.66	United States		Grosseto	18-Jul	2004
AJ	39.51	Ivory Coast		Boake, CIV	22-Jul	1995
SAJ	39.59	South African Junior Team		Bydgoszcz	11-Jul	2008
		Johannes Mosala, Roscoe Engel, Patrick Vosloo, Wilhel van der Vyver				
SAY	41.00	SA National Youth Team		Douglas	11-Sep	2011
		Andries vd Merwe, Pieter Conradie, Constant Pretorius, Bradley Britz				

4 x 200 METRES RELAY

SA	1:22.06	S A National Team		Port Elizabeth	01-Mar	2002
		Marcus la Grange, Matthew Quinn, Josef van der Linde, Paul Gorries				

4 x 400 METRES RELAY

W	2:54.29	United States		Stuttgart	22-Aug	1993
A	2:58.68	Nigeria		Sydney	30-Sep	2000
C	2:56.60	GB & NI		Atlanta	03-Aug	1996
SA	2:59.21	S A National Team		Daegu	01-Sep	2011
		Oscar Pistorius, Wille de Beer, Shane Victor, Offentse Magawane				
WJ	3:01.09	United States		Grosseto	18-Jul	2004
AJ, SAJ	3:04.50	South Africa		Grosseto	18-Jul	2004
		Wouter le Roux, Chris Gebhardt, Leigh Julius, LJ van Zyl				
SAY	3:14.19	SA Schools Team		Shanghai	17-Oct	1998
		Mark van Soest, Jako Burgers, Daniel Mahlangu, Mandla Nkosi				

4 x 800 METRES RELAY

W	7:02.43	Kenya		Brussels	25-Aug	2006
SA	7:40.70	RSA Invitation Team		Stuttgart	06-Jun	1996

Gideon van Oudtshoorn, Hezekiel Sepeng, Jurgens Kotze, Johan Botha

4 x 1500 METRES RELAY

W, A	14:36.2	Kenya		Brussels	04-Sep	2009
SA	14:50.82	RSA Invitation Team		Port Elizabeth	15-Oct	1984

Mathews Temane, Deon Brummer, Henning Gericke, Johan Fourie

1000 METRES RELAY (100, 200, 300, 400m)

WY	1:50.46	Poland		Debrecen	15-Jul	2001
SAY	1:51.35	SA Youth Team		Debrecen	15-Jul	2001

Emile Britz, Martinus van der Vyver, Leigh Julius, LJ van Zyl

HIGH JUMP

W	2.45	Javier Sotomayor	CUB	Salamanca	27-Jul	1993
C	2.38	Troy Kemp	BAH	Nice	17-Jul	1995
C, A, SA	2.38	Jacques Freitag		Oudtshoorn	05-Mar	2005
WJ	2.37	Dragutin Topic	YUG	Plovdiv	12-Aug	1990
	2.37	Steve Smith	GBR	Seoul	20-Sep	1992
AJ, SAJ	2.31	Jacques Freitag		Rehlingen	04-Jun	2001
WYB	2.33	Javier Sotomayor	CUB	La Habana	19-May	1984
SAY	2.25	Jacques Freitag		Pretoria	01-Jul	1999
SA SYB	2.00	Johann Hanekom		Germiston	07-Nov	2001
	2.00	Heinrich Kuhn		Bellville	01-Dec	2005

POLE VAULT

W	6.14	Sergey Bubka	UKR	Sestriere	31-Jul	1994
C	6.05	Dmitri Markov	AUS	Edmonton	09-Aug	2001
A, SA	6.03	Okkert Brits		Cologne	18-Aug	1995
WJ	5.80	Maksim Tarasov	RUS	Bryansk	14-Jul	1989
	5.80	Raphael Holzdeppe	GER	Biberach	28-Jun	2008
AJ, SAJ	5.50	Cheyne Rahme		Germiston	10-Apr	2010
WYB	5.51	Germain Chiaraviglio	ARG	Porto Alegre	01-May	2004
SAY	5.20	Cheyne Rahme		Pretoria (Absa-Tuks)	19-Apr	2008

	5.20	Cheyne Rahme		Pune, India	15-Oct	2008
SA SYB	4.60	Cheyne Rahme		Pretoria	29-Oct	2005
LONG JUMP						
W	8.95	0.3 Mike Powell	USA	Tokyo	30-Aug	1991
C	8.62	0.7 James Beckford	JAM	Orlando	05-Apr	1997
A, SA	8.50	1.3 Khotso Mokoena		Madrid	05-Jul	2009
WJ	8.35	1.1 Sergei Morgunov	RUS	Chebksary	20-Jun	2012
AJ, SAJ	8.19	1.5 Luvo Manyonga		Bottrop	10-Jul	2010
WYB	8.25	1.9 Luis Alberto Bueno	CUB	La Habana	26-Sep	1986
SAY	7.82	0.0 Khotso Mokoena		Pretoria	15-Jun	2002
SA SYB	7.27	1.0 Stefan Brits		Pretoria	13-Apr	2007
TRIPLE JUMP						
W, C	18.29	1.3 Jonathan Edwards	GBR	Goteborg	07-Aug	1995
A	17.37	2.0 Tareq Bougtaib	MAR	Khemisset	14-Jul	2007
SA	17.25	1.3 Khotso Mokoena		Durban	16-Apr	2005
WJ	17.50	0.3 Volker Mai	GER	Erfurt	23-Jun	1985
AJ, SAJ	16.96	1.7 Khotso Mokoena		Bloemfontein	03-Apr	2004
WYB	16.89	Junjie Gu	CHN	Guangzhou	25-Aug	2000
SAY	16.03	0.5 Khotso Mokoena		Pretoria	14-Sep	2002
SA SYB	14.51	0.5 Ntokoza Mbokazi		Rustenburg	29-Mar	2008
SHOT PUT (7.26kg)						
W	23.12	Randy Barnes	USA	Los Angeles	20-May	1990
C, A, SA	21.97	Janus Robberts		Eugene	02-Jun	2001
Juniors (6kg)						
WJ	22.73	David Stoll	GER	Osterode	14-Jul	2009
SAJ	20.50	Janus Robberts		Naboomspruit	18-Oct	1997
Youth 5kg)						
WYB	24.48	Jacko Gill	NZ	Auckland	19-Dec	2011
SAY	21.15	Janus Robberts		Naboomspruit	19-Oct	1996
Sub Youth (4kg)						
SA SYB	20.22	Donovan Stebbing		Naboomspruit	13-Oct	2007

DISCUS THROW (2kg)

W	74.08	Jurgen Schult	GER	Neubrandenburg	06-Jun	1986
C, A, SA	70.32	Frantz Kruger		Salon de Provence	26-May	2002

Juniors (1.75kg)

WJ	70.13	Mykyta Nesterenko	UKR	Halle	24-May	2008
AJ	65.88	Omar Ahmed El Ghazaly	EGY	Cairo	07-Nov	2003
SAJ	63.94	Victor Hogan		Pretoria (Absa-Tuks)	19-Apr	2008

Youth (1.5kg)

WYB	77.50	Mykyta Nesterenko	UKR	Kylv	19-May	2008
SAY	67.44	Gerhard de Beer		Douglas	10-Sep	2011

Sub Youth (1kg)

SA SYB	65.75	Patrick Duvenhage		Potchefstroom	23-Nov	2013
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HAMMER THROW (7.26kg)

W	86.74	Yuriy Sedykh	RUS	Stuttgart	30-Aug	1986
C, A, SA	80.63	Chris Harmse		Durban	15-Apr	2005

Juniors (6kg)

WJ	82.97	Javier Cienfuegos	ESP	Madrid	17-Jun	2009
SAJ	81.04	Werner Smit		Bellville	29-Mar	2003

Youth (5kg)

WYB	85.26	Ashraf Amgad Elseify	QAT	Rhede	20-Jul	2011
SAY	79.79	Werner Smit		Bellville	15-Mar	2001

Sub Youth (4kg)

SA SYB	72.74	Jacques Koen		Port Elizabeth	28-Mar	1998
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JAVELIN THROW (800g)

W	98.48	Jan Zelezny	CZE	Jena	25-May	1996
C	91.46	Steve Backley	GBR	Auckland	25-Jan	1992
A, SA	88.75	Marius Corbett		Kuala Lumpur	21-Sep	1998
WJ	83.87	Andreas Thorkildsen	NOR	Bergen	07-Jun	2001
AJ, SAJ	83.07	Robert Oosthuizen		Beijing	19-Aug	2006

Youths (700g)

WYB	89.34	Braian Toledo	ARG	Mar de Plata	06-May	2010
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SAY	83.16	Morne Moolman		Lille	09-Jul	2011
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Sub Youth (600g)

SA SYB	80.50	Robert Oosthuizen		Parow	20-Dec	2002
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DECATHLON

W	9 039	Ashton Eaton	USA	Eugene	24 June	2012
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C	8 847	Daley Thompson	GBR	Los Angeles	8/9 Sep	1984
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A, SA	8 343	Willem Coertzen		Moscow	0/11 Aug	2013
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Juniors (Under 20) (with senior implements)

WJ	8 397	Torsten Voss	GER	Erfurt	6/7 Jul	1982
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AJ	7 548	Hamdi Dhouibi	TUN	Ottawa	20/21 Jul	2001
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SAJ	7 380	Gert Swanepoel		Potchefstroom	5/26 Jun	2010
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OCTATHLON

WYB	6 491	Jake Stein	AUS	Lille, France	6/7 Jul	2011
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SAY	6 291	Friedrich Pretorius		Port Elizabeth	1/12 Apr	2012
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WALKING (ROAD)

10 km

WJ	39:57	Aleksey Barchaykin	RUS	Halle	10-May	2008
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SAJ	44:53	Thinus Esterhuizen		Oudtshoorn	17-Jul	2004
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20 km

W	1:17:16	Vladimir Kanaykin	RUS	Saransk	29-Jul	2007
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A	1:19:02	Hatem Ghoula	TUN	Eissenhutzenstadt	10-May	1997
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C	1:17:33	Nathan Deakes	AUS	Cixi, CHN	23-Apr	2005
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SA	1:22:21	Chris Britz		Eissenhutzenstadt	11-May	1996
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WJ	01:18:06	Victor Burayev	RUS	Adler	04-Mar	2001
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SAJ	01:36:48	Jesse Hutchinson		Germiston	20-Mar	1965
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50 km

W, C	3:34:14	Denis Nizhegorodov	RUS	Cheboksary	11-May	2008
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C	3:35:47	Nathan Deakes	AUS	Geelong	02-Dec	2006
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A, SA	3:55:32	Marc Mundell		London	11-Sep	2012
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WALKING (TRACK)

3000 m

SA	11:27.2	Chris Britz		Pretoria	29-Apr	1989
SAJ	12:31.9	Clive Kumalo		Durban	24-Oct	1987

5000 m

SA	19:29.94	Chris Britz		Pietersburg	27-Mar	1997
SAJ	21:32.4	Carl Meyer		Port Elizabeth	10-Apr	1976
SAY	22:39.41	Armond Nel		Bellville	26-Oct	2007
SA SYB	23:28.84	Pierre Vermaak		Potchefstroom	23-Nov	2013

10000 m

A	38:24.31	Hatem Ghoula	TUN	Tunis	30-May	1995
SA	40:32.78	Chris Britz		Krugersdorp	10-Apr	1995
WJ	38:46.4	Victor Burayev	RUS	Moscow	20-May	2000
AJ	42:06.0	Hatem Ghoula	TUN	Tunis	01-May	1992
SAJ	44:23.12	Andre de Wet		Kaapstad	04-Apr	1992
SAY	46:14.72	Jacobus van Dyk		Bellville	27-Apr	2002

20000 m

W	1:17:25.6	Bernardo Segura	MEX	Fana-Bergen	07-May	1994
A	1:22:51.8	Hatem Ghoula	TUN	Leutkirch	08-Sep	1994
C	1:19:48.1	Nathan Deakes	AUS	Brisbane	04-Sep	2001
WJ	1:21:29.2	Viktor Burayev	RUS	Brisbane	04-Sep	2001
SA	1:24:51.0	Stanley Valentine		Port Elizabeth	01-May	1989

WOMEN

100 METRES

W	10.49	0.0 Florence Griffith-Joyner	USA	Indianapolis	16-Jul	1988
C	10.74	1.3 Merlene Ottey	JAM	Milan	07-Sep	1996
A	10.79	1.1 Blessing Okagbare	NGR	London	27-Jul	2013
SA	11.06	1.0 Evette de Klerk		Germiston	20-Apr	1990
WJ	10.88	2.0 Marlies Oelsner/Gohr	GER	Dresden	01-Jul	1977
AJ	11.11	1.1 Joan Uduak Ekah	NGR	Lausanne	02-Jul	1999
SAJ	11.25	1.2 Marcel Winkler		Pretoria	29-Apr	1989
WYB	11.13	2.0 Chandra Cheeseborough	USA	Eugene	21-Jun	1976

SAY	11.54	Mari-Lise Furstenberg		Pretoria	05-Nov	1983
SA SYB	11.72	1.5 Bevin Smith		Pretoria	07-Apr	2006

200 METRES

W	21.34	1.3 Florence Griffith-Joyner	USA	Seoul	29-Sep	1988
C	21.64	0.8 Merlene Ottey	JAM	Brussels	13-Sep	1991
A	22.07	-0.1 Mary Onyali	NGR	Zurich	14-Aug	1996
SA	22.06	0.7 Evette de Klerk		Pietersburg	08-Apr	1989
WJ	22.18	0.8 Allyson Felix	USA	Athens	25-Aug	2004
AJ	22.52	1.2 Mary Onyali	NGR	Rome	30-Sep	1987
SAJ	22.76	Evette de Klerk		Sasolburg	21-Apr	1984
WYB	22.58	0.8 Marion Jones	USA	New Orleans	28-Jun	1992
SAY	23.30	2.0 Evette de Klerk		Pretoria	02-Apr	1982
SA SYB	24.20	0.1 Bevin Smith		Pretoria	08-Apr	2006

400 METRES

W	47.60	Marita Koch	GER	Canberra	06-Oct	1985
OG	48.25	Marie-Jose Perec	FRA	Atlanta	29-Jul	1996
C	48.63	Kathy Freeman	AUS	Atlanta	29-Jul	1996
A	49.10	Faililat Ogunkoya	NGR	Atlanta	29-Jul	1996
SA	50.05	Heide Seyerling		Sydney	25-Sep	2000
WJ	49.42	Grit Breuer	GER	Tokyo	27-Aug	1991
AJ	50.59	Fatima Yusuf	NGR	Budapest	05-Aug	1990
SAJ	51.87	Justine Palframan		Barcelona	13-Jul	2012
WYB	50.01	Ling Li	CHN	Shangai	18-Oct	1997
SAY	52.88	Justine Palframan		Manzini	17-Dec	2010
SA SYB	53.87	Helena de Villiers		Port Elizabeth	02-Apr	1988

800 METRES

W	1:53.28	Jarmila Kratochvilova	CZE	Munich	26-Jul	1983
OG	1:53.43	Nadezhda Olisarenko	UKR	Moscow	27-Jul	1980
C, A, WJ, A.	1:54.01	Pamela Jelimo	KEN	Zurich	29-Aug	2008
SA, SAJ	1:55.45	Caster Semenya		Berlin	19-Aug	2009
WYB	1:57.18	Yuwan Wang	CHN	Beijing	08-Sep	1993

SAY	2:02.57	Monique Stander		Pretoria (Absa Tuks)	20-Apr	2012
SA SYB	2:05.60	Helena de Villiers		Sasolburg	26-Mar	1988
1000 METRES						
W	2:28.98	Svetlana Masterkova	RUS	Brussels	23-Aug	1996
A	2:29.34	Maria Mutola	MOZ	Brussels	25-Aug	1995
C	2:32.82	Kelly Holmes	GBR	Sheffield	23-Jul	1995
SA	2:37.20	Ilze de Kock-Wicksell		Bloemfontein	07-Feb	1983
SAY	2:52.65	Thato Makafola		Singapore	23-Aug	2010
1500 METRES						
W	3:50.46	Yunxia Qu	CHN	Beijing	11-Sep	1993
A	3:55.30	Hassiba Boulmerka	ALG	Barcelona	08-Aug	1992
C	3:57.41	Jackline Maranga	KEN	Monaco	08-Aug	1996
SA	4:01.81	Zola Budd		Port Elizabeth	21-Mar	1984
WJ	3:51.34	Lang Yinglai	CHN	Shanghai	18-Oct	1997
AJ	3:59.60	Gelete Burka	KEN	Lausanne	03-Jul	1996
SAJ	4:01.81	Zola Budd		Port Elizabeth	21-Mar	1984
WYB	3:54.52	Ling Zhang	CHN	Shanghai	18-Oct	1997
SAY	4:06.90	Zola Budd		Bloemfontein	28-Oct	1983
SA SYB	4:18.80	Stephanie Gerber		Stellenbosch	14-Nov	1981
1 MILE						
W	4:12.56	Svetlana Masterkova	RUS	Zurich	14-Aug	1996
C, WJ	4:17.57	Zola Budd (Pieterse)	GBR	Zurich	21-Aug	1985
A	4:20.79	Hassiba Boulmerka	ALG	Oslo	06-Jul	1991
SA	4:23.38	Zola Budd (Pieterse)	RSA	Port Elizabeth	04-Mar	1991
2000 METRES						
W	5:25.36	Sonia O'Sullivan	IRL	Edinburgh	08-Jul	1994
C	5:26.93	Yvonne Murray	GBR	Edinburgh	08-Jul	1994
A	5:31.52	Vivian Cheruiyot	KEN	Eugene	07-Jun	2009
SA	5:38.07	Zola Budd		Cape Town	08-Apr	1991
WJ	5:33.15	Zola Budd	GBR	London	13-Jul	1984
SAJ	5:53.25	Marjorie van der Merwe		Stellenbosch	08-Nov	1986

3000 METRES

W	8:06.11	Junxia Wang	CHN	Beijing	13-Sep	1993
A	8:23.23	Edith Masai	KEN	Monaco	19-Jul	2002
C	8:26.97	Paula Radcliffe	GBR	Rome	29-Jun	2001
SA	8:32.00	Elana Meyer		Durban	29-Apr	2001
WJ	8:28.83	Zola Budd	GBR	Rome	07-Sep	1985
AJ	8:35.89	Sally Barsosio	KEN	Monaco	16-Aug	1997
SAJ	8:37.50	Zola Budd		Stellenbosch	29 Feb	1984
WYB	8:36.45	Ningning Ma	CHN	Jinan	06-Jun	1993
SAY	8:39.00	Zola Budd		Durban	02-Apr	1983
SA SYB	9:14.45	Stephanie Gerber		Stellenbosch	20-Apr	1981

5000 METRES

W, A	14:11.15	Tirunesh Dibaba	ETH	Oslo	06-Jun	2008
C	14:22.51	Vivian Cheruiyot	KEN	Oslo	15-Jun	2007
SA	14:44.05	Elana Meyer		Hechtel	22-Jul	1995
WJ, AJ	14:30.88	Tirunesh Dibaba	ETH	Bergen	11-Jun	2004
SAJ	15:01.83	Zola Budd		Stellenbosch	05-Jan	1984

10000 METRES

W	29:31.78	Junxia Wang	CHN	Beijing	08-Sep	1993
C, A	29:53.80	Meselech Melkamu	ETH	Utrecht	14-Jun	2009
WJ, AJ	30:26.50	Linet Masai	KEN	Beijing	15-Aug	2008
SAJ	30:52.51	Elana Meyer		London	10-Sep	1994

2000 METRES STEEPLECHASE

WYB	6:11.83	Korahubsh Itaa	ETH	Bressanone	10-Jul	2009
SAY	6:48.96	Tiffani Bell		East London	21-Mar	2013

3000 METRES STEEPLECHASE

W	8:58.81	Gulnara Galkina-Samitova	RUS	Beijing	17-Aug	2008
C, A	9:07.41	Eunice Jepkorir	KEN	Beijing	17-Aug	2008
SA	9:54.19	Tebogo Masehla		Ordegem	04-Jun	2011
WJ	9:24.51	Ruth Bisibori Nyangu	KEN	Daegu	03-Oct	2007
SAJ	10:35.17	Masello Moekoa		Durban	17-Apr	2004

100 METRES HURDLES (84cm)

W	12.21	0.7	Yordanka Donkova	BUL	Stara Zagora	20-Aug	1988
C, A	12.44	0.4	Glory Alozie	NGR	Monaco	08-Aug	1998
SA	12.94	1.8	Corien Botha		Salamanca	10-Jul	1998
WJ	12.84	1.5	Aliuska Lopez	CUB	Zagreb	16-Jul	1987
AJ	13.23	1.5	Hope Obika	NGR	Provo	03-Jun	1989
SAJ	13.47	1.7	Arnell Jacobs		Bloemfontein	04-Apr	1997

100 METRES HURDLES (76.2cm)

WYB	12.94	0	Yanique Thompson	JAM	Donetsk	11-Jul	2013
SAY	13.24	1.0	Ilse Ras		Pretoria	02-Apr	1982

90 METRES HURDLES (76.2cm)

SA SYB	12.64	-1.0	Mariska van Driel		Durban	13-Apr	2003
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300 METRES HURDLES

SA SYB	41.36		Chantelle Terblanche		Durban	18-Mar	2000
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400 METRES HURDLES

W	52.34		Yuliya Pechonkina	RUS	Tula	08-Aug	2003
C	52.64		Melaine Walker	JAM	Beijing	20-Aug	2008
A	52.90		Nezha Bidouane	MAR	Seville	25-Aug	1999
SA	53.74		Myrtle Bothma		Johannesburg	18-Apr	1986
WJ	54.40		Xing Wang	CHN	Nanjing	21-Oct	2005
AJ, SAJ	55.74		Myrtle Bothma		Bloemfontein	16-Apr	1983
WYB	55.20		Leslie Maxie	USA	San Jose	09-Jun	1984
SAY	58.08		Helene Swanepoel		Donetsk	13-Jul	2013

4 x 100 METRES RELAY

W	41.37		GDR (East Germany)		Canberra	6 Oct	1985
A	42.39		Nigeria		Barcelona	07-Aug	1992
C	41.73		Jamaica		Athens	27-Aug	2004
SA	43.25		South African Team		Pietersburg	18-Mar	2000
			Wendy Hartman, Dikeledi Moropane, Susanna Holtshausen, Heide Seyerling				
WJ	43.29		Team USA (Blue)		Eugene	08-Aug	2006
AJ	43.44		Nigeria		Nairobi	09-Aug	1987

SAJ	45.07	Northern Transvaal	Pretoria	31-Mar	1984
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Ilse Ras, Mari-Lise Furstenberg, Edith Otterman, Evette de Klerk

SAY	45.62	Northern Transvaal	Pretoria	30-Apr	1982
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Edith Otterman, Mari-Lise Furstenberg, Karen Kruger, Karen Engelbrecht

4 x 200 METRES RELAY

SA	1:32.72	SA Invitation Team	Bloemfontein	09-Mar	1987
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Ina van Rensburg, Mari-Lise Furstenberg, Evette de Klerk, Maryke Doubell

4 x 400 METRES RELAY

W	3:15.17	URS (Russia)	Seoul	01-Oct	1988
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A	3:21.04	Nigeria	Atlanta	03-Aug	1996
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C	3:19.73	Jamaica	Osaka	02-Sep	2007
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SA	3:30.12	South Africa	Brazzaville	18-Jul	2004
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Surita Febbraio, Adri Schoeman, Heide Seyerling, Estie Wittstock

WJ	3:27.60	United States	Grosseto	18-Jul	2005
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AJ	3:30.84	Nigeria	Beijing	20-Aug	2006
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SAJ	3:37.93	SA National Junior Team	Lisbon	14-Jul	1994
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Yolandi Venter, Mari-L Henning, Adri van der Merwe, Ronelle Ullrich

4 x 800 METRES RELAY

SA	8:19.47	SA Invitation Team	Johannesburg	13-Feb	1985
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Helga van Wermeskerken, Emyntrude Vermeulen, Yvonne Goosen, Elize Fouche

YOUTH 1000M MEDLEY RELAY

WYB	2:03.42	Jamaica	Lille	10-Jul	2011
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SAY	2:10.48	SA National Youth Team	Lille	09-Jul	2011
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Liezl Hechter, Phillipa vd Merwe, Stephanie Wicksell, Izelle Neuhoff

HIGH JUMP

W	2.09	Stefka Kostadinova	BUL	Rome	30-Aug	1987
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A, C, SA	2.06	Hestrie Cloete	Saint-Denis	31-Aug	2003
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WJ	2.01	Olga Turchak	KZK	Moscow	07-Jul	1986
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	2.01	Heike Balck	GER	Karl-Marx-Stadt	18-Jun	1989
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AJ	1.94	Hestrie Storbeck	Tata	22-Jul	1997
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SAJ, SAY	1.96	Charmaine Gale	Bloemfontein	04-Apr	1981
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WYB	1.96	Charmaine Gale		Bloemfontein	04-Apr	1981
	1.96	Olga Turchak	URS	Donetsk	07-Sep	1984
	1.96	Eleanor Patterson	AUS	Townsville	07-Dec	2013
SA SYB	1.85	Nicolize Steyn		Johannesburg	26-Oct	1996
		Julia du Plessis		Potchefstroom	05-Nov	2011

POLE VAULT

W	5.06	Yelena Isinbayeva	RUS	Zurich	28-Aug	2009
C	4.60	Emma George	AUS	Sydney	20-Feb	1999
A, SA	4.42	Elmarie Gerrys		Wesel, GER	12-Jun	2000
WJ	4.48	Silke Spiegelburg	GER	Munster, GER	25-Aug	2005
AJ	4.10	Syrine Balti	TUN	Madrid	20-Sep	2002
SAJ	4.05	Annelie van Wyk		Bloemfontein	01-Feb	2002
WYB	4.47	Angelica Bengtsson	SWE	Moscow	22-May	2010
SAY	3.95	Annelie van Wyk		Bellville	10-Mar	2001
SA SYB	3.75	Sylma Jordaan		Parow	05-Dec	2000

LONG JUMP

W	7.52	1.4 Galina Chistyakova	RUS	Leningrad	11-Jun	1988
A	7.12	0.9 Chioma Ajunwa	NGR	Atlanta	02-Aug	1996
C	6.95	0.1 Shara Proctor	GBR	Birmingham	24-Jun	2012
SA	6.93	1.6 Karin Mey		Bad Langensalza	07-Jul	2007
WJ	7.14	1.1 Heike Drechsler	GER	Bratislava	04-Jun	1983
AJ	6.59	Beatrice Utundu	NGR	Austin	07-May	1988
SAJ	6.54	1.8 Luzaan du Preez		Germiston	21-Apr	1990
WYB	6.91	1.0 Heike Dreschler	GER	Jena	09-Aug	1981
SAY	6.37	-2.2 Delia Visser		Pretoria	08-Apr	2000
SA SYB	6.16	1.7 Delia Visser		Krugersdorp	21-Nov	1998

TRIPLE JUMP

W	15.50	0.9 Inessa Kravets	UKR	Goteborg	10-Aug	1995
A	15.39	0.5 Françoise Mbango	CMR	Beijing	17-Aug	2008
C	15.16	Ashia Hansen	GBR	Fukuoka	13-Sep	1997
SA	13.89	0.6 Patience Ntshingila		Potchefstroom	24-Mar	1012

WJ	14.62	1.0 Tereza Marinova	BUL	Sydney	25-Aug	1996
AJ	14.13	2.0 Blessing Okagbare	NGR	Lagos	19-May	2007
SAJ	12.80	-0.7 Bianca Erwee		Rustenburg	27-Mar	2008
WYB	14.57	0.2 Qiuyan Huang	CHN	Shangai	19-Oct	1997
SAY	12.77	1.2 Valentina Da Rocha		Germiston	11-Apr	2010
SA SYB	12.13	-3.3 Somien Schutte		East London	21-Mar	2013

SHOT PUT

W	22.63	Natalia Lisovskaya	RUS	Moscow	07-Jun	1987
C	20.56	Valerie Vili	NZL	Beijing	16-Aug	2008
A	18.43	Vivian Chukwuemeka	NGR	Walnut	19-Apr	2007
SA	17.88	Drienkie van Wyk		Germiston	25-Jan	2002
WJ	20.54	Astrid Kumbernuss	GER	Orimatilla	01-Jul	1989
AJ, SAJ	16.95	Simoné du Toit		Beijing	15-Aug	2006
WYB	20.52	Corrie de Bruyn	NED	Assen	13-Jun	1993
SAY	17.52	Lezaan Jordaan		Germiston	30-Mar	2012
SA SYB	14.84	Simoné du Toit		Pretoria	07-Jun	2003

DISCUS THROW

W	76.80	Gabriele Reinsch	GER	Neubrandenburg	09-Jul	1988
C	68.72	Daniela Costan	AUS	Auckland	22-Jan	1994
A, SA	64.87	Elizna Naude		Stellenbosch	02-Mar	2007
WJ	74.40	Ilke Wyludda	GER	Berlin	13-Sep	1988
AJ, SAJ	53.07	Simoné du Toit		Roodepoort	08-Feb	2006
WYB	65.86	Ilke Wyludda	GER	Neubrandenburg	01-Aug	1986
SAY	52.10	Simoné du Toit		Marrakech	14-Jul	2005
SA SYB	49.37	Simoné Meyer		Germiston	22-Nov	2008

HAMMER THROW

W	79.42	Betty Heidler	GER	Halle	21-May	2011
C	72.07	Sultana Frizell	CAN	Eugene	07-Jun	2009
A	68.48	Marwa Ahmed Hussein	EGY	Cairo	18-Feb	2005
SA	59.37	Elmarie Knoetzen		Bloemfontein	01-Feb	2002
WJ	73.24	Wenxiu Zhang	CHN	Changsha	24-Jun	2005

AJ	58.86	Susan Adeoye	NGR	Abuja	14-Oct	2003
SAJ	57.13	Annemie Smith		Sasolburg	26-Mar	2010
WYB	76.04	Reka Gyuratz	HUN	Zalaeqerszeg	23-Jun	2013
SAY	56.45	Mieke Stander		Germiston	29-Mar	2012
SA SYB	51.50	Margaretha Cumming		East London	21-Mar	2013

JAVELIN THROW

W	72.28	Barbora Spotakova	CZE	Stuttgart	13-Sep	2005
C, A, SA	69.35	Sunette Viljoen		New York	09-Jun	2012
WJ	63.01	Vira Rebryk	UKR	Bydgoszcz	10-Jul	2008
AJ, SAJ	58.33	Sunette Viljoen		Potchefstroom	06-Dec	2002
WYB	62.93	Juan Xue	CHN	Changsha	27-Oct	2003
SAY	57.55	Tazmin Brits		Pretoria (Absa-Tuks)	18-Apr	2008
SA SYB	49.55	Rencia Fourie		Pretoria	08-Oct	2005

HEPTATHLON

W	7 291	Jackie Joyner-Kersey	USA	Seoul	24-Sep	1988
C	6 831	Denise Lewis	GBR	Talence	30-Jul	2000
A	6 423	Margaret Simpson	GHA	Gotzis	3-29 May	2005
SA	6 181	Janice Josephs		Melbourne	1/22 Mar	2006
WJ	6 542	Carolina Klufft	SWE	Munich	10-Aug	2002
AJ, SAJ	5 868	Justine Robbeson		Grosseto	16/17 Jul	2004
WYB						
SAY	5 362	Justine Robbeson		Germiston	10-Mar	2001

WALKING (ROAD)

10 km

W	41.04	Yelena Nikolayeva	RUS	Sochi	20-Apr	1996
C	41.30	Kerry Saxby-Junna	AUS	Canberra	27-Aug	1988
A, SA	45.05	Susan Vermeulen		Bloemfontein	17-Apr	1999
WJ	41:57	Hongmiao Gao	CHN	Beijing	08-Sep	1993
SAJ	50:36	Lee-Anne Watts		Port Elizabeth	27-Apr	2001

20 km

W	1:25:41	Olimpiade Ivanova	RUS	Helsinki	07-Aug	2005
C	1:28:56	Jane Saville	AUS	Vallansbaek	06-May	2000
A, SA	1:36:18	Susan Vermeulen		Mezidon-Canon	02-May	1999

50 km

SA	5:17:55	Sandra Steenkamp		Cape Town	08-Oct	2011
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WALKING (TRACK)

3000 m

SA	15:38.11	Michelle Hopkins		Bellville		2007
SAY	15:43.72	Karen-Marie Becker		Pretoria	26-Mar	1999

5000 m

W, C	20:13.26	Kerry Saxby-Junna	AUS	Hobart	25-Feb	1996
A	23:10.88	Amsale Yakobe	ETH	Seoul	20-Sep	1992
SA	23:15.51	Susan Vermeulen		Stellenbosch	18-Apr	1998
SAJ	23:37.01	Nicolene Cronje		Germiston	05-Apr	2002
SAY/SA SYI	25:50.20	Anel Oosthuizen		Oudtshoorn	06-Mar	2010

10000 m

W	41:56.23	Nadezhda Tyashkina	RUS	Seattle	24-Jul	1990
C	41:57.22	Kerry Saxby-Junna	AUS	Seattle	24-Jul	1990
A, SA	47:32.54	Nicolene Cronje		Pretoria	19-Mar	2005
WJ	43:11.34	Vera Sokolova		Kaunas	21-Jul	2005
SAJ	50:03.34	Nicolene Cronje		Kingston	18-Jul	2002

20000 m

A, SA	1:36:43.5	Nicolene Cronje		Germiston	19-Mar	2005
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WORLD & SOUTH AFRICAN INDOOR RECORDS

MEN

50m	'	5.56	Donovan Bailey	CAN	Reno	09-Feb	1996
	SA	5.62	Morne Nagel		Lievin	24-Feb	2002
60m	'	6.39	Maurice Greene	USA	Madrid	03-Feb	1998
	SA	6.48	Morne Nagel		Dortmund	27-Jan	2002

200m	\	19.92	Frank Fredericks	NAM	Lievin	18-Feb	1996
	SA	20.47	Anaso Jobodwana		Fayetteville	08-Mar	2013
400m	\	44.57	Kerron Clement	USA	Atlanta	04-Mar	1995
	SA	46.44	Edwin Modibedi		Syracuse	22-Feb	1986
800m	\	1:42.67	Wilson Kipketer	DEN	Paris	09-Mar	1997
	SA	1:44.91	Mbulaeni Mulaudzi		Valencia	09-Mar	2008
1000m	\	2:14.96	Wilson Kipketer	DEN	Birmingham	20-Feb	2000
	SA	2:16.71	Johan Botha		Erfurt	02-Feb	1999
1500m	\	3:31.18	Hicham El Guerrouj	MAR	Stuttgart	02-Feb	1997
	SA	3:36.96	Juan van Deventer		Ghent	14-Feb	2010
1 Mile	\	3:48.45	Hicham El Guerrouj	MAR	Ghent	12-Feb	1997
	SA	3:59.05	Peter van der Westhuizen		Seattle	08-Mar	2008
3000m	\	7:24.90	Daniel Komen	KEN	Budapest	06-Feb	1998
	SA	7:48.64	Elroy Gelant		Istanbul	11-Mar	2012
5000m	\	12:49.60	Kenenisa Bekele	ETH	Birmingham	20-Feb	2012
	SA	13:38.30	Sydney Maree		New York	06-Feb	1981
50mH	\	6.25	Mark McCoy	CAN	Kobe	05-Mar	1986
	SA	6.48	Shaun Bownes		Vienna	12-Feb	2001
60mH	\	7.30	Colin Jackson	GBR	Sindelfingen	06-Mar	1994
	SA	7.52	Shaun Bownes		Ghent	23-Feb	2001
110mH	\	13.34	Allen Johnson	USA	Moscow	14-Feb	1995
	SA	13.71	Shaun Bownes		Lahti	23-Jan	1999
300mH	W, :	34.92	Llewellyn Herbert		Lahti	23-Jan	1999
HJ		2.43	Javier Sotomayor	CUB	Budapest	04-Mar	1989
	SA	2.28	Jacques Freitag		Bydgoszcz	26-Jan	2005
			Ramsay Carelse		Tallinn	28-Feb	2006
PV	\	6.15	Sergey Bubka	UKR	Donetsk	21-Feb	1993
	SA	5.90	Okkert Brits		Lievin	16-Feb	1997
LJ	\	8.79	Carl Lewis	USA	New York	27-Jan	1984
	SA	8.18	Khotso Mokoena		Paris	23-Feb	2007
TJ	\	17.92	Teddy Tamgho	FRA	Paris	01-Mar	1997

	SA	16.22	Khotso Mokoena		Stockholm	20-Feb	2007
Shot	\	22.66	Randy Barnes	USA	Los Angeles	20-Jan	1989
	SA	21.47	Janus Robberts		Norman	01-Dec	2001
Discus	V	69.51	Gerd Kanter	EST	Vaxjo	22-Mar	2009
	SA	60.50	John van Reenen		Pullman	15-Mar	1969
Hept.	\	6 645 pts	Ashton Eaton	USA	Istanbul	9/10-Mar	2012
	SA	4862	Willem Coertzen		Sheffield	12/13-Jan	2008
5000m Walk		18:07.08	Mikhail Shchennikov	RUS	Moscow	14-Feb	1995

WOMEN

50m	\	5.96	Irina Privalova	RUS	Madrid	09-Feb	1995
60m	\	6.92	Irina Privalova	RUS	Madrid	11-Feb	1993
	SA	7.15	Wendy Hartman		Maebashi	07-Mar	1999
200m	\	21.87	Merlene Ottey	JAM	Lievin	13-Feb	1993
	SA	23.16	Wendy Hartman		Maebashi	05-Mar	1999
400m	\	49.59	Jarmila Kratochvilova	CZE	Milan	07-Mar	1982
	SA	55.48	Marna Schuttle		Allston	28-Feb	2001
800m	\	1:55.82	Jolanda Ceplak	SLO	Vienna	03-Mar	2002
	SA	2:09.81	Mandie Brandt		Vienna	10-Feb	2001
1000m	\	2:30.94	Maria Mutola	MOZ	Stockholm	25-Feb	1999
1500m	\	3:58.28	Yelena Soboleva	RUS	Moscow	18-Feb	2006
	SA	4:20.52	Gwen Griffiths		Paris	08-Mar	1997
1 Mile	\	4:17.14	Doina Melinte	ROM	East Rutherford	09-Feb	1990
	SA	4:40.44	Angela Wagner		Notre Dame	08-Mar	2008
3000m	\	8:23.72	Meseret Defar	ETH	Stuttgart	03-Feb	2007
	SA	9:01.41	Rene Kalmer		Doha	12-Mar	2010
5000m	\	14:24.37	Meseret Defar	ETH	Stockholm	18-Feb	2009
	SA	15:45.40	Rene Kalmer		Stockholm	10-Feb	2010
50mH	\	6.58	Cornelia Oschkenat	GDR	Berlin	20-Feb	1988
60mH	\	7.68	Susanna Kallur	SWE	Karlsruhe	10-Feb	2008
	SA	9.44	Winnie de Winnaar		Sindelfingen	13-Mar	2004

HJ		2.08	Kajsa Bergqvist	SWE	Arnstadt	04-Feb	2006
	SA	1.97	Hestrie Cloete		Birmingham	18-Feb	2001
PV	\	5.02	Jenn Suhr	USA	Albuquerque	02-Mar	2013
	SA	4.41	Elmarie Gerryts		Birmingham	20-Feb	2000
LJ	\	7.37	Heike Dreschler	GER	Vienna	13-Feb	1988
	SA	6.85	Karin Melis Mey		Stockholm	21-Feb	2008
TJ	'	15.36	Tatyana Lebedeva	RUS	Budapest	05-Mar	2004
Shot	\	22.50	Helena Fibingerova	CZE	Jablonec	19-Feb	1977
		17.49	Simoné du Toit		Houston	29-Jan	2011
Pent	\	5 013 pts	Nataliya Dobrynska	UKR	Istanbul	8/9-Mar	2012
3000mW	\	11:40.33	Claudia Iovan	ROM	Bucharest	30-Jan	1999
	SA	15:57.06	Ada Booyens		Kamloops	06-Mar	2010

MEETING RECORDS: ASA SENIOR CHAMPIONSHIPS

MEN

100m	Simon Magakwe	0.9	10.11	2012	Port Elizabeth
200m	Wessel Oosthuizen	0.2	20.43	1985	Potchefstroom
400m	Marcus la Grange		44.76	2002	Durban
800m	Mbulaeni Mulaudzi		1:44.81	2009	Stellenbosch
1500m	Johan Fourie		3:33.87	1987	Stellenbosch
5000m	Stephen Mokoka		13:25.94	2013	Stellenbosch
10000m	Stephen Mokoka		27:40.73	2012	Port Elizabeth
3000SC	Ruben Ramolefi		8:14.06	2011	Durban
110H	Shaun Bownes	1.3	13.52	2004	Durban
400H	LJ van Zyl		47.73	2011	Durban
High Jump	Jacques Freitag		2.37	2002	Durban
Pole Vault	Okkert Brits		5.90	1998	Germiston
Long Jump	Zarck Visser	0.7	8.29	2013	Stellenbosch
Triple Jump	Godfrey Khotso Mokoena	1.3	17.25	2005	Durban
Shot Put	Burger Lambrechts		20.56	2000	Stellenbosch
Discus	Frantz Kruger		66.70	2003	Port Elizabeth
Hammer	Chris Harmse		80.63	2005	Durban
Javelin	Marius Corbett		87.15	1998	Germiston

WOMEN

100m	Evette de Klerk	1.0	11.06	1990	Germiston
200m	Evette de Klerk	1.2	22.36	1990	Germiston
400m	Myrtle Bothma		50.12	1986	Germiston
800m	Zelda Pretorius		1:59.75	1991	
1500m	Rene Kalmer		4:08.61	2010	Durban
5000m	Rene Kalmer		15:35.0	2007	Durban
10000m	Elana Meyer		31:47.32	2000	Stellenbosch
3000SC	Tebogo Masehla		10:00.01	2011	Durban
100H	Karen Wilkinson	0.5	13.05	1991	Pieterdorp Pretoria
400H	Myrtle Bothma		53.95	1986	Germiston
High Jump	Desiree du Plessis		2.00	1987	Stellenbosch
Pole Vault	Elmarie Gerryts		4.20	1998	Germiston
Long Jump	Lynique Prinsloo	-1.2	6.81	2013	Stellenbosch
Triple Jump	Patience Ntshingila	-0.5	13.55	2012	Port Elizabeth
Shot Put	Vebronica Abrahamse		17.29	2001	Durban
Discus	Elizna Naude		61.00	2007	Durban
Hammer	Elmarie Knoetzen		57.98	2000	Stellenbosch
Javelin	Sunette Viljoen		63.45	2010	Durban

SENIOR BEST PERFORMANCES 2013

MEN

i - indoors

h - hand time

60 meters Indoor

6.66		Anaso Jobodwana		30-Jul-92	2		Birmingham	17-Feb
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100 metres

10.10	1.6	Anaso Jobodwana		30-Jun-92	2qf3		Greensboro	24-May
10.10	0.5	Jobodwana			1		Kazan	08-Jul
10.14	0.8	Jobodwana			1h6		Greensboro	23-May
10.17	-0.4	Jobodwana			2h7		Moscow	24-May
10.17	1.6	Jobodwana			2sf3		Greensboro	24-May
10.21	1.2	Hannes Dreyer	GN	13-Jan-85	1		Castres	30-Jun
10.22	1.2	Roscoe Engel	WP	6-Mar-89	3		Castres	30-Jun
10.23	2.0	Simon Magakwe	CNW	25-May-85	3		La Chaux-de-Fonds	07-Jul
10.26	1.6	Jobodwana			1		Baton Rouge	08-Jul
10.27	0.6	Roscoe Engel	WP	6-Mar-89	1h6		Castres	30-Jun

(5/10)

10.36	0.4	Akani Simbine	GN	21-Sep-93	1h1		Kazan	07-Jul
10.41	1.0	Henrico Bruintjies	BOL	16-Jul-93	2		Potchefstroom	25-May
10.46	0.6	Gideon Trotter	FS		1		ABSA Tuks Pretoria	29-Apr
10.47	0.6	Emile Erasmus	GN	3-Apr-92	2		ABSA Tuks Pretoria	29-Apr
10.53	8.0	Lebakeng Sesele	GN		3h2		Pretoria	16-Mar
10.53	0.7	Thando Roto	GN	26-Sep-95	1		Pretoria	05-Apr
10.55	0.7	Wesley Pindele	BO	1995	2		Pretoria	05-Apr
10.56	0.1	Antonio Alkana	WP		2		Bellville	16-Mar
10.56	-0.8	Brent Stevens	WP	27-Mar-90	3s1		Stellenbosch	12-Apr
10.57	0.6	Keenan Michae	WP		2s2		Stellenbosch	12-Apr
10.58	0.1	Waide Jooste	CG	24-Jul-91	2sf1		Pretoria	05-Apr
10.59	0.1	Danie van Blerk	CG		3sf1		Pretoria	05-Apr
10.59	0.7	Sabelo Samkelo	CG	1995	3		Pretoria	05-Apr

Wind

10.06	4.9	Henrico Bruintjies	BOL	16-Jul-93	1		Durban	26-Apr
10.13	2.1	Anaso Jobodwana		30-Jul-92	1h7		Austin	29-Mar
10.20	3.0	Roscoe Engel	WP	6-Mar-89	4		Sundsvall	28-Jul
10.24	4.9	Akani Simbine	GN	21-Sep-93	2		Durban	26-Apr
10.25	4.8	Antonio Alkana	WP		1h5		Parow	16-Feb
10.30	4.9	Hannes Dreyer	GN	13-Jan-85	3		Durban	26-Apr
10.32	4.8	Sergio Mullins	WP	12-May-80	2h5		Parow	16-Feb
10.33	2.2	Roscoe Engel	WP	6-Mar-89	1sf2		Bellville	16-Mar
10.36	4.9	Emile Erasmus	GN	3-Apr-92	4		Durban	26-Apr

200 metres Indoor

20.47		Anaso Jobodwana		30-Jul-92	1rB		Fayetteville	08-Mar
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200 metres

20.13	1.7	Anaso Jobodwana		30-Jun-92	1qf1	Greensboro	25-May
20.13	0.0	Jobodwana			2s2	Moscow	16-Aug
20.14	0.0	Jobodwana			6	Moscow	17-Jul
20.17	-0.2	Jobodwana			1h2	Moscow	16-Aug
20.50	0.7	Jobodwana			1h2	Greensboro	24-May
20.69	0.7	Roscoe Engel	WP	6-Mar-89	1	Castres	30-Jun
20.71	-0.3	Gideon Trotter	FS		1r2	Potchefstroom	25-May
20.74	0.3	Simon Magakwe	CNW	25-May-85	1	Stellenbosch	13-Apr
20.75	0.6	Jobodwana			1h1	New Orleans	20-Apr
20.76	0.4	Jobodwana			1q4	Kazan	09-Jul

(4/10)

20.77	0.1	Hannes Dreyer	GN	13-Jan-85	4rA	La Chaux-de-Fonds	07-Jul
20.79	0.8	Akani Simbini	GN	21-Sep-93	1	ABSA Tuks Pretoria	09-Mar
20.84	0.5	Wayde van Niekerk	FS		1	ABSA Tuks Pretoria	29-Apr
20.95	0.0	Ofentse Mogawane	GN	20-Feb-82	2	Reduit	18-Apr
20.97	-0.2	Siphelelo Nqabaza	FS		1h1	Potchefstroom	25-May
21.02	0.4	Jacques de Swardt	GN	12-Aug-92	1r1	Pretoria	02-Mar
21.18	0.9	Fana Mofokeng	FS	11-Sep-94	1h1	Pretoria	05-Apr
21.20	1.0	Lebokeng Sesele	GN		1h2	Pretoria	02-Mar
21.20	-0.3	Walter Ungerer	CG	15-Jan-95	1	Pretoria	06-Apr
21.20	0.8	Janiad Smerdon	KZN	11-Dec-93	1	Durban	05-Oct
21.23	0.3	Lebogang Moeng	NWN		5	Stellenbosch	13-Apr
21.29	0.8	Pieter Conradie	GN	20-Oct-94	1s2	Durban	27-Apr
21.31	-0.3	Keenan Michau	WP		2	Pretoria	06-Apr
21.33	0.7	Pierre Truter	GN		1h3	ABSA Tuks Pretoria	09-Mar
21.34	1.2	Kyle Appel	WP		1	Belville	09-Nov
21.36	0.4	Ruan Greyling	GN	28-Jul-93	2h1	Pretoria	02-Mar
21.39	-0.3	Thando Roto	GN		3	Pretoria	06-Apr
21.40	0.7	Jon Seeliger	GN	27-Apr-95	1h3	Pretoria	09-Mar
21.40	0.7	Wouter le Roux	GN	17-Jan-86	1rB	Pretoria	09-Mar
21.40	0.3	LJ van Zyl	GN	20-Jul-85	3h2	Pretoria	16-Mar

Wind

20.00	2.4	Anaso Jobodwana		30-Jun-92	1	Kazan	10-Jul
20.02	3.1	Jobodwana			1h3	Eugene	06-Jun
20.29	2.6	Jobodwana			4	Eugene	08-Jul
20.36	2.2	Jobodwana			1s2	Kazan	10-Jul
20.68	2.2	Roscoe Engel	WP	06-Mar-89	4	Sundsvall	28-Jul
20.78	3.2	Gideon Trotter	FS	03-Mar-92	1	Durban	27-Apr
20.78	3.2	Akani Simbini	GN	21-Sep-93	2	Durban	27-Apr
20.89	3.3	Jacques de Swardt	GN	12-Aug-92	1sf1	Durban	27-Apr

400 metres

45.09		Wayde van Niekerk	FS	15-Jul-92	2	Ostrava	27-Jun
45.42		van Niekerk	FS		1	Johannesburg	22-Apr
45.83		van Niekerk	FS		1h2	Pretoria	06-Apr
45.87		Jacques de Swardt	GN	12-Aug-92	2	Potchefstroom	19-Mar

45.89	van Niekerk	FS		1	Stellenbosch	15-Apr
45.93	Ofentse Mogawane	GN	20-Feb-82	1	Reduit	18-Apr
45.94	Mogawane	GN		1	Pretoria	09-Mar
45.99	van Niekerk	FS		1	Stellenbosch	12-Apr
46.22	van Niekerk	FS		1	Durban	27-Apr
46.23	de Swardt	GN		1	Pretoria	02-Mar
(3/10)						
46.28	Rodwell Ndlovu	WP	4-Mar-91	1	Potchefstroom	25-May
46.45	Ruan Greyling	GN	28-Jul-93	2	ABSA Tuks Pretoria	09-Mar
46.50	PC Beneke	GN	18-Jul-90	2	Durban	26-Apr
46.62	Pieter Conradie	GN		2	University of JHB	22-Apr
46.67	Ranti Dikgale	GN		3	Potchefstroom	25-May
46.76	Sonwabiso Skhosana	KZ		1	Pretoria	06-Apr
46.91	Jon Seeliger	GN	27-Apr-95	2	Pretoria	06-Apr
46.95	Jaden Flagg	BOL		3	Pretoria	06-Apr
46.97	Sibusiso Sishi	BOL		4	Durban	26-Apr
46.97	Shaun de Jager	BOL		5	Potchefstroom	25-May
47.08	Lesedi Mokgobinyana	CNW	25-Feb-93	3s1	Stellenbosch	12-Apr
47.12	Wouter le Roux	GN		1h3	Pretoria	02-Mar
47.14	Stefan Bruwer	GN		4h3	Pretoria	06-Apr
47.17	Themba Madima	GN	4-Apr-89	4	Potchefstroom	25-May
47.25	Eckardt Rossouw	CG	16-May-96	1h1	Pretoria	06-Apr
47.29	Diwan Kamoetsie	GN	12-Apr-91	5	Pretoria	06-Apr
47.39	Petr Havenga	EP		1h5	Port Elizabeth	23-Mar
47.52	Andre Olivier	CNW	29-Dec-89	3	Potchefstroom	06-Mar
47.54	LJ van Zyl	GN	20-Jul-85	5	Potchefstroom	19-Mar
47.64	Jospeh Doudall	EP		4h5	Port Elizabeth	23-Mar

800 metres

1:44.37	Andre Olivier	CNW	29-12-89	3	Rome	06-Jun
1:44.45	Olivier	CNW		2	Ostrava	27-Jun
1:44.74	Olivier	CNW		1	Oordegem	01-Jun
1:44.93	Olivier	CNW		1	Moscow	11-Jul
1:44.96	Olivier	CNW		2	Hengelo	08-Jun
1:45.64	Olivier	CNW		2	Birmingham	30-Jun
1:45.64	Johan Cronje	FS	13-Apr-82	7	Berlin	01-Sep
1:46.01	Olivier	CNW		1	Pretoria	29-Apr
1:46.50	Olivier	CNW		1	Stellenbosch	13-Apr
1:46.61	Olivier	CNW		1	Potchefstroom	19-Mar

(2/10)

1:47.19	Rynhardt van Rensburg	FS	23-Mar-92	1	Potchefstroom	25-May
1:47.25	Jacob Rozani	NWN		2	Potchefstroom	25-May
1:47.46	Mbulaeni Mulaudzi	CG	08-Sep-80	4	New York	25-May
1:47.51	David Mokone	NCAA	01-Feb-91	4	Walnut	20-Apr
1:47.61	Jerry Motsau	CG	12-Mar-90	2	Halluin	26-Jun
1:48.30	Thapelo Madiba	CNW	08-Sep-93	1	Potchefstroom	16-Mar
1:48.53	Jacques Pretorius	BOL		2	University of JHB	22-Apr

1:48.69	Windy Jonas	FS	11-Mar-90	3h2	Stellenbosch	12-Apr
1:48.75	William Mothosola	NWN		4	Stellenbosch	13-Apr
1:48.89	Jacob Rizane	CNW		1	Potchefstroom	20-Apr
1:49.20	Isaac Seoke	CNW		1	Potchefstroom	06-Mar
1:49.27	Steven Mhlongo	CG		2	Pretoria	06-Apr
1:49.41	Zweil Sebotswa	FS		7	Stellenbosch	13-Apr
1:49.63	Duran Faro	CNW		2h3	Stellenbosch	12-Apr
1:49.65	Stephen Mokoka	GN		4	University of JHB	22-Apr
1:49.66	Hannes Naude	FS	14-Mar-90	2	Potchefstroom	20-Apr
1:50.05	Themba Madima	GN	04-Apr-89	5h3	Stellenbosch	12-Apr
1:50.28	Juan van Deventer	CG	26-Mar-83	1	Rhede	26-May
1:50.33	Hannes de Beer	CNW		4	Potchefstroom	25-May
1:50.43	Tiaan Basson	MP		4h2	Stellenbosch	12-Apr
1:50.62	Sandile Mdluli	CG		3	Pretoria	06-Apr
1:50.71	Mpho Makofane	GN	1994	5	Potchefstroom	25-May

1500 metres

3:31.93	Johan Cronje	FS	13-Apr-82	2	Rieti	08-Sep
3:33.46	Cronje	FS		8	Doha	10-May
3:34.06	Cronje	FS		8	Zurich	29-Aug
3:36.70	Cronje	FS		2	Dessau	31-May
3:36.83	Cronje	FS		3	Moscow	18-Aug
3:36.84	Juan van Deventer	CG	26-Mar-83	3	Dessau	31-May
3:37.49	Deventer	CG		7	Hengelo	08-Jun
3:37.91	Cronje	FS		8	Hengelo	08-Jun
3:38.13	Cronje	FS		1	Stellenbosch	13-Apr
3:38.36	Cronje	FS		10	Oslo	13-Jun

(2/10)

3:38.69	Jerry Motsau	CG	12-Mar-90	1	Nijmegen	12-Jun
3:39.53	Dumisani Hlaselo	FS	08-Jun-89	4	Stellenbosch	13-Apr
3:40.55	Andre Olivier	CNW	29-Dec-89	2	Durban	26-Apr
3:41.03	Jeromy Andreas	CG	29-Feb-92	6	Stellenbosch	13-Apr
3:41.99	Amos Nyongo	EP	05-Jul-86	7	Stellenbosch	13-Apr
3:43.51	David Mokone	NCAA	01-Feb-91	6	Walnet	19-Apr
3:46.70	Moses Dirane	GN	08-Dec-92	8	Stellenbosch	13-Apr
3:46.78	Armin Botha	CNW		2	Potchefstroom	06-Mar
3:46.79	Dean Brummer	CNW	15-Sep-88	2	Potchefstroom	06-Mar
3:47.04	Joel Mmone	CNW		3	Potchefstroom	06-Mar
3:47.7	h Stephen Mokoka	GN	01-Apr-85	1	ABSA Tuks Pretoria	19-Feb
3:48.34	Mboshishi Baloyi			1	Potchefstroom	19-Feb
3:48.4	h *****Clinton Swanepoel	CG	08-Apr-83	2	ABSA Tuks Pretoria	19-Feb
3:49.3	h Gladwin Mzazi	GN	28-Aug-88	3	ABSA Tuks Pretoria	19-Feb
3:49.58	Nkhasi Namakoe	GAU		1	Germiston	01-Mar
3:49.77	Marko Bocarizza	CG		5	Durban	26-Apr
3:49.85	Adriaan Geldenhuys	GN	06-Oct-87	4	Potchefstroom	19-Mar

One Mile Indoors

3:59.43	Pieter vd Westhuizen		21-Dec-84	2		Winston-Salem	02-Feb
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1 Mile

3:54.86	Johan Cronje	FS	13-Apr-82	9		Oslo	13-Jun
3:58.84	Jerry Motsau	CG	12-Mar-90	1		Potchefstroom	20-Apr
3:59.06	Pieter vd Westhuizen	CG	21-Dec-84	3		Des Moines	27-Apr
3:59.29	Elroy Gelant	CNW	25-Aug-86	2		Potchefstroom	20-Apr
4:00.58	Matsau	CG		7		Cork	02-Jul
4:01.82	Stephen Mokoka	GN	01-Apr-85	1		Stellenbosch	15-Apr
4:02.10	vd Westhuizen	CG		5		Lawrence	20-Apr

3000 metres

7:44.83	Elroy Gelant	CNW	25-Aug-86	5		Sotheville-les-Rouen	08-Jul
7:44.92	Gelant	CNW		1		Stellenbosch	15-Apr
7:45.97	Gelant	CNW		3		Cork	02-Jul
7:47.50	Gelant	CNW		1		Potchefstroom	23-Feb
7:56.86	Gladwin Mzazi	GN	28-Aug-88	2		Stellenbosch	15-Apr
7:59.31	Dumisani Hlaselo	FS		3		Stellenbosch	15-Apr
8:01.23	Gelant	CNW		1		Potchefstroom	19-Mar
8:02.20	Jerry Motsau	CG	12-Mar-90	2		Potchefstroom	19-Mar
8:08.20	Joel Mmone	CNW		4		Potchefstroom	19-Mar
8:08.58	Juan van Deventer	CG	26-Mar-83	1		Rhede	26-May

(6/10)

8:09.42	Jeromy Andreas	CG	29-Feb-92	3		Potchefstroom	23-Feb
8:02.52	Armin Botha	CNW		3		Potchefstroom	19-Mar
8:10.01	Dean Brummer	CN	15-Sep-88	1		Nivelles	29-Jun

5000 metres

13:15.87	Elroy Gelant	CNW	25-Aug-86	12		Heusden	13-Jul
13:23.94	Gelant	CNW		10		Ostrava	27-Jun
13:25.07	Gelant	CNW		6h1		Moscow	13-Aug
13:25.70	Gelant	CNW		2		Alger	18-Jun
13:25.94	Stephen Mokoka	GN	1-Apr-85	1		Stellenbosch	13-Apr
13:26.51	Gelant	CNW		2		Stellenbosch	13-Apr
13:28.88	Mokoka	GN		9		Hengelo	08-Jun
13:31.23	Mokoka	GN		2		Durban	28-Apr
13:43.58	Gelant	CNW		12		Moscow	16-Aug
13:47.23	Dumisani Hlaselo	FS	8-Jun-89	3		Stellenbosch	13-Apr

(3/10)

13:56.12	Jeromy Andreas	CG	28-Feb-92	3		Durban	27-Apr
13:58.34	Gladwin Mzazi	GN	28-Aug-88	4		Stellenbosch	13-Apr
14:03.03	Kgosi Tsotsane	GN	15-Apr-86	5		Stellenbosch	13-Apr
14:09.16	Joel Mmone	CNW	29-Apr-91	1		Potchefstroom	06-Mar
14:09.30	David Manja	CNW	8-Jun-91	2		Potchefstroom	06-Mar
14:14.88	Ettienne Plaatjies	SWD		6		Stellenbosch	13-Apr
14:18.50	h Nkashi Namakoe	GAU		1		East London	23-Mar
14:16.63	Armin Botha	CNW		7		Stellenbosch	13-Apr

10 000 metres

27:41.30	Elroy Gelant	CNW	25-Aug-86	1	Durban	26-Apr
28:09.70	Stephen Mokoka	GN	01-Apr-85	2	Durban	26-Apr
28:11.61	Mokoka	GN		20	Moscow	10-Aug
28:13.64	Gelant	CNW		2	Lier	30-Jun
28:22.30	Mokoka	GN		1	Stellenbosch	12-Apr
28:45.96	Mokoka	GN		1	Kazan	08-Jul
28:50.24	Gelant	CNW		1	Potchefstroom	16-Mar
28:51.54	Kgosi Tsosane	GN	15-Jan-86	2	Stellenbosch	12-Apr
29:16.49	Namakoe Nkhasi	CG	10-Jan-94	3	Stellenbosch	12-Apr
29:18.69	Gladwin Mzazi	GN	28-Aug-88	3	Durban	26-Apr
(5/10)						
29:31.34	Lungisa Mdedelwa	KZN	15-Sep-84	4	Stellenbosch	12-Apr
29:48.04	Lucas Jani	GN	20-Apr-84	2	ABSA Tuks Pretoria	15-Mar
29:54.21	Joel Mmone	CNW		1	Potchefstroom	06-Feb
30:02.69	Mbongeni Ngxazozo	CG	02-Feb-80	5	Stellenbosch	12-Apr
30:14.89	John Thipe	VT		4	Durban	26-Apr
30:29.75	Xolisani Zamkele	VT		5	Durban	26-Apr
30:33.78	Nkosinathi Sotyantya	WP		1	Belville	16-Mar
30:51.60	David Manja	CNW		2	Potchefstroom	06-Feb
31:13.03	Siyabulele Mtsha	TRA	11-Mar-87	7	Stellenbosch	12-Apr
31:14.31	Collen Mulaudzi	VT		6	Durban	26-Apr
31:19.72	Michael Pienaar	BOL		1	Pretoria	05-Apr
31:19.72	Thobani Chagwe	KZ		1	Pretoria	05-Apr
31:20.25	Karabo Jacobs	VT		7	Durban	26-Apr
31:38.98	Vuyisele Tshoba	GN		4	ABSA Tuks Pretoria	15-Mar

3000 metres steeplechase

8.33.06	Edwin Molepe	CG	31-May-87	1	Stellenbosch	12-Apr
8.39.85	Lloyd Bosman	SWD	25-Feb-88	2	Stellenbosch	12-Apr
8.42.32	Molepe	CG		12	Ostrava	27-Jun
8.43.90	Ruben Ramolefi	NC	17-Jul-78	4	Lapinlahti	21-Jul
8.44.57	Rantso Mokopane	CNW	09-Aug-94	1	Durban	26-Apr
8.45.66	Dean Brummer	CNW	15-Sep-88	2	Durban	26-Apr
8.45.72	Tumelo Motlagale	CG	26-Nov-86	3	Stellenbosch	12-Apr
8.46.51	Brummer	CNW		5	Sollentuna	27-Jun
8.47.64	Brummer	CNW		4	Stellenbosch	12-Apr
8.48.74	Skhumbozo Seeme	GN		1	ABSA Tuks Pretoria	15-Mar
(7/10)						
8.49.71	Derocious Mokobalo	CG	16-Jun-88	5	Stellenbosch	12-Apr
8.50.33	Tumisang Monnatlala	CG	31-Jan-95	6	Stellenbosch	12-Apr
8.56.66	Lucas Bothobutle	CNW		7	Stellenbosch	12-Apr
8.58.35	Amos Nyongo	EP	05-Jul-86	4	Durban	26-Apr
8.58.95	Khothatso Mokone	FS	18-Feb-89	5	Durban	26-Apr
9.05.20	Adam Lipschitz	GN	1-Jan-94	2	Pretoria	5-Apr
9:11.36	Lucas Bothubuthle	CNW		2	Potchefstroom	06-Mar
9.16.49	Mabinza Lukhanyo	GN		2	ABSA Tuks Pretoria	16-Mar

9.17.28	Sakhamzi Matiso	EC		1	East London	22-Mar
9.17.60	Sibusiso Madikizela	CGA		1	Pretoria	5-Apr
9:57.66	Koos Baloyi			1	Potchefstroom	25-May

110 metres hurdles

13.43	0.9	Lehann Fourie	GN	16-Feb-87	6	Lausanne	04-Jul
13.50	0.2	Fourie	GN	16-Feb-87	2	Reims	28-Jun
13.59	-0.1	Ruan de Vries	GN		1	Potchefstroom	20-Apr
13.59	-0.7	Fourie	GN		5	Tomblaine	02-Jul
13.67	1.4	de Vries	GN		1rB	Castres	30-Jun
13.67	1.0	de Vries	GN		4	La Chaux-de-Fonds	07-Jul
13.73	1.1	de Vries	GN		3	Sollenuna	27-Jun
13.82	-0.5	Fourie	GN		8	Shangai	18-May
13.82	-2.3	de Vries	GN		4	Herouville	13-Jun
13.84	0.5	de Vries	GN		6	Praha	10-Jun

(2/10)

13.96	-0.9	Tshepo Lefete	GN	02-Feb-92	1	Pretoria	06-Apr
13.98	-0.9	Kobus Moolman	GN	08-Jan-91	2	Pretoria	06-Apr
13.98	-0.1	Andre Storm	CNW		2	Potchefstroom	20-Apr
14.00	-0.1	Antonio Alkana	FS	12-Apr-90	1h1	Stellenbosch	12-Apr
14.09	-0.1	Muntingh Hamman	GN	07-Mar-90	4	Potchefstroom	20-Apr
14.13	1.0	Willem Coertzen	CNW	30-Dec-82	1h2	Durban	27-Apr
14.23	1.0	Werner Pretorius	GN	26-Jan-92	2	Pretoria	02-Mar
14.40	-0.9	Emmanuel Paggis	FS	06-Aug-92	3	Pretoria	06-Apr
14.53	-0.1	Neil le Roux	BOL	22-Mar-90	5h1	Stellenbosch	12-Apr
14.68	0.4	Ruan Eygelaar	CNW		2	Potchefstroom	06-Feb
14.80	-0.1	Ian Schoonwinkel	CNW		5	Potchefstroom	20-Apr
14.80	0.4	Lee van den Berg	CNW	26-Aug-94	2	Potchefstroom	16-Mar
14.81	0.3	WP Swart	CNW		2	Potchefstroom	06-Mar

Wind

13.78	4.5	Antonio Alkana	FS	12-Apr-90	1	Parow	16-Feb
13.92	2.1	Kobus Moolman	GN	08-Jan-91	1	ABSA Tuks Pretoria	16-Mar
14.07	2.1	Muntingh Hamman	GN	07-Mar-90	2	ABSA Tuks Pretoria	16-Mar
14.09	2.1	Werner Pretorius	GN	26-Jan-92	3	ABSA Tuks Pretoria	16-Mar
14.28	2.1	Tshepo Lefete	GN		4	ABSA Tuks Pretoria	16-Mar

400 metres hurdles

48.78		Cornel Fredericks	GN	3-Mar-90	1	Stellenbosch	13-Apr
48.85		Fredericks	GN		4s1	Moscow	13-Aug
49.03		Fredericks	GN		5	Luzern	17-Jul
49.11		LJ van Zyl	GN	20-Jul-85	1	Valenje	05-Jun
49.18		PC Beneke	GN	18-Jul-90	2	Stellenbosch	13-Apr
49.35		Fredericks	GN		3	Doha	10-May
49.40		Fredericks	GN		4	Madrid	13-Jul
49.46		van Zyl	GN		5	Madrid	13-Jul
49.49		Beneke	GN		1	Johannesburg	22-Apr
49.66		Fredericks	GN		4h1	Moscow	12-Aug

(3/10)

49.85	Wouter le Roux	GN	17-Jan-86	1	Potchefstroom	20-Apr
50.64	Constant Pretorius	GN	26-Jan-94	3	Stellenbosch	13-Apr
50.72	Le Roux Hamman	GN	6-Jan-92	4	Stellenbosch	13-Apr
51.07	Taariq Solomons	BOL	22-Aug-93	2	Pretoria	06-Apr
51.30	Bernard Pretorius	GN	6-Jan-93	3	Pretoria	06-Apr
51.34	Muntingh Hamman	GN	7-Mar-90	1	Potchefstroom	25-May
51.54	Shami Eksteen	FS	6-Aug-92	5	Stellenbosch	13-Apr
51.66	Shaun de Jager	BOL		1	Stellenbosch	08-Mar
51.71	Kamohelo Mangojeane	NCAA		5s1	Greensboro	24-May
51.79	Schalk Burger	CN	20-Feb-93	2h2	Durban	27-Apr
51.90	Lindsay Hanekom	CG		4	Pretoria	06-Apr
51.83	Jurie Moolman	GN	8-Jan-91	4	Durban	27-Apr
52.08	Ian Schoonwinkel	CNW	18-Jun-91	3	Potchefstroom	20-Apr
52.46	Ryan Nel	WP		4h1	Stellenbosch	13-Apr

High jump

2.18	Ruan Claasen	CG	26-Mar-90	1	Ruimsig	09-Feb
2.15	Claasen	CG		1	Durban	27-Apr
2.11	JVA Steytler	FS	8-Sep-92	1	Stellenbosch	15-Apr
2.10	Claasen	CG		1	Stellenbosch	27-Apr
2.10	Jacques Freitag	GN		2	Stellenbosch	13-Apr
2.10	Calivin-Lee Maelangwie	CG		3	Durban	27-Apr
2.10	Tiaan Steenkamp	CG		1	Potchefstroom	25-May
2.10	Steytler	FS		2	Durban	27-Apr
2.08	Clyde Ruiters	WP	1994	1	Bellville	09-Mar
2.08	Vernon Lategan	CG	1995	1	East London	21-Mar
2.08	Garth Ellis	EP		2	Stellenbosch	15-Apr

(8/11)

2.06	Mpho Links	GN		1	ABSA Tuks Pretoria	09-Mar
2.06	Ciaran Burks	GAU		q	East London	21-Mar
2.05	Sibusiso Mncube	GAU	1994	q	East London	21-Mar
2.05	Teboho Modise	VT		2	Pretoria	06-Apr
2.05	Tiro Motsepe	GN		1	Pretoria	06-Apr
2.05	Keagan Fourie	BOL		4	Stellenbosch	13-Apr
2.05	Craig Caniham	GN		6	Stellenbosch	13-Apr
2.05	Ramsay Carelse	BOL		8	Stellenbosch	13-Apr
2.02	Ruhan Alberts	FS	1995	q	East London	21-Mar
2.00	Marcel Maree	BO		q	East London	21-Mar
2.00	Brandon Prinlsoo	CN		1	Potchefstroom	06-Feb
2.00	Christo Crause	CNW		1	Potchefstroom	06-Feb
2.00	Maurice Fisher	BOL		1	Paarl	13-Feb
2.00	Andrew de Beer	CG	1994	4	Germiston	02-Mar
2.00	Fredericks Robbert	NW		q	East London	21-Mar
2.00	Ntandazo Mtshengu	KZ	1995	2	East London	21-Mar
2.00	Luvo Nkewu	BOL	18-Nov-91	3	Paarl	23-Mar

Pole vault

5.30	Heinrich Smit	WP	20-Feb-87	1	ABSA Tuks Pretoria	19-Feb
5.30	Eben Beukes	CG	9-Mar-90	1	Pretoria	02-Mar
5.20	Beukes	CG	9-Mar-90	1	Stellenbosch	12-Apr
5.10	Miquael Cilliers	GN		1	ABSA Tuks Pretoria	09-Mar
5.05	Smit	WP		1	Potchefstroom	25-May
5.00	Ruaan van Wyk	BOL	4-Dec-91	2	Stellenbosch	12-Apr
5.00	Juan de Swardt	BOL		3	Stellenbosch	12-Apr
5.00	Beukes	CG	9-Mar-90	1	Durban	26-Apr
4.80	van Wyk	BOL		2	Durban	26-Apr
4.65	Neil Guilomee	BO		1	Stellenbosch	22-Feb

(6/10)

4.60	Waldo van Staden	GN		2	ABSA Tuks Pretoria	16-Mar
4.60	Hennie Beukes	BO		1	Pilditch Pretoria	04-Apr
4.50	Willem Coertzen	CNW	30-Dec-82	dec	Ratingen	16-Jun
4.43	Stef Malan	BO		2	Paarl	23-Jan
4.40	Armandt Lotter	GN		2	Pretoria	09-Feb
4.40	Coleman Brits	GN		2	Pilditch Pretoria	04-Apr
4.40	Emile Pellisier	BO		2	Pretoria	05-Apr
4.40	Samuel Pellissier	FS		4	Durban	26-Apr
4.30	Wilhelm Bronn	BO		3	Stellenbosch	23-Feb
4.30	Neil le Roux	FS	1995	3	East London	22-Mar
4.25	Eric Pellisier	BOL		1	Paarl	13-Feb
4.20	Chris van der Merwe	FS	1995	5	East London	22-Mar
4.20	Coleman Brits	GN		3	Pretoria	09-Feb
4.20	Fabio Gruent	FS	1995	4	East London	22-Mar
4.20	Fredriech Pretorius	GN		4	Pretoria	09-Feb
4.20	JF Burger	CNW		2	Potchefstroom	06-Feb
4.20	JP van der Schyff	CNW		3	Potchefstroom	06-Feb
4.20	Lee van der Berg	CNW	26-Aug-94	4	Pretoria	05-Apr

Long jump Indoors

8.15	Khotso Mokoena	GN	6-Mar-85	2	Stockholm	21-Feb
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Long jump

8.32	-0.8	Zark Visser	CG	23-May-13	1	Zurich	29-Aug
8.30	1.9	Khotso Mokoena	GN	6-Mar-85	1	Bad Langensalza	14-Jun
8.29	-0.7	Visser	CG		1	Stellenbosch	13-Apr
8.19	0.2	Visser	CG		1	ABSA Tuks Pretoria	02-Mar
8.19	1.0	Visser	CG		1	Lapinlahti	21-Jul
8.16	0.9	Visser	CG		1	University of JHB	22-Apr
8.16	0.0	Mokoena	GN		1	Budapest	31-May
8.16	-0.4	Mokoena	GN		2q	Moscow	14-Aug
8.11	0.3	Mokoena	GN		2	Stellenbosch	13-Apr
8.11	-1.7	Mokoena	GN		2	Zurich	29-Aug

(2/10)

8.05	0.4	Stefan Brits	NCAA	19-Jan-92	1	Raleigh	19-Apr
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7.88	0.4	Ruswahl Samaai	CG	25-Sep-91	2	Pretoria	02-Mar
7.81	0.3	Duwayne Boer	GN	6-Jan-95	3	Stellenbosch	13-Apr
7.66	0.9	Francois Coetzee	GN		2	University of JHB	22-Apr
7.51	0.2	Keenon Watson	WP	3-Mar-88	5	Stellenbosch	13-Apr
7.39	0.4	Dylan Cotter	CG	23-Aug-91	7	Stellenbosch	13-Apr
7.30	0.8	Roelf Pienaar	BOL	23-Dec-93	8	Stellenbosch	13-Apr
7.15	0.3	Gregory Peterson	BOL		9	Stellenbosch	13-Apr
7.15	0.6	Lezlo Bramwill	CG		10	Stellenbosch	13-Apr
7.10	-1.0	Nhlanhla Masemola	MP		4	Pretoria	06-Apr
7.10	1.3	Juvan van Vuuren	FS		1	Bloemfontein	08-Mar
7.07	0.2	Jason Farao	BOL		11	Stellenbosch	13-Apr
7.07	0.5	Sabelo Ndlovu	GN	24-Jun-94	q	Bambous	29-Aug
7.06	0.9	Garth Ellis	EP		3	University of JHB	22-Apr
7.05	0.9	Nardus Greyling	FS		4	University of JHB	22-Apr
6.99	0.4	Jason Farao	FS		1	Pilditch Pretoria	04-Apr
6.99	1.5	Itemuleng Dikoko	GAU		2	Pretoria	06-Apr
6.99	1.4	Koketso Mogapi	VT		5	Pretoria	06-Apr

nwi

7.96		Ruswahl Samaai	CG	25-Sep-91	1	Germiston	09-Mar
7.51		Willem Coertzen	CNW	30-Dec-82	1	Stellenbosch	15-Apr
7.18		Ryan Pottinger	GAU		2	East London	21-Mar

Wind

7.75	4.7	Roelf Pienaar	BOL	23-Dec-93	1	Paarl	02-Mar
7.42	5.6	Dylan Cotter	CG	23-Aug-91	4	Durban	27-Apr

Triple jump Indoors

15.68		Khotso Mokoena	GN	6-Mar-85	1	Jyvaskyla	21-Feb
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Triple jump

16.03	0.3	Reneilwe Aphane	GN	24-Aug-90	1	Pretoria	02-Mar
15.92	0.8	Sabelo Ndlovu	GN	24-Jun-94	1	Bambous	30-Aug
15.71	-1.7	Duwayne Boer	GN	6-Jan-95	2	Potchefstroom	25-May
15.64	-1.3	Charles le Roux	GN	5-May-85	4	Stellenbosch	12-Apr
15.60	-2.1	Apelele Rasmeni	CG	15-Apr-91	3	Potchefstroom	25-May
15.58	1.3	Ndlovu	GN		1	Pretoria	06-Apr
15.55	1.4	Jason Sewunyana	WP	3-Jan-82	4	Potchefstroom	25-May
15.53	-0.1	Ndlovu	GN		4	Stellenbosch	06-Apr
15.48	-0.8	le Roux	GN		5	Potchefstroom	25-May
15.42	1	Boer	GN		2	Pilditch Pretoria	06-Apr

(6/10)

15.16	-3.1	Albert Jankie	GN	15-Jun-94	1	ABSA Tuks Pretoria	09-Mar
14.98	-1.4	Neo Marie	CG	5-Aug-90	6	Stellenbosch	12-Apr
14.81	0.9	Teboho Modisa	FS		6	Potchefstroom	25-May
14.78	-1.4	Koketse Mogapi	VT	24-Jan-92	8	Stellenbosch	12-Apr
14.72	-0.9	Baholo Mohomo	FS		1	Bloemfontein	08-Mar
14.61	0.9	Takalini Munyane	GN		3	University of JHB	22-Apr
14.60	1.0	Peter Muyeni	GN		7	Potchefstroom	25-May

14.57	-0.3	Itemuleng Dikoko	GAU		4	Pretoria	06-Apr
14.53	1.7	Sefako Mokhosoa	FS		3	Pilditch Pretoria	04-Apr
14.43	0.4	Lorenzo Gordon	WC	1995	5	Pretoria	06-Apr
14.33	-0.1	Anthony Mwanga	KZ		4	Pilditch Pretoria	04-Apr
14.21	0.2	Angel Apolonari	NWN		6	Pretoria	06-Apr

Wind

15.92	2.4	Apelele Rasmeni	CG	15-Apr-91	2	Stellenbosch	12-Apr
nwi							
15.79		Charles le Roux	GN	05-May-85	1	Potchefstroom	19-Mar
15.66		Thumelo Thagane	CNW	03-Jul-84	1	Potchefstroom	06-Mar
14.54		Wandile Sibiya	MP	1994	3	East London	23-Mar
14.33		Jason Boonman	NC		5	East London	23-Mar

Shot put

20.55		Orazio Cremona	GN	1-Jul-89	1	Donnas	07-Jul
23.39		Cremona	GN		1	Oordegem	01-Jun
20.32		Cremona	GN		1	Dakar	12-Jun
20.31		Jaco Engelbrecht	CG	8-Mar-87	1	ABSA Tuks Pretoria	29-Apr
20.19		Cremona	GN		2	Velenje	04-Jun
20.05		Cremona	GN		1	Potchefstroom	25-May
19.87		Cremona	GN		4	Madrid	13-Jul
19.84		Cremona	GN		1	Stellenbosch	13-Apr
19.67		Cremona	GN		1	Uppsala	16-Jun
19.53		Engelbrecht	CG		1	Durban	28-Apr

(2/10)

18.25		Roelie Potgieter	GN	20-Mar-80	3	Stellenbosch	13-Apr
17.07		Brynn-Peter Kemp	BOL	19-Jan-91	1	Paarl	02-Mar
17.05		Donovan Snyman	CG	30-May-86	5	Stellenbosch	13-Apr
16.99		Ryno van Winkel	FS	22-Feb-90	2	ABSA Tuks Pretoria	29-Apr
16.93		Nico Grobler	GN	3-Sep-88	6	Stellenbosch	13-Apr
16.85		Donovan Stebbing	CG	2-Feb-92	1	Pretoria	05-Apr
16.75		Ruan Brits	BOL		1	Paarl	23-Jan
16.74		JP Hoffman	GN		2	Pretoria	02-Mar
16.52		Thumelo Thage	GN	24-Feb-90	8	Stellenbosch	13-Apr
16.42		Ruan Murray	CNW	13-Jun-91	3	Pretoria	06-Apr

Discus

65.33		Victor Hogan	FS	25-Jul-89	2	Donnas	07-Jul
64.35		Hogan	FS		5	Moscow	13-Aug
62.73		Hogan	FS		2	Luzern	17-Jul
62.57		Hogan	FS		5	Berlin	01-Sep
62.45		Hogan	FS		12q	Moscow	12-Aug
61.92		Hogan	FS		2	Torino	08-Jun
61.68		Hogan	FS		1	Stellenbosch	13-Apr
61.92		Hogan	FS		3	Tomblaine	02-Jul
60.40		Hogan	FS		7	Madrid	13-Jul
60.33		Hogan	FS		1	Sollentuna	27-Jun

(1/10)

59.27	Russel Tucker	GN	4-Nov-90	1	ABSA Tuks Pretoria	09-Mar
57.60	Jan-Louw Kotze	NCAA	18-Mar-94	1	Mobile	30-Mar
55.90	Donovan Snyman	CG	30-May-86	2	Durban	26-Apr
55.41	Dewald van Heerden	CG	4-Apr-91	1	Pretoria	06-Apr
55.14	Brynn-Peter Kemp	BOL	19-Jan-91	2	Pretoria	06-Apr
53.93	Jaco Engelbrecht	CG		3	Durban	26-Apr
53.67	Dewald Moolman	CG	8-Jul-88	6	Stellenbosch	13-Apr
53.42	James Sinclair	MP	2-Jun-86	1	ABSA Tuks Pretoria	15-Mar
53.55	Wynand Carstens	BOL		2	Stellenbosch	15-Apr
52.78	Charl Grobler	GN	23-May-92	7	Stellenbosch	13-Apr
52.46	Ruan Murray	CNW	13-Jun-91	3	University of JHB	22-Apr

Hammer

72.40	Chris Harmse	FS	3-May-71	1	Stellenbosch	12-Apr
67.83	Harmse	FS		1	Potchefstroom	25-May
66.24	Johan Kruger	WP	15-Apr-87	1	Belville	23-Feb
64.64	Kruger	WP		2	Potchefstroom	25-May
64.58	Kristiaan Bekker	CG	16-Jun-80	1	Ruimsig	09-Feb
64.04	Renaldo Frechou	CNW	17-Feb-93	1	Potchefstroom	06-Mar
63.13	Ricardo Meiring	EP	12-Sep-74	1	Sydney	02-Mar
62.57	Kruger	BOL		4	Stellenbosch	12-Apr
61.69	Lodewalt Venter	CNW	22-Jul-91	2	Potchefstroom	06-Mar
61.11	Robert Janse van Rensburg	CNW		1	Potchefstroom	16-Mar

(8/10)

60.17	Tsepang Makhehte	FS	19-Feb-96	4	Potchefstroom	25-May
59.74	Thehann van Niekerk	CNW	4-Jan-91	2	Potchefstroom	16-Mar
57.93	Andre Kotze	CNW		5	Potchefstroom	25-May
57.51	Micqel le Roux	WP		1	Belville	16-Mar
56.50	Donovan Stebbing	CG	2-Feb-92	3	Pretoria	06-Apr
55.80	Martin Venter	GN		1	Pretoria	02-Mar

Javelin

81.97	Robert Oosthuizen	BOL	23-Jan-87	1	Potchefstroom	20-Apr
81.63	Oosthuizen	BOL		2	Kazan	10-Jul
81.08	Oosthuizen	BOL		1	Durban	28-Apr
78.77	Jason Henning	CN	13-Aug-90	1	Potchefstroom	25-May
77.73	Oosthuizen	BOL		1	Paarl	23-Mar
77.59	Oosthuizen	BOL		5	Beijing	21-May
76.48	Oosthuizen	BOL		2q	Kazan	08-Jul
76.41	Oosthuizen	BOL		1	Stellenbosch	12-Apr
75.83	Chad Herman	EP	25-May-92	1	ABSA Tuks Pretoria	29-Apr
75.22	Herman	EP		2	Potchefstroom	25-May

(3/10)

75.17	Morne Moolman	WP	1-Sep-94	1q	Greensboro	24-May
74.90	Dylan Lindsay	CG	4-Sep-91	3	Potchefstroom	25-May
73.74	Tobie Holtzhausen	CNW	25-May-87	2	Potchefstroom	06-Feb
72.66	Rocco van Rooyen	WP	23-Dec-92	2	Pretoria	06-Apr

72.16	Noël Meyer	CNW	20-Apr-88	4	Potchefstroom	16-Mar
71.24	Ulrich Damon	BOL	23-Oct-90	1	Parow	16-Feb
69.95	Reinhard van Zyl	GN	7-Feb-94	1	Pretoria	05-Apr
69.35	Willem Coertzen	CNW	30-Dec-82	dec	Moscow	11-Aug
68.81	Steyn Kriel	CNW		5	Potchefstroom	16-Mar
67.34	Pieter Kriel	CNW	23-Jan-95	3	Potchefstroom	06-Mar
66.88	Nico Liebenberg	CNW	31-Oct-84	1	ABSA Tuks Pretoria	16-Mar
68.49	Stephen Klue	BOL	21-Feb-94	2	Parow	03-Mar
66.27	Ruben Heymans	FS	13-Sep-94	7	Durban	27-Apr

Decathlon

8343	Willem Coertzen	CNW	30-Dec-82	9	Moscow	11-Aug
	10.95 (0.1), 7.44 (1.8), 13.88, 2.05, 48.32, 14.30 (-0.1), 43.25, 4.50, 69.35, 4:24.60					
8215	Coertzen	CNW		5	Ratingen	16-Jun
8118	Coertzen	CNW		2	Talence	15-Sep
6928	Gert Swanepoel	CNW		1	Durban	13-Apr
6515	Lee van den Berg	CNW		2	Durban	13-Apr
5744	Andre September	WP		3	Durban	13-Apr
5125	Percival Mdlala	KZN		3	Germiston	23-Mar

4 x 100m Relay

39.94	South Africa Students			2h2	Kazan	11-Jul
	Akani Simbine, Henricho Bruinjies, Gideon Trotter, Jacques de Swardt					
40.42	WP			1	Stellenbosch	13-Apr
40.63	TuksA			1	Durban	26-Apr
40.84	AGN A			2	Stellenbosch	13-Apr
41.01	South Africa u/20			3	Bambous	30-Aug
41.04	CGA			3	Stellenbosch	13-Apr
41.31	Tuks B			2	Durban	26-Apr
41.40	ACNW			4	Stellenbosch	13-Apr
41.63	UWC			3	Durban	26-Apr
41.66	Maties A			4	Durban	26-Apr

4 x 400m Relay

3:06.19	South Africa Students			3	Kazan	12-Jul
	Pieter Conradie, Jacques de Swardt, PC Beneke, Wayde van Niekerk					
3:09.88	South Africa Students			3h2	Kazan	11-Jul
3:09.89	Tuks A			1	Durban	27-Apr
3:10.54	AGN A			1	Stellenbosch	13-Apr
3:12.05	CGA			2	Stellenbosch	13-Apr
3:12.89	Maties A			2	Durban	27-Apr
3:13.73	Kovsies A			3	Durban	27-Apr
3:12.78	WP			3	Stellenbosch	13-Apr
3:13.12	AGN B			4	Stellenbosch	13-Apr
3:14.28	Free State			5	Stellenbosch	13-Apr

WOMEN

100 metres

11.50	1.5	Carina Horn	GN	9-Mar-89	1h1	La Chaux-de-Fonds	07-Jul
11.56	1.1	Horn	GN		4	Bototrop	19-Jul
11.59	0.5	Horn	GN		2	La Chaux-de-Fonds	07-Jul
11.60	1.0	Horn	GN		3h2	Bototrop	19-Jul
11.68	0.8	Melissa Hewitt	CNW	20-May-91	1	Durban	26-Apr
11.68	2.0	Horn	GN		4	Nive;;es	29-Jun
11.69	-0.8	Tamzin Thomas	WP	6-Oct-97	2h5	Donetsk	10-Jul
11.72	-1.0	Alyssa Conley	CG	27-Apr-91	1	Pretoria	05-Apr
11.72	1.4	Conley	CG		1	Stellenbosch	12-Apr
11.79	1.5	Samantha Pretorius	WP	3-Feb-92	1h1	Bellville	16-Mar

(5/10)

11.79	1.1	Cherise Jones	GN	5-Dec-85	1h2	Pretoria	05-Apr
11.80	-1.0	Elzette Buys	GN	22-Nov-92	2	Pretoria	05-Apr
11.80	-1.1	Tebogo Mamathu	GAU	27-May-94	1	Potchefstroom	25-May
11.85	0.8	Phillipa van der Merwe	NC	7-Jan-94	2	Durban	26-Apr
11.86	0.8	Nabeela Parker	BOL	10-Dec-94	4	Durban	26-Apr
11.91	-1.0	Ansulet Potgieter	FS	27-Apr-91	4	Pretoria	05-Apr
11.93	0.5	Shanice Marnice	KZN	14-Jun-95	1	Durban	09-Feb
11.94	1.0	Chante van Tonder	CG	25-May-93	2	Potchefstroom	19-Mar
11.95	1.4	Liezl Hechter	CN	22-Mar-94	2	Pretoria	05-Apr
11.96	-0.9	Sonja van der Merwe	WP	19-May-92	2h1	Pretoria	05-Apr
11.97	1.4	Stacey Welsch	WP	14-Apr-94	3	Pretoria	05-Apr

Wind

11.75	5.7	Samantha Pretorius	WP	3-Feb-92	1	Parow	03-Mar
11.96	2.9	Stacey Welsch	WP	14-Apr-94	2	Belville	15-Mar
11.96	2.2	Bernice Roman	WP		2s3	Durban	27-Apr
12.00	2.5	Arlene Gowar	WP	26-Aug-91	2	Orem	29-Mar

NWI

11.96		Simone du Plooy	GN	14-Apr-96	1h1	Pretoria	16-Mar
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200 metres

23.28	-0.1	Justine Palframan	BOL	4-Nov-93	1	Stellenbosch	13-Apr
23.46	-0.7	Palframan	BOL		1	Pretoria	06-Apr
23.46	1.9	Alysa Conley	CG	27-Apr-91	1	Potchefstroom	20-Apr
23.54	0.4	Palframan	BOL		1h1	Pretoria	05-Apr
23.55	1.1	Palframan	BOL		1	ABSA Tuks Pretoria	29-Apr
23.62	1.9	Conley	CG		2	Stellenbosch	13-Apr
23.64	0.0	Palframan	BOL		4h4	Moscow	15-Aug
23.66	-0.5	Palframan	BOL		2	University of JHB	22-Apr
23.74	0.4	Conley	CG		2h1	Pretoria	05-Apr
23.78	-0.7	Sonja van der Merwe	WP	19-May-92	3	Pretoria	06-Apr

(3/10)

23.84	1.5	Arista Nienaber (Hefer)	CG	09-Dec-87	1h2	Pretoria	02-Mar
23.86	-0.7	Chante van Tonder	CG	25-May-93	4	Pretoria	06-Apr

23.88	1.0	Elzette Buys	GN	22-Nov-92	2h2	ABSA Tuks Pretoria	09-Mar
23.90	0.4	Carina Horn	GN	09-Mar-89	2rB	Bottrop	19-Jul
24.02	0.8	Philippa vd Merwe	GN	07-Jan-94	1h1	ABSA Tuks Pretoria	09-Mar
24.08	-0.3	Simone du Plooy	GN	14-Apr-96	1	Pilditch Pretoria	04-Apr
24.17	-0.1	Rorisang Rammony	CNW	31-Dec-90	4	Stellenbosch	13-Apr
24.26	-0.1	Stacey Welsch	WP	14-Apr-94	7	Stellenbosch	13-Apr
24.29	0.8	Robyn Haupt	WP		1h4	Pilditch Pretoria	04-Apr
24.35	1.0	Wenda Nel (Theron)	GN	9-Jul-88	4h2	ABSA Tuks Pretoria	09-Mar
24.42	-0.6	Shanice Marnce	KZN	10-Jun-95	3	Potchefstroom	25-May
24.50	1.5	Welme van Zyl	GN	15-Dec-88	2h2	Pretoria	02-Mar
24.58	-0.3	Ariane Nel	NW		3	Pilditch Pretoria	04-Apr

Wind							
23.74	3.4	Melissa Hewitt	CNW	31-Dec-90	1	Durban	27-Apr
NWI							
24.51		Anneri Ebersohn	GN	09-Aug-90	1h1	Pretoria	09-Feb

400 metres

53.18		Rorisang Ramonye	CNW	31-Dec-90	2	St. Denis-Reunon	20-Apr
53.23		Ramonye	CNW		2	Reduit	18-Apr
53.25		Anneri Ebersohn	GN	09-Aug-90	1	Durban	26-Apr
53.28		Sonja van der Merwe	WP	19-May-92	1	Potchefstroom	25-May
53.32		van der Merwe	WP		1	Pretoria	06-Apr
53.32		Justine Palframan	BOL		2	Pretoria	06-Apr
53.41		Ramonye	CNW		1	Stellenbosch	12-Apr
53.44		Ramonye	CNW		1h2	Stellenbosch	12-Apr
53.48		van der Merwe	WP		2	Stellenbosch	12-Apr
53.56		Arista Nienaber (Hefer)	CG	09-Dec-87	3	Durban	26-Apr

(5/10)

53.74		Wenda Nel (Theron)	GN	30-Jul-88	1	ABSA Tuks Pretoria	09-Mar
54.44		Helene Swanepoel	BO		1	Pilditch Pretoria	04-Apr
54.90		Jeanelle Griessel	GN		1	University of JHB	15-Feb
55.04		Alet Marais (van Wyk)	WP	11-Nov-85	4	Stellenbosch	12-Apr
55.26		Carina Swiegers	CG	15-May-95	1	Pretoria	06-Apr
55.50		Janet Seeliger	GN	27-Apr-95	2	Pretoria	06-Apr
55.51		Anuscha Nice	GN	26-Aug-91	1	ABSA Tuks Pretoria	16-Mar
55.77		Robyn Haupt	WP		2	Pilditch Pretoria	04-Apr

800 metres

1:58.92		Caster Semenya	GN	7-Jan-91	1	Rieti	08-Sep
2:00.74		Semenya	GN		5	Zagreb	03-Sep
2:01.83		Semenya	GN		7	Zurich	29-Aug
2:01.86		Semenya	GN		1	Ninove	27-Jul
2:03.93		Mapaseka Makhanya	CG	9-Apr-85	1	Reduit	18-Apr
2:04.48		Semenya	GN		1	Lapinlathi	21-Jul
2:04.48		Semenya	GN		8	Amsterdam	31-Aug
2:04.60		Gena Lofstrand	KZ	23-Oct-95	1	Stellenbosch	13-Apr
2:04.67		Lofstrand	KZ		1	Potchefstroom	25-May

2:04.70	Danel Prinsloo	FS	27-Mar-92	2	Potchefstroom	25-May
(4/10)						
2:05.60	Anuscha Nice	GN	26-Aug-91	1	ABSA Tuks Pretoria	15-Mar
2:07.44	Mandie Brandt	CG	5-Nov-82	1	Montebeliard	06-Jun
2:08.01	Jana van der Merwe	CG	1-Aug-97	3	Potchefstroom	25-May
2:08.26	Monique Stander	CG	10-Mar-95	3	Stellenbosch	13-Apr
2:09.25	Icarien van Deventer	WP	7-Jun-95	5	Stellenbosch	13-Apr
2:09.72	Thato Makhafola	CG	10-Apr-94	6	Stellenbosch	13-Apr
2:09.81	Jana vd Merwe	CG	1-Aug-97	7	Stellenbosch	13-Apr
2:09.93	Adel Vermaak	GN	25-Sep-93	3	Potchefstroom	19-Mar
2:10.00	Marilse Jordaan	CNW	2-Mar-92	3	Durban	27-Apr
2:10.65	Sunel Jacobs	CNW	19-Jan-93	4	Potchefstroom	19-Mar
2:10.94	Anrune Liebenberg	WP		4	Durban	27-Apr
2:11.08	Lizerie Ferreira	GAU		2	Germiston	03-Mar
2:11.26	Alet Marais (van Wyk)	WP	11-Nov-85	9	Stellenbosch	13-Apr
2:11.46	Carien van Deventer	WP	17-Jun-05	2	East London	23-Mar

1500 metres

4:16.08	Mapaseka Makhanya	CG	09-Apr-85	1	Stellenbosch	12-Apr
4:16.90	Danel Prinsloo	FS	27-Mar-92	2	Stellenbosch	12-Apr
4:22.43	Lizirie Ferreira	CG	28-Jun-96	7	Donetsk	13-Jul
4:22.91	Lebo-Diana Phalula	CG	09-Dec-83	3	Stellenbosch	12-Apr
4:23.24	Dominique Scott	NCAA	24-Jun-92	1rC	Stanford	29-Mar
4:24.46	Mandie Brandt	GN	05-Nov-82	4	Stellenbosch	12-Apr
4:24.80	Ferreira	CG		4h2	Donetsk	10-Jul
4:26.70	Marilse Jordaan	CNW	30-May-92	2	Stellenbosch	15-Apr
4:26.83	Ferreira	CG		6	Stellenbosch	12-Apr
4:26.45	Brandt	GN		2	Durban	27-Apr
(8/10)						
4:28.65	Sunel Jacobs	CNW	19-Jan-93	3	Durban	26-Apr
4:30.29	Carina Viljoen	CG	15-Apr-97	2	East London	21-Mar
4:30.49	Lorraine Novela	CG		2	Pretoria	06-Apr
4:31.07	Nonhlanhla Dhlamini	GAU		1	Pilditch Pretoria	30-Jan
4:31.32	Gena Lofstrand	KZ	23-Oct-95	1	Pretoria	06-Apr
4:31.43	Anuscha Nice	GN	26-Aug-91	1	ABSA Tuks Pretoria	19-Feb
4:33.07	Nolene Conrad	CG		1	Potchefstroom	19-Mar
4:33.39	Zandile Hadebe	CG		4	Durban	26-Apr
4:33.72	Marilse Jordaan	CNW	02-Mar-92	5	Durban	26-Apr
4:33.76	Salvation Babedi	GAU		3	East London	21-Mar
4:34.54	Duanne Fourie	GAU	1995	1	East London	26-Apr
4:34.92	Ainslee van Graan	GN		1	ABSA Tuks Pretoria	16-Mar
4:35.08	Stella Marais	GN		3	ABSA Tuks Pretoria	19-Feb
4:35.46	Comelia Joubert	CG		2	Potchefstroom	25-May
4:36.34	Hapiness Mkhize	GN	15-Dec-92	6	Durban	26-Apr
4:36.68	Sunelle Coetzee	MP		2	East London	22-Mar
4:37.66	Zani Kruger	WP		1	Bellville	09-Mar

One Mile Indoors

4:44.78	Dominique Scott		24-Jun-92	3	College Station	19-Feb
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3000 metres Indoor

9:18.71	Dominique Scott		24-Jun-92	2	Fayetteville	26-Feb
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3000m

9:08.87	Mapaseka Makhanya	CG	09-Apr-85	5	Dakar	12-Jun
9:32.28	Nolene Conrad	CG	26-Jul-85	12	Nijmegen	12-Jun
9:33.75	Blandina Makhatsi	FS		1	Parow	14-Dec
9:41.92	Rosalyn Laurens	CNW		1	Stellenbosch	15-Apr
9:58.87	Laurens	CNW		1	University of JHB	22-Apr
9:48.19	Nonhlanhla Dhlamini	GAU		1	University of JHB	13-Feb
9:48.90	h Carina Viljoen	GAU		1	East London	21-Mar
9:55.11	Nicole van der Merwe	GAU		1	University of JHB	13-Feb
9:55.23	Portia Ngwenya	GN		2	Stellenbosch	15-Apr
9:56.30	h Makhatsi	FS		1	East London	23-Mar

(8/10)

10:00.00	Stella Marais	GN	25-Nov-92	3	Stellenbosch	15-Apr
10:00.22	N Nobhangaye	GAU		2	East London	23-Mar
10:03.20	h 'shegofatso Sethlakgoe	GN		2	East London	21-Mar
10:04.00	h Luleka Dyonki	NW		3	East London	23-Mar
10:04.60	Zandile Hadebe	CG		2	University of JHB	22-Apr
10:06.00	h Bernadine McLoud	GAU		4	East London	23-Mar
10:06.90	h Monelo Makhantse	FS		3	East London	21-Mar
10:09.80	h Zani Kruger	WV		4	East London	21-Mar
10:10.40	h Vuyiseka Nkumenge	EC		5	East London	23-Mar
10:11.72	Thandi Sehohle	GN		2	Pilditch Pretoria	30-Jan
10:13.48	Jeanette Bokadie	GN		3	Pilditch Pretoria	30-Jan
10:13.50	h Sibongile Hlanjwa	FS		5	East London	21-Mar
10:13.75	Salvation Babedi	GAU		1	Pilditch Pretoria	30-Jan
10:14.61	Ebeth Marais	WC		1	Bellville	09-Mar
10:14.68	Tanya Scott	WP		1	Bellville	09-Nov
10:14.79	Thineke Fourie	BOL		4	Stellenbosch	15-Apr
10:21.71	Anneke Gildenhuis	FS		5	Stellenbosch	15-Apr
10:27.34	Annie Bothma	WP		2	Bellville	09-Mar
10:35.60	h Sindy Labuschagne	GN	1995	8	East London	23-Mar
10:23.00	h Janey van der Merwe	BO		6	East London	23-Mar

5000 metres Indoor

16:03.13	Dominique Scott	NCAA	24-Jun-92	11	Seattle	08-Feb
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5000 metres

15:53.61	Mapaseka Makhanya	CG	09-Apr-85	1	Stellenbosch	13-Apr
16:27.20	Lebo-Diana Phalula	CG	09-Dec-83	2	Stellenbosch	13-Apr
16:30.65	Nolene Conrad	CG	26-Jan-85	3	Stellenbosch	13-Apr
17:08.08	Cornelia Joubert	CG	22-Jun-88	1	Potchefstroom	25-May

17:12.62	Rosalyn Laurens	CNW	28-Jul-87	1	Durban	27-Apr
17:12.71	Blandina Makhatsi	FS		1	East London	21-Mar
17:19.41	Ebeth Marais	WP	07-Sep-95	2	East London	21-Mar
17:20.36	Annie Bothma	WP		1	Bellville	09-Mar
17:27.31	Ulrica Stander	WP		1	Bellville	16-Mar
17:36.91	Khonzheni Gwegwa	EC	1994	3	East London	21-Mar
(10/10)						
17:40.41	Zandile Makatise	CG		2	Durban	27-Apr
17:55.89	Thandi Sihohle	GAU	1996	4	East London	21-Mar
17:56.49	Kanya Makatise	FS	01-Sep-95	4	Stellenbosch	13-Apr
18:00.17	Janey van der Merwe	BO		5	East London	21-Mar
18:05.33	Stella Marais	GN	25-Nov-92	3	Durban	27-Apr
18:06.38	Tanya Scott	WP		2	Bellville	16-Mar
18:07.76	Mia Bosman	GAU		6	East London	21-Mar

10 000 metres

34:31.28	Mpho Mabuza	CG	03-Nov-79	1	Stellenbosch	12-Apr
35:15.20	Cornelia Joubert	CG	22-Jun-88	2	Stellenbosch	12-Apr
35:23.37	Letitia Saayman	NCAA	28-Oct-92	12	Raleigh	29-Mar
36:01.97	Portia Ngwenya	GN	02-Aug-88	3	Stellenbosch	12-Apr
37:41.97	Anna Moeketsi	FS	25-Sep-85	4	Stellenbosch	12-Apr
38:32.22	Maryne Swanepoel	FS	24-Jul-86	5	Stellenbosch	12-Apr
38:55.65	Puseletso Dladla	FS	25-Sep-91	6	Stellenbosch	12-Apr
39:31.28	Danette Smith	WP	13-Dec-88	7	Stellenbosch	12-Apr

3000 metres steeplechase

10:07.24	Nolene Conrad	CG	26-Jul-85	5	Montbeliard	08-Jun
10:08.27	Conrad	CG		3	Kessel-Lo	13-Aug
10:18.82	Conrad	CG		4	Oordegem	01-Jun
10:19.66	Justine Johnson	NCAA		3	Eugene	06-Apr
10:20.47	Johnson	NCAA		6h2	Austin	24-May
10:21.20	Conrad	CG		1	Durban	26-Apr
10:27.26	Johnson	NCAA		4	Seattle	27-Apr
10:27.34	Conrad	CG		6	Turku	16-Jun
10:32.32	Johnson	NCAA		10	Los Angeles	12-May
10:40.25	Johnson	NCAA		1	Los Angeles	23-Mar

(2/10)

10:42.52	Thembi Baloyi	GN	7-Jan-89	2	Durban	26-Apr
10:49.21	Thandeka Manzana	GN	30-Nov-95	1	ABSA Tuks Pretoria	15-Mar
10:58.57	Ashleigh Schnetler	CG	2-Jun-91	3	Durban	26-Apr
11:03.43	Olivia Labuschagne	GN	30-Oct-95	2	ABSA Tuks Pretoria	15-Mar
11:07.99	Alicia Labuschagne	GN	30-Oct-95	3	ABSA Tuks Pretoria	15-Mar
11:08.16	Rosalyn Laurens	CNW	28-Jul-87	4	Durban	26-Apr
11:11.43	Leani Grimes	GN	1-Aug-93	5	Durban	26-Apr
11:13.51	Anneke Gildenhuis	FS	1-Apr-92	6	Durban	26-Apr
11:20.32	Sindy Labuschagne	GN	30-Oct-95	4	ABSA Tuks Pretoria	15-Mar
11:37.27	Tiffany Bell	CG	22-Mar-96	5	Stellenbosch	12-Apr

100 metres hurdles

13.48	1.7	Rikenette Steenkamp	GN	16-Oct-92	1	Stellenbosch	15-Apr
13.59	0.9	Steenkamp	GN		1	ABSA Tuks Pretoria	29-Apr
13.64	-1.3	Steenkamp	GN		1	Stellenbosch	12-Apr
13.68	1.7	Ansulet Potgieter	FS	27-Apr-91	2	Stellenbosch	15-Apr
13.70	0.9	Potgieter	FS		2	ABSA Tuks Pretoria	29-Apr
13.78	0.6	Steenkamp	GN		1	Potchefstroom	19-Mar
13.83	0.6	Potgieter	FS		2	Potchefstroom	19-Mar
13.92	0.2	Potgieter	FS		1	Potchefstroom	25-May
13.95	-1.3	Potgieter	FS		1	Stellenbosch	12-Apr
14.05	0.5	Steenkamp	GN		1	Potchefstroom	06-Mar
(2/10)							
14.07	1.3	Maryke Brits	NCAA	25-Feb-94	3	Tampa	14-Mar
14.19	-1.3	Kayla Gilbert	CG	05-Jan-93	3	Stellenbosch	12-Apr
14.50	0.3	Bianca Erwee	CNW	04-Mar-90	1	Potchefstroom	06-Mar
14.58	0.6	Mihandra Dorfling	CNW	15-Jun-92	3	Potchefstroom	19-Mar
14.87	1.7	Carli Gey van Pittius	BOL		3	Stellenbosch	15-Apr
15.01	1.7	Charnelle Welmans	EP		4	Stellenbosch	15-Apr
15.08	0.3	Carina Etsebeth	GN	18-Feb-90	2	ABSA Tuks Pretoria	09-Mar
15.15	0.6	Liriska Botha	FS		4	Potchefstroom	19-Mar

Wind

13.42	2.5	Ansulet Potgieter	FS	27-Apr-91	1	Durban	26-Apr
13.45	2.5	Rikenette Steenkamp	GN	16-Oct-92	2	Durban	26-Apr
14.04	2.3	Maryke Brits	NCAA	25-Feb-94	3h1	Raleigh	19-Apr
14.07	2.1	Kayla Gilbert	CG		3	Pretoria	05-Apr

NWI

14.62		Mercia Venter	GN	20-Jul-95	1h1	East London	21-Mar
14.67		Chrizzanne Markham	GAU		1	Germiston	01-Mar
14.68		Schalia Oosthuizen	GAU		2h1	East London	21-Mar
15.02		Helga Wendy Bensusan	CG		3	Germiston	01-Mar
15.18		Marissa Viljoen	GAU		5	Germiston	01-Mar

400 metres hurdles

55.80		Wenda Nel (Theron)	GN	30-Jun-88	2	La Chaux-de-Fonds	07-Jul
55.87		Anneri Ebersohn	GN	09-Aug-90	1	Potchefstroom	25-May
56.02		Nel (Theron)	GN		1	Nivelles	29-Jun
56.03		Ebersohn	GN		3	Huelva	12-Jun
56.04		Ebersohn	GN		1	Stellenbosch	12-Apr
56.09		Nel (Theron)	GN		2	Sao Paulo	19-May
56.39		Ebersohn	GN		3	Torino	08-Jun
56.51		Nel (Theron)	GN		2	Belem	12-May
56.57		Ebersohn	GN		1	ABSA Tuks Pretoria	09-Mar
(2/10)							
58.08		Helene Swanepoel	BOL	5-Aug-96	1	Donetsk	13-Jul
59.42		D'Jane Kriedemann	CG		1	University of JHB	13-Feb
59.92		Ane Fourie	BOL	24-Jan-93	1	Pretoria	06-Apr
59.98		Izelle Neuhoff	GN	3-May-94	1	Pretoria	06-Apr

60.00	Giana Wilkens	CN		1	Bloemfontein	02-Mar
60.81	Chante Finger	GN		5	Stellenbosch	13-Apr
61.28	Chrizzanna Forssman	GN		2	Pretoria	06-Apr
61.45	Claudeen Els	CNW	30-Oct-90	7	Stellenbosch	13-Apr
62.22	Marina Swanepoel	BOL		3	Pretoria	06-Apr

High jump

1.85	Julia du Plessis	CG	27-May-96	1	Germiston	28-Feb
1.85	Bianca Erwee	CNW	4-Mar-90	1	Stellenbosch	13-Apr
1.80	du Plessis	CG		2	Stellenbosch	13-Apr
1.80	du Plessis	CG		1	Potchefstroom	25-May
1.80	Erwee	CNW		2	Potchefstroom	25-May
1.79	Erwee	CNW		hep	Durban	27-Apr
1.79	du Plessis	CG		3	Donetsk	12-Jul
1.77	Katelyn Rothballe	CG		1	Pretoria	04-Apr
1.77	du Plessis	CG		q	Donetsk	10-Jul
1.76	du Plessis	CG		1	Pretoria	05-Apr

(3/10)

1.75	Marelize Higgins	MP		2	Pilditch Pretoria	30-Jan
1.75	Elizabeth Lotz	GN	19-Feb-82	1	Pretoria	09-Feb
1.71	Karla Bronn	BO		1	Potchefstroom	15-Feb
1.70	Mia Labuschagne	WP		1	Bellville	09-Mar
1.70	Danielle Carstens			1	University of JHB	13-Feb
1.70	Merike Smuts	GN	17-Jan-90	1	Pretoria	30-Jan
1.70	Carina du Preez	CG	18-Sep-89	4	Stellenbosch	13-Apr
1.70	Karla Bronn	BOL	4-Mar-96	5	Stellenbosch	13-Apr
1.70	Leandri Botha	FS	31-Oct-91	5	Stellenbosch	13-Apr
1.70	Chanell Range	CG		2	Durban	27-Apr
1.68	Martinique Ferreira			2	Potchefstroom	15-Feb
1.68	Jackie Muller			3	Potchefstroom	15-Feb
1.68	Caitlin Militz	KZ		q	East London	21-Mar
1.66	Savannah Kasner	BO		1	Stellenbosch	23-Feb
1.65	Berne Krugel	GN		2	ABSA Tuks Pretoria	09-Mar
1.65	Leandri Botha	FS		1	Pretoria	05-Apr
1.65	Morita Botha	EP	22-Jul-92	7	Stellenbosch	13-Apr
1.65	Mia Laubuschagne	WP	4-May-96	7	Stellenbosch	13-Apr
1.65	June Roelofse	BOL	19-Mar-92	7	Stellenbosch	13-Apr
1.65	Taylia Visagie	BOL	16-Feb-96	10	Stellenbosch	13-Apr
1.65	Zehanke Prinsloo	FS	7-Oct-91	4	Durban	27-Apr
1.65	Bennita Botha	GN	25-May-94	5	Durban	27-Apr
1.65	T Neethling	GN		1	Windhoek	21-Aug

Pole vault

3.90	Deone Joubert	GN	23-Apr-88	1	Pretoria	02-Mar
3.80	Joubert	GN		1	Stellenbosch	12-Apr
3.70	Nadia Giliomee	GN	10-May-94	2	Pretoria	02-Mar
3.60	Danielle Labuschagne	GN	24-Oct-91	2	Pretoria	30-Jan

3.60		Mar-Lize Vos	FS	30-Aug-95	1		East London	22-Mar
3.50		Elandi Styger	CN	10-Oct-93	1		Potchefstroom	06-Mar
3.50		Vos	FS		1		Pretoria	05-Apr
3.50		Vos	FS		2		Stellenbosch	12-Apr
3.45		Honorata Saar	WP	31-Jan-82	1		Bellville	16-Mar
3.40		Caitlin Sparks	BO		1		Stellenbosch	23-Feb
3.40		Licinda Pienaar	GN		1	Absa Tuks	Pretoria	15-Mar
3.40		Giliomee	GN		2		Pretoria	05-Apr
3.40		Saar	WP		3		Stellenbosch	12-Apr
(7/12)								
3.30		Surika Piater	FS	1995	3		Pretoria	05-Apr
3.30		Jameson Colin	BOL	23-Mar-94	4		Pretoria	05-Apr
3.30		Taahirah Kozain	BOL	13-Apr-93	1		Pretoria	06-Apr
3.30		Mariska Smit	BOL	25-Feb-93	2		Pretoria	06-Apr
3.30		Caitlin Sparks	BOL	11-Sep-97	4		Stellenbosch	12-Apr
3.10		Natasha Obermeyer	BO		2		East London	21-Mar
3.00		Dominique Mann	KZ	28-Jun-85	9		Stellenbosch	12-Apr

Long jump Indoors

6.10		Maryke Brits			5		Blacksburg	22-Feb
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Long jump

6.81	-1.2	Lynique Prinsloo	GN	30-Mar-91	1		Stellenbosch	13-Apr
6.64	0.7	Carla Marais	GN	10-Dec-87	2		Stellenbosch	13-Apr
6.49	0.0	Patience Ntshingila	CNW	26-Aug-89	1		Roodepoort	09-Feb
6.49	2.0	Marais	GN		2	ABSA Tuks	Pretoria	15-Mar
6.32	1.5	Samantha Pretorius	WP	3-Feb-92	2		Pretoria	06-Apr
6.30	-0.1	Nicholeen McClaren	MP	10-May-90	3		Stellenbosch	13-Apr
6.27	0.8	Ntshingila	CNW		1		Potchefstroom	06-Mar
6.24	0.1	Zanri van der Merwe	GN	14-May-93	4		Stellenbosch	13-Apr
6.21	-0.5	Janice Joseph	BOL	31-May-82	6		Stellenbosch	13-Apr
6.13	1.3	Maryke Brits	BOL	25-Feb-94	6		Raleigh	19-Apr

(8/10)

6.05	1.1	Bianca Erwee	CN	4-Mar-90	2		Potchefstroom	06-Mar
6.05	-1.3	Zinzi Chabangu	CG	28-Sep-96	q		Stellenbosch	13-Apr
6.00	1.1	Monja Goosen	GN	2-Oct-91	q		Durban	27-Apr
6.00	2.0	Janet Seeliger	GN	27-Apr-95	1		Bambous	31-Aug
5.95	-0.8	Kayla Gilbert	CG	5-Jan-93	6q		Stellenbosch	13-Apr
5.94	0.0	Nicole Ponder	NCAA		1		Norwalk	02-Mar
5.88	1.8	Carla Johnson	WP		1		Pilditch Pretoria	04-Apr
5.78	1.3	Kelly Kingwell	CG		2		Stellenbosch	15-Apr
5.78	0.6	Birdie Carstens	BOL		3		Stellenbosch	15-Apr
5.71	-3.1	Somien Schutte	GN		1	ABSA Tuks	Pretoria	09-Mar

Wind

6.38	4.3	Zanri van der Merwe	GN		1		Durban	27-Apr
6.05	4.6	Monja Goosen	GN	2-Oct-91	2		Durban	27-Apr

NWI

6.36	Zanri van der Merwe	GN		1	Potchefstroom	19-Mar
6.07	Kayla Gilbert	CG	5-Jan-93	1	Germiston	02-Mar
5.75	Megan Wyers			5	Potchefstroom	19-Mar

Triple jump

13.09	1.0	Matsi Dikotla	GN	3-Sep-87	1	Stellenbosch	12-Apr
12.70	0.0	Kelly Kingwell	CG	22-Jan-91	1	ABSA Tuks Pretoria	29-Apr
12.58	-0.9	Kingwell	CG		2	Stellenbosch	12-Apr
12.38	0.5	Zinzi Chabangu	CG	28-Sep-96	1	Potchefstroom	25-May
12.36	0.4	Chabangu	CG		16q	Donetsk	10-Jul
12.29	-0.6	Luchelle Prinsloo	CG	18-Jul-92	3	Stellenbosch	14-Apr
12.24	0.9	Chabangu	CG		4	Stellenbosch	12-Apr
12.13	-3.3	Somien Schutte	GN	6-Aug-98	1	East London	21-Mar
12.08	1.3	Kingwell	CG		2	Potchefstroom	25-May
12.05	1.5	Schutte	GN		1	ABSA Tuks Pretoria	16-Mar

(5/10)

11.87	-3.2	Sone Pretorius	GN		2	Durban	26-Apr
11.82	0.0	Bennita Botha	GN		2	ABSA Tuks Pretoria	29-Apr
11.61	0.0	Dineo Mgwanya	MP		3	Pretoria	06-Apr
11.55	-1.4	Hjane van Gessellen	FS		3	Durban	26-Apr
11.44	-2.2	Danielle Erwee	FS		4	Durban	26-Apr
11.36	1.2	Michelle Cornelius	GN	14-Sep-89	2	ABSA Tuks Pretoria	16-Mar
11.23	-4.1	Nicole Dirk	WP		6	Durban	26-Apr
11.21	0.0	Narieke van der Walt	WP		q	Pilditch Pretoria	04-Apr
11.18	0.0	v. Janse van Rensburg	EP		q	Pilditch Pretoria	04-Apr
11.15	-0.6	Megan van Rooyen	VT		2	Pilditch Pretoria	04-Apr
11.07	-0.6	Nelrine Beyers	BO		3	Pilditch Pretoria	04-Apr
11.07	0.1	Simone Theunissen	SW		3	Pilditch Pretoria	04-Apr
11.04	-4.5	Courtney du Plessis	EP	02-Oct-93	7	Durban	26-Apr
11.00	0.0	Lizandi Schoeman	CG		6	Pilditch Pretoria	04-Apr

NWI

12.70		Luchelle Prinsloo	CG	18-Jul-92	1	Germiston	09-Mar
11.80		Helga Wendy Bensusan	GAU	1994	1	Germiston	01-Mar
11.52		Thelma Mosehle	CN	6-Apr-95	1	Potchefstroom	02-Mar

Shot

15.49		Sonia Smuts	GN		1	Pretoria	02-Mar
15.46		Smuts	GN		1	Stellenosch	15-Apr
15.39		Ischke Senekal	EP	8-Jan-93	1	ABSA Tuks Pretoria	29-Apr
15.38		Lezaan Jordaan	CG	17-Oct-95	1	Stellenosch	13-Apr
15.36		Smuts	GN		2	ABSA Tuks Pretoria	29-Apr
15.26		Ischke	EP		1	Pretoria	05-Apr
15.07		Smuts	GN		2	Stellenosch	13-Apr
15.05		Jordaan	CG		1	Pretoria	06-Apr
15.04		Smuts	GN		2	Pretoria	05-Apr
14.74		Senekal	EP		3	Stellenosch	13-Apr

(3/10)

14.68	Bianca van Rooyen	CG		3	ABSA Tuks Pretoria	29-Apr
14.43	Geraldine Duvenage	CG	1995	2	Pretoria	05-Apr
14.32	Wanzel Breytenbach	CN		1	Pretoria	02-Mar
13.87	Cecile Meyer	FS		3	Pretoria	05-Apr
13.82	Sonika Knoetze	GN		q	Durban	26-Apr
13.78	Marista Greyling	GN		hep	Pretoria	02-Mar
13.50	Eunice Olevano	FS		3	Pretoria	05-Apr

Discus

58.13	Elizna Naude	GN	14-Sep-78	1	Pretoria	09-Feb
57.24	Maryke Oberholzer	GN	27-Nov-89	1	Stellenbosch	13-Apr
56.58	Oberholzer	GN		1	University of JHB	22-Apr
56.38	Naude	GN		1	Stellenbosch	13-Apr
56.16	Oberholzer	GN		1	Pretoria	19-Feb
55.93	Oberholzer	GN		1	Stellenbosch	15-Apr
55.74	Oberholzer	GN		1	ABSA Tuks Pretoria	16-Mar
55.06	Naude	GN		2	ABSA Tuks Pretoria	16-Mar
54.56	Oberholzer	GN		3	Kazan	08-Jul
54.43	Naude	GN		1	Pretoria	01-Mar

(2/10)

49.47	Ischke Senekal	EP	8-Jan-93	2	University of JHB	22-Apr
48.80	Simone Meyer	GN	22-Mar-93	2	ABSA Tuks Pretoria	09-Mar
48.45	Geraldine Duvenhage	CG	1995	1	Germiston	01-Mar
48.22	Leandri Geel	CG	14-Jul-97	1	Port Elizabeth	21-Mar
46.13	Eunice Olevano	FS	21-Feb-92	3	University of JHB	22-Apr
44.11	Somari Els	GN		2	Pretoria	05-Apr
43.92	Marga Vermaak	BOL		3	Pretoria	05-Apr
43.25	Carmen Killian	GAU		2	East London	23-Mar
43.86	Lindie Liebenberg	CNW		4	Pretoria	05-Apr

Hammer

57.63	Annemie Smith	RSA	24-Mar-92	9	Lisle	08-Jun
57.49	Smith	RSA		25q	Austin	23-May
57.41	Smith	RSA		4	Tucson	06-Apr
57.25	Smith	RSA		2	Iowa City	20-Apr
57.06	Smith	RSA		1	Prella	28-Mar
55.99	Smith	RSA		1	Macomb	13-Apr
55.86	Smith	RSA		10	Des Moines	27-Apr
55.83	Smith	RSA		9	Columbus	10-May
54.87	Nanette Stapelberg	CNW	09-Dec-87	1	Potchefstroom	25-May
53.67	Leandri de Beer	CG	04-Feb-92	1	Ruimsig	09-Feb

(3/10)

52.52	Magdelene Louw	EP	04-Feb-92	1	Pretoria	06-Apr
50.86	Stefanie Greyling	FS		2	Potchefstroom	25-May
50.20	Mieke Stander	EC		1	East London	21-Mar
49.58	Chene Coetzee	EC	09-Jun-94	1	Pretoria	09-Feb
47.85	Karen le Roux	BOL		1	Paarl	30-Jan

47.60	Marilize Coetzee	WP	27-Dec-76	1	Bellville	20-Feb
47.52	Karin Snyman	GN	17-Apr-85	1	Pretoria	16-Mar
47.29	Nadia Botha	FS		3	Durban	26-Apr
45.35	Amy Botes	EP		3	Pretoria	06-Apr
44.75	Ronique Wepener	CNW		5	Durban	26-Apr

Javelin

64.51	Sunette Viljoen	CNW	06-Oct-83	3q	Moscow	16-Aug
63.58	Viljoen	CNW		6	Moscow	18-Aug
63.49	Viljoen	CNW		3	Rome	06-Jun
63.00	Viljoen	CNW		3	Eugene	31-May
62.93	Viljoen	CNW		4	Berlin	01-Sep
62.76	Viljoen	CNW		4	Zurich	29-Aug
61.87	Viljoen	CNW		1	Stellenbosch	12-Apr
59.45	Viljoen	CNW		6	Stockholm	22-Aug
58.92	Viljoen	CNW		5	Rabat	09-Jun
57.87	Viljoen	CNW		7	New York	25-May

(1/10)

54.81	Gezelle Bernard	CNW	15-Sep-91	1	Potchefstroom	25-May
51.05	Carli Grobbelaar	CNW	11-May-93	1	Durban	26-Apr
50.99	Janika Kotze	CNW	27-Jan-93	4	Potchefstroom	20-Apr
50.90	Anzell van der Schyff	GN	19-Mar-87	1	Pretoria	30-Jan
50.84	Zanri Bailey	WP		1	Stellenbosch	09-Nov
49.62	Jo-ane van Dyk	SWD	03-Oct-97	4	Stellenbosch	12-Apr
49.62	Liezel de Swardt	CNW	09-Mar-92	3	Potchefstroom	16-Mar
47.58	Megan Wilke	CG		1	East London	22-Mar
46.79	Sonnika Knoetze	GN	18-Aug-87	hep	Durban	27-Apr
45.96	Zane Fourie	SWD	03-May-96	5	Stellenbosch	12-Apr
45.64	Carien Dreyer	GN		4	Pretoria	05-Apr
44.75	D de Wet	GAU		2	East London	22-Mar
44.29	Sane van Zyl	CNW	12-Aug-95	3	Potchefstroom	25-May

Heptathlon

5715	Bianca Erwee	CNW	4-Mar-90	1	Germiston	23-Mar
5547	Erwee	CNW		1	Durban	27-Apr
5503	Erwee	CNW		7	Kladno	09-Jun
4907	Sonnika Knoetze	GN	18-Aug-87	2	Durban	27-Apr
4484	June Roelofse	BOL	19-Mar-92	3	Durban	27-Apr
4280	Charmel Welmans	EP	4-May-92	3	Germiston	23-Mar
4106	Nicola Offner	BOL	23-Feb-90	4	Germiston	23-Mar

4 x 100m Relay

46.08	CGA			1	Stellenbosch	13-Apr
46.13	WP A			2	Stellenbosch	13-Apr
46.47	Tuks A			1	Durban	26-Apr
46.50	AGN A			3	Stellenbosch	13-Apr

47.19	Maties A	2	Durban	26-Apr
47.23	BOL A	4	Stellenbosch	13-Apr
47.56	South Africa u/20	1	Bambous	30-Aug
47.56	Pukke A	3	Durban	26-Apr
48.40	UWC	4	Durban	26-Apr
48.52	UJ	5	Durban	26-Apr

4 x 400m Relay

3:36.05	South Africa Students	3	Kazan	12-Jul
i;Sonja van der Merwe, Arista Nienaber, Justine Palframan, Annerie Ebersohn				
3:41.91	AGN A	1	Stellenbosch	13-Apr
3:45.38	WP A	2	Stellenbosch	13-Apr
3:46.52	CGA	3	Stellenbosch	13-Apr
3:48.25	Tuks A	1	Durban	26-Apr
3:51.99	Pukke A	2	Durban	26-Apr
3:55.25	Maties A	3	Durban	26-Apr
3:58.95	Kovsies B	4	Durban	26-Apr
4:00.20	Tuks B	5	Durban	26-Apr

AGE GROUP TOP PERFORMANCES 2013

JUNIOR BORN 1994/95

MEN

100 metres

10.53	0.7	Thando Roto	GN	26-Sep-95	1	Pretoria	05-Apr
10.55	0.7	Wesley Pindele	BO		2	Pretoria	05-Apr
10.57	0.6	Keenan Michau	WP		2sf2	Stellenbosch	12-Apr
10.59	0.7	Sabelo Samkelo	CG		3	Pretoria	05-Apr
10.66	0.8	Jon Seeliger	GN	27-Apr-95	2	ABSA Tuks Pretoria	15-Mar
10.71	-0.4	Fana Mofokeng	FS	11-Sep-94	1	Bloemfontein	08-Mar
10.73	0.7	Walter Ungerer	CG	15-Jan-95	5	Pretoria	05-Apr
10.82	0.7	Hendrik Khumalo	CNW		7	Pretoria	05-Apr
10.88	0.7	Obakeng Maoko	GN		8	Pretoria	05-Apr

NWI

10.73		Sabelo Samkelo	CG		1sf2	Germiston	01-Mar
10.70		Walter Ungerer	CG	15-Jan-95	1	Germiston	01-Mar
10.74		Samkelo Sabelo	GAU		3	Germiston	01-Mar

Wind

10.59	2.8	Fana Mofokeng	FS	11-Sep-94	1h1	Bloemfontein	08-Mar
10.85	2.8	Tsietsi Mogade	FS		1h2	Bloemfontein	08-Mar

200 metres

21.18	0.9	Fana Mofokeng	FS	11-Sep-94	1h1	Pretoria	06-Apr
21.20	-0.3	Walter Ungerer	CG	15-Jan-95	1	Pretoria	06-Apr
21.31	-0.3	Keenan Michau	WP		2	Pretoria	06-Apr
21.39	-0.3	Thando Roto	GN		3	Pretoria	06-Apr
21.40	0.7	Jon Seeliger	GN	27-Apr-95	1	ABSA Tuks Pretoria	09-Mar
21.56	-0.3	Ntokozo Magubane	KZN		4	Pretoria	06-Apr
21.60	-0.3	Quincy Vorster	CG		5	Pretoria	06-Apr
21.71	-0.8	Ernst Buys	LIM		1h3	East London	23-Mar
21.75	-0.8	Wesley Pindele	BO		2h3	East London	23-Mar
21.82	1.2	Petr Havenga	FS		2	Bloemfontein	08-Mar

nwi

21.39		Walter Ungerer	CG	15-Jan-95	1	Germiston	02-Mar
21.43		Thando Roto	GN		2	Germiston	02-Mar
21.51		Samkelo Sabela	GAU		3	Germiston	02-Mar
21.72		Tshepiso Kabi	GAU		4	Germiston	02-Mar
21.73		P Pita	CG		5	Germiston	02-Mar

400 metres

46.62		Pieter Conradie	GN	20-Oct-94	2	University of Jhb	22-Apr
46.76		Sonwabiso Skhosana	KZ		1	Pretoria	06-Apr
46.91		Jon Seeliger	GN	27-Apr-95	2	Pretoria	06-Apr
46.95		Jaden Flagg	BOL	16-Sep-94	3	Pretoria	06-Apr

47.14		Stefan Bruwer	GAU		4	Pretoria	06-Apr
47.29		Diwan Kamoetie	GAU		5	Pretoria	06-Apr
47.39		Petr Havenga	FS		1	East London	22-Mar
47.64		Jospeh Doudall	WC		4	East London	22-Mar
47.76		Constant Pretorius	GN	26-Jan-94	3	ABSA Tuks Pretoria	16-Mar
48.40		Karabo Katane	NWN		6h2	Stellenbosch	13-Apr

800 metres

1:49.91		Duran Faro	CNW		8	Stellenbosch	13-Apr
1:50.76		Mpho Makofane	GN	1994	2	Pretoria	06-Apr
1:51.62		Vincent Hlatswayo	WNW		3	Pretoria	06-Apr
1:51.80	h	Rikus Jacobs	NW		1	East London	23-Mar
1:52.00	h	Bennie Prinsloo	FS	1995	2	East London	23-Mar
1:52.46		Lammert Braak	GN		2	ABSA Tuks Pretoria	15-Mar
1:53.00	h	K Motlhosi	GAU		4	East London	23-Mar
1:53.09		Solomon Bothlolo	GN		4	Pretoria	06-Apr
1:53.18		Keorapetse Romokoka	NWN		5	Pretoria	06-Apr
1:53.20	h	Lerato Mosunyane	FS		6	East London	23-Mar

1500 metres

3:49.58		Nkhasi Namakoe	GAU		1	Germiston	01-Mar
3:50.43		Rikus Jacobs	NW		2	East London	21-Mar
3:51.77		Solomon Bothlolo	GN	1994	3	East London	21-Mar
3:52.26		Simphiwe Tefo	GAU		2	Germiston	01-Mar
3:53.35		Rantso Mokopane	CNW		1	Pretoria	06-Apr
3:53.50		Tumisang Monnatlala	CG		3	Pretoria	06-Apr
3:53.50		Mpho Makofane	GN	1994	2	Pretoria	06-Apr
3:54.17		Sakhumzi Matiso	EC		4	East London	21-Mar
3:56.97		Thabang Matiwane	GAU	1995	5	East London	21-Mar
3:57.33		Mpho Makofane	GN	1994	1	ABSA Tuks Pretoria	16-Mar

3000 metres steeplechase

8:50.33		Tumisang Monnatlala	CG		6	Stellenbosch	13-Apr
8:59.58		Rantso Mokopane	CNW		8	Stellenbosch	13-Apr
9:05.20		Adam Lipschitz	GN	1-Jan-94	2	Pretoria	5-Apr
9:16.49		Mabinza Lukhanyo	GN		2	ABSA Tuks Pretoria	16-Mar
9:17.28		Sakhumzi Matiso	EC		1	East London	22-Mar
9:19.97		Thato Kekana	LIM		2	East London	22-Mar
9:25.81		Felix Mapfungautsi	CG	8-Feb-95	3	East London	22-Mar
9:30.08		Phineas Makgoka	LIM		4	East London	22-Mar
9:32.56		Shuping Molehe	FS		5	East London	22-Mar
9:32.85		Johannes Motsoeneng	NW		6	East London	22-Mar

5000 metres

14:18.50	h	Nkashi Namakoe	GAU		1	East London	23-Mar
14:47.70	h	Thabang Mojanaga	FS		2	East London	23-Mar
14:48.40	h	Thabang Mosiako	NW		3	East London	23-Mar
14:55.14		Adam Lipschitz	GN	1-Jan-94	1	Pretoria	6-Apr
15:07.57		Anthony Timoteus	WP		1	Bellville	09-Mar
15:09.30	h	Sthembiso Ndlovu	KZN		4	East London	23-Mar

15:17.24		Nkosinathi Molewa	LIM		3		Pretoria	06-Apr
15:17.90	h	Lizile Fadane	EC		5		East London	23-Mar
15:22.70		Njabulo Tshabalala	GAU		7		East London	23-Mar
15:24.21		Ludwick Molewa	LIM		4		Pretoria	06-Apr

10000 metres

32:01.17		Michael Pienaar	BOL		1		Pretoria	05-Apr
32:50.12		Edwin Majwafe	CG		2		Pretoria	05-Apr
33:13.03		Tshepo Leeto	CG		3		Pretoria	05-Apr
33:23.56		Percy Mhlongo	CG		4		Pretoria	05-Apr

110 metres hurdles

13.51	0.0	Tiaan Smit	WP	14-Mar-95	1		Pretoria	05-Apr
13.81	0.0	Angus Julies	WP	24-Feb-94	2		Pretoria	05-Apr
13.88	1.9	Ryno Steyn	FS	1995	1h2		Bloemfontein	08-Mar
14.11	0.0	Lee vd Berg	CNW		4		Pretoria	05-Apr
14.18	0.0	Paulus Grobler	NW		5		Pretoria	21-Mar
14.20	0.1	Lethuxolo Makhanya	GN	1995	1h3		East London	21-Mar
14.24	0.0	Thulani Makhanya	CG		6		Pretoria	05-Apr
14.28	0.1	Andrew de Beer	GAU	1994	2h2		East London	21-Mar
14.45	0.1	Ruan Mentz	CG	1995	1h2		East London	05-Apr
14.71	0.1	Retief Marais	FS		3h3		East London	21-Mar

nwi

14.01		Lethuxolo Makhanya	GN	1995	1		Germiston	01-Mar
14.24		Ruan Mentz	CG	1995	2		Germiston	01-Mar
14.26		Andrew de Beer	GAU	1994	3		Germiston	01-Mar

Wind

13.73	3.3	Angus Julies	WP	24-Feb-94	1		Bellville	09-Mar
13.75	3.3	Tiaan Smit	WP	14-Mar-95	2		Bellville	09-Mar

400 metres hurdles

50.64		Constant Pretorius	GN	26-Jan-94	3		Stellenbosch	13-Apr
52.69		Hanco Sipsma	NW	1995	1h2		East London	23-Mar
53.26		Paul Voster	NW	1995	3		Pretoria	05-Apr
53.48		Ruan Mentz	CG	1995	1		East London	23-Mar
53.61		Nico Bakkes	EP		4		Pretoria	05-Apr
53.74		Pieter Willem Coetzer	MP		5		Pretoria	05-Apr
53.76		Lihan Botha	GAU		1		Germiston	02-Mar
53.79		Rudi Botha	MP		2h1		Pretoria	05-Apr
54.48		Mpho Songo	GAU		3h2		East London	23-Mar
54.48		Mduduzi Mgwanya	VT		4h1		Pretoria	05-Apr

High jump

2.08		Clyde Ruiters	WP	1994	1		Bellville	09-Mar
2.08		Vernon Lategan	CG	1995	1		East London	21-Mar
2.06		Ciaran Burks	GAU		q		East London	21-Mar
2.05		Sibusiso Mncube	GAU	1994	q		East London	21-Mar
2.05		Teboho Modise	VT		2		Pretoria	06-Apr
2.02		Ruhan Alberts	FS	1995	q		East London	21-Mar
2.00		Andrew de Beer	CG	1994	4		Germiston	02-Mar

2.00		Ntandazo Mtshengu	KZ	1995	2	East London	21-Mar
2.00		Fredericks Robbert	NW		q	East London	21-Mar
2.00		Brandon Prinsloo	CNW		12	Stellenbosch	13-Apr

Pole vault

5.00		Juan de Swardt	BO	1994	2	Stellenbosch	12-Apr
4.40		Armandt Lotter	GN	1994	2	ABSA Tuks Pretoria	09-Mar
4.40		Emile Pellisier	BO		2	Pretoria	05-Apr
4.30		Neil le Roux	FS	1995	3	East London	22-Mar
4.20		Fabio Gruent	FS	1995	4	East London	22-Mar
4.20		Chris van der Merwe	FS	1995	5	East London	22-Mar
4.20		Lee van der Berg	CNW		4	Pretoria	05-Apr
4.00		Dylan Mattison	EC		6	East London	22-Mar
3.80		Duan Gouws	FS		7	East London	22-Mar

Long jump

7.81	0.3	Duwayne Boer	GN	6-Jan-95	3	Stellenbosch	13-Apr
7.07	0.5	Sabelo Ndlovu	GN	24-Jun-94	q	Bambous	29-Aug
6.99	1.5	Itemuleng Dikoko	GAU		2	Pretoria	06-Apr
6.98	0.2	Calvin Blignaut	GN		1	Pilditch Pretoria	13-Sep
6.96	-1.2	Simon Mbarane	FS		1	Bloemfontein	08-Mar
6.84	0.9	Neo Leshilo	VT		3	Pretoria	06-Apr
6.79	1.1	Ingvar van Rooyen	BOL		4	Pretoria	06-Apr
6.75	-2.5	Albert Jankie	GN	14-Jun-94	2	ABSA Tuks Pretoria	16-Mar

nwi

7.18		Ryan Pottinger	GAU	1995	2	East London	21-Mar
6.99		Itemuleng Dikoko	GAU		2	Germiston	01-Mar
6.89		Jacques Malan	MP		3	East London	21-Mar
6.88		Thembelani Kojana	EC		4	East London	21-Mar
6.77		Lorenzo Gordon	WC	1995	6	East London	21-Mar
6.75		Gavian Cloete	NC		8	East London	21-Mar
6.70		Iven Tsuke	FS		2	Bloemfontein	08-Mar

Triple jump

15.92	0.8	Sabelo Ndlovu	GN	24-Jun-94	1	Bambous	30-Aug
15.71	-1.7	Duwayne Boer	GN	6-Jan-95	2	Potchefstroom	25-May
15.16	-3.1	Albert Jankie	GN	14-Jun-94	1	ABSA Tuks Pretoria	09-Mar
14.57	-0.3	Itemuleng Dikoko	GAU		4	Pretoria	06-Apr
14.43	0.4	Lorenzo Gordon	WC	1995	5	Pretoria	06-Apr
14.21	0.2	Angel Apolonari	NWN		6	Pretoria	06-Apr
13.99	0.6	Vuyane Henry	BOL		8	Pretoria	06-Apr

nwi

14.67		Itemuleng Dikoko	GAU		3	Germiston	02-Mar
14.54		Wandile Sibiya	MP	1994	3	East London	23-Mar
14.33		Jason Boonman	NC		5	East London	23-Mar
14.16		Angle Apolo-Nario	NW		6	East London	23-Mar
14.00		Tlokomelo Senyane	FS		7	East London	23-Mar

Shot put

18.21	Ruan Combrink	GAU	11-Mar-95	1	Pretoria	06-Apr
16.78	Kevin Botha	GN	31-Jan-95	2	Pretoria	06-Apr
16.27	Zane Weir	KZN		3	Pretoria	06-Apr
14.98	Whistiaan Opperman	MP		1	Pilditch Pretoria	13-Sep
14.93	Ulrich Senekal	EC		3	East London	21-Mar
14.68	Tiaan Hitzeroth	GAU		4	East London	21-Mar
14.42	RJ Nel	FS		1	Bloemfontein	08-Mar
14.30	Neville Brand	NC		5	East London	21-Mar
14.18	Jan-Louw Kotze	NCAA		10	Birmingham	15-Mar
14.05	Mees Erasmus	LIM		1	Polokwane	02-Mar

Discus

59.10	Jan-Louw Kotze	NCAA		1	Mobile	30-Mar
58.75	Gerhard de Beer	GN	5-Jul-94	1	ABSA Tuks Pretoria	23-Mar
49.57	Cameron Donkin	France		1	Cerizay	08-Jun
47.69	Conrad Burger	BO	1995	1	East London	23-Mar
47.58	Abraham du Plessis	LIM		2	East London	23-Mar
47.53	Ruan Combrink	GAU	11-Mar-95	1	Germiston	02-Mar
47.39	Brendin Strauss	GAU	1995	3	East London	23-Mar
46.82	Wikus van Aswegen	BO	12-Sep-94	4	East London	23-Mar
46.56	Theboho Mokhotu	FS	1995	5	East London	23-Mar
43.65	Johan van Zyl	GN		3	Germiston	02-Mar

Hammer

59.03	Juan Muller	EC	1995	1	East London	22-Mar
53.98	Nomis Marcus	FS		2	East London	22-Mar
52.44	Hendrik Louw	EC	1995	3	East London	22-Mar
51.52	Erasmus du Toit	BO	1995	4	East London	22-Mar
50.29	Mitchell Gates	FS	1994	5	East London	22-Mar
50.26	Johan Muller	WC		6	East London	22-Mar
48.86	Juhan Lodewyk	FS		2	Bloemfontein	08-Mar
44.44	Jan-Louw Kotze	NCAA		5	Mobile	06-Mar

Javelin

73.83	Morne Moolman	WP	1-Sep-94	3	Austin	29-Mar
69.95	Reinhard van Zyl	GN	7-Feb-94	1	Pretoria	05-Apr
67.34	Pieter Kriel	CNW		2	Potchefstroom	06-Mar
65.26	Stephen Klue	WP		1	Bellville	09-Mar
64.29	LJ Basson	NW		1	Potchefstroom	02-Mar
63.21	Wynand Grassman	EC	1995	1	East London	22-Mar
61.94	Kobus van der Walt	WP		2	East London	22-Mar
60.89	JG Crouse	CNW		4	Pretoria	06-Apr
59.98	Enrico vd Merwe	EC		5	East London	22-Mar
59.85	Kevin Botha	GN	31-Jan-95	1	Germiston	01-Mar

4 X 100m Relay

41.68	Afrikaanse Hoer Seunskool u19			1	Pilditch Pretoria	22-Feb
41.83	Athletics Central North West			1	Pretoria	04-Apr
41.83	Boland Athletics			2	Pretoria	04-Apr

41.87	Athletics Gauteng North	3	Pretoria	04-Apr
41.94	Afrikaanse Hoer Seunskool u19	1	University of Jhb	15-Feb
41.99	Afrikaanse Hoer Seunskool u19	1	Germiston	28-Feb
42.05	Central Gauteng Athletics	4	Pretoria	04-Apr
42.39	Athletics Free State	5	Pretoria	04-Apr
42.47	Hoerskool Waterkloof u19	2	Germiston	28-Feb
42.57	Potchefstroom Gimnasium u19	1	Potchefstroom	09-Feb

4 x 400m Relay

3:14.62	Athletics Gauteng North	1	Pretoria	05-Apr
3:17.56	Kwazulu Natal Athletics	2	Pretoria	05-Apr
3:17.68	Athletics Vaal Triangle	3	Pretoria	05-Apr
3:18.39	Central Gauteng Athletics	4	Pretoria	05-Apr
3:18.94	Athletics Free State	5	Pretoria	05-Apr
3:29.09	Eastern Province Athletics	6	Pretoria	05-Apr
3:30.60	Athletics Mpumalanga	7	Pretoria	05-Apr
3:43.51	Transkei Athletics	8	Pretoria	05-Apr

WOMEN

100 metres

11.80	-1.1	Tebogo Mamathu	CG	1995	1	Potchefstroom	25-May
11.85	0.8	Phillipa van der Merwe	GN	7-Jan-94	2	Durban	26-Apr
11.86	0.8	Nabeela Partker	BOL		4	Durban	26-Apr
11.95	1.4	Liezl Hechter	GN	22-Mar-94	2	Pretoria	05-Apr
11.97	1.4	Stacey Welsch	WP	20-Jul-94	3	Pretoria	05-Apr
11.99	-0.5	Loungo Mathlaku	GN		1	ABSA Tuks Pretoria	16-Mar
12.03	1.4	Shanice Marnice	KZ	14-Jun-95	4	Pretoria	05-Apr
12.36	-0.8	Liezel Scholtz	LIM		1h2	East London	22-Mar
12.50	-0.9	Amore Serfontein	NC	1995	1h3	East London	22-Mar
12.58	-2.9	Carina Swiegers	CG	15-May-95	4	East London	22-Mar

200 metres

24.02	0.8	Phillipa van der Merwe	GN	7-Jan-94	1	ABSA Tuks Pretoria	09-Mar
24.26	-0.1	Stacey Welsch	WP		7	Stellenbosch	13-Apr
24.36	1.1	Loungo Mathlaku	GN		1h3	ABSA Tuks Pretoria	09-Mar
24.42	-0.6	Shanice Marnice	KZN	10-Jun-95	3	Potchefstroom	25-May
24.57	0.8	Liezl Hechter	GN	22-Mar-94	2h1	ABSA Tuks Pretoria	09-Mar
24.71	-1.6	Tebogo Mamathu	GAU	1995	1h3	East London	23-Mar
25.34	-2.5	Demi MacMillan	WP		2	Bellville	06-Jan
25.61	-1.6	Goitsione Ramonnye	NW		2h3	East London	23-Mar
25.71	-1.9	Liezel Scholtz	LIM		1h2	East London	23-Mar
25.71	-1.9	Amore Serfontein	NC	1995	2h2	East London	23-Mar

400 metres

55.26		Carina Swiegers	CG	15-May-95	1	Pretoria	06-Apr
55.50		Janet Seeliger	GN	27-Apr-95	2	Pretoria	06-Apr
55.51		Goitsione Ramonnye	NW		3	Pretoria	06-Apr
56.33		Marike Bruwer	WC		4	Pretoria	06-Apr

56.63		Dzunisani Baloyi	FS		5	Pretoria	06-Apr
56.48		Marise Malherbe	BOL		1h2	Pretoria	06-Apr
56.87		Sune Alberts	FS	1995	3	East London	21-Mar
57.01		Busiswe Moroatsele	GN		2	Germiston	01-Mar
57.99		Leandi Knox	MP		5	East London	21-Mar
58.47		Icarien van Deventer	WP		1	Bellville	09-Mar

800 metres

2:04.60		Gena Lofstrand	KZ	23-Oct-95	1	Stellenbosch	13-Apr
2:08.26		Monique Stander	CG		3	Stellenbosch	13-Apr
2:09.25		Icarien van Deventer	WP	7-Jun-95	5	Stellenbosch	13-Apr
2:09.72		Thato Makhafola	CG		6	Stellenbosch	13-Apr
2:11.46		Carien van Deventer	WP	1995	2	East London	23-Mar
2:12.02		Aynlee van Graan	GN		1	ABSA Tuks Pretoria	15-Mar
2:12.09		Sinthombi Buda	FS		1h2	East London	23-Mar
2:12.97		Mikyla Ferreira	CG	17-Aug-95	1	Germiston	02-Mar
2:13.14		Michelle Redelinhuis	GAU		2h1	East London	23-Mar
2:13.64		K Steimann	GAU		3	Germiston	02-Mar
2:14.60		Marise Malherbe	BO	1995	3h2	East London	23-Mar

1500 metres

4:31.32		Gena Lofstrand	KZ	23-Oct-95	1	Pretoria	06-Apr
4:34.54		Duanne Fourie	GAU	1995	1	East London	22-Mar
4:34.92		Aynlee van Graan	GN		1	ABSA Tuks Pretoria	16-Mar
4:36.49		Glenrose Xaba	MP		2	Pretoria	06-Apr
4:36.68		Sunelle Coetzee	MP		2	East London	22-Mar
4:36.95		Blandina Makatise	FS		2	Pretoria	06-Apr
4:38.22		Bernadine McLoud	GAU		3	East London	22-Mar
4:41.07		Alicia Labuschagne	GN	1995	4	East London	22-Mar
4:44.62		Janie Viljoen	GN		2	ABSA Tuks Pretoria	16-Mar
4:45.65		Jean-Mari Redelinghuys	GN		3	ABSA Tuks Pretoria	16-Mar

3000m

9:56.30	h	Blandina Makhatsi	FS		1	East London	23-Mar
10:00.22		N Nobhangaye	GAU		2	East London	23-Mar
10:04.00	h	Luleka Dyonki	NW		3	East London	23-Mar
10:04.45		Glenrose Xaba	MP		2	Pretoria	04-Apr
10:06.00	h	Bernadine McLoud	GAU		4	East London	23-Mar
10:10.40	h	Vuyiseka Nkumenge	EC		5	East London	23-Mar
10:14.61		Ebeth Marais	WC		1	Bellville	09-Mar
10:27.34		Annie Bothma	WP		2	Bellville	09-Mar
10:35.60	h	Sindy Labuschagne	GN	1995	8	East London	23-Mar
10:23.00	h	Janey van der Merwe	BO		6	East London	23-Mar

5000 metres

17:12.71		Blandina Makhatsi	FS		1	East London	21-Mar
17:19.41		Ebeth Marais	WC		2	East London	21-Mar
17:20.36		Annie Bothma	WP		1	Bellville	09-Mar
17:36.91		Khonzheni Gwegwa	EC	1994	3	East London	21-Mar
17:46.23		Zandile Makatise	CG		2	Pretoria	5-Apr

17:55.89		Thandi Sihohle	GAU	1996	4		East London	21-Mar
18:00.17		Janey van der Merwe	BO		5		East London	21-Mar
18:07.76		Mia Bosman	GAU		6		East London	21-Mar
18:16.87		Ebeth Marais	WC		4		Pretoria	05-Apr
18:18.05		Nocawe Mdingazwe	EC		7		East London	21-Mar

3000 metres steeplechase

10:49.21		Thandeka Manzana	GN		1		ABSA Tuks Pretoria	15-Mar
11:03.43		Olivia Labuschagne	GN	1995	2		ABSA Tuks Pretoria	15-Mar
11:07.99		Alicia Labuschagne	GN	1995	3		ABSA Tuks Pretoria	15-Mar
11:20.32		Sindy Labuschagne	GN	1995	4		ABSA Tuks Pretoria	15-Mar
12:54.23		Carla Petzer	EP		5		Pretoria	05-Apr
12:56.75		S Webster	EP		6		Pretoria	05-Apr

100 metres hurdles

14.07	1.3	Maryke Brits	NCAA		3		Tampa	14-Mar
14.62		Mercia Venter	GN		1h1		East London	21-Mar
14.67		Chrizzanne Markham	GAU		1		Germiston	01-Mar
14.68		Schalia Oosthuizen	GN		2h1		East London	21-Mar
15.02		Helga Wendy Bensusan	CG		3		Germiston	01-Mar
15.18		Marissa Viljoen	GAU		5		Germiston	01-Mar
15.45		Barbara Hattingh	GN		6		Germiston	01-Mar
15.74		Lize-Louise Roets	FS		3h1		East London	21-Mar
15.84		Talita Vorster	GN		3		ABSA Tuks Pretoria	16-Mar
15.84		Lurinda van Heerden	FS		3h2		East London	21-Mar

Wind

14.38	2.5	Mercia Venter	GN		1		Pretoria	05-Apr
14.60	2.5	Schalia Oosthuizen	GN		2		Pretoria	05-Apr

400 metres hurdles

59.98		Izelle Neuhoff	GN		1		Pretoria	06-Apr
60.00		Giana Wilkens	CN		1		Bloemfontein	02-Mar
61.28		Chrizzanna Forssman	GN		2		Pretoria	06-Apr
62.22		Marina Swanepoel	BOL		3		Pretoria	06-Apr
63.44		Ilse Moolman	GN		2		ABSA Tuks Pretoria	15-Mar
64.09		Cynthia Tsetsewa	LIM		1		Polokwane	02-Mar
64.46		Bianca Visser	GN		5		Pretoria	06-Apr
64.93		Maryke Nel	GN		4		ABSA Tuks Pretoria	15-Mar
65.15		Danielle de Jongh	GN		6		Pretoria	06-Apr
66.09		Wilme Pawson	GAU		1		East London	23-Mar

High jump

1.65		Bennita Botha	GN	25-May-94	5		Durban	27-Apr
1.63		Leonie van Rooyen	NC		q		East London	21-Mar
1.63		Jeanri J van Rensburg	LIM		q		East London	21-Mar
1.63		Evelyn Rothballer	MP		1		Pretoria	06-Apr
1.60		Calli Camacho	GN		1		ABSA Tuks Pretoria	16-Mar
1.60		Alice Maree	FS		3		East London	22-Mar
1.60		Megan Wilke	GAU		4		East London	22-Mar
1.57		S Dickerson	EC		q		East London	21-Mar

Pole vault

3.70		Nadia Giliomee	GN	10-May-94	2	Pretoria	02-Mar
3.60		Mar-Lize Vos	FS	1995	1	East London	22-Mar
3.30		Surika Piater	FS	1995	3	Pretoria	05-Apr
3.30		Colin Jameson	BOL		4	Pretoria	05-Apr
3.10		Carlien Meyburgh	FS	1995	3	East London	22-Mar
2.90		Danielle Botha	WC		4	East London	22-Mar
2.70		Kyla Kruger	WC		5	East London	22-Mar
2.70		Bonquet Myburgh	FS		4	Bloemfontein	08-Mar
2.60		Z Strydom	EC		6	East London	22-Mar
2.60		Anel van Wyk	CNW		6	Pretoria	05-Apr

Long jump

6.13	1.3	Maryke Brits	NCAA	25-Feb-94	6	Raleigh	19-Apr
5.99	-0.7	Janet Seeliger	GN	27-Apr-95	7	Stellenbosch	13-Apr
5.66	1.8	Lene Peens	BOL		2	Pretoria	06-Apr
5.49	-0.4	Bennita Botha	GN		2	ABSA Tuks	09-Mar
5.44	0.3	Carina Swiegers	CG		4	Pretoria	06-Apr
5.43	0.9	Leandri Willis	GN	1994	2	ABSA Tuks Pretoria	15-Mar
5.37	2.0	Shanice Swartz	FS		5	Pretoria	06-Apr
5.32	-2.2	Charne Smyth	GN		3	ABSA Tuks Pretoria	15-Mar

nwi

5.45		Christi Gerber	FS		2	East London	23-Mar
5.45		Sunel Swarts	NC		3	East London	23-Mar
5.32		Danielle Olls	FS		2	Bloemfontein	08-Mar
5.31		Nadine Teesen	GAU		1	Germiston	01-Mar
5.29		Helga Wendy Bensusan	GAU	1994	2	Germiston	01-Mar
5.26		Alwina Malherbe	NC		4	East London	23-Mar

Wind

5.80	4.3	Maryke Brits	NCAA		8	Austin	27-Mar
5.50	4.1	Amore Serfontein	NC		1	East London	23-Mar

Triple jump

11.87	-3.2	Sone Pretorius	GN		2	Durban	26-Apr
11.82	0.0	Bennita Botha	GN		2	ABSA Tuks Pretoria	29-Apr
11.61	0.0	Dineo Mgwenya	MP		3	Pretoria	06-Apr
11.20	-1.1	Marelice Campher	FS		6	Pretoria	06-Apr
11.15	0.0	Candice Cozett	WP		1	Bellville	09-Mar
10.78	1.7	Simone van der Merwe	EC	1995	7	Pretoria	06-Apr
10.67	-1.0	Shanice Swartz	FS		8	Pretoria	06-Apr
10.63	-0.2	Thelma Mosehle	CN	6-Apr-95	8	Pretoria	06-Apr
10.63	-0.2	M van der Merwe	EP		9	Pretoria	06-Apr
10.59	1.3	Nicola Schoeman	MP		10	Pretoria	06-Apr

nwi

11.80		Helga Wendy Bensusan	CG	1994	1	Germiston	01-Mar
11.52		Thelma Mosehle	CN	6-Apr-95	1	Potchefstroom	02-Mar
11.26		Khomotso Mamburu	FS		1	Bloemfontein	08-Mar
10.94		Wendy Mthombeni	LIM		3	East London	23-Mar
10.90		Simone van der Merwe	EC	1995	4	East London	23-Mar

10.83		Gladys Lebogo	LIM		1	Polokwane	02-Mar
Wind							
11.99	2.5	Helga Wendy Bensusan	CG	1994	1	Pretoria	06-Apr
11.23	2.5	Carina Meyer	FS		5	Pretoria	06-Apr
Shot							
15.38		Lezaan Jordaan	CG	17-Oct-95	1	Stellenbosch	13-Apr
14.43		Geraldine Duvenage	CG	1995	2	Pretoria	05-Apr
13.87		Cecile Meyer	FS		3	Pretoria	05-Apr
13.14		K Willemse	EP		4	Pretoria	05-Apr
12.88		Somari Els	GN	1995	3	Germiston	02-Mar
12.50		Nicolene Ras	WC		6	Pretoria	05-Apr
12.00		Sanrie Visagie	NW		5	East London	22-Mar
11.55		M Pennels	EP		7	Pretoria	05-Apr
11.47		Natasha Fourie	MP		8	Pretoria	05-Apr
11.06		Bianca Ludik	EC		6	East London	22-Mar
Discus							
48.45		Geraldine Duvenhage	CG	1995	1	Germiston	01-Mar
44.11		Somari Els	GN		2	Pretoria	05-Apr
43.25		Carmen Killian	GAU		2	East London	23-Mar
39.46		Hanrie du Preez	NW		4	East London	23-Mar
35.90		M Pennels	EP		5	Pretoria	05-Apr
34.35		Chantelle Steyn	CG		4	Germiston	01-Mar
34.34		Corne Prinsloo	GN		5	Germiston	01-Mar
34.26		K Willemse	EP		6	Pretoria	05-Apr
34.23		Marlize van Zyl	FS		5	East London	23-Mar
Hammer							
50.20		Mieke Stander	EC	1995	1	East London	21-Mar
49.58		Chene Coetzee	GN	16-Jun-05	1	Pretoria	09-Feb
45.38		Amy Botes	EP		8	Stellenbosch	12-Apr
44.24		Chante Loots	CG		4	Pretoria	06-Apr
44.17		Simone Kommer	EC	1995	2	East London	21-Mar
41.59		Feline Oettle	BO	1995	3	East London	21-Mar
41.47		Saira-Lee Nel	FS	10-Aug-95	4	East London	21-Mar
41.38		Anke van Dyk	BO		5	Pretoria	06-Apr
40.18		Jenet Brummer	FS	1995	8	Pretoria	06-Apr
39.75		Yone Flynn	NW		5	East London	21-Mar
Javelin							
50.84		Zanri Bailey	WP		1	Stellenbosch	08-Nov
47.58		Megan Wilke	CG	1995	1	East London	22-Mar
44.75		D de Wet	GAU		2	East London	22-Mar
43.96		Sane van Zyl	CN	12-Aug-95	3	East London	22-Mar
42.41		Marina Griebenauw	BOL		3	Potchefstroom	06-Feb
42.00		Marelize van Zyl	FS	1995	4	East London	22-Mar
39.80		Lindsay Killeen	EC		5	East London	22-Mar
39.78		Chelsea Boshoff	MP		6	East London	22-Mar
39.34		Jana Maritz	MP		7	East London	22-Mar
39.14		Andeline Olivier	WP		1	Bellville	09-Mar

4x100m Relay

46.77	Athletics Gauteng North	1	Pretoria	04-Apr
48.32	Kwazulu Natal Athletics	2	Pretoria	04-Apr
48.65	Kwazulu Natal Athletics	1	East London	22-Apr
48.70	Boland Athletics	3	Pretoria	04-Apr
49.24	Afrikaanse Hoer Meisieskool u19	1	Pilditch Pretoria	22-Feb
49.30	Afrikaanse Hoer Meisieskool u19	1	Germiston	28-Feb
49.42	Northern Cape Athletics	2	East London	22-Apr
49.56	Hoerskool Monument u19	2	Germiston	28-Feb
49.68	High School Kempton Park u19	1	ABSA Tuks Pretoria	01-Feb
49.79	High School Kempton Park u19	3	Germiston	28-Feb

4x400m Relay

3:50.86	Boland Athletics	1	Pretoria	05-Apr
3:56.06	Athletics Gauteng North A	2	Pretoria	05-Apr
4:01.86	Athletics Gauteng North B	3	Pretoria	05-Apr
4:38.40	Eastern Province Athletics	4	Pretoria	05-Apr

YOUTH BORN 1996/97

BOYS**100 metres**

10.69	1.7	Nelis J van Rensburg	MP	1	Pilditch Pretoria	04-Apr
10.74	0.4	Llwellyn Hein		1	Potchefstroom	15-Feb
10.76	1.7	Tiaan Kleynhans	GN	2	Pilditch Pretoria	04-Apr
10.80	1.7	Masolwa Mafuma	CG	3	Pilditch Pretoria	04-Apr
10.85	1.7	Hlapho Rantabane	FS	4	Pilditch Pretoria	04-Apr
10.86	1.5	Gericke Jooste	GN	1	ABSA Tuks Pretoria	15-Mar
10.87	1.7	Lendo Greyling	GN	5	Pilditch Pretoria	04-Apr
10.91	0.3	Gerrit Wickens	NC	1sf2	East London	21-Mar
10.92	0.4	Ronaldo Rakaku	FS	1	Bloemfontein	08-Mar
10.93	1.5	Lebogang Maloka	GN	2	ABSA Tuks Pretoria	15-Mar

nwi

10.87		John-Ikechi Osuali	NW	1	Rustenburg	09-Mar
10.88		Desmond Ferreira	EC	1sf3	East London	21-Mar
10.90		Paul Maluleka	CN	2	Rustenburg	09-Mar
10.91		Justin Bhana	CG	1	Germiston	02-Mar

200 metres

21.53	0.9	Llwellyn Hein	FS	1sf3	Pilditch Pretoria	04-Apr
21.67	-0.3	Ronald Rakaku	FS	1sf1	Pilditch Pretoria	04-Apr
21.72	0.2	Eckhardt Deon Rossouw	CG	1h2	Pilditch Pretoria	04-Apr
21.88	0.9	Gericke Jooste	GN	2sf3	Pilditch Pretoria	04-Apr
21.88	0.9	Eddie Engelbrecht	LIM	3sf3	Pilditch Pretoria	04-Apr
21.89	-1.5	Dale Williams	EC	2h1	East London	21-Mar

21.90	-2.1	Mosolwa Mafuma	CG	3	Pilditch Pretoria	04-Apr
21.91	0.1	Dueston Olivier	BO	1sf2	Pilditch Pretoria	04-Apr
21.98	1.4	Hendrik Maartens	FS	1	Bloemfontein	08-Mar
21.99	0.9	Ruan Willemse		4sf3	Pilditch Pretoria	04-Apr

nwi

21.01		Eckhardt Deon Rossouw	CG	1	ABSA Tuks Pretoria	01-Feb
21.44		Paul Maluleka	CN	1	Pilditch Pretoria	30-Jan
21.62		Brenden Fouche	GAU	2	Pilditch Pretoria	30-Jan
21.63		Lendo Greyling	GN	2	ABSA Tuks Pretoria	01-Feb
21.98		Justin Bhana	CG	5	Pilditch Pretoria	30-Jan

400 metres

47.25		Eckhardt Deon Rossouw	CG	1	Pilditch Pretoria	04-Apr
48.08		Kelvin Groenewald		1	University of Jhb	13-Feb
48.44		Larry Lombard	GAU	2	East London	21-Mar
48.59		Brenden Fouche	GAU	3	East London	21-Mar
48.62		Jeremia Jelwana	WP	4	East London	21-Mar
48.62		Karabelo Moleko	FS	5	East London	21-Mar
49.08		Ruben Marnewick	FS	1	Bloemfontein	08-Mar
49.32		Emilio Despotakis	CG	1sf1	Pilditch Pretoria	04-Apr
49.42		Lucas Visagie	FS	3	Bloemfontein	08-Mar
49.42		Njabulo Mtehmhu	LZ	2sf2	Pilditch Pretoria	04-Apr

800 metres

1:50.04		Jaybe van Rooyen	CN	1	Potchefstroom	02-Mar
1:52.33		Thabo Masamini	CG	2	Pilditch Pretoria	04-Apr
1:53.24		Renier Spamer	CG	3	Pilditch Pretoria	04-Apr
1:53.63		Yster Louw	CG	4	Pilditch Pretoria	04-Apr
1:54.46		Andrico Williams		1	Potchefstroom	15-Feb
1:54.50		Darren Stevens	WP	7	Stellenbosch	12-Apr
1:54.53		Heinrich van Niekerk	GN	2sf1	Pilditch Pretoria	04-Apr
1:54.62		Thabo Makinita	CN	2	Rustenburg	09-Mar
1:55.09		Johan Pyper	CN	5	Pilditch Pretoria	04-Apr
1:55.25		Olebogeng Masetlhe	GAU	3	Germiston	03-Mar

1500 metres

3:54.74		Andrico Williams	FS	1	Bloemfontein	08-Mar
3:56.18		Ruan Meintjies	NW	1	Rustenburg	09-Mar
3:56.43		Jaybee van Rooyen	NW	2	Rustenburg	09-Mar
3:58.23		Moeketsi Sekosana	FS	3	East London	21-Mar
3:58.71		Aphelele Faneko	EC	3h1	East London	21-Mar
3:59.19		Gareth Harvett	GAU	5h2	East London	21-Mar
3:59.51		Thabo Mkhwanazi	KZ	1	Durban	08-Mar
4:00.50		Armin Fillies	FS	2	Bloemfontein	08-Mar
4:00.86		Olebogeng Masetlhe	GAU	1	Germiston	02-Mar
4:01.44		Lindokhle Mkhwanazi	KZ	2	Durban	08-Mar

3000 metres

8:28.80	h	Moeketsi Sekosana	FS	1	East London	21-Mar
8:32.20	h	Lentswe Mere	NW	2	East London	21-Mar

8:32.37		Bruce-Lynn Damons	WP	1	Bellville	09-Mar
8:33.10	h	Aphelele Faneko	EC	3	East London	21-Mar
8:35.60	h	Enock Mokoena	GAU	4	East London	21-Mar
8:38.52		Leeroy Lawrence	WP	2	Bellville	09-Mar
8:40.52		McMarshall Hartzenberg	WP	3	Bellville	09-Mar
8:47.03		Mthokozisi Mazibuko	KZ	1	Durban	08-Mar
8:47.72		Aphelele Pungula	KZ	2	Durban	08-Mar
8:48.77	h	Lindokhle Mkhwanazi	KZ	3	Durban	08-Mar

2000 metres steeplechase

5:46.97		Ruan Meintjies	NW	1	East London	21-Mar
5:57.52		Enock Mokoena	GAU	2	East London	21-Mar
5:59.88		M. Cunukelo	GAU	3	East London	21-Mar
6:00.88		Kutlwello Seakamela	GN	1	ABSA Tuks Pretoria	15-Mar
6:00.98		Fukama Ramakokobo	GN	2	ABSA Tuks Pretoria	15-Mar
6:01.55		I. Lesia	GAU	4	East London	21-Mar
6:06.78		Siyabonga Mabena	GAU	3	Germiston	02-Mar
6:09.85		Riaan van der Merwe	CG	2	Pilditch Pretoria	04-Apr
6:09.95		Heinrich Wagner	WP	1	Bellville	09-Mar
6:12.47		Jassop Belo	FS	5	East London	21-Mar

110 metres hurdles

13.84	-0.3	Rivaldo Roberts	GN	1	Pilditch Pretoria	04-Apr
13.89	-0.3	Peter John Waterboer	WC	2	Pilditch Pretoria	04-Apr
14.07	-0.3	Carlo Visser	WP	3	Pilditch Pretoria	04-Apr
14.13	-0.3	Stean Pienaar	GN	5	Pilditch Pretoria	04-Apr
14.13	-0.3	Hanno Coetzer	CN	4	Pilditch Pretoria	04-Apr
14.19	-0.3	Jeremia Jelwana	WP	6	Pilditch Pretoria	04-Apr
14.37	-0.8	Marthinus Hendriks	GAU	1h2	East London	21-Mar
14.40	-1.0	Estian van Rooyen	GN	2	ABSA Tuks Pretoria	09-Mar
14.42	0.1	Masego Sesele	FS	2h3	East London	21-Mar
14.51	0.3	Jan Rens	MP	3h1	East London	21-Mar

nwi

14.12		Goodman Mkwanzazi		1	Pilditch Pretoria	30-Jan
14.32		Danielo Viljoen		1	Pilditch Pretoria	30-Jan
14.47		Kenneth Andrew Sinclair	GAU	1	Germiston	02-Mar

400 metres hurdles

52.51		Hanno Coetzer	CN	1	Pilditch Pretoria	04-Apr
52.56		Larry Lombaard	CG	2	Pilditch Pretoria	04-Apr
53.61		Marno van der Meulen	GN	3	Pilditch Pretoria	04-Apr
53.64		Lihan Botha	GAU	1	University of Jhb	13-Feb
53.65		Odwa Nkunjana	MP	4	Pilditch Pretoria	04-Apr
53.92		Estian van Rooyen	GN	1	Pilditch Pretoria	22-Feb
53.94		Rivvie Roberts	GN	2	Pilditch Pretoria	22-Feb
54.04		Hanno Bezuidenhout	FS	1	Bloemfontein	08-Mar
54.13		A.J van Blerk	CG	5	Pilditch Pretoria	04-Apr
54.30		Jan Rens	MP	1	University of Jhb	15-Feb

High jump

2.10		Tiaan Steenkamp	CG	1	Potchefstroom	25-May
2.06		Mpho Links	GN	1	ABSA Tuks Pretoria	09-Mar

2.00		Marcel Maree	BO		q	East London	21-Mar
1.98		Reuben Munz	CN		1	Potchefstroom	15-Mar
1.97		Rijn Hartman	GN		1	Potchefstroom	15-Feb
1.96		Vuyo Shongwe	CG	28-Jan-97	o	Germiston	23-Mar
1.96		Pieter Christiaan Coetzer	FS		q	East London	21-Mar
1.95		Leon Strauss	BO		2	Paarl	01-Mar
1.95		Phumlane Sibisi	GAU		3	Germiston	03-Mar
1.95		Teboho Modisa	GN		2	ABSA Tuks Pretoria	09-Mar
1.95		Riekert Redelinghuys	FS		q	East London	21-Mar
1.95		Thiardt Ingram	WC		1	Stellenbosch	26-Jan
1.95		JJ Louerns	LIM		q	East London	21-Mar

Pole vault

4.65		Neil Guilomee	BO		1	Stellenbosch	22-Feb
4.60		Hennie Beukes	BO		1	Pilditch Pretoria	04-Apr
4.43		Stef Malan	BO		2	Paarl	23-Jan
4.40		Coleman Brits	GN		2	Pilditch Pretoria	04-Apr
4.30		Wilhelm Bronn	BO		3	Stellenbosch	23-Feb
3.80		Harm Venter	FS		3	East London	21-Mar
3.80		Gerrie du Plessis	FS		5	Pilditch Pretoria	04-Apr
3.70		Dean Bubb	FS		1	Bloemfontein	08-Mar
3.60		Stefano Eckhard	FS		5	East London	21-Mar
3.40		Ruben Pretorius	WC		1	Stellenbosch	26-Jan
3.40		Dana Fourie	BO		5	Stellenbosch	23-Feb

Long jump

7.10	1.3	Juvan van Vuuren	FS		1	Bloemfontein	08-Mar
6.99	0.4	Jason Farao	FS		1	Pilditch Pretoria	04-Apr
6.94	-1.6	Clarence Reynders	CG		3	Pilditch Pretoria	04-Apr
6.92	0.1	Baholo Mokhomo	FS		4	Pilditch Pretoria	04-Apr
6.87	0.0	Anthony Mwangi	KZ		5	Pilditch Pretoria	04-Apr
6.86	-1.5	Ruan Willemse			6	Pilditch Pretoria	04-Apr
6.83	0.6	Dillon Solomons	WP	30-May-96	7	Pilditch Pretoria	04-Apr
6.77	-0.1	Keagan Peters	WP	8-Aug-96	o	Germiston	23-Mar
6.60	-4.2	Zayne Farmer	BO		2	Paarl	01-Mar
6.60	1.9	Rowan Murray	KZ	12-Aug-96	1	Durban	08-Mar

nwi

7.19		Jesse Perez	GAU		1	East London	21-Mar
7.05		Ruan Willemse	NC		2	East London	21-Mar
6.98		Baholo Mokhomo	FS		4	East London	21-Mar
6.92		John-Ikechi Osuali	NW		6	East London	21-Mar
6.85		Lean Claasen	GN		1	Germiston	28-Feb

Triple jump

14.81	0.9	Teboho Modisa	FS		1	Potchefstroom	25-May
14.72	-0.9	Baholo Mokhomo	FS		1	Bloemfontein	08-Mar
14.53	1.7	Sefako Mokhoso	FS		3	Pilditch Pretoria	04-Apr
14.33	-0.1	Anthony Mwangi	KZ		4	Pilditch Pretoria	04-Apr
14.11	0.5	Dillon Solomons	WP		1	Bellville	09-Mar
13.99	-2.9	Clayton Kiewitz	SW		5	Pilditch Pretoria	04-Apr

13.97	-0.2	Eugh Nyakabau	KZ	6	Pilditch Pretoria	04-Apr	
13.95	0.5	Thingo Tshabalala	KZ	7	Pilditch Pretoria	04-Apr	
13.87	-2.3	Dillon Solomons	WP	8	Pilditch Pretoria	04-Apr	
13.70	-0.8	Shakeel Cajee	VT	9	Pilditch Pretoria	04-Apr	
nwi							
14.08		Holiday Malepe	GAU	4	East London	21-Mar	
14.03		Teboho Molibeli		1	Pilditch Pretoria	30-Jan	
13.93		Shakeel Cajee	GAU	2	Germiston	03-Mar	
13.85		John-Ikechi Osuali	NW	1	Rustenburg	09-Mar	
13.73		Bongi Skwasha	GAU	3	Germiston	03-Mar	
Wind							
14.09	2.6	Thingo Tshabalala	KZ	1	Durban	25-Feb	
Shot put							
19.57		Ruan Brits	BO	1	Potchefstroom	15-Feb	
17.96		Franco van den Berg	GAU	1	Germiston	02-Mar	
17.64		Johan Scholtz	GN	2	Germiston	02-Mar	
17.45		Ryno Herbst	CG	1	Germiston	28-Feb	
17.02		Daniel Griesel		1	University of Jhb	15-Feb	
16.96		Robert Lyons	EC	3	East London	21-Mar	
16.93		Juan Williams	GAU	1	University of Jhb	13-Feb	
16.92		Jason Jullian van Rooyen	GAU	4	Germiston	02-Mar	
16.62		Arthur Matthee	GN	2	ABSA Tuks Pretoria	15-Mar	
16.61		Tristan Rothman		1	Potchefstroom	09-Feb	
Discus							
58.00		Sven van Niekerk	LIM	09-Feb-96	1	Stellenbosch	02-Mar
56.41		Johan Scholtz	GN	04-Mar-96	6qB	Donetsk	13-Jul
53.13		Ruan van Wyk			1	Bloemfontein	02-Mar
52.90		Ruan Brits	BO		1	Stellenbosch	23-Feb
52.79		Roland Pienaar	KZ		1	Durban	08-Mar
52.74		Jaco Nortje			2	Bloemfontein	02-Mar
51.99		Daniel Maree	SW		4	Pilditch Pretoria	04-Apr
51.98		Wikus Groenewald	BO		2	Stellenbosch	23-Feb
51.93		Jason van Rooyen			1	University of Jhb	13-Feb
51.88		Sven van Niekerk	LIM		3	East London	21-Mar
Hammer							
75.54		Tshepang Makete	FS	19-Feb-96	6	Donetsk	12-Jul
61.87		Alan Cumming	EP		2	Pilditch Pretoria	04-Apr
60.97		Arne Kotze	CN		1	Potchefstroom	15-Mar
55.43		Jason Clark	SW		3	Pilditch Pretoria	04-Apr
54.02		Ruan Brits	BO		1	Stellenbosch	23-Feb
53.61		Roche Swanepoel	EC		5	East London	21-Mar
53.18		Wikus Groenewald	BO		5	Pilditch Pretoria	04-Apr
52.16		Ryan Koen			2	Bloemfontein	02-Mar
50.77		Helgard van Heerden			3	Pilditch Pretoria	30-Jan
50.39		Ulrich Retief	BO		2	Paarl	01-Mar

Javelin

71.91	Leon Laubsher	BO	21-Feb-96	1	Pilditch Pretoria	30-Jan
70.71	Danie Maree	CNW	19-Jul-96	1	East London	21-Mar
69.90	Adriaan van Niekerk	GAU		1	Potchefstroom	15-Feb
69.60	Gustav Marais			1	ABSA Tuks Pretoria	01-Feb
68.77	Danie Maree	CN		1	Pilditch Pretoria	04-Apr
67.51	Dante de Wet	GAU		2	East London	21-Mar
64.65	Johann Grobler	GN		4	Pilditch Pretoria	04-Apr
64.14	Jeandre Bekker	MP		5	Pilditch Pretoria	04-Apr
62.60	Dehan Visser	BO		2	ABSA Tuks Pretoria	01-Feb
61.70	Maghiel le Roux			2	Pilditch Pretoria	30-Jan

Octathlon

5474	Lean Claasen	GN	21-May-96	1	Germiston	23-Mar
5418	Keagan Peters	WP	8-Aug-96	2	Germiston	23-Mar
5134	Dillon Solomons	WP	30-May-96	3	Germiston	23-Mar
4942	Sherman Parrish	WP	12-Mar-97	4	Germiston	23-Mar
4942	Daniel Mitchell	GN	7-Jun-96	5	Germiston	23-Mar
4919	Vuyo Shongwe	CG	28-Jan-97	6	Germiston	23-Mar
4782	Jaco Bamberger	CN	5-May-97	7	Germiston	23-Mar
4030	Yaseen Brenner	WP	10-Mar-97	8	Germiston	23-Mar
3909	Jonathan Benjamin	KZ	28-Aug-97	9	Germiston	23-Mar
3369	Slade Stuart	KZ	10-Jan-96	2	Durban	15-Feb

4 x 100m Relay

42.00	Boland Athletics	BO		1	Pilditch Pretoria	04-Apr
42.31	Athletics Free State	FS		2	Pilditch Pretoria	04-Apr
42.42	Central Gauteng Athletics	CG		3	Pilditch Pretoria	04-Apr
42.69	High School Waterkloof u17	GN		1	Pilditch Pretoria	22-Feb
42.72	Kwazulu Natal Athletics	KZ		4	Pilditch Pretoria	04-Apr
42.72	High School Kempton Park u17	CG		1	Germiston	28-Feb
42.78	High School Waterkloof u17	GN		2	Germiston	28-Feb
42.81	High School Garsfontein u17	GN		3	Germiston	28-Feb
42.82	High School Waterkloof u17	GN		1	University of Jhb	15-Feb
42.85	High School Eldoraigue u17			2	Pilditch Pretoria	22-Feb

Medley Relay

1:55.48	Central Gauteng Athletics	CG		1	Pilditch Pretoria	04-Apr
1:55.65	Gauteng Schools	GAU		1	East London	21-Mar
1:56.11	Free State Schools	FS		2	East London	21-Mar
1:56.49	Athletics Gauteng North	GN		2	Pilditch Pretoria	04-Apr
1:57.93	Boland Athletics	BO		3	Pilditch Pretoria	04-Apr
1:58.13	North West Schools	NW		3	East London	21-Mar
1:58.35	Western Province Athletics	WP		4	Pilditch Pretoria	04-Apr
1:58.74	Mpumalanga Athletics	MP		5	Pilditch Pretoria	04-Apr
2:01.37	Western Cape Schools	WC		4	East London	21-Mar
2:02.16	Mpumalanga Schools	MP		5	East London	21-Mar

GIRLS

100 metres

11.69	-0.8	Tamzin Thomas	WP	06-Oct-97	2h5	Donetsk	10-Jul
12.01	-1.9	Simone du Plooy	GN		1h4	Pilditch Pretoria	04-Apr
12.13	-0.8	Reabetswe Moloi	GN	18-Jun-05	1	ABSA Tuks Pretoria	15-Mar
12.20	1.1	Megan Phillips	CG		3	Pilditch Pretoria	04-Apr
12.31	1.1	Ariane Nel	NW	6-Mar-96	4	Pilditch Pretoria	04-Apr
12.44	0.1	Bea-Marie Schutte	KZ		1h4	Durban	09-Feb
12.52	1.1	Carla Johnson	WP	7-May-97	6	Pilditch Pretoria	04-Apr
12.55	0.5	Elizma Kuhn	FS		1	Bloemfontein	08-Mar
12.55	1.1	Charnique Jacobs	CN		7	Pilditch Pretoria	04-Apr
12.57	-0.8	Chante Finger	GN		3	ABSA Tuks Pretoria	15-Mar

nwi

11.96		Simone du Plooy	GN		1h1	ABSA Tuks Pretoria	15-Mar
12.07		Megan Phillips	GAU		1	Germiston	02-Mar
12.14		Ariane Nel	NW	6-Mar-96	1	Rustenburg	09-Mar
12.46		Leah Haynes	GN		3h1	ABSA Tuks Pretoria	15-Mar
12.50		Chante Finger	GN		1h2	ABSA Tuks Pretoria	15-Mar
12.55		Jaenell Laubscher	GN		2	Pilditch Pretoria	27-Oct

200 metres

24.08	-0.3	Simone du Plooy	GN		1	Pilditch Pretoria	04-Apr
24.29	0.8	Robyn Haupt	WP		1h4	Pilditch Pretoria	04-Apr
24.58	-0.3	Ariane Nel	NW		3	Pilditch Pretoria	04-Apr
24.89	-0.3	Megan Phillips	CG		4	Pilditch Pretoria	04-Apr
25.05	0.5	Rese Smit	WC		1h1	Pilditch Pretoria	04-Apr
25.46	0.5	Bianca Jones	VT		2h1	Pilditch Pretoria	04-Apr
25.55	-0.6	Charnique Jacobs	CN		2h3	Pilditch Pretoria	04-Apr
25.70	-1.2	Bea-Marie Schutte	KZ		1h1	East London	21-Mar
25.76	-1.9	Elizma Kuhn	FS		1	Bloemfontein	08-Mar
25.84	1.0	C. Seddon	EP		5h2	Pilditch Pretoria	04-Apr

nwi

25.37		Mariska van Dyk	GN		1h1	ABSA Tuks Pretoria	15-Mar
25.40		Jaenell Laubscher	GN		2	Pilditch Pretoria	27-Oct
25.50		Ileze van Rooyen	NW		2	Rustenburg	09-Mar

400 metres

54.44		Helene Swanepoel	BO		1	Pilditch Pretoria	04-Apr
54.90		Jeanelle Griessel	GN		1	University of Jhb	15-Feb
55.77		Robyn Haupt	WP		2	Pilditch Pretoria	04-Apr
56.26		Mariska van Dyk	GN		3	Pilditch Pretoria	04-Apr
56.84		Danielle Human	GN		1	East London	21-Mar
57.33		Jana van der Merwe	GAU		2	East London	21-Mar
57.42		Nicole Breuker	GAU		1	University of Jhb	15-Feb
57.50		Ariane Nel	NW		2h3	Pilditch Pretoria	04-Apr
57.99		Heideli du Plessis	MP		3h3	Pilditch Pretoria	04-Apr
58.08		L. van Zyl	CG		2	ABSA Tuks Pretoria	01-Feb

800 metres

2:08.01		Jana van der Merwe	CG		3	Potchefstroom	25-May
2:11.08		Lizerie Ferreira	GAU		2	Germiston	03-Mar
2:12.05		Christine Bosch	WP		2	Pilditch Pretoria	04-Apr
2:14.43		Inge Brewis	MP		4	Pilditch Pretoria	04-Apr
2:15.07		Marne Mentz	GN		1	Pilditch Pretoria	02-Mar
2:15.41		Nicole Breuker	GAU		1	University of Jhb	15-Feb
2:16.55		Camilia Bronkhorst	GN		2	University of Jhb	15-Feb
2:16.77		Mareli Hiemstra			4	Pilditch Pretoria	30-Jan
2:17.22		Laura Labuschagne	BO		1	Potchefstroom	15-Feb
2:17.39		Juane Moolman	CG		1	University of Jhb	13-Feb

1500 metres

4:22.43		Lizerie Ferreira	CG	28-Jun-96	7	Donestk	13-Jul
4:28.42		Carina Viljoen	CG	15-Apr-97	6h1	Donestk	10-Jul
4:31.07		Nonhlanhla Dhlamini	GAU		1	Pilditch Pretoria	30-Jan
4:33.76		Salvation Babedi	GAU		3	East London	21-Mar
4:37.66		Zani Kruger	WP		1	Bellville	09-Mar
4:38.33		Portia Ngwenya	GN		1	Pilditch Pretoria	09-Feb
4:38.33		Malethabo Seema	GN		1	Pilditch Pretoria	09-Feb
4:38.47		Jana van der Merwe	GAU		1	Pilditch Pretoria	30-Jan
4:39.70		Dimakatso Mosia	FS		4	East London	21-Mar
4:40.16		Inge Brewis	MP		5	East London	21-Mar

3000m

09:48.19		Nonhlanhla Dhlamini	GAU		1	University of Jhb	13-Feb
09:48.90	h	Carina Viljoen	GAU		1	East London	21-Mar
09:55.11		Nicole van der Merwe	GAU		1	University of Jhb	13-Feb
10:03.20	h	Tshegofatso Sethlakgoe	GN		2	East London	21-Mar
10:06.90	h	Monelo Makhantse	FS		3	East London	21-Mar
10:09.80	h	Zani Kruger	WV		4	East London	21-Mar
10:11.72		Thandi Sehohle			2	Pilditch Pretoria	30-Jan
10:13.48		Jeanette Bokadie			3	Pilditch Pretoria	30-Jan
10:13.50	h	Sibongile Hlanjwa	FS		5	East London	21-Mar
10:13.75		Salvation Babedi	GAU		1	Pilditch Pretoria	30-Jan

2000 metres steeplechase

6:48.96		Tiffani Bell	CG		1	East London	21-Mar
6:58.64		Jeanette Bokadie	CG		2	East London	21-Mar
7:13.33		Tshegofatso Sethlakgoe	GN		1	ABSA Tuks Pretoria	15-Mar
7:28.25		Tharien Erasmus	CG		3	Pilditch Pretoria	04-Apr
7:31.67		Rachel Modise	GN		2	ABSA Tuks Pretoria	15-Mar
8:00.27		Courtney Cooper	CN		1	Potchefstroom	15-Mar
8:14.72		S. Scholtz	EP		4	Pilditch Pretoria	04-Apr
8:48.15		Anna Smmemba	CN		1	Rustenburg	09-Mar

100 metres hurdles

13.92	-1.4	Jeanelle Laubscher	GN		1	Pilditch Pretoria	04-Apr
13.97	-1.4	D'Jane Kriedeman	CG		2	Pilditch Pretoria	04-Apr

14.22	-1.4	Bea-Marie Schutte	KZ		3	Pilditch Pretoria	04-Apr
14.24	-1.4	Hestia Hannekom	GN		4	Pilditch Pretoria	04-Apr
14.30	-1.4	Janke van Wyk	WP		5	Pilditch Pretoria	04-Apr
14.36	1.7	Chante Finger	GN		2	Pilditch Pretoria	02-Mar
14.36	-1.4	Lindie Koch	GN		6	Pilditch Pretoria	04-Apr
14.37	-1.4	Leah Haynes	GN		7	Pilditch Pretoria	04-Apr
14.49	-1.4	Veroeshka Strauss	FS		8	Pilditch Pretoria	04-Apr
14.59	0.1	Manilinde Maritz	WC		4	East London	21-Mar
nwi							
14.29		Leah Haynes	GN		2	ABSA Tuks Pretoria	15-Mar
14.36		Bianca Jones	GN		2	Germiston	02-Mar
14.57		Manilinde Maritz	WC		2h2	East London	21-Mar

400 metres hurdles

58.08		Helene Swanepoel	BO	05-Aug-96	1	Donetsk	13-Jul
59.42		D'Jane Kriedeman	CG	18-Jun-05	1	University of Jhb	13-Feb
60.81		Chante Finger	GN		5	Stellenbosch	13-Apr
61.91		Rozelle Meier	WP		3	Pilditch Pretoria	04-Apr
61.94		Aascan Shea Sonnekus	CG		4	Pilditch Pretoria	04-Apr
62.12		Crystal Liebenberg	GN		5	Pilditch Pretoria	04-Apr
62.22		Chanel Leuvennink	WP		1	Bellville	09-Mar
62.49		Tabitha Visagie	CN		1	Potchefstroom	15-Mar
62.85		Jeanelle Griessel	GN		1	University of Jhb	15-Feb
63.10		Denise Hartman	CN	22-Jan-97	1	Rustenburg	09-Mar

High jump

1.85		Julia du Plessis	CG	27-May-96	1	Germiston	28-Feb
1.75		Marelize Higgens			2	Pilditch Pretoria	30-Jan
1.71		Karla Bronn	BO		1	Potchefstroom	15-Feb
1.70		Mia Labuschagne	WP		1	Bellville	09-Mar
1.70		Danielle Carstens			1	University of Jhb	13-Feb
1.70		Martinique Ferreira	WC		1	Stellenbosch	26-Jan
1.68		Jackie Muller			3	Potchefstroom	15-Feb
1.68		Caitlin Miltz	KZ		q	East London	21-Mar
1.68		Salem Anrie	CN		h	Germiston	23-Mar
1.66		Savannah Kasner	BO		1	Stellenbosch	23-Feb

Pole vault

3.40		Caitlin Sparks	BO		1	Stellenbosch	23-Feb
3.10		Natasha Obermeyer	BO		2	East London	21-Mar
3.00		Mariska Smit	BO		2	Stellenbosch	27-Feb
2.90		Eslie Lamley			1	Potchefstroom	15-Feb
2.90		Johanne Potgieter	FS		3	East London	21-Mar
2.80		Alyssa Gildenhuys	BO		3	Paarl	01-Mar
2.80		Janike Nel	FS		1	Bloemfontein	01-Feb
2.70		Timna Snyman	BO		4	Paarl	01-Mar
2.70		Bianca Steyn	FS		1	Bloemfontein	08-Mar
2.70		Adele van Staden	FS		4	Pilditch Pretoria	04-Apr

Long jump

6.05	-1.3	Zinzi Chabangu	CG	28-Sep-96	q	Stellenbosch	13-Apr
5.88	1.8	Carla Johnson	WP	7-May-97	1	Pilditch Pretoria	04-Apr
5.68	2.0	Marichelle Nortje	MP		3	Pilditch Pretoria	04-Apr
5.65	0.2	Marne Kruger	GN		4	Pilditch Pretoria	04-Apr
5.59	0.2	Taylia Visagie	BO		5	Pilditch Pretoria	04-Apr
5.53	1.2	Nienka du Toit	BO		6	Pilditch Pretoria	04-Apr
5.52	2.0	Carla Werth	WP		7	Pilditch Pretoria	04-Apr
5.37	1.9	Alexandra Smit	BO		8	Pilditch Pretoria	04-Apr
5.36	0.1	Johannes Jodee			9	Pilditch Pretoria	04-Apr
5.36	0.0	Christelle Scholtz	CN		h	Germiston	23-Mar

nwi

5.69		Marne Kruger	GN		2	East London	21-Mar
5.68		Hestia Hannekom	GN		1	University of Jhb	13-Feb
5.56		Megan Phillips			1	Germiston	28-Feb
5.52		Stefani van Niekerk	CG		1	University of Jhb	15-Feb
5.48		Martine Vermeulen	GN		3	Germiston	02-Mar
5.45		Gezelle Magerman	BO		1	Paarl	01-Mar
5.41		Bernice Nieuwoudt	GAU		4	Germiston	02-Mar

Triple jump

12.38	0.5	Zinzi Chabangu	CG	28-Sep-96	1	Potchefstroom	25-May
11.21	0.0	Narieke van der Walt	WP		q	Pilditch Pretoria	04-Apr
11.18	0.0	Mariska J van Rensburg	EP		q	Pilditch Pretoria	04-Apr
11.15	-0.6	Megan van Rooyen	VT		2	Pilditch Pretoria	04-Apr
11.07	-0.6	Nelrine Beyers	BO		3	Pilditch Pretoria	04-Apr
11.07	0.1	Simone Theunissen	SW		3	Pilditch Pretoria	04-Apr
11.00	0.0	Lizandi Schoeman	CG		6	Pilditch Pretoria	04-Apr
10.99	0.0	Hendra Marx	FS		q	Pilditch Pretoria	04-Apr
10.83	-0.8	Robyn Haupt	FS		1	Bellville	08-Mar

nwi

11.34		Nelrine Beyers	WC		2	East London	21-Mar
11.28		Megan van Rooyen	GAU		2	Germiston	03-Mar
11.26		Narieke van der Walt	WC		3	East London	21-Mar
11.14		Lizandi Schoeman	GAU		3	Germiston	03-Mar
11.09		Cheray Enid Becker	CN		1	Potchefstroom	09-Mar
11.09		Ntombizodwa Yengwa	CN		1	Rustenburg	09-Mar
11.00		Danya Hagen			1	University of Jhb	13-Feb
10.90		Ntombi Yengwa	NW		5	East London	21-Mar

Wind

11.00	2.9	Robyn Haupt	WP		2	Parow	16-Feb
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Shot

15.71		Wanzelle Breytenbach	GN	26-04-96	q	Donetsk	11-Jul
15.70		Monique Wagner	CG	05-02-97	1	Germiston	02-Mar
14.97		Leandri Geel	CG	14-07-97	1	University of Jhb	13-Feb
14.80		Yolandie Willemse	EC		2	East London	21-Mar
14.42		Marista Greyling	GN		2	ABSA Tuks Pretoria	15-Mar
14.22		Wine van Rooyen	GN		1	Pilditch Pretoria	19-Oct

14.12	Tarinka Truter	BO		2	Potchefstroom	15-Feb
13.93	Bianca Conradie	KZ		1	Durban	08-Mar
13.93	Angeline Smit	BO		5	Pilditch Pretoria	04-Apr
13.90	Dorele Erasmus	GAU		3	Germiston	02-Mar

Discus

48.22	Leandri Geel	CG	14-07-97	1	East London	21-Mar
44.74	Ashley Nieuwenhuyzen	CG	06-03-97	2	Pilditch Pretoria	04-Apr
43.35	Bianca Conradie	KZ		3	East London	21-Mar
42.04	Yolandi Stander	GN		1	ABSA Tuks Pretoria	09-Mar
41.86	Angeline Smit	BO		4	Pilditch Pretoria	04-Apr
41.81	Riette Heyns	GN		1	Germiston	28-Feb
41.28	Nielke Matthee	BO		5	Pilditch Pretoria	04-Apr
39.90	Lezani Vosloo			1	University of Jhb	13-Feb
39.80	Carmen Kilian	GN		3	ABSA Tuks Pretoria	09-Mar
38.30	Marli Louerns	FS		5	East London	21-Mar

Hammer

57.45	Bianca Blom	EC	23-Feb-97	1	East London	21-Mar
57.18	Stefanie Greyling	FS	25-Mar-96	q	Donetsk	12-Jul
52.62	Bianca Botes	GN	25-Nov-96	1	Pilditch Pretoria	26-Oct
52.32	Letitia Janse van Vuuren	FS		3	Pilditch Pretoria	04-Apr
50.39	N. Meiring	EP		4	Pilditch Pretoria	04-Apr
48.02	Jennifer J van Vuuren	FS		6	Pilditch Pretoria	04-Apr
46.71	Ciska van Rensburg	EC		4	East London	21-Mar
46.68	Carissa van Beek	WP		1	Bellville	09-Mar
45.67	Mariette Conradie	CN		1	Rustenburg	09-Mar
45.65	Bianca Conradie	KZ		6	East London	21-Mar

Javelin

55.15	Jo-Ane van Dyk	WC	03-Oct-97	1	East London	21-Mar
49.63	Zaner Fourie	SW		2	Pilditch Pretoria	04-Apr
48.45	Mandi Venter	GN		1	Pilditch Pretoria	02-Mar
47.89	Gerna Koekemoer	NW		3	Pilditch Pretoria	04-Apr
47.67	Lizri de Villiers	CN		3	Potchefstroom	15-Mar
45.77	Micaela Kok	GN		2	Pilditch Pretoria	02-Mar
45.20	Bianca Botes	GN		2	University of Jhb	15-Feb
44.69	Seriza Keekve	GAU		2	Germiston	03-Mar
44.69	Anri Steyn	SW		6	Pilditch Pretoria	04-Apr
44.33	Amone de Wet	GAU		3	Germiston	03-Mar

5km Walk

26:36.23	Chrysa van Wyk	FS		1	East London	21-Mar
26:37.70	Udelle de Winnaar	GAU		2	East London	21-Mar
26:46.42	Leandre Daniels	BO		1	Paarl	01-Mar
27:33.95	Bianca Esterhuizen	CN		1	Potchefstroom	15-Mar
27:39.84	Delia Meyer	BO		2	Paarl	01-Mar
27:44.60	Tersia Smit	FS		3	East London	21-Mar
27:51.13	Yolandi Appel	KZ	12-Aug-96	1	Durban	08-Mar
28:12.90	Juane Wiid	GN		1	ABSA Tuks Pretoria	15-Mar

29:14.51	Elandre Kapp	WC	5	East London	21-Mar
29:20.39	Ester van der Merwe	BO	3	Paarl	01-Mar

Heptathlon

4861	Marista Greyling	GN	3-Jan-96	1	Germiston	23-Mar
4774	Carla Johnson	WP	7-May-97	2	Germiston	23-Mar
4475	Nienka du Toit	BO	17-Mar-97	3	Germiston	23-Mar
4455	Subrina Schlesinger	GN	2-Jan-98	4	Germiston	23-Mar
4404	Bernike van Dyk	GN	23-Nov-97	5	Germiston	23-Mar
4403	Taylia Visagie	WP	16-Feb-96	6	Germiston	23-Mar
4309	Linne Groenewald	VT	27-Mar-96	7	Germiston	23-Mar
4155	Salem Anrie	CN	6-Jan-96	8	Germiston	23-Mar
4100	Nicolene van der Merwe	KZ	1-Apr-96	9	Germiston	23-Mar
4020	Karla Bronn	WP		3	Parow	23-Feb

4 x 100m Relay

47.83	Athletics Gauteng North	GN		1	Pilditch Pretoria	04-Apr
48.79	Boland Athletics	BO		2	Pilditch Pretoria	04-Apr
49.02	Central Gauteng Athletics	CG		3	Pilditch Pretoria	04-Apr
49.17	High School Zwartkop u17			1	Pilditch Pretoria	22-Feb
49.23	High School Noordheuwel u17			1	University of Jhb	13-Feb
49.24	Athletics Free State	FS		4	Pilditch Pretoria	04-Apr
49.46	High School Menlo Park u17	GN		2	Pilditch Pretoria	22-Feb
49.49	High School Pietersburg u17	CG		2	University of Jhb	13-Feb
49.58	Athletics North West	NW		5	Pilditch Pretoria	04-Apr
49.61	Athletics Vaal Triangle	VT		6	Pilditch Pretoria	04-Apr

Medley Relay

2:14.49	Boland Athletics	BO		1	Pilditch Pretoria	04-Apr
2:14.73	Athletics Gauteng North	GN		2	Pilditch Pretoria	04-Apr
2:15.51	Central Gauteng Athletics	CG		3	Pilditch Pretoria	04-Apr
2:15.76	Athletics Gauteng North	GN		4	Pilditch Pretoria	04-Apr
2:16.70	Gauteng Schools	GAU		1	East London	21-Mar
2:18.24	Western Province Athletics	WP		5	Pilditch Pretoria	04-Apr
2:18.29	North West Schools	NW		2	East London	21-Mar
2:21.15	Eastern Province Athletics	EP		6	Pilditch Pretoria	04-Apr
2:21.90	Free State Schools	FS		3	East London	21-Mar
2:22.74	Mpumalanga Schools	MP		4	East London	21-Mar

SUB-YOUTH BORN 1998/99

BOYS

100 metres

10.88	1.4	Ruan Damons	GN	1	Pilditch Pretoria	04-Apr
10.88	1.4	Kyle Appel	WP	1	Pilditch Pretoria	04-Apr
10.99	1.4	Sherman Rayners	NW	3	East London	21-Mar

11.02	0.3	Tlotliso Letolela	FS	1		Bloemfontein	08-Mar
11.11	-0.8	Shingirai Hlangwyo	CG	1		East London	21-Mar
11.15	-0.8	Amaan Africa	WC	3		East London	21-Mar
11.27	1.4	C. Dagleish	CN	4		Pilditch Pretoria	04-Apr
11.36	0.3	Lucky Makhamba	FS	2		Bloemfontein	08-Mar
11.37	-0.8	Marnus Uys	LIM	6		East London	21-Mar
11.45	1.4	Franklin Wagner	SW	5		Pilditch Pretoria	04-Apr

nwi

11.07		Marnus Uys	GN	1		Pilditch Pretoria	26-Oct
11.37		Wandile Bubu	GN	2		Pilditch Pretoria	26-Oct

Wind

11.21	4.0	Keaton Seetal	KZ	1h4		Durban	26-Oct
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200 metres

21.34	1.2	Kyle Appel	WP	1h1		Bellville	09-Nov
21.83	-0.1	Tlotliso Letolela	FS	2		Pilditch Pretoria	04-Apr
22.42	-0.9	Amaan Africa	WC	1h		East London	21-Mar
22.46	-0.9	Shingirai Hlanguyo	GAU	2h		East London	21-Mar
22.60	-0.1	Sherman Rayners	NW	3		Pilditch Pretoria	04-Apr
22.86	-0.1	Thabang Mashabane	MP	4		Pilditch Pretoria	04-Apr
22.95	-1.9	Carl Koch	LIM	2h		East London	21-Mar
22.98	-1.8	Thembo Monareng	GAU	1h		East London	21-Mar
23.02	-1.0	Benjamin Momberg	WC	1h		East London	21-Mar
23.04	1.4	Keenan van der Vyver	WP	2		Bellville	09-Mar

nwi

22.25		Sherman Rayners	NW	1		Rustenburg	09-Mar
22.35		Thembo Monareng	GAU	1		Germiston	02-Mar
22.42		Shingirai Hlanguyo	GAU	2		Germiston	02-Mar
22.78		Marnus Uys	GN	1		Pilditch Pretoria	26-Oct
22.81		Leon Pretorius	GAU	3		Germiston	02-Mar
22.95		Keaton Seetal	KZ	1h2		Potchefstroom	23-Nov

Wind

22.41	5.7	Keaton Seetal	KZ	13-Jan-98	1h3	Durban	26-Oct
22.79	5.7	Zakhithi Nene	KZ	2-Apr-98	2h3	Durban	26-Oct

400 metres

50.06		Benjamin Momberg	WC	1		East London	21-Mar
50.07		Zakhithi Nene	KZ	2-Apr-98	1	Potchefstroom	23-Nov
50.61		Tiaan Henecke	WC	2		East London	21-Mar
50.78		Zander Delpport	GN	1		Pilditch Pretoria	04-Apr
50.92		Remano Felix	EC	3		East London	21-Mar
50.93		Dwayne Trollip	KZ	3-Apr-98	2	Potchefstroom	23-Nov
50.99		Rudolph de Villiers	CG	2		Germiston	28-Feb
51.11		Phetogo Sebonego	NW	5h		East London	21-Mar
51.43		Fanyana Ngubeni	BO	29-Jun-99	1h1	Durban	09-Mar
51.59		Ofentse Molefe	GAU	2		Germiston	02-Mar

800 metres

1:59.33		Theuns Ehlers	GN	1		Pilditch Pretoria	04-Apr
1:59.97		Nkosi Nkosinathi	GN	1		Germiston	02-Mar
2:00.27		Dias Malebane	GN	1		ABSA Tuks Pretoria	15-Mar

2:01.42	Nxumalo Mandla	GAU	3	Germiston	02-Mar
2:01.74	Mandla Ntlumayo	CG	3	Pilditch Pretoria	04-Apr
2:01.78	Vuni Madonsela	MP	2	East London	21-Mar
2:02.55	Sylvin Dirkse	BO	1	Paarl	01-Mar
2:02.58	Tabang Mantsho	CG	1	Germiston	28-Feb
2:02.73	Nope Molejane	FS	2	Bloemfontein	08-Mar
2:03.36	Tshepo Mokau	FS	1	Bloemfontein	22-Feb

1500 metres

4:04.34	Dias Malebane	GN	1	East London	21-Mar
4:04.77	Thamsanqa Khonco	GAU	2	East London	21-Mar
4:06.10	Shane Roberts	WC	3	East London	21-Mar
4:06.81	Thabile Mkhupheni	EC	1	Pilditch Pretoria	04-Apr
4:07.09	Nkosi Nkosinathi	GN	2	Pilditch Pretoria	04-Apr
4:08.42	Vuni Madonsela	MP	2h	East London	21-Mar
4:09.75	George Kushke	GAU	3h	East London	21-Mar
4:09.99	Lwandile Ngamlana	EC	4h	East London	21-Mar
4:12.58	Sandile Mthembu	KZ	1	Durban	09-Mar
4:14.51	Nhlakanipho Ndaba	KZ	2	Durban	09-Mar

3000 metres

8:54.80	h	Thabile Mkhupheni	EC	1	East London	21-Mar
8:55.10	h	Thamsanqa Khonco	CG	2	East London	21-Mar
8:56.10	h	Nhlakanipho Ndaba	KZ	3	East London	21-Mar
9:02.10	h	Thabang Mantsho	GAU	4	East London	21-Mar
9:03.41		Rowhaldo Ratz	WP	1	Bellville	09-Mar
9:05.40	h	Sandile Mthembu	KZ	5	East London	21-Mar
9:09.30		Samuel van der Merwe	WP	2	Bellville	09-Nov
9:12.99		Teboho Selolo	GN	3	Pilditch Pretoria	04-Apr
9:19.91		Steve Shongwe	GAU	1	University of Jhb	13-Feb
9:20.21		Thapelo Khanye	KZ	3	Durban	09-Mar

100 metres hurdles

13.26	1.1	Lever Pieterse	EC	1	Pilditch Pretoria	04-Apr
13.29	1.1	Hans Greyling	MP	2	Pilditch Pretoria	04-Apr
13.41	0.1	Vutivi Shivodze	LIM	2h	East London	21-Mar
13.42	0.1	Mpho Tladi	GAU	3h	East London	21-Mar
13.43	0.3	Rinus Prinsloo	NW	1	Potchefstroom	23-Nov
13.53	1.1	Keenan van der Vyver	WP	3	Pilditch Pretoria	04-Apr
13.59	1.1	Mpho Khambule	CG	1h1	Pilditch Pretoria	04-Apr
13.67	1.0	Ruan Minnaar	CN	1	Potchefstroom	06-Feb
13.70	-0.2	Nico Prinsloo	FS	1	Bloemfontein	22-Feb
13.85	1.2	Raymond Thompson	FS	1	Bloemfontein	08-Mar

nwi

13.38		Mpho Tladi	GAU	1	Germiston	02-Mar
13.43		Ettiene Pretorius	GAU	2	East London	21-Mar
13.46		Ruan Minnaar	CN	4	East London	21-Mar
13.63		Clive Davis	GAU	3	Germiston	02-Mar
13.65		Giani Lombard	WC	5	East London	21-Mar

13.72		Ruhan van der Walt	GN	2	ABSA Tuks Pretoria	15-Mar
13.83		Juvan Fourie	GN	1h1	Germiston	02-Mar

300 metres hurdles

39.32		Giani Lombard	WC	1h	East London	21-Mar
39.34		Linford Maree	WC	1	Potchefstroom	15-Feb
39.38		Nico Prinsloo	FS	1	Bloemfontein	08-Mar
39.49		Hans Greyling	MP	1	Pilditch Pretoria	04-Apr
39.55		Johan Burger	GN	2	Pilditch Pretoria	04-Apr
39.59		Ettiene Pretorius	GN	1	Pilditch Pretoria	22-Feb
39.64		Clive Davis	GAU	2	Germiston	02-Mar
39.85		Mpho Khambule	GAU	2h	East London	21-Mar
40.15		Keenan van der Vyver	WP	3	Pilditch Pretoria	04-Apr
40.46		Thapelo Legodi	GN	4	Pilditch Pretoria	04-Apr

High jump

1.93		Laurant Pepler	GAU	1	East London	21-Mar
1.87		Frederich Conradie	BO	q	East London	21-Mar
1.85		Wesley Frisby	GAU	q	East London	21-Mar
1.83		James Maio Cheia	WC	q	East London	21-Mar
1.83		Jeandre Breytenbach	CG	1	Pilditch Pretoria	30-Jan
1.82		Pieter Kruger	LIM	q	East London	21-Mar
1.81		Conrad van Deventer	GN	1	Pilditch Pretoria	22-Feb
1.81		Magnus Francke	KZ	1	Potchefstroom	23-Nov
1.80		Dylan Bronkhorst	GAU	6	East London	21-Mar
1.80		Geno van Schalkwyk	WC	q	East London	21-Mar
1.80		Ofentse Mothibi	GAU	4	Germiston	02-Mar
1.80		Karabo Dhladhla	GAU	3	Germiston	02-Mar
1.80		Morne van As	GN	2	Pilditch Pretoria	30-Jan
1.80		Matthew Russel	KZ	18-Jun-99	Durban	26-Oct

Pole vault

4.00		Lukas van der Watt	BO	1	Paarl	01-Mar
3.80		William Gibbens	WC	1	ABSA Tuks Pretoria	01-Feb
3.60		Jean Fourie	WC	2	Stellenbosch	23-Feb
3.40		Johnathan Allison	FS	3	East London	21-Mar
3.25		Stian Stoltz	FS	3	Pilditch Pretoria	04-Apr
3.20		Christoff J van Vuuren	FS	5	Pilditch Pretoria	04-Apr
3.20		Willie Naude	FS	6	Pilditch Pretoria	04-Apr
3.00		PT de Jager	FS	7	East London	21-Mar
3.00		Everhardus Loubser	WC	4	Paarl	01-Mar
2.90		Connor Bode	EC	8	East London	21-Mar

Long jump

6.53	-1.8	Ruan Minnaar	NW	1	East London	21-Mar
6.47	-0.4	Ruan Damons	GN	1	Pilditch Pretoria	04-Apr
6.45	-1.0	Bradley Kiewitz	SW	2	Pilditch Pretoria	04-Apr
6.40	0.5	Etienne Pretorius	GN	2	ABSA Tuks Pretoria	15-Mar
6.34	-1.6	Maudas Banda	MP	3	Pilditch Pretoria	04-Apr
6.31	-3.1	Mnqobi Ngubane	KZ	1	Durban	26-Oct

6.16	-0.2	Charl Engelbrecht	FS	1	Potchefstroom	15-Feb
6.16	-1.5	Dylon Stiemme	FS	4	Pilditch Pretoria	04-Apr
6.08	0.1	Levert Pieterse	EP	6	Pilditch Pretoria	04-Apr
6.02	0.0	Lyalle Johnson	WP	2	Bellville	09-Mar
nwi						
6.72		Ruan Minnaar	NW	1	Potchefstroom	23-Nov
6.65		Ruan Damons	GN	1	Pilditch Pretoria	30-Jan
6.52		Ettiene Pretorius	GN	2	Pilditch Pretoria	22-Feb
6.51		Mnqobi Ngubane	KZ	2	Potchefstroom	23-Nov
6.39		Gift Koe	NW	1	Rustenburg	09-Mar
6.37		Maudas Banda	MP	2	East London	21-Mar
6.36		Kyle Green	BO	1	Paarl	01-Mar
6.36		Nico Prinsloo	FS	1	Bloemfontein	22-Feb
6.33		Rinus Prinsloo	NW	3	Potchefstroom	23-Nov
6.32		Tihan Coetzee	GN	2	University of Jhb	15-Feb
6.30		Frederick van Zyl		2	Pilditch Pretoria	30-Jan
6.23		Jano Moller		4	Potchefstroom	23-Nov
Wind						
6.05	2.1	Tresor Wilondia	FS	1	Bloemfontein	08-Mar
Triple jump						
13.45	-0.9	Zinidene Meiring	WP	1	Pilditch Pretoria	04-Apr
13.18	0.1	Bradley Kiewitz	SW	2	Pilditch Pretoria	04-Apr
13.10	-3.2	Tumisang Lehihi	FS	1	East London	21-Mar
12.96	-0.9	Jamie van der Poel	WP	3	Pilditch Pretoria	04-Apr
12.66	0.1	Norbert Ponisammy	MP	5	Pilditch Pretoria	04-Apr
12.66	0.1	Levert Pieterse	EP	6	Pilditch Pretoria	04-Apr
12.62	-0.3	Aldo Carelse	WP	2	Bellville	08-Mar
nwi						
14.00		Tshiamo Kutu	GN	2	Germiston	02-Mar
13.30		Luyanda Mngadi	KZ	1	Potchefstroom	23-Nov
13.23		Tshiamaga Kutu	CG	6	Germiston	02-Mar
13.06		Cheslin Kortje	WC	3	East London	21-Mar
13.05		Levert Pieterse	WC	4	East London	21-Mar
12.94		Jamie van der Poel	WC	5	East London	21-Mar
12.83		Tatendaishe Mujawo	GAU	1	Germiston	02-Mar
Shot put						
18.56		Patrick Duvenhage	CG	1	Potchefstroom	23-Nov
16.99		Phillip Krause	GN	1	ABSA Tuks Pretoria	15-Mar
16.85		Joshua Hermanus Joubert	CG	2	Pilditch Pretoria	04-Apr
16.77		Riaan Barnard	WC	2	East London	21-Mar
16.68		Burger Lambrecht	GN	6-Aug-98	Pilditch Pretoria	26-Oct
16.52		Schalk Erasmus	GN	1	Germiston	28-Feb
16.32		Francois Crafford	CN	1	Potchefstroom	17-Mar
16.23		Ryno Blom	CG	4	Pilditch Pretoria	04-Apr
16.02		M.J Pelsler	CG	3	Germiston	28-Feb
15.87		Brandon Hermitage	GN	14-Feb-98	Germiston	28-Feb

Discus						
65.75	Patrick Duvenhage	CG		1	Potchefstroom	23-Nov
60.66	Burger Lambrecht	GN	6-Aug-98	1	Pilditch Pretoria	26-Oct
58.54	Werner Visser	GN		2	East London	21-Mar
57.37	Bernard Swart	WC		3	East London	21-Mar
56.25	Roberts Rossouw	CG		2	Potchefstroom	23-Nov
55.48	Brandon Hermitage	GN	14-Feb-98	3	Potchefstroom	23-Nov
55.47	Zhandre Cordier	MP		4	East London	21-Mar
54.98	Phillip Krause	GN		2	ABSA Tuks Pretoria	15-Mar
54.35	Goodwin Eksteen	GN	25-Jun-98	3	Pilditch Pretoria	26-Oct
53.87	Wian Kotze	GN		1	Germiston	28-Feb

Hammer						
58.91	Ryan Koen	FS		1	East London	21-Mar
57.01	Carel Haasbroek	FS		2	East London	21-Mar
54.69	Christi Pretorius	CN		1	Potchefstroom	23-Nov
54.49	Kabelo Zibi	FS		2	Bloemfontein	08-Mar
53.81	Brandon Hermitage	GN		2	Potchefstroom	23-Nov
50.80	Bernard Swart	WC		3	East London	21-Mar
49.34	JC Schultz	CN		3	Potchefstroom	23-Nov
49.18	Christoffel Erasmus	WC		5	East London	21-Mar
46.53	Heinrich Sullwald	BO		2	Paarl	01-Mar
44.44	Barry Botha	WC		7	East London	21-Mar

Javelin						
64.03	Paul Botha			1	University of Jhb	13-Feb
62.88	Werner Bouwer	MP		1	Pilditch Pretoria	04-Apr
62.07	Joncke du Toit	CN		2	Pilditch Pretoria	04-Apr
58.33	Brendan Skinner	KZ		1	Potchefstroom	23-Nov
58.18	Stefan van der Banks			1	University of Jhb	13-Feb
58.06	Ruan Allers	GAU		1	East London	21-Mar
57.20	Derrick Turner	WP		3	Pilditch Pretoria	04-Apr
56.81	Mitchell van der Merwe	CG		2	University of Jhb	13-Feb
56.53	Dewaldt Cook	WC		1	Stellenbosch	27-Feb
56.41	Johannes Kriel	CN		2	Potchefstroom	23-Nov

5km Walk						
23:28.84	Pierre Vermaak	CG		1	Potchefstroom	23-Nov
26:17.55	Hanru Colling	BO		2	East London	21-Mar
26:24.72	Mthembeni Mhlongo	KZ	12-Mar-98	1	Durban	09-Mar
26:49.64	Xolisa Lumkwana	EC		3	East London	21-Mar
27:01.82	Ruan Lochner	BO		2	Paarl	01-Mar
27:03.63	Siyabonga Kolomba	EC		4	East London	21-Mar
27:05.27	Dullan Solomons	WC		5	East London	21-Mar
27:23.10	Khotatso Ndlovu	GAU		2	Germiston	02-Mar
27:27.99	Nkosinathi Nhleko	KZ		2	Durban	09-Mar
27:32.11	Andries Louis Swart	GAU		3	Germiston	02-Mar

Heptathlon						
3281	Divan Bruwer	CG	30-Nov-98	1	Durban	15-Feb
3125	Seun Maduna		6-Apr-98	2	Durban	15-Feb

3090	Michael Greer	KZ	22-Feb-98	3	Durban	15-Feb
2686	Brendon Skinner		4-Feb-99	4	Durban	15-Feb

4 x 100m Relay

44.59	Western Province Athletics	WP		1	Pilditch Pretoria	04-Apr
44.59	High School Menlo Park u15	GN		1	Pilditch Pretoria	22-Feb
44.76	High School Garsfontein u15	GN		1	Germiston	28-Feb
44.82	High School Menlo Park u15	GN		1	University of Jhb	15-Feb
44.88	High School Monument u15			2	Germiston	28-Feb
45.09	Athletics South Western Districts			2	Pilditch Pretoria	04-Apr
45.18	High School Waterkloof u15	GN		3	Germiston	28-Feb
45.19	Athletics Mpumalanga	MP		3	Pilditch Pretoria	04-Apr
45.36	High School Waterkloof u15	GN		2	Pilditch Pretoria	22-Feb
45.39	Afrikaanse Hoer Seunsskool u15	GN		3	Pilditch Pretoria	22-Feb

Medley Relay

2:00.80	Free State Schools	FS		1	East London	21-Mar
2:01.26	Gauteng Schools	GAU		2	East London	21-Mar
2:01.45	Western Cape Schools	WC		3	East London	21-Mar
2:03.79	Limpopo Schools	LIM		4	East London	21-Mar
2:04.84	North West Province Athletics	NWP		5	East London	21-Mar
2:05.15	Kwazulu Natal Athletics	KZ		1	Pilditch Pretoria	04-Apr
2:05.48	Central Gauteng Athletics	CG		2	Pilditch Pretoria	04-Apr
2:05.82	Athletics Gauteng North	GN		3	Pilditch Pretoria	04-Apr
2:06.44	Athletics Free State	FS		4	Pilditch Pretoria	04-Apr
2:06.44	Athletics Mpumalanga	MP		5	Pilditch Pretoria	04-Apr

GIRLS

100 metres

12.19	1.0	Cassidy Williamson	KZ	1	Pilditch Pretoria	04-Apr
12.34	1.0	Madia Ehlers	GN	2	Pilditch Pretoria	04-Apr
12.53	1.8	Juan-Marie Vermeulen	NC	2	East London	21-Mar
12.53	1.0	Stoni Lawrence	CG	3	Pilditch Pretoria	04-Apr
12.76	-0.9	Esmarie Hougaard	GAU	2h	East London	21-Mar
12.77	1.8	Taylor Underhay	GAU	3	East London	21-Mar
12.79	1.0	Carli Buys	FS	4	Pilditch Pretoria	04-Apr
12.85	0.1	UD Edem	FS	1	Bloemfontein	08-Mar
12.88	0.4	Marja-Lise Nel	FS	1	Bloemfontein	22-Feb
12.89	-0.6	Robyn Papier	WC	2h	East London	21-Mar

nwi

12.51		Stoni Lawrence	CG	1	Germiston	02-Mar
12.55		Esmarie Hougaard	GAU	2	Germiston	02-Mar
12.56		Taylor Underhay	GAU	3	Germiston	02-Mar
12.56		Rudine Botha	CN	1	Rustenburg	09-Mar
12.78		Valeska Nel	NW	1	Rustenburg	09-Mar

Wind					Potchefstroom	09-Mar
12.65	2.2	Rudine Botha	CN			

200 metres

24.57	-0.8	Cassidy Williamson	KZ	1	Pilditch Pretoria	04-Apr
24.83	-0.8	Stoni Lawrence	CG	2	Pilditch Pretoria	04-Apr
25.15	-0.8	Madia Ehlers	GN	3	Pilditch Pretoria	04-Apr
25.74	-1.7	Juan-Marie Vermeulen	NC	2h	East London	21-Mar
25.94	-1.9	Cindy von Ahlefeldt	GAU	2h	East London	21-Mar
25.99	-1.7	Taylor Underhay	GAU	3h	East London	21-Mar
26.02	0.3	Hesmarie Coetzee	FS	1	Bloemfontein	01-Feb
26.03	-0.8	Carli Buys	FS	4	Pilditch Pretoria	04-Apr
26.33	-0.8	Khensani Matjeke	GN	5	Pilditch Pretoria	04-Apr
26.34	-0.8	Anja van Heerden	WP	6	Pilditch Pretoria	04-Apr

nwi

25.28		Esmarie Hougaard	GAU	1sf1	Germiston	02-Mar
25.39		Michaela Wright	GAU	1sf2	Germiston	02-Mar
25.40		Cindy von Ahlefeldt	GAU	2	Germiston	02-Mar
25.55		Louisa Stramrood	GAU	2sf1	Germiston	02-Mar
25.61		Taylor Underhay	GAU	3	Germiston	02-Mar
25.77		Valeska Nel	NW	1	Rustenburg	09-Mar
26.19		Chane Steyn	NW	2	Rustenburg	09-Mar

400 metres

56.08		Cindy von Ahlefeldt	CG	1	East London	21-Mar
56.38		Hesmarie Coetzee	FS	2	East London	21-Mar
57.20		Louisa Stramrood	GAU	2	Germiston	02-Mar
57.21		Taylon Bieldt	GAU	1	Potchefstroom	23-Nov
57.88		Cassidy Williamson	KZ	1	Durban	09-Mar
57.92		Sibongile Mejele	GAU	4	East London	21-Mar
58.50		Amore le Roux	GAU	4	Germiston	02-Mar
58.74		Luzandre van Zyl	CG	2	Pilditch Pretoria	30-Jan
58.89		Courtney du Preez	KZ	20-Jun-98	Durban	26-Oct
59.03		Keleshia du Plessis	KZ	2	Potchefstroom	23-Nov

800 metres

2:13.75		Sibongile Merina	CG	1	Pilditch Pretoria	04-Apr
2:15.33		Cecilia Stramrood	CG	2	Pilditch Pretoria	04-Apr
2:15.57		B. Themane	GAU	2	Germiston	02-Mar
2:15.80		Liza Kellerman	GAU	3	Germiston	02-Mar
2:16.10		Mahlogonolo Magoro	GAU	4	Germiston	02-Mar
2:16.25		Sibongile Mejele	GN	1h3	Pilditch Pretoria	04-Apr
2:16.80		Odette Dreyer	CN	1	Rustenburg	09-Mar
2:17.03		Tanita Sada	CN	1	Potchefstroom	23-Nov
2:17.10		Mare-Louisa Koegelenberg	WC	1	East London	21-Mar
2:17.35		Elke Roberts		2	University of Jhb	13-Feb

1500 metres

4:36.46		Cery-Lee Schoeman	GAU	1	East London	21-Mar
4:38.22		Nicole van der Merwe	GAU	2	East London	21-Mar
4:38.84		Sibongile Merina	CG	1	Germiston	02-Mar
4:40.26		Tshegofatso Sethlakgoe	GN	2	Germiston	02-Mar
4:40.85		Liza Kellerman	GAU	3	East London	21-Mar

4:42.09		Simone Weits	GAU	1	University of Jhb	13-Feb
4:42.28		Carla Venter	GN	1	Pilditch Pretoria	22-Feb
4:45.91		Mahlogonolo Magoro	GN	2	ABSA Tuks Pretoria	15-Mar
4:48.40		Odette Dreyer	CN	1	University of Jhb	13-Feb
4:49.14		Cheri-Lee Schoeman	CG	3	University of Jhb	13-Feb

3000m

10:28.77		Tshegofatso Sethlakgoe	GN	1	ABSA Tuks Pretoria	15-Mar
10:30.73		Caelin vd Westhuizen	GN	2	ABSA Tuks Pretoria	15-Mar
10:37.00	h	Carla Venter	GN	2	Pilditch Pretoria	22-Feb
10:44.41		Simone Weits	GAU	1	Potchefstroom	23-Nov
10:50.40		Clairiece Slingers	BO	1	Paarl	01-Mar
10:50.65		Reene-Marie Luus	MP	3	Pilditch Pretoria	04-Apr
10:52.50	h	Anice le Roux	GN	3	Pilditch Pretoria	22-Feb
11:05.51		Hlengiwe Zuma		6-Apr-98	Durban	15-Feb
11:08.06		Rachel Modise	GN	4	Pilditch Pretoria	04-Apr
11:09.16		Anja Wolstenholme	WP	1	Bellville	09-Mar

90 metres hurdles

12.90	0.3	Thea Penberthy	CG	1	Pilditch Pretoria	04-Apr
13.10	1.6	Taylon Bieldt	GAU	1	Potchefstroom	23-Nov
13.18	0.3	Maryna van Wyk	FS	2	Pilditch Pretoria	04-Apr
13.19	-0.2	Mikayla du Toit	GAU	2	East London	21-Mar
13.26	1.5	Inge van der Merwe	MP	2	Potchefstroom	23-Nov
13.40	0.3	Carien Pienaar	GN	4	Pilditch Pretoria	04-Apr
13.49	-0.1	Minneke van der Merwe	WC	3h	East London	21-Mar
13.65	0.2	Anja Kotze	FS	1	Bloemfontein	08-Mar
13.69	0.3	Carmen Cronje	MP	5	Pilditch Pretoria	04-Apr
13.71	-0.1	Chantelle Strauss	GAU	4h	East London	21-Mar

nwi

13.14		Mikayla du Toit	GAU	2	Germiston	02-Mar
13.32		Chantelle Strauss	GN	1	ABSA Tuks Pretoria	15-Mar
13.61		Danielle Nel	GAU	1h2	Germiston	02-Mar
13.67		Chane Steyn	NW	1	Rustenburg	09-Mar

300 metres hurdles

42.90		Taylon Bieldt	GAU	1	Potchefstroom	23-Nov
43.70		Thea Penberthy	CG	1	Germiston	02-Mar
43.84		Hesmarie Coetzee	FS	1h	East London	21-Mar
44.11		Maryna van Wyk	FS	1	Pilditch Pretoria	04-Apr
44.40		Amore le Roux	GAU	2	Germiston	02-Mar
44.66		Reandi Niemand	GAU	3	Germiston	02-Mar
45.00		Lara Rabinowitz	KZ	2	Pilditch Pretoria	04-Apr
45.03		Alexa Haasbroek	WC	2	Potchefstroom	15-Feb
45.09		Mikayla du Toit	GAU	5	Germiston	02-Mar
45.25		Gretl Rens	MP	3	Pilditch Pretoria	04-Apr

High jump

1.77		Katelyn-Faye Rothballer	CG	1	Pilditch Pretoria	04-Apr
1.68		Mieke Pretorius	GN	8-May-98	Pilditch Pretoria	26-Oct

1.65		Marne Kriedeman	GAU		1	University of Jhb	13-Feb
1.63		Isabel Muller	FS		q	East London	21-Mar
1.62		Den-Marie Jacobs	BO		1	Paarl	01-Mar
1.62		Mia Kuhn	GN	24-Feb-98	1	Pilditch Pretoria	13-Sep
1.60		Helen Wessels	FS		2	East London	21-Mar
1.60		Lizandre Pretorius	MP		5	East London	21-Mar
1.60		Deidre Barnard	NW		6	East London	21-Mar
1.60		Tanya Prinsloo	LIM		7	East London	21-Mar
1.60		Marike Coetzee	NW		q	East London	21-Mar
1.60		Nadine Manuels	WC		q	East London	21-Mar
1.60		Mahlatse Mthombeni	GAU		4	Germiston	02-Mar

Pole vault

3.00		Eslie Lamley	FS		1	East London	21-Mar
2.90		Melissa van Aswegen	GN		1	ABSA Tuks Pretoria	15-Mar
2.90		Rozanne Compion	WP		1	Pilditch Pretoria	04-Apr
2.40		Megan Mare	GAU		3	East London	21-Mar
2.40		Paulin Marx	FS		4	East London	21-Mar
2.40		Lize Jacobs	FS		1	Bloemfontein	08-Mar
2.30		Minke Brits	GN		2	ABSA Tuks Pretoria	15-Mar
2.10		Corle van der Walt	FS		2	Bloemfontein	08-Mar
2.05		Caila O'Brien	BO		1	Stellenbosch	23-Feb
2.00		Nadja Fourie	FS		3	Bloemfontein	08-Mar

Long jump

5.71	-3.3	Somien Schutte	GN	6-Aug-98	1	ABSA Tuks Pretoria	09-Mar
5.46	0.0	Subrina Schlesinger	GN		h	Germiston	22-Mar
5.36	0.1	Jone Kruger	CN		1	Pilditch Pretoria	04-Apr
5.35	0.0	Renate van Tonder	GN		2	Pilditch Pretoria	04-Apr
5.34	0.0	Inge van der Merwe	MP		3	Pilditch Pretoria	04-Apr
5.14	0.4	Megan Bogner	GN		3	ABSA Tuks Pretoria	15-Mar

nwi

5.41		Rudine Botha	CN		1	Rustenburg	09-Mar
5.32		Elene Rudolph	BO		1	Paarl	01-Mar
5.37		Jone Kruger	CN		2	Rustenburg	09-Mar
5.22		Megan Bogner	GN		1	University of Jhb	15-Feb
5.20		Gene Buns	CN		3	Potchefstroom	02-Mar
5.19		Louisa Stramrood	GAU		2	University of Jhb	15-Feb
5.19		Luzandre van Zyl	CG		1	Pilditch Pretoria	30-Jan

Triple jump

12.13	-3.3	Somien Schutte	GN	6-Aug-98	1	East London	21-Mar
11.08	-0.1	Ambre Nakas	EP		2	Pilditch Pretoria	04-Apr
10.31	0.0	Marike Coetzee	CN		3	Pilditch Pretoria	04-Apr
10.13	0.6	Danielle Marais	SW		4	Pilditch Pretoria	04-Apr
10.11	-1.3	Corine van Zyl	FS		1	Bloemfontein	22-Feb

nwi

11.52		Anu Ongurombi	NW		2	Potchefstroom	23-Nov
11.27		Ambre Nakas	EC		3	East London	21-Mar
11.06		Nicola van der Walt	CN		2	Potchefstroom	02-Mar

10.93	Marike Coetzee	CN	3	Potchefstroom	02-Mar
10.60	Tanya Prinsloo	LIM	4	East London	21-Mar
10.29	Danielle Marais	WC	7	East London	21-Mar
10.18	A. Janse van Rensburg	NW	8	East London	21-Mar
10.12	Amy Bruwer	BO	1	Stellenbosch	23-Feb

Shot

14.67	Angeline Smit	BO	1	East London	21-Mar
14.56	Yolandi Stander	GAU	1	Germiston	28-Feb
13.80	Anneke Kapp	EC	2	East London	21-Mar
13.72	Elzaan Carmen van Tonder	CG	2	Germiston	28-Feb
13.61	Sunette Luther	GAU	1	University of Jhb	13-Feb
12.89	Jana Steinman	NW	1	Potchefstroom	23-Nov
12.61	Clarise de Klerk	CG	1	ABSA Tuks Pretoria	01-Feb
12.56	Mia Van Voudtshoorn	FS	4	Pilditch Pretoria	04-Apr
12.17	Clarissa Steyn	GN	2	Pilditch Pretoria	22-Feb
12.03	Adelle Boshoff	CG	1	University of Jhb	26-Jan

Discus

42.74	Yolandi Stander	GN	1	Germiston	02-Mar
40.50	Angeline Smit	BO	1	Paarl	01-Mar
39.58	Elzaan Carmen v Tonder	CG	1	Pilditch Pretoria	04-Apr
39.17	Marche Mare	GN	1	University of Jhb	13-Feb
39.12	Alicia van Staden		2	University of Jhb	13-Feb
37.29	Anneke Kapp	EC	3	Pilditch Pretoria	04-Apr
36.32	Cornelia Botha	NW	4	East London	21-Mar
35.90	M. Schoeman	CN	1	Rustenburg	09-Mar
35.81	Carla Botha	GN	1	Pilditch Pretoria	26-Oct
35.77	Adelle Boshoff	CG	5	Pilditch Pretoria	04-Apr

Hammer

51.50	Margaretha Cumming	EC	1	East London	21-Mar
45.58	Janeke Oelofse	EC	2	East London	21-Mar
44.59	Marina Greyling	FS	3	East London	21-Mar
44.40	Monique Vosloo	EC	2	Pilditch Pretoria	04-Apr
39.99	Mariska Pretorius	FS	1	Potchefstroom	23-Nov
39.20	Fransune Flynn	CN	2	Potchefstroom	23-Nov
38.72	Adelle Boshoff	GAU	5	East London	21-Mar
38.12	Melindi de Beer	WC	6	East London	21-Mar
37.78	Lerissa Greyling	CN	5	Pilditch Pretoria	04-Apr
37.58	Sarieske Coetzer	FS	1	Bloemfontein	22-Feb

Javelin

43.08	Anneke Germishuys	WP	1	Pilditch Pretoria	04-Apr
42.62	Shania-Lee Swart	MP	2	Pilditch Pretoria	04-Apr
41.71	Ronelle Naude	GN	1	Germiston	02-Mar
40.80	Leandri Lamprecht	MP	1	East London	21-Mar
40.60	Carli Pretorius	GN	2	Pilditch Pretoria	22-Feb
39.37	Tanisha Chowles	SW	q	Pilditch Pretoria	04-Apr
39.04	Anika Roux	CN	1	Potchefstroom	23-Nov

38.65	Zanele Xaba	GN		2	ABSA Tuks Pretoria	15-Mar
38.44	Angeline Smit	BO		1	Stellenbosch	23-Feb
38.36	Tinita van Dyk	GN		2	Germiston	02-Mar

5km Walk

26:50.84	Anette Koen	CN		1	Potchefstroom	23-Nov
26:56.42	Mizan Viljoen	FS		1	Bloemfontein	22-Feb
27:34.24	Henriette Cronje	FS		1	East London	21-Mar
27:35.81	Noeline Rossouw	WC		2	East London	21-Mar
27:57.35	Carla van Lill	FS		3	East London	21-Mar
28:39.54	Ntombikayise Gala	KZ		1	Durban	09-Mar
28:43.55	Milandre Stafford	CN		2	Potchefstroom	23-Nov
29:26.29	Lorma J van Rensburg	BO		2	Paarl	01-Mar
29:27.56	Hesmari Teubes	BO		3	Paarl	01-Mar
29:29.63	Chante Hoffeldt	WC		5	East London	21-Mar

Pentathlon

3201	Marne Kriedeman	CG		1	Germiston	23-Mar
2721	Michelle Fouche	CG	10-Mar-98	1	Durban	15-Feb
2569	Courtney du Preez	KZ	29-Jul-98	2	Germiston	23-Mar
2228	Antonina Hendricks	WP		4	Germiston	23-Mar

4 x 100m Relay

49.97	Eastern Province Athletics	EP		1	Pilditch Pretoria	04-Apr
50.12	High School Kempton Park u15	CG		1	Germiston	28-Feb
50.26	Kwazulu Natal Athletics	KZ		2	Pilditch Pretoria	04-Apr
50.33	Athletics Gauteng North	GN		3	Pilditch Pretoria	04-Apr
50.76	Potchefstroom Gimnasium			1	Potchefstroom	09-Feb
50.78	High School Waterkloof u15	GN		1	University of Jhb	15-Feb
50.80	Helpmekaar Kollege u15			2	Germiston	28-Feb
50.80	High School Menlo Park u15	GN		1	Pilditch Pretoria	22-Feb
50.82	High School Menlo Park u15	GN		2	University of Jhb	15-Feb
50.86	Athletics Mpumalanga	MP		4	Pilditch Pretoria	04-Apr

Medley Relay

2:15.65	Gauteng Schools	GAU		1	East London	21-Mar
2:18.39	Free State Schools	FS		2	East London	21-Mar
2:19.34	Central Gauteng Athletics	CG		1	Pilditch Pretoria	04-Apr
2:22.50	Athletics Gauteng North	GN		2	Pilditch Pretoria	04-Apr
2:24.13	Athletics Central North West	CN		3	Pilditch Pretoria	04-Apr
2:26.77	North West Province Schools	NWP		3	East London	21-Mar
2:28.22	Athletics Mpumalanga	MP		4	Pilditch Pretoria	04-Apr

BEST PERFORMANCES RACE WALKING 2013

MEN

Seniors

1500m

07:23.00	Francois JACOBS	BOLA	2000	PAARL	23-Feb
07:36.06	Tristan WILLEMSE	BOLA	2000	PAARL	23-Feb
07:35.09	Kirk ELIAS	BOLA	2000	PAARL	23-Feb
07:36.01	Denovan BOOYSEN	BOLA	2000	PAARL	23-Feb
07:36.03	J PIENAAR	BOLA	2000	PAARL	23-Feb
07:43.75	Duan JANSEN	ACWN	2000	SASOLBURG	15-Mar
07:56.55	Mohlouwa BUSA	AFS	2000	SASOLBURG	15-Mar
07:56.62	Jaques HEYMANS	AFS	2000	SASOLBURG	15-Mar
07:59.25	Marko JANSEN	AFS	2000	SASOLBURG	15-Mar
08:05.88	Sithole NQUBEKO	KZNA	2000	DURBAN	02-Mar

2000m

08:07.50	Wayne SNYMAN	AGN	1985	PILDITCH	19-Oct
14:54.40	Kgotha MOKALANGA	AGN		PILDITCH	19-Oct

3000m

11:31.60	Wayne SNYMAN	AGN	1985	PILDTICH	09-Feb
11:53.10	Lebogang SHANGE	CGA	1990	GERMISTON	02-Feb
12:48.00	Mthuzi MHISI	CGA	1988	GERMISTON	02-Nov
13:12.00	Siphiwe NOKO	CGA	1994	GERMISTON	02-Nov
13:42.30	Mdudadzi MAVUNDLA	CGA	1994	POTCHEFSTROOM	06-Feb
13:46.23	Moeketsi MAMARARA	CGA	1994	RUIMSIG	09-Feb
13:50.80	Sipho MAHLANGU	AGN	1987	PIDTICH	09-Feb
13:51.60	Marc MUNDELL	AGN	1983	PIDTICH	09-Feb
13:56.28	Sheldon GEORGE	ACNW	1991	POTCHEFSTROOM	06-Feb
13:58.70	Mthunzi MINISI	CGA	1988	GERMISTON	02-Feb

5000m

24:12.53	Ross McDonald	WP	Bellville	16-Mar
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10 000

42:57.06	Wayne Snyman	GN	Potchefstroom	25-May
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45:38.24	Lebegang Shange	GN	ABSA Tuks Pretoria	16-Mar
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45:39.39	Marc Mundell	GN	ABSA Tuks Pretoria	16-Mar
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20km

1:25:10	Wayne Snyman	GN	Youngsfield	18-May
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1:26:06	Lebegang Shange	GN	Stellenbosch	13-Apr
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1:27:25	Marc Mundell	GN	Dublin	29-Jun
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1:39:05	Ross McDonald	WP	Stellenbosch	13-Apr
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1:39:57	Sanele Matonsi	CG	Stellenbosch	13-Apr
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1:42:28	Mtembi Chauque	FS	Durban	26-Apr
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1:42:47	Wiseman Hlongwa	KZN	Stellenbosch	13-Apr
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1:45:24	Kgothatso Khubeka	CG	Stellenbosch	13-Apr
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1:47:14	Themba Qhaniqiso	KZN	Stellenbosch	13-Apr
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1:52:09	Ntoane Notoane	CG	Stellenbosch	13-Apr
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1:55:05	Brandon Goosen	BOL	Stellenbosch	13-Apr
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30km

2:19:41	Marc Mundell	GN	Youngsfield	18-May
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2:57:05	Keith Reynolds	WP	Youngsfield	18-May
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3:13:12	Sinetemba Bono	WP	Youngsfield	18-May
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Juniors (born 1994/1995)

3000m

13:12.00	Siphiwe NOKO	CGA	1994	GERMISTON	02-Nov
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13:42.30	Mdudadzi MAVUNDLA	CGA	1994	POTCHEFSTROOM	06-Feb
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14:47.50	Danny SEHEMO	CGA	1995	GERMISTON	28-Sep
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14:36.00	Ntoane NTOANE	CGA	1995	GERMISTON	12-Jan
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15:40.20	Moeketse MAMARARA	CGA	1994	GERMISTON	19-Jan
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15:56.00	Jabulani SITHOLE	CGA	1995	GERMISTON	01-Feb
16:23.20	Thato MAMPA	CGA	1995	GERMISTON	01-Feb

10 000m

49:15.34	Lindokuhle NTOMBELA	KZN	1995	DURBAN	08-Mar
49:21.71	Aron MAHLANGU	KZN	1995	DURBAN	08-Mar
49:30.40	Envor RHODAS	WPA	1994	BELVILLE	07-Mar
50:14.64	Mavundla MZWAKE	ACNW	1994	GERMISTON	22-Mar
51:51.44	Ntoane NTOANE	CGA	1995	EAST LONDON	22-Mar
52:45.76	Nkosinathi DLAMINI	KZN	1995	DURBAN	08-Mar
52:50.33	Ntoane NTOANE	CGA	1995	GERMISTON	09-Mar
52:50.58	Jean-Jacques GALANT	BOLA	1995	PAARL	02-Mar
52:55.14	Lwazi NTSIZAKALO	ECA	1994	EAST LONDON	22-Mar
53:06.93	Calvin MEINTJIES	BOLA	1994	PAARL	08-Mar

10 km

47:39.00	Moeketsi MAMARARA	CGA	1994	YOUNGSFIELD	12-Oct
49:14.00	Siphiwe NOKO	CGA	1994	YOUNGSFIELD	12-Oct
51:58.00	Jabulani SITHOLE	CGA	1995	YOUNGSFIELD	12-Oct
52:43.00	Dannyboy SEHEMO	CGA	1995	YOUNGSFIELD	12-Oct
57:09.00	Malakhiwe PONI	WPA	1995	YOUNGSFIELD	12-Oct
57:16.00	Desmond QWABI	WPA	1994	YOUNGSFIELD	12-Oct
57:33.00	Jongoxolo MANI	EPA	1994	YOUNGSFIELD	12-Oct
57:41.00	Enrico DE VRIES	WPA	1994	YOUNGSFIELD	12-Oct
58:09.0	Enrico DE VRIES	WPA	1995	YOUNGSFIELD	18-May
1:00:30	Desmond QWABI	WPA		YOUNGSFIELD	18-May

20km

1:52:09	Ntoane NTOANA	CGA	1995	STELLENBOSCH	13-Apr
1:56:06	Mzwakhe MAVUNDLA	ACNW	1994	DURBAN	26-Apr
2:02:53	Jongoxolo MANI	ECA	1994	DURBAN	26-Apr

Youth (born 1996/1997)

10 000m

52:39.90	Armand BURGER	CGA		GERMISTON	03-Mar
53:47.04	Thando MAGININGXA	BOLA		EAST LONDON	21-Mar
53:24.50	Carel VAN DER MERWE	BOLA	1996	PAARL	08-Mar
54:09.40	Jeandre PETERSEN	WPA	1997	BELVILLE	07-Mar
55:20.79	Sihlopha MALISE	ECA		EAST LONDON	22-Mar
55:41.48	Emile GALANDT	BOLA		PAARL	01-Mar
55:49.28	Manqoba DHLAMINI	KZNA		EAST LONDON	22-Mar
55:51.90	Lunga MKHEFA	ECA		EAST LONDON	22-Mar
56:25.91	Lunga SAUNDERS	WPA		PAARL	08-Mar
56:36.91	Tumisang PULE	CGA	1997	GERMISTON	09-Mar

10km

52:27.00	Juandray PIETERSE	WPA	1997	YOUNGSFIELD	12-Oct
54:52.00	Tumisang PULE	CGA	1997	YOUNGSFIELD	12-Oct
55:55.00	Carel VAN DER MERWE	BOLA	1996	YOUNGSFIELD	18-May
56:10.00	Lunga SAUNDERS	WPA	1997	YOUNGSFIELD	12-Oct
59:35.00	Wesley CAINE	WPA	1996	YOUNGSFIELD	18-May
59:50.00	Ayabonga SONGANGA	WPA		YOUNGSFIELD	18-May
01:00:21	Jan-Louis CLAASSEN	AFS	1997	YOUNGSFIELD	12-Oct

Sub-Youth (born 1998 or earlier)**1500m**

07:36.06	Tristan WILLEMSE	BOLA	2000	PAARL	23-Feb
07:35.09	Kirk ELIAS	BOLA	2000	PAARL	23-Feb
07:36.01	Denovan BOOYSEN	BOLA	2000	PAARL	23-Feb
07:36.03	J PIENAAR	BOLA	2000	PAARL	23-Feb

07:43.75	Duan JANSEN	ACWN	2000	SASOLBURG	15-Mar
07:56.55	Mohlouwa BUSA	AFS	2000	SASOLBURG	15-Mar
07:56.62	Jaques HEYMANS	AFS	2000	SASOLBURG	15-Mar
07:59.25	Marko JANSEN	AFS	2000	SASOLBURG	15-Mar
08:05.88	Sithole NQUBEKO	KZNA	2000	DURBAN	2-Mar

3000m

13:41.60	Pierre VERMAAK	CGA	1998	GERMISTON	28-Sep
14:42.54	Hanru COLLING	BOLA	1999	PARROW	14-Dec
17:00.10	Andries SWART	CGA	1999	GERMISTON	02-Nov
21:33.40	Vusi HLONGWANE	CGA	1998	GERMISTON	28-Sep

5000m

23:28.84	Pierre VERMAAK	CGA	1998	POTCHEFSTROOM	23-Nov
26:17.55	Hanru COLLING	BOLA	1999	EAST LONDON	21-Mar
26:24.72	Mthembeni MHLONGO	KZN	1998	DURBAN	08-Mar
26:49.64	Xolisa LUMKWANA	ECA	1998	EAST LONDON	21-Apr
26:53.48	Dillon SOLOMONS	ASWD	1998	OUDTSHOORN	26-Apr
27:01.82	Ruan LOCHNER	BOLA	1998	PAARL	01-Mar
27:03.63	Siyabonga KOLOMBA	ECA	1998	EAST LONDON	21-Mar
27:23.10	Khotatso NDLOVU	GAU		EAST LONDON	21-Mar
27:27.99	Nkosi NHLEKO	KZNA	1998	DURBAN	08-Mar
27:36.40	Danie VD VENDEL	BOLA	1998	OUDTSHOORN	08-Mar
27:40.16	Stephan VILJOEN	BOLA	1998	OUDTSHOORN	08-Mar

3km

15:48.00	Daniël CLAASSEN	AFS	2001	YOUNGSFIELD	12-Oct
15:48.00	Francois JACOBS	BOLA	2000	YOUNGSFIELD	12-Oct
16:49.00	Gerhard ECKLEY	BOLA	2001	YOUNGSFIELD	12-Oct
17:05.00	Darryl SOLOMONS	ASWD	2000	YOUNGSFIELD	12-Oct
17:25.00	Elias KIRK	BOLA	2000	YOUNGSFIELD	12-Oct
18:17.00	Nathaniel BROOKS	WPA	2001	YOUNGSFIELD	12-Oct
18:24.00	Luciano ERASMUS	ASWD	2000	YOUNGSFIELD	12-Oct

18:25.00	Chadley ISAACS	WPA	2001	YOUNGSFIELD	12-Oct
18:26.00	Denzil JANSEN	ASWD	2000	YOUNGSFIELD	12-Oct
19:01.00	Jean VERMAAK	CGA	2001	YOUNGSFIELD	12-Oct

5 km

23:27.00	Pierre VERMAAK	CGA	1998	YOUNGSFIELD	12-Oct
25:56.00	Hanru COLLING	BOLA	1999	YOUNGSFIELD	12-Oct
26:27.00	Elwich VAN WYK	ASWD	1999	YOUNGSFIELD	12-Oct
27:00.00	Vusi HLONGWANE	CGA	1998	YOUNGSFIELD	12-Oct
27:39.00	Dyllan SOLOMONS	ASWD	1998	YOUNGSFIELD	12-Oct
29:28.00	Jerome FERLAND	ASWD	1999	YOUNGSFIELD	12-Oct
29:58.00	Ayabonga SOGANGA	WPA	1999	YOUNGSFIELD	12-Oct

WOMEN

Seniors

1500m

07:26.00	Inge KOTZE	ACNW	1992	COETZENBURG	12-Mar
07:37.36	Chanice KLINK	BOLA	1995	COETZENBURG	12-Mar
07:44.59	Udelle DE WINNAAR	CGA	1996	GERMISTON	13-Apr
08:10.56	Marie CONRADIE	WPA	2000	SASOLBURG	15-Mar
08:13.00	Anle LOUBSER	WPA	2000	SASOLBURG	15-Mar
08:14.00	Hilda DU TOIT	WPA	2000	SASOLBURG	15-Mar
08:32.05	Lesego MAPHIKE	AFS	2000	BLOEMFONTEIN	02-Mar
08:35.49	Xanthe CLAASE	AFS	2000	BLOEMFONTEIN	02-Mar
08:40.64	Liza-Marie VAN WYK	AFS	2000	BLOEMFONTEIN	02-Mar
08:43.09	Daniela CLOETE	BOLA	2000	PAARL	23-Feb

2000m

12:51.20	Bianca BOTES	AGN		PILDITCH	19-Oct
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3000m

14:45.16	Jessica VAN WYK	ACNW	1992	POTCHEFSTROOM	6-Feb
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14:49.48	Corli SWART	ACNW	1991	POTCHEFSTROOM	20-Apr
15:30.10	NOELINE ROSSOW	BOLA	1999	PARROW	14-Dec
15:55.38	Bianca ESTERHUIZEN	ACNW	1997	POTCHEFSTROOM	20-Apr
15:51.64	Nompumele THABEDE	CGA	1994	RUIMSIG	9-Feb
16:01.38	Natalie FOURIE	BOLA	1982	PARROW	14-Dec
16:04.53	Anette KOEN	ACNW	2000	POTCHEFSTROOM	20-Apr
16:16.63	Inge KOTZE	ACNW	1992	POTCHEFSTROOM	20-Apr
16:41.08	Udelle DE WINNAAR	CGA	1996	RUIMSIG	9-Feb
16:46.69	Elizabeth MOGOFE	CGA	1987	RUIMSIG	9-Feb

5000m

24:52.26	Susan Swanepoel	GN		ABSA Tuks Pretoria	09-Mar
29:52.23	Juane Wiid	GN		ABSA Tuks Pretoria	09-Mar
30:15.75	Edna Brand	WP		Bellville	16-Mar
31:44.63	Deborah Horn-Botha	WP		Bellville	16-Mar

10 000m

50:41.09	Susan Swanepoel	GN		ABSA Tuks Pretoria	16-Mar
51:11.01	Carli Swart	NW		Potchefstroom	25-May
54:40.11	Chanice Klink	BO		Bellville	09-Mar
57:59.40	Phelokazi Gcolotela	CG		East London	23-Mar
1:01:42	Cindy Lange	WP		Youngsfield	18-May
1:03:11	Celeste Scheepers	WP		Youngsfield	18-May
1:03:30	Althea Janari	WP		Youngsfield	18-May
1:03:53	Gail Williams	WP		Youngsfield	18-May
1:05:00	Deborah Horn-Botha	WP		Youngsfield	18-May
1:06:03.41	Juanine Langeveldt	WC		East London	23-Mar
1:06:39.63	Bianca Swanepoel	WP		Bellville	09-Mar
1:06:50	Wendy Josephs	WP		Youngsfield	18-May
1:07:17.94	Sisipoho Sokrowa	WC		East London	23-Mar

20km

1:44:40	Anel Oosthuizen	SWD		Stellenbosch	13-Apr
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1:44:42	Susan Swanepoel	GN		Stellenbosch	13-Apr
1:50:51	Corli Swart	CNW		Durban	26-Apr
1:51:41	Jessica van Wyk	CNW		Durban	26-Apr
1:53:55	Michelle Hopkins	UJ		Durban	26-Apr

Juniors (born 1994/1995)

3000m

15:51.64	Nompumele THABEDE	CGA	1994	RUIMSIG	09-Feb
17:33.40	Sonri ERASMUS	CGA	1995	GERMISTION	02-Feb

5000m

25:39.44	Anel OOSTHUIZEN	ASWD	1995	BAMBOUS	31-Aug
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10 000m

50:04.61	Anel OOSTHUIZEN	ASWD	1995	OUDTSHOORN	02-Mar
54:16.63	Chanice KLINK	BOLA	1995	PAARL	02-Mar
57:59.40	Phelokazi GCOLOTELA	CGA	1995	EAST LONDON	22-Mar
1:02:16.0	Thobile BUTHELEZI	KZN	1995	DURBAN	08-Mar
1:03:34.1	Jeanine LANGEVELDT	BOLA	1995	PAARL	08-Mar
1:05:23.0	Bianca SMITH	BOLA	1995	PAARL	08-Mar
1:06:04.5	Sisipoho SOKROWA	WPA	1995	PAARL	08-Mar
1:06:29.5	Michelle STRYDOM	ACNW	1994	GERMISTION	22-Mar
1:06:35.9	Ndlanzani KCAMISILE	KZN	1995	DURBAN	08-Mar
1:07:42.5	Ghmeiraam LEE	WPA	1995	PAARL	08-Mar

10km

49:25.00	Anel OOSTHUIZEN	ASWD	1995	YOUNGFIELD	12-Oct
1:01:00	Chanice KLINK	BOLA	1995	YOUNGFIELD	12-Oct
1:04:56	Thinto NGCOBO	CGA	1995	YOUNGFIELD	12-Oct

20km

1:44:40	Anél OOSTHUIZEN	ASWD	1995	STELLENBOSCH	13-Apr
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Youth (born 1996/1997)

3000m

15:55.38	Bianca ESTERHUIZEN	ACNW	1996	POTCHEFSTROOM	20-Apr
16:41.08	Udelle DE WINNAAR	CGA	1996	RUIMSIG	09-Feb
17:18.97	Juane WIID	AGN	1996	PRETORIA	30-Jan

5000m

26:36.23	Crysha VAN WYK	AFS	1996	EAST LONDON	15-Mar
26:37.70	Udelle DE WINNAAR	CGA	1996	EAST LONDON	21-Mar
26:46.42	Leandr� Daniels	BOLA	1997	PAARL	21-Mar
27:33.95	Bianca ESTERHUIZEN	ACNW	1997	POTCHEFSTROOM	01-Mar
27:39.84	Delia MEYER	BOLA	1997	PAARL	01-Mar
27:44.60	Tersia SMIT	AFS	1996	EAST LONDON	21-Mar
27:51.13	Yolandi APPEL	KZN	1996	DURBAN	08-Mar
28:12.90	Juane WIID	AGN	1996	PRETORIA	15-Mar
28:44.60	Ester VAN DER MERWE	BOLA	1996	PAARL	08-Mar
28:56.45	Elandre KAPP	ASWD	1996	PAARL	08-Mar

10 000m

58:52.88	Udelle DE WINNAAR	CGA	1996	Potchefstroom	25-May
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5 km

26:58.00	Udelle DE WINNAAR	CGA	1996	YOUNGSFIELD	12-Oct
27:52.00	Tersia SMIT	AFS	1996	YOUNGSFIELD	12-Oct
28:25.00	Juane WIID	AGN	1996	YOUNGSFIELD	12-Oct
29:37.00	Mariaan BARNARD	ASWD	1996	YOUNGSFIELD	12-Oct
30:14.00	Delia MEYER	BOLA	1997	YOUNGSFIELD	12-Oct
30:21.00	Leandr� DANIELS	BOLA	1997	YOUNGSFIELD	12-Oct
30:47.00	Nomso MELAMANE	WPA	1996	YOUNGSFIELD	12-Oct
30:47.00	Tembani MELAMANE	1997	YOUTH	YOUNGSFIELD	12-Oct

Sub-Youth(born 1998 or earlier)

1500m

08:10.56	Marie CONRADIE	WPA	2000	SASOLBURG	15-Mar
08:13.00	Anle LOUBSER	WPA	2000	SASOLBURG	15-Mar
08:14.00	Hilda DU TOIT	WPA	2000	SASOLBURG	15-Mar
08:32.05	Lesego MAPHIKE	AFS	2000	BLOEMFONTEIN	2-Mar
08:35.49	Xanthe CLAASE	AFS	2000	BLOEMFONTEIN	2-Mar
08:40.64	Liza-Marie VAN WYK	AFS	2000	BLOEMFONTEIN	2-Mar
08:43.09	Daniela CLOETE	BOLA	2000	PAARL	23-Feb
08:46.03	Nxumalo NOTHANDA	KZNA	2000	DURBAN	2-Mar
08:47.00	Roneica DICKENSON	BOLA	2000	PAARL	23-Feb
08:51.55	Ntshaba NONJABULO	KZNA	2000	DURBAN	2-Mar

3000m

15:30.10	Noeline ROSSOUW	BOLA	1999	PARROW	14-Dec
16:04.53	Anette KOEN	ACNW	1999	POTCHEFSTROOM	20-Apr
17:16.74	Maxine KLINKENBERG	CGA	1998	RUIMSIG	09-Feb

5000m

26:50.80	Anette KOEN	ACNW	1999	POTCHEFSTROOM	23-Nov
26:56.00	Noeline ROSSOUW	BOLA	1999	PAARL	08-Mar
26:57.89	Mizan VILJOEN	AFS	1999	BLOEMFONTEIN	09-Mar
27:34.24	Henriette CRONJE	AFS	1999	EAST LONDON	21-Mar
27:57.35	Carla VAN LILL	AFS	1998	EAST LONDON	21-Mar
28:39.54	Ntombi GALA	KZN	1998	DURBAN	08-Mar
28:40.28	Lorma JV RENSBURG	BOLA	1998	PAARL	08-Mar
28:43.55	Milandra STAFFORD	ACNW		POTCHEFSTROOM	23-Nov
28:50.28	Chante HOFFELDT	ASWD	1998	PAARL	08-Mar
28:53.78	Sinenhlanhla DLAMINI	KZN	1998	DURBAN	08-Mar
29:27.56	Hesmari TEUBES	BOLA	1999	PAARL	01-Mar

3km

18:00.00	Hilda DU TOIT	BOLA	2000	YOUNGSFIELD	12-Oct
19:17.00	Moesha EKSTEEN	BOLA	2002	YOUNGSFIELD	12-Oct
19:22.00	Moné GELDENHUYS	ASWD	2002	YOUNGSFIELD	12-Oct

20:23.00	Dimakatso MSHEBA	CGA	2001	YOUNGSFIELD	12-Oct
20:38.00	Leone PIETERSEN	BOLA	2002	YOUNGSFIELD	12-Oct
20:41.00	Ntokozo MKHIZE	CGA	2001	YOUNGSFIELD	12-Oct
20:42.00	Lwandokazi SATANI	WPA	2001	YOUNGSFIELD	12-Oct
20:46.00	Ronél-Maré SAAIMAN	ASWD	2002	YOUNGSFIELD	12-Oct
20:46.00	Eden ALBERTS	ASWD	2003	YOUNGSFIELD	12-Oct
21:35.00	Thami TOMOSE	WPA	2001	YOUNGSFIELD	12-Oct

5km

27:01.00	Anette KOEN	ACNW	1999	YOUNGSFIELD	12-Oct
27:03.00	Henriëtte CRONJE	AFS	1999	YOUNGSFIELD	12-Oct
28:30.00	Noeline ROSSOW	BOLA	1999	YOUNGSFIELD	12-Oct
35:11.00	Hesmari TEUBES	BOLA	1998	YOUNGSFIELD	12-Oct

ALL-TIME BEST PERFORMANCES (Senior, Junior and Youth, as at 31 December 2013)

SENIORS

MEN

100 metres

10.02	Frank Fredericks	021067	Provo	27.05.89
10.06	Johan Rossouw	201065	Johannesburg	23.04.88
10.06	Simon Magakwe	140586	Johannesburg	27.04.12
10.08	Mathew Quinn	170476	Germiston	07.04.99
10.08	Peter Ngobeni	230562	Durban	23.02.85
10.08	Sherwin Vries	220380	Durban	11.04.03
10.10	Anasa Jobodwana	300692	Greensboro	24.05.13
10.10	Lee-Roy Newton	191278	Pietersburg	14.04.00
10.11	Tshakile Nzimande	191161	Johannesburg	23.04.88
10.13	Morné Nagel	230278	Pretoria	12.04.02 (10)
10.15	Wessel Oosthuizen	230261	Secunda	15.11.86
10.16	Thuso Mpuang	010384	Donnas	03.07.11
10.17	Hannes Dreyer	130185	Germiston	26.03.11
10.19	Akani Simbine	210993	Lusaka	11.12.12
10.19	Roscoe Engel	060889	Durban	09.04.11
10.20	Eugene van Niekerk	260865	Johannesburg	23.04.88
10.20	Llewellyn Herbert	210777	Bloemfontein	16.04.99
10.21	Leigh Julius	250385	Laguna	05.07.06
10.22	Paul Gorries	280181	Bloemfontein	02.02.01
10.23	Bennie Buys	051166	Johannesburg	31.03.90 (20)
10.24	Johann Venter	301271	Pretoria	01.02.97
10.24	Riaan Dempers	040377	Narrabeen	04.08.96
10.25	Christian Krone	300884	Durban	30.03.07
10.25	Corne du Plessis	200378	Heusden	14.07.01
10.26	Bradley Agnew	210279	Bloemfontein	16.04.99
10.27	Cohen Rosant	210875	Bellville	24.01.98
10.27	Nico Schutte	250664	Colorado	02.08.93
10.27	Willie Smit	120756	Germiston	05.05.79
10.28	*Paul Nash	200147	Zurich	02.07.68
10.28	*Peter Ngobeni	230562	Potchefstroom	01.03.85 (30)
10.28	Chris Neethling	230168	Johannesburg	10.11.90
10.29	Gideon Trotter	030392	Germiston	25.02.12
10.30	Marcus la Grange	121277	Durban	05.03.99
10.30	Wilhelm van der Vyver	220889	Pretoria	18.04.08
10.31	Clinton Venter	030280	Durban	11.04.03
10.31	Gerhard Barnard	080567	Bloemfontein	17.03.89
10.32	Kagiso Kumbane	170378	Stellenbosch	14.03.09
10.32	Snyman Prinsloo	081203	Potchefstroom	02.02.07
10.32	Warren McCann	080333	Johannesburg	10.11.90
10.33	Siphello Ngqabaza	210993	Lusaka	11.12.12 (40)
10.34	Edward Sinani	250347	Libanon	13.03.76
10.35	*Greg Colin	310558	Johannesburg	15.03.80

10.35	Adrian Lambert	010870	Pretoria	19.04.91
10.36	Anton Bouwer	160287	Germiston	01.11.08
10.36	Jannie Viljoen	210671	Pretoria	29.04.89
10.36	Raoul Karp	300967	Secunda	15.11.86
10.36	Robin McClean	050759	Germiston	20.04.85
10.37	Meshack Menzies	310757	Welom	19.01.80
10.38	Francois du Toit	111070	Bloemfontein	26.04.96 (49)
10.38	Glen Eiferink	210573	Rustenburg	18.10.91
10.38	Waide Jooste	240791	Pretoria	27.03.09

* These athletes have achieved faster hand times

Wind assisted

10.06	Henricho Bruintjies	160793	Durban	26.04.13
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Hand timing

10.0	Paul Nash	200147	Krugersdorp	02.04.68
10.0	Peter Ngobeni	230562	Libanon	18.03.84
10.0	Hannes Dreyer	130185	Pretoria	14.01.06
10.1	Tinus van Wyk	070455	Potchefstroom	06.03.76
10.1	Greg Colin	310558	Sasolburg	31.03.78
10.1	Riaan Dempers	040377	Rustenburg	27.03.95
10.1	Marcus la Grange	121277	Parow	18.11.95
10.1	Snyman Prinsloo	220584	Pretoria	14.01.06

Wind assisted

9.9	Tinus van Wyk	070455	Bloemfontein	02.04.76
10.0	Riaan Dempers	040377	Wollongong	07.08.96
10.0	Lance Dickson	010383	Germiston	03.11.01
10.0	Brenden Harmse	190583	Germiston	03.11.01
10.0	Corné du Plessis	200378	Pretoria	14.01.06
10.1	André van Heerden	011048	Johannesburg	21.03.70
10.1	Erich Essmann	130351	Bloemfontein	02.04.76
10.1	Johan Pienaar	121153	Bloemfontein	02.04.76
10.1	Robin McLean	050759	Welkom	16.01.82
10.1	Marcus la Grange	121277	Lisbon	19.06.99
10.1	Johann Venter	301271	Bloemfontein	11.02.00
10.1	Morne James	260376	Parow	26.02.00
10.1	Josef van der Linde	080479	Secunda	04.10.00

200 metres

20.11	Morne Nagel	230278	Germiston	05.04.02
20.13	Anasa Jobodwana	300692	Greensboro	25.05.13
20.16	Riaan Dempers	040377	Germiston	07.04.95
20.20	Sherwin Vries	220380	Pretoria	04.04.03
20.23	Simon Magakwe	140586	Potchefstroom	17.04.10
20.27	Anaso Jobodwana	300792	London	08.08.12
20.31	Frank Fredericks	021067	Provo	31.05.89
20.31	Tshakile Nzimande	191161	Welkom	21.11.87
20.34	Wessel Oosthuizen	230261	Secunda	01.02.86
20.35	Marcus la Grange	121277	Bellville	12.02.00 (10)
20.39	Corné du Plessis	200378	Pretoria	23.03.01
20.39	Peter Ngobeni	230562	Windhoek	26.01.85
20.42	Leigh Julius	250385	Potchefstroom	17.04.10

20.44	Jannie Viljoen	210671	Germiston	21.04.90
20.44	Thuso Mpuang	010384	Pretoria	05.05.12
20.45	Ciinton Venter	030280	Roodepoort	28.03.03
20.47	Tshegofatso Meshoe	130785	La Chaux-de-Fonds	28.06.09
20.48	Johan Rossouw	201065	Johannesburg	23.04.88
20.51	Christian Krone	300884	Warsaw	17.06.07
20.51	Lebogang Moeng	101089	Potchefstroom	24.03.12 (20)
20.56	*Willie Smit	120756	Pretoria	19.03.80
20.57	Warren McCann	231267	Secunda	27.01.90
20.57	Wayde van Niekerk	230392	Durban	10.04.11
20.58	Gerhard Barnard	080567	Pretoria	29.04.89
20.59	Paul Gorries	280281	Roodepoort	13.03.00
20.63	Danie Zaayman	050160	Pretoria	31.03.78
20.63	Glen Elferink	210573	Bloemfontein	11.04.92
20.64	Kagisho Kumbane	211188	Pretoria	28.03.08
20.64	Mathew Quinn	170476	Bloemfontein	30.01.98
20.64	Roscoe Engel	060389	Pretoria	05.05.12 (30)
20.65	Offentse Mogawane	200282	Castres	19.07.11
20.66	*Greg Colin	310558	Pretoria	01.05.78
20.66	Shaun Powell	290171	Pietersburg	03.04.96
20.67	Ludwig Myburgh	260462	Potchefstroom	13.04.85
20.68	Akani Simbini	210993	Lusaka	12.12.12
20.68	Johann Venter	301271	Germiston	13.05.94
20.69	Jan vd Merwe	160384	Bloemfontein	05.03.05
20.70	Bennie Buys	051166	Pretoria	12.03.90
20.70	Herman Venske	280160	Pretoria	11.04.81
20.70	Snyman Prinsloo	220584	Secunda	20.01.06 (40)
20.71	Gideon Trotter	170383	Potchefstroom	24.05.13
20.71	Hannes Dreyer	130185	Pretoria	28.03.08
20.71	Johan van Wyk	290169	Johannesburg	01.04.95
20.72	John Lawson	240466	Pretoria	29.04.89
20.73	Josef vd Linde	080479	Germiston	25.01.02
20.73	Wilhelm vd Vyfer	220889	Durban	21.03.10
20.74	Chris Neethling	230168	Germiston	21.04.90
20.74	Lee-Roy Newton	191278	Durban	06.03.99
20.76	Cohen Rosant	210875	Bellville	24.01.98
20.76	Henry Mohoanyane	110863	Welkom	25.11.89
20.77	Bennie Smit	131075	Potchefstroom	07.03.97 (50)
Wind assisted				
20.00	Anasa Jobodwana	300692	Kazan	10.07.13
20.09	Frank Fredericks	021067	Albuquerque	20.05.89
20.14	Tshakile Nzimande	191161	Pietersburg	15.02.92
20.27	Mathew Quinn	170476	Bloemfontein	17.04.99
20.38	Leigh Julius	250385	Durban	16.04.05
20.44	Eugene van Niekerk	260865	Johannesburg	04.03.89
20.47	Willie Smit	120756	Wallnut	30.03.80
20.50	Llewellyn Herbert	210777	Secunda	16.01.99
20.51	Paul Gorries	280281	Durban	03.03.01
20.52	Bennie Smit	131075	Pietersburg	27.03.97
20.55	Lee-Roy Newton	191278	Durban	03.03.01

20.62	Raoul Karp	300967	College Station	19.05.90
20.62	Sergio Mullins	120580	Durban	16.04.04

Hand timing

20.1	Paul Nash	200147	Zurich	02.07.68
20.2	Willie Smit	120756	Pretoria	12.03.80
20.4	Tinus van Wyk	070455	Johannesburg	20.04.77
20.4	Greg Colin	310558	Pretoria	01.05.78

400 metres

44.59	Arnaud Malherbe	201172	Roodepoort	19.03.99
44.59	Hendrik Mokganyetsi	070975	Yokohama	09.09.00
44.65	Marcus la Grange	121277	Pretoria	12.04.02
44.75	Jopie van Oudtshoorn	050276	Germiston	07.04.99
44.86	LJ van Zyl	200785	Germiston	26.03.11
45.01	Jaco Reinach	010162	Bloemfontein	15.04.83
45.07	Oscar Pistorius	221186	Lignano	19.07.11
45.09	Wayde van Niekerk	150792	Ostrava	27.06.13
45.11	Ludwig Myburgh	260462	Potchefstroom	12.04.85
45.11	Ofentse Mogawane	200282	Malles	22.07.06 (10)
45.14	Adriaan Botha	080377	Roodepoort	16.03.01
45.15	Riaan Dempers	040377	Secunda	06.05.94
45.26	Bobang Phiri	050568	Secunda	06.05.94
45.30	Paul Gorries	280281	Roodepoort	28.03.03
45.42	Johan Oosthuizen	260661	Bloemfontein	15.04.83
45.45	Edwin Modibedi	140661	Austin	30.05.85
45.45	Pieter Foord	200967	Bloemfontein	27.04.90
45.46	Henry Mohoanyane	110863	Bloemfontein	18.03.88
45.47	Lebogang Moeng	101089	Germiston	03.04.11
45.47	Liod Kgopong	010275	Potchefstroom	08.03.97 (20)
45.49	Herman de Jager	160371	Pretoria	12.04.94
45.57	Pierre le Roux	161265	Germiston	02.04.86
45.60	Malcolm Spence	040937	Rome	06.09.60
45.61	Alfred Visagie	170972	Johannesburg	14.04.96
45.62	Samuel van Aswegen	051165	Germiston	28.03.89
45.63	Pieter Smith	030487	Stellenbosch	14.03.09
45.65	Dries Vorster	251062	Pretoria	12.03.90
45.68	Willie de Beer	140388	Germiston	26.03.11
45.73	Jan vd Merwe	160384	Pretoria	18.03.05
45.78	Japie de Jongh	061264	Bloemfontein	05.12.86 (30)
45.78	John Lawson	240466	Krugersdorp	28.11.92
45.80	Ockert Cilliers	210481	Secunda	06.02.04
45.84	Sibusiso Sishi	220685	Addis Ababa	02.05.08
45.87	Jacques de Swardt	120892	Potchefstroom	19.03.13
45.88	Ian Small-Smith	030267	Bloemfontein	24.02.86
45.88	Innis Viviers	260880	Potchefstroom	06.12.02
45.88	Sakkie Webster	220852	Pretoria	20.11.74
45.92	Wessel Oosthuizen	230261	Germiston	30.03.87
45.95	Mandla Nkosi	150182	Pretoria	20.04.01
45.96	Hendrik Moller		Pretoria	08.04.97 (40)
45.97	Richard Sharpe	010881	Santiago	20.10.00

45.97	Shaun de Jager	280691	Pretoria (ABSA Tuks)	05.04.12
46.04	Hennie Kotze	150160	Potchefstroom	23.02.83
46.04	Robbie Stevens	180281	El Paso	20.05.00
46.06	Jacob Ramokoka	200984	Germiston	18.02.12
46.08	George Mehale	060454	El Paso	21.04.79
46.08	Mark Caldwell	040568	Krugersdorp	28.03.87
46.10	Lennox Nompume	091259	Stellenbosch	16.04.82
46.12	Francois Maasdorp	270179	Pretoria	20.04.01
46.13	Shane Victor	291289	Durban	10.04.11 (50)

800 metres

y = 880y time minus 0.6 sec

1:42.69	Hezekiel Sepeng	300674	Brussels	03.09.99
1:42.86	Mbulaeni Mulaudzi	080980	Rieti	06.09.09
1:43.91	Johan Botha	100174	Oslo	30.06.99
1:44.29	André Olivier	291289	Monaco	20.07.12
1:44.41	Werner Botha	310178	Heusden	05.08.00
1:44.5y	Danie Malan	250650	Los Angeles	27.05.73
1:44.57	Marius van Heerden	080974	Cape Town	12.04.96
1:44.62	Hendrik Mokganyetsi	070975	Moscow	08.07.97
1:44.70	Dick Broberg	080749	Stellenbosch	31.03.71
1:44.70	Marcello Fiasconaro	190749	Johannesburg	27.04.73 (10)
1:44.98	Graham Davidson	141078	Rehlingen	09.06.03
1:45.03	Shaun Abrahams	040770	Stellenbosch	04.03.00
1:45.17	Samson Ngoepe	280185	Ostrava	17.06.09
1:45.30	Mark Handelsman	090661	Stellenbosch	20.04.81
1:45.38	Gideon van Oudtshoorn	230976	Heusden	05.08.00
1:45.60	Fanie van Zijl	070748	Pretoria	28.03.70
1:45.63	Johan Landsman	120564	Johannesburg	27.04.91
1:45.64	Johan Cronje	130482	Berlin	01.09.13
1:45.73	Lucky Hadebe	020180	Durban	06.03.99
1:46.04	Jurgens Kotze	041173	Pietersburg	03.04.95 (20)
1:46.07	Cliffie Miller	010264	Germiston	18.02.95
1:46.08	Freddie Williams	240262	Austin	31.05.85
1:46.25	Bonolo Maboja	240885	Roodepoort	28.03.03
1:46.31	Johannes Mokoena	250969	Yamoussoukro	10.04.93
1:46.32	Meyer Kotze	070976	Krugersdorp	21.02.98
1:46.35	Barnaby Shone	210374	Cape Town	08.04.97
1:46.35	David Hlabahlaba	091061	Durban	22.04.89
1:46.36	Rynhardt van Rensburg	230392	Port Elizabeth	14.04.12
1:46.51	Warren Hendriks	110288	Casablanca	14.06.09
1:46.57	Daniel Mokoena	090958	Germiston	24.03.88 (30)
1:46.60	Jantjie Marthinus	051062	Stellenbosch	09.04.90
1:46.64	Joseph Lucas	301063	Windhoek	21.01.89
1:46.70	Danie Goosen	211250	Stellenbosch	30.03.77
1:46.75	Adriaan van Wyk	280783	Stellenbosch	14.03.09
1:46.87	Isaiah Nkuna	050377	Durban	16.04.05
1:46.90	Alwyn Prinsloo	141155	Bloemfontein	19.03.77
1:46.90	Ian Lewis	070162	Germiston	29.03.83
1:46.90	Johan Fourie	021259	Pretoria	20.03.85

1:46.91	Ebeneza Felix	140870	Potchefstroom	08.03.97
1:46.91	Simon Banda	140272	Germiston	18.02.95 (40)
1:46.92	Thapelo Madiba	080993	Potchefstroom	24.03.12
1:46.93	Johan Pretorius	230982	Pretoria	18.03.05
1:46.98	Charles Jantjies	210782	Potchefstroom	04.02.05
1:47.00	Gert de Bruyn	260865	Welkom	22.11.86
1:47.00	William Mathosola	310390	Durban	10.04.11
1:47.03	Karl Mouton	140467	Pretoria	14.03.88
1:47.06	Deon Brummer	040459	Germiston	24.03.88
1:47.09	Jonny Shuping	100984	Durban	17.04.04
1:47.09	Leonardo de Villiers	291165	Port Elizabeth	09.03.88
1:47.10	Flippie Prinsloo	181058	Potchefstroom	31.03.81 (50)
1:47.10	Henning Gericke	230660	Bloemfontein	06.11.85
1:47.10	Naude Jordaan	070767	Stellenbosch	09.04.90
1:47.10	Van Zyl Naude	170958	Stellenbosch	20.04.81

1000 metres

2:15.86	Mbulaeni Mulaudzi	080980	Stockholm	07.08.07
2:16.00	Danie Malan	250650	Munchen	24.07.73
2:16.47	Hezekiel Sepeng	300674	Stockholm	01.08.00
2:16.71i	Johan Botha	100174	Erfurt	03.02.99
2:17.00	Johan Fourie	021259	Bloemfontein	28.01.85
2:17.64	Marius van Heerden	080974	Stellenbosch	01.03.96
2:17.81	Peter van der Westhuizen	211284	Stockholm	31.07.09
2:18.03	Bennie Greyling	010265	Stellenbosch	08.02.88
2:18.33	Shawn Abrahams	040770	Stellenbosch	01.03.96 10
2:18.34	Deon Brummer	040459	Stellenbosch	08.02.88
2:18.38	Henning Gericke	230660	Pretoria	14.03.84
2:18.48	Johan Cronje	130482	Stockholm	21.02.08
2:19.30	Fanie van Zijl	070748	Johannesburg	13.02.74
2:19.38	Juan van Deventer	260383	Roodepoort	28.03.03
2:19.41	Graham Davidson	141078	Roodepoort	28.03.03
2:19.50	Leonardo de Villiers	291165	Port Elizabeth	23.03.88
2:19.50	Sydney Maree	090956	Leicester	19.07.81
2:19.51	Johan Pretorius	230982	Roodepoort	28.03.03
2:19.59	Johann Bekker	250965	Stellenbosch	08.02.88 20
2:19.69	Jurgens Kotze	041173	Stellenbosch	01.03.96
2:19.77	Mbulaeni Mulaudzi	080980	Jena	02.02.01
2:19.79	Johan Landsman	120564	Stellenbosch	01.03.96
2:19.80	Hendrik Smit	140653	Johannesburg	13.02.74
2:20.12	Clyde Colenso	110577	Sydney	17.08.96
2:20.27	Cliffie Miller	010264	Pretoria	03.02.92
2:20.55	Arnoldo Sepeakwe	130374	Stellenbosch	11.02.95
2:20.60	Jacques van Rensburg	240168	Bloemfontein	26.01.87
2:20.60	Johan Cronje	130482	Bloemfontein	26.03.01
2:20.64	Jantjie Marthinus	051062	Stellenbosch	11.02.91 30
2:20.70	Monde Tutani	220262	Port Elizabeth	23.03.88

1500 metres

3:31.93	Johan Cronje	130482	Rieti	08.09.13
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3:32.30	Sydney Maree	090956	Hamburg	12.09.81
3:33.56	Johan Landsman	120564	Zurich	04.08.93
3:33.87	Johan Fourie	021259	Stellenbosch	10.04.87
3:34.30	Juan van Deventer	260383	New York	30.05.09
3:35.33	Peter van der Westhuizen	211284	New York	30.05.09
3:35.65	Whaddon Niewoudt	060170	Port Elizabeth	17.05.93
3:35.84	Francois van Rensburg	020870	Port Elizabeth	17.05.93
3:35.98	Danie Malan	250650	Zurich	09.07.76
3:36.30	Johan Botha	100174	Nijmegen	23.05.00 (10)
3:37.00	Deon Brummer	040459	Durban	12.12.90
3:37.16	Clyde Colenso	300902	Rehlingen	31.05.04
3:37.20	Fanie van Zijl	070748	Port Elizabeth	13.04.74
3:37.24	Manson du Toit	110272	Stellenbosch	20.03.96
3:37.30	Ewald Bonzet	251251	Port Elizabeth	25.03.75
3:37.30	Hendrik Smit	140653	Stellenbosch	25.02.76
3:37.36	Willem Muldner	221073	Stellenbosch	20.03.96
3:37.41	Ebeneza Felix	140870	Stellenbosch	20.03.96
3:37.60	Jacques van Rensburg	240168	Durban	12.12.90
3:37.73	Graham Davidson	141078	Dortmund	15.06.03 (20)
3:37.79	Pharson Magagane	060486	Stellenbosch	14.03.09
3:38.15	Dumisane Hlaselo	080689	Stellenbosch	14.03.08
3:38.17	Johannes Job	210572	Stellenbosch	14.03.97
3:38.24	Hezekiel Sepeng	300674	Cape Town	12.04.96
3:38.28	Jean Verster	230465	Stellenbosch	20.03.96
3:38.29	Sarel Spies	251067	Bellville	06.03.92
3:38.29	Tshamano Setone	070587	Durban	06.02.09
3:38.30	Mathews Temane	141260	Stellenbosch	22.02.84
3:38.41	Monde Tutani	220262	Stellenbosch	10.04.87
3:38.52	Shadrack Hoff	190573	Cape Town	19.04.96 (30)
3:38.55	Mbulaeni Mulaudzi	080980	Durban	06.02.09
3:38.55	Stephen Mokoka	310185	Durban	21.03.10
3:38.59	Elroy Gelant	250886	Uden	27.06.09
3:38.66	Ashley Johnson	311261	Eugene	02.06.84
3:38.66	Esau Faro	240974	Stellenbosch	20.03.96
3:38.69	Jerry Matsau	120390	Nimegen	12.06.13
3:38.99	Naudé Jordaan	070767	London	23.07.93
3:39.07	Clyde Colenso	300902	College Station	08.05.99
3:39.40	Andre Olivier	291289	Durban	06.02.09
3:39.50	Aaron Gabonewe	140469	Bellville	27.02.99 (40)
3:39.56	Kobie van der Westhuizen	080196	Stellenbosch	20.03.96
3:39.70	Clive Dale	170686	Stellenbosch	17.03.78
3:39.81	Mthobisi Baloyi	260285	Uden	27.06.09
3:40.10	Marius-H Schlechter	140165	Stellenbosch	06.04.89
3:40.16	Stiaan Lamprecht	301065	Durban	29.04.91
3:40.18	Anton Nicolaisen	250168	Stellenbosch	28.12.90
3:40.19	Molefe Molefe	270186	Stellenbosch	24.03.12
3:40.22	Hans van der Veen	070292	Stellenbosch	19.03.86
3:38.0	**Henning Gericke	230660	Port Elizabeth	07.03.84
3:39.4*	Victor Radebe	270961	Port Elizabeth	11.03.87 (50)

** Official hand time during a mile race

1500 metres - fastest inland times at altitude

3:36.78	Johan Fourie	021259	Pretoria	20.03.85
3:37.90	Fanie van Zijl	070748	Potchefstroom	11.03.72
3:40.06	Deon Brummer	040459	Bloemfontein	15.04.88

1 mile

3:48.83	Sydney Maree	090956	Rieti	09.09.81
3:50.82	Johan Fourie	021259	Port Elizabeth	11.03.87
3:51.31	Juan van Deventer	260383	Oslo	06.06.08
3:53.86	Graham Davidson	141078	Hengelo	01.06.03
3:54.59	Bennie Greyling	010265	Durban	09.12.87
3:54.60	Danie Malan	250650	Stellenbosch	26.02.75
3:54.62	Victor Radebe	270961	Port Elizabeth	11.03.87
3:54.84	Johan Cronje	130482	London	25.07.09
3:55.40	Matthews Temane	141260	Potchefstroom	09.03.83
3:55.42	Deon Brummer	040459	Port Elizabeth	11.03.87 (10)
3:55.76	Jean Verster	230465	Stellenbosch	12.11.88
3:56.00	Fanie van Zijl	070748	Modesto	27.05.72
3:56.12	Monde Tutani	200103	Port Elizabeth	13.12.86
3:56.17	Henning Gericke	100731	Port Elizabeth	07.03.84
3:56.26	Pieter vd Westhuizen	211284	Eugene	07.06.09
3:56.61	Johan Landsman	120564	Port Elizabeth	25.11.91
3:56.65	Willem Muldner	221073	Port Elizabeth	14.02.97
3:57.00	Johan Botha	100174	Stellenbosch	16.02.96
3:57.21	Whaddon Niewoudt	060179	Port Elizabeth	15.04.94
3:57.30	Ewald Bonzet	251251	Stellenbosch	21.02.77 (20)
3:57.33	Hezekiel Sepeng	300674	Stellenbosch	16.02.96
3:57.37	Johannes Job	210572	Port Elizabeth	14.02.97
3:57.49	Marius van Heerden	080974	Stellenbosch	16.02.96
3:57.62	Jacques van Rensburg	240168	Port Elizabeth	14.12.90
3:57.70	Div Lamprecht	221242	Stellenbosch	13.11.70
3:57.80	Danie Goosen	211250	Stellenbosch	21.02.77
3:58.10	Louis Liebenberg	210258	Stellenbosch	07.05.79
3:58.20	Francois van Rensburg	020870	Port Elizabeth	25.03.94
3:58.22	Sarel Spies	251067	Port Elizabeth	02.03.92
3:58.23	Deon Fouche	210267	Stellenbosch	12.11.88 (30)
3:58.41	Craig Lamnert	080957	Durban	15.12.84
3:58.60	Clive Dale	141153	Stellenbosch	21.02.77
3:58.60	Greg Liefeldt	150362	Port Elizabeth	10.12.83
3:58.64	Jerry Matsau	120390	Potchefstroom	20.04.13
3:58.80	Hans van der Veen	070166	Port Elizabeth	14.12.85
3:58.81	Cliffie Miller	010264	Port Elizabeth	18.12.91
3:58.90	Rudolph Greyling	110467	Port Elizabeth	09.03.88
3:58.95	Ricky Robinson	160559	Stellenbosch	25.03.83
3:58.97	Stanley Roberts	300967	Port Elizabeth	06.03.93
3:59.00	Hendrik Smit	140653	Stellenbosch	15.11.75 (40)
3:59.00	Marius-Hugo Schlechter	140165	Port Elizabeth	14.12.85
3:59.02	Francois Annadale	050760	Durban	18.12.81
3:59.30	Anton Nicolaisen	250168	Port Elizabeth	18.12.91

3:59.37	Junior Prinsloo	020365	Port Elizabeth	12.12.87
3:59.38	O'Niel Simpson	191260	Stellenbosch	07.11.87
3:59.49	Naude Jordaan	070767	Port Elizabeth	05.03.90
3:59.50	Mark Kennard	021159	Port Elizabeth	30.03.79
3:59.59	Ebeneza Felix	140870	Port Elizabeth	14.02.97
3:59.69	Ruben Ramolefi	170778	Belville	10.03.11
3:59.76	Scott Harris	300868	Port Elizabeth	15.04.94 (50)
3:59.78	Manson du Toit	110272	Stellenbosch	16.02.96
3:59.80	Kobie vd Westhuizen	080196	Stellenbosch	16.02.96
3:59.90	Johnny Halberstadt	021049	Norman	04.05.72
3:59.90	Peter Kaal	140549	Wichita	27.05.72
4:00.00	Pharson Magagne	060486	Belville	10.03.11 (55)

2000 metres

4:56.41	Johan Fourie	021259	Stellenbosch	22.04.85
5:02.80	Ewald Bonzet	251251	Cape Town	23.11.77
5:04.00	Bennie Greyling	010265	Stellenbosch	01.02.88
5:04.25	Deon Brummer	040459	Potchefstroom	27.02.87
5:04.67	Jean Verster	230465	La Celle St Cloud	26.06.95
5:04.99	Manson du Toit	110272	Prague	12.06.96
5:05.30	Danie Malan	250650	Cape Town	18.02.76
5:05.45	Francois van Rensburg	020870	Pretoria	18.04.94
5:06.30	Hennig Gericke	230660	Stellenbosch	23.04.84
5:07.06	Monde Tutani	220262	Durban	20.04.87 (10)
5:07.25	Johan Landsman	120564	Stellenbosch	16.02.95
5:07.31	Jacques van Rensburg	240168	Bloemfontein	09.03.87
5:07.37	Ebeneza Felix	140870	Stellenbosch	16.02.95
5:07.68	Marcus Pinkpank	050264	Stellenbosch	22.04.85
5:07.68	Arnoldo Sepakwe	130374	Stellenbosch	16.02.95
5:07.70	Sarel Spies	251067	Pretoria	24.02.95
5:08.11	Esau Faro	240974	Stellenbosch	16.02.95
5:08.31	Marius-H Schlechter	140165	Kar;sruhe	06.03.93
5:08.61	Matthews Temane	141260	Pretoria	30.01.90
5:08.69	Johan Schnetler	010266	Pretoria	30.01.90 (20)

3000 metres

7:41.06	Juan van Deventer	260383	Stockholm	22.07.08
7:41.38	Elroy Gelant	250886	Ostravia	25.05.12
7:43.00	Sydney Maree	090956	Berkley	09.06.79
7:44.00	Johan Fourie	021259	Stellenbosch	07.01.85
7:46.07	Shadrack Hoff	190573	Stellenbosch	25.02.95
7:46.60	Jean Verster	230465	Nice	21.07.93
7:47.36	Whaddon Niewoudt	060170	Seville	29.05.97
7:47.50	Mathews Temane	141260	Stellenbosch	07.01.85
7:47.77	Jacques v Rensburg	240168	Stellenbosch	25.02.95
7:47.78	Anton Nicolaisen	250168	Stellenbosch.	13.02.90 (10)
7:48.35	Francois van Rensburg	020870	Jena	03.06.94
7:48.70	Julian Marsay	290256	Stellenbosch	15.02.79
7:48.75	Johan Landsman	120564	Stellenbosch	10.02.92
7:48.97	Marius-H Schlechter	140165	Stellenbosch	13.02.90

7:49.60	Ewald Bonzet	251251	Stellenbosch	15.03.76
7:50.90	Gladwin Mzazi	280888	Metz	27.06.11
7:51.00	Esau Faro	240974	Stellenbosch	25.02.95
7:51.80	Matthews Motshwarateu	021158	Stellenbosch	15.02.79
7:51.92	Meshack Mogotsi	012168	Durban	11.12.91
7:52.02	Hendrick Ramaala	020272	Bellville	27.02.99 (20)
7:52.11	Enoch Skosana	200274	Bellville	27.02.99
7:52.34	Naude Jordaan	070767	Gateshead	30.07.93
7:52.69	Xolile Yawa	290962	Durban	11.12.91
7:52.90	John Morapedi	301176	Durham	13.07.96
7:53.00	Simon Madibeng	280862	Port Elizabeth	14.10.85
7:53.29	Deon Brummer	040459	Stellenbosch	06.01.86
7:53.37	Cyde Colenso	110577	Heverlee	05.06.04
7:53.40	Andries Krogman	231051	Amhem	07.08.73
7:53.44	Johan Daffue	230956	Stellenbosch	16.02.83
7:54.32	Hennig Gericke	230660	Stellenbosch	16.02.83 (30)
7:54.78i	Marc Rodriques	090282	Gainesville	26.02.06
7:54.80	Titus Mamabolo	070141	Stuttgart	28.08.75
7:55.05	Gert Manora	291084	Metz	28.06.11
7:55.37	Francois Annandale	050760	Stellenbosch	06.01.82
7:55.39	Makhosonke Fika	200172	Stellenbosch	25.02.95
7:55.90	Bennie Greyling	010265	Stellenbosch	06.01.88
7:55.92	Stephen Mokoka	310185	Potchefstroom	19.02.11
7:56.17	John da Silva	280261	Stellenbosch	16.02.83
7:56.40i	Alistair Cragg	130680	Fayetteville	02.02.02
7:56.60	Matthews Batswadi	260649	Stellenbosch	15.02.79 (40)
7:57.40	Bernard Rose	020753	Port Elizabeth	13.02.78
7:57.40	Victor Liebenberg	270655	Stellenbosch	06.01.82
7:57.78	Monde Tutani	220262	Stellenbosch	10.02.92
7:57.87	Stiaan Lamprecht	060570	Stellenbosch	10.02.92
7:58.20	Danie Malan	250650	Stellenbosch	15.11.75
7:58.38	Pharson Magagane	060486	Rhede	08.07.11
7:59.01	Aaron Gabonewe	280977	Potchefstroom	14.02.00
7:59.31	Dumisani Hlaselo	080689	Stellenbosch	14.04.13
7:59.81	Richard Mavuso	300378	Bellville	27.02.99
7:59.93	George Bradley	130161	Stellenbosch	12.11.88 (50)

2 miles

8:30.2	Jean Verster	230465	Hechtel	31.07.93
8:30.8	Ewald Bonzet	251251	Stellenbosch	15.03.76
8:33.8	Johnny Halberstadt	021049	Modesto	27.05.72

5000 metres

13:14.16	Shadrack Hoff	190573	Gateshead	02.07.95
13:15.87	Elroy Galant	250886	Hesden	13.07.13
13:20.63	Sydney Maree	090956	Champaign	02.06.79
13:22.07	Alistair Cragg	130680	Walnut	19.04.02
13:22.64	Juan van Deventer	260383	Stockholm	06.09.10
13:24.43	Hendrick Ramaala	020272	Lisbon	19.06.98
13:24.50	Gladwin Mzazi	280888	Stellenbosch	20.03.12

13:25.15	Mathews Temane	141260	Stellenbosch	08.11.86
13:25.51	Tshamano Setone	070587	Port Elizabeth	19.02.10
13:25.94	Stephen Mokoka	310185	Stellenbosch	14.04.13 (10)
13:26.55	John Morapedi	301176	Cape Town	12.04.96
13:26.88	Terry Thornton	230967	Stellenbosch	08.11.86
13:29.60	Mathews Motshwarateu	021158	Stellenbosch	14.04.78
13:30.40	Ewald Bonzet	251251	Stellenbosch	21.02.78
13:30.40	Xolile Yawa	290962	Port Elizabeth	01.05.89
13:30.91	Whaddon Niewoudt	060170	Stellenbosch	11.02.95
13:31.55	Anton Nicolaisen	250168	Stellenbosch	11.02.95
13:31.79	Meck Mothuli	120476	Stellenbosch	01.03.96
13:31.80	Andries Krogmann	231051	Stellenbosch	21.02.77
13:31.94	Jean Verster	230465	Cape Town	17.12.92 (20)
13:32.00	Laban Nkete	131170	Stellenbosch	01.03.96
13:32.02	Solomon Khambule	110676	Stellenbosch	30.03.01
13:32.08	Ezael Thlobo	040564	Cape Town	17.12.92
13:32.09	Johan Landsman	120564	Cape Town	17.12.92
13:32.20	Titus Mamabolo	110141	Port Elizabeth	25.03.75
13:32.36	Makhosonke Fika	200172	Cape Town	12.04.96
13:32.47	NormanDlomo	180475	Durban	08.02.02
13:32.70	Lungisa Mdedelwa	150984	Port Elizabeth	19.02.10
13:32.80	Bernard Rose	020753	Stellenbosch	21.02.78
13:35.00	Matthews Batswadi	260649	Stellenbosch	14.04.78 (30)
13:35.35	Jacques van Rensburg	240168	Cape Town	17.12.92
13:35.55	Isaac Mbuyaze	070587	Port Elizabeth	19.02.10
13:35.60	Julian Marsay	290256	Stellenbosch	21.02.77
13:35.71	Johannes Job	210572	Durban	29.04.95
13:36.07	Meshack Dandane	280968	Stellenbosch	08.05.92
13:36.26	Gert Manora	291084	Bellville	16.04.11
13:37.21	Sibusiso Nzima	231186	Bellville	16.04.11
13:37.33	Marius-H Schlechter	140165	Cape Town	17.12.92
13:37.55	Clyde Colenso	110577	Palo Alto	29.03.02
13:38.19	Meshack Mogotsi	121626	Stellenbosch	08.05.92 (40)
13:38.56	Hendrik Thukwane	310169	Stellenbosch	08.05.92
13:38.56	Richard Mavuso	300378	Stellenbosch	18.02.00
13:38.94	Shadrack Mogotsi	121262	Cape Town	05.04.94
13:39.00	Henk Altmann	040941	London	22.06.66
13:39.45	Enos Matalane	110879	Cape Town	31.03.00
13:39.83	Moorosi (Boy) Soke	110283	Algiers	22.07.07
13:40.43	Rami Tsebe	100764	Durban	22.04.89
13:40.47	Enoch Skosana	200274	Durban	06.03.99
13:40.57	Stephens Morake	230754	Stellenbosch	25.03.83
13:41.45	Olebogeng Masire	040982	Port Elizabeth	20.02.09 (50)

10000 metres

27:29.94	Hendrick Ramaala	020272	Port Elizabeth	22.02.99
27:39.65	Xolile Yawa	290962	Port Elizabeth	12.12.87
27:40.73	Stephen Mokoka	030449	Port Elizabeth	13.04.12
27:41.30	Elroy Galant	250886	Durban	26.04.13
27:43.89	Shadrack Hoff	190573	Port Elizabeth	08.03.96

27:48.20	Matthews Motshwarateu	021158	Stellenbosch	07.05.79
27:57.47	Enoch Skosana	200274	Port Elizabeth	22.02.99
27:57.50	Matthews Temane	141260	Stellenbosch	05.10.89
27:58.46	Simon Madibeng	280862	Port Elizabeth	12.12.87
27:59.80	Rami Tsebe	100764	Stellenbosch	05.10.89 (10)
28:00.72	Matthews Batswadi	260649	Port Elizabeth	11.04.80
28:03.74	Meck Mothuli	120476	Port Elizabeth	14.02.97
28:08.92	Simon Mpholo	170875	Port Elizabeth	16.02.01
28:09.33	Gladwin (Sibabalwe) Mzazi	280888	Stellenbosch	29.04.11
28:14.23	Richard Mavuso	300378	Durban	02.03.01
28:15.60	John Morapedi	301176	Port Elizabeth	08.03.96
28:16.2	Ewald Bonzet	251251	Hannover, Germany	23.05.74
28:21.46	Sydney Maree	090956	Knoxville	11.04.80
28:21.52	Lungisa Mdedelwa	150984	Belgrade	08.07.09
28:23.60	Motsehi Moeketsana	020170	Port Elizabeth	16.02.01 (20)
28:24.61	Ian Syster	200176	Port Elizabeth	01.03.02
28:26.20	Laban Nkete	131170	Port Elizabeth	08.03.96
28:26.71	Gert Thys	121171	Durban	02.03.01
28:26.80	Shadrack Mogotsi	121262	Harare	26.08.95
28:27.20	Andries Krogmann	231051	Arnhem	11.08.73
28:27.94	Abner Chipu	020172	Port Elizabeth	01.03.02
28:29.10	Lawrence Peu	130266	Stellenbosch	05.10.89
28:29.20	Xolisa Tyali	021289	Port Elizabeth	13.04.12
28:29.45	Patrick Kaotsane	221166	Bellville	06.03.92
28:30.08	Stephens Morake	230754	Port Elizabeth	27.03.85 (30)
28:30.46	Aaron Gabonewe	280977	Port Elizabeth	25.02.00
28:30.90	Makhosonke Fika	200172	Port Elizabeth	13.02.98
28:31.50	Tsunaki Kalamore	060773	Hachioji	28.11.00
28:31.51	Sibusiso Nzima	231186	Durban	10.04.11
28:31.67	Mark Platjes	010661	Port Elizabeth	27.03.85
28:32.10	Meshack Mogotsi	121262	Cape Town	28.03.92
28:32.20	David Tsebe	091166	Stellenbosch	05.10.89
28:32.73	Bethuel Seribe	190154	Port Elizabeth	27.03.85
28:37.66	Rogers Mbantsa	121254	Port Elizabeth	11.04.80
28:38.60	Andries Khulu	210872	Port Elizabeth	13.02.98 (40)
28:38.77	Simon Morolong	240673	Port Elizabeth	14.02.97
28:39.10	Derrick May	020755	Walnut	28.04.84
28:39.10	Sean Dollman	812688	Walnut	21.04.91
28:39.47	George Mofokeng	190279	Durban	02.03.01
28:39.60	Ernest Seleke	120659	Stellenbosch	20.04.81
28:40.60	Anios Phelephe	060665	Stellenbosch	10.04.87
28:40.93	Adam Motlagale	060361	Port Elizabeth	18.12.91
28:41.20	Patrick Mabitsele	230955	Stellenbosch	20.04.81
28:41.73	Eric Biyase	090277	Port Elizabeth	25.02.00
28:42.91	Willie Mtolo	050564	Durban	29.04.91 (50)

3000 metres steeplechase

8:11.50	Ruben Ramolefi	170778	Daegu	29.08.11
8:19.00	Whaddon Niewoudt	060170	Stellenbosch	08.05.92
8:21.72	Nollie Meintjies	090557	Stellenbosch	25.04.83

8:22.48	Anton Nicolaisen	250168	Stellenbosch	10.02.92
8:22.63	Julian Marsay	290256	Lausanne	13.07.78
8:24.76	Thumelo Motlagale	261186	Port Elizabeth	14.04.12
8:25.60	Shadrack Mogotsi	121262	Stellenbosch	20.03.96
8:26.40	Petrus Monyane (prev. Sithole)	290376	Port Elizabeth	12.03.04
8:26.82	Edwin Molepo	310587	Durban	05.06.10
8:27.62	Danie Cronje	140555	Stellenbosch	20.04.81 (10)
8:28.29	Emmanuel Mkhabela	190779	Durban	17.04.04
8:28.79	Emil de Jonge	020972	Bellville	26.03.96
8:28.79	John da Silva	280261	Port Elizabeth	14.12.85
8:29.03	Francois Annandale	050760	Stellenbosch	20.04.81
8:29.30	Johan Daffue	230956	Stellenbosch	20.04.81
8:29.31	Mark Cookson	131059	Stellenbosch	20.04.81
8:29.39	Alexandra Motone	260578	Port Elizabeth	28.02.03
8:29.54	Sivuyile Dlongwana	210881	Port Elizabeth	28.02.03
8:29.98	Dean Brummer	150988	Dessau	25.05.12
8:30.87	Johan Schnetler	010266	Stellenbosch	19.03.90 (20)
8:31.30	Willie Bronkhorst	171265	Concepcion	23.10.94
8:31.60	Ewald Bonzet	251251	Cape Town	29.03.75
8:31.97	Joseph McKenzie	300386	Stellenbosch	14.03.09
8:35.10	Simon Mayisela	090572	Durban	23.03.02
8:35.20	Chris Griffith	280310	Durban	07.12.87
8:35.20	Gert Doorewaard	270883	Cape Town	15.04.77
8:35.35	Musi Mbelekwane	210837	Durban	28.05.95
8:35.60	Samuel Mayisela	300557	Cape Town	19.04.96
8:35.80	Arie van Heerden	160760	Port Elizabeth	14.12.85
8:37.70	Daniel Prinsloo	110461	Port Elizabeth	10.12.83 (30)
8:37.79	Alexander Motone	260578	Durban	23.03.02
8:38.03	Joel Kgokong	131075	Durban	02.03.01
8:38.11	Michael Bosch	201156	Port Elizabeth	11.04.80
8:38.22	Daniel Nkwanyana	121275	Durban	23.03.02
8:38.25	Jacob Mfini	170171	Stellenbosch	20.03.96
8:39.85	Lloyd Bosman	250288	Stellenbosch	12.04.13
8:40.44	Wilfred Matiwane	111053	Port Elizabeth	11.04.80
8:40.47	Corrie Muller	080864	Stellenbosch	07.12.87
8:40.50	Kenneth Marshall	160866	Durban	23.03.02
8:40.76	Piet Ndala	131173	Durban	23.03.02 (40)
8:41.03	George Bradley	130161	Stellenbosch	19.03.86
8:41.81	Sikhumbuzo Seme	140385	Durban	06.02.09
8:41.93	Dikotsi Lekopa	070788	Bellville	16.04.11
8:42.57	Alet Kieser	260158	Port Elizabeth	07.12.84
8:42.79	Flippie Jorapetse	030873	Durban	05.03.99
8:42.93	Douglas Bitcon	230871	Cape Town	04.12.92
8:42.97	Johan Muller	170659	Durban	05.12.80
8:43.60	Ernest van Eck	130560	Stellenbosch	07.05.79
8:44.20	Victor Liebenberg	190141	Stellenbosch	26.02.82
8:44.29	Alphonso Primo	150282	Port Elizabeth	12.03.04 (50)

110 metres hurdles

13.24	Lehann Fourie	160287	Bruxelles	07.09.12
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13.26	Shaun Bownes	241070	Heusden	14.07.01
13.58	Frikkie van Zyl	300781	Durban	17.04.04
13.59	Ruan de Vries	010286	Potchefstroom	20.04.13
13.63	Wessel Bosman	140658	Johannesburg	23.04.88
13.64	Hennie Kotze	040284	Potchefstroom	06.04.05
13.64	Kobus Schoeman	161165	Pretoria	15.05.93
13.64	Ralf Schroeder	061162	Johannesburg	23.04.88
13.71	Marcus la Grange	121277	Potchefstroom	26.01.98
13.72	Dawie Kuun	300954	Germiston	27.04.81 (10)
13.83	Stephan Lindeque	071274	Krugersdorp	11.03.95
13.86	Andre Storm	120788	Durban	21.03.10
13.86	Wimpie Nel	061066	Germiston	27.03.92
13.90	Jurie van der Walt	091160	Durban	05.12.80
13.90	Ryan Dowling	150579	Germiston	01.03.03
13.91	Francois du Toit	111070	Krugersdorp	28.11.92
13.91	Janko Kotze	030382	Pretoria	27.03.08
13.91	Llewellyn Herbert	210777	Germiston	06.03.98
13.93	Pieter van Eeden	300378	Pietersburg	13.03.99
13.95	Braam Steynberg	060672	Krugersdorp	28.11.92 (20)
13.95	Johan Nel	041069	Pretoria	19.04.91
13.95	Louw Smit	290288	Germiston	06.04.10
13.96	Junior Mkhlatini		Port Elizabeth	14.04.12
13.96	Pierre Spies	221250	Johannesburg	26.03.76
13.96	Tshepo Lefete	020292	Pretoria	06.04.13
13.98	Gustav Kukkuk	201284	Secunda	26.01.07
13.98	Johan Jonker	190370	Pretoria	19.04.91
13.98	Kobus Moolman	080191	Pretoria	06.04.13
13.99	Jan Holtzhausen	170147	Edinburgh	16.03.73
14.00	Antonio Alkana	120490	Stellenbosch	12.04.13 (30)
14.01	Martin de Bruto	040782	Pretoria	04.04.03
14.02	Lool Odendaal	240470	Pietersburg	13.03.99
14.03	Arend de Waal	030163	Germiston	24.03.84
14.05	Rory Meleniclis	190975	Krugersdorp	13.01.96
14.06	Bruce Bickell	071081	Germiston	25.01.02
14.06	Raynier Terblanche	041266	Germiston	20.04.90
14.06	Schalk vd Merwe	261257	Potchefstroom	19.03.83
14.06	Stephan Hanekom	180780	Pretoria	09.11.02
14.08	Jacques Greyling	310881	Pretoria	19.01.02
14.08	Rohan Mitchell	070580	Germiston	05.04.00 (40)
14.09	Francois Potgieter	240278	Pretoria	19.03.05
14.09	Muntingh Hamman	070390	Potchefstroom	20.04.13
14.10	Drikus Viljoen	190491	Stellenbosch	05.03.10
14.11	Brenden Harmse	190583	Pretoria	02.03.02
14.11	Werner Pretorius	260192	Pretoria	17.03.12
14.12	Hardus Strydom	300676	Stellenbosch	20.03.96
14.12	Phillip Bredenhann	230953	Sasolburg	19.11.80
14.13	Kobus Moolman	080191	Pretoria	17.03.12
14.13	Louw Smit	200288	Johannesburg	27.04.12
14.13	Willem Coertzen	131282	Durban	27.04.13 (50)

Wind assisted

13.41	Lehann Fourie	160287	Lubbock	01.05.11
13.60	Ralf Schroeder	061162	Johannesburg	18.04.86
13.78	Antonio Alkana	120490	Parow	17.04.13
13.80	Marcus la Grange	121277	Stellenbosch	12.01.98
13.92	Kobus Moolman	080191	Pretoria	15.03.13
13.93	Arend de Waal	030163	Potchefstroom	02.12.83
13.97	Louis du Plessis	121277	Johannesburg	30.03.90

Hand timing

13.3	Frikkie van Zyl	300781	Parow	29.01.05
13.4	Marcus la Grange	121277	Lisbon	19.06.99
13.4	Lehann Fourie	160287	Madrid	02.07.11
13.5	Pierre Spies	221250	Johannesburg	27.02.78
13.5	Ryan Dowling	150579	Germiston	20.09.03
13.6	Jan Holtzhausen	170147	Athens	13.06.73
13.6	Janko Kotze	030382	Johannesburg	26.02.05

Wind assisted

13.4	Dawie Kuun	300954	Germiston	26.03.79
13.5	Stephan Lindeque	071274	Johannesburg	01.03.95
13.5	Stefan Hanekom	180780	Pretoria	16.02.00

400 metres hurdles

47.66	LJ (Louis) van Zyl	200785	Pretoria	25.02.11
47.81	Llewellyn Herbert	210777	Sydney	27.09.00
48.02	Ockert Cilliers	210481	Pretoria	20.02.04
48.09	Alwyn Myburgh	131080	Beijing	31.08.01
48.14	Cornel Fredericks	030390	Durban	10.04.11
48.46	Dries Vorster	251064	Pretoria	11.04.89
48.46	Pieter (Ter) de Villiers	130782	Lausanne	05.07.05
48.81	Hannes Pienaar	230860	Pretoria	15.02.86
48.92	Marnus Kritzinger	100282	Durban	11.04.03
48.96	Martin Willemse	230475	Beijing	31.08.01 (10)
49.02	Hennie Botha	200275	Potchefstroom	14.02.00
49.04	Pieter Koekemoer	120182	Durban	31.03.07
49.18	PC Beneke	180790	Stellenbosch	14.04.13
49.25	Wouter le Roux	170186	Potchefstroom	04.02.05
49.26	Hennie Kotze	150160	Germiston	29.03.83
49.41	Ferrins Pieterse	220367	Cape Town	20.04.96
49.51	Francois Malan	110581	Bloemfontein	11.02.05
49.53	Johan Jonker	190370	Pretoria	20.04.91
49.69	Mario Toerien	190472	Johannesburg	14.04.96
49.89	Rudolf van Niekerk	191060	Sasolburg	23.04.83 (20)
49.92	Alan Smith	270450	Johannesburg	26.03.76
49.95	Kobus Burger	071162	Stellenbosch	07.12.85
49.96	Grant Roberts	220571	Pietersburg	03.04.95
49.98	Johan Steynberg	060672	Secunda	07.05.94
50.00	Francois Coertze	240630	Bloemfontein	17.04.99
50.02	Jaco Pienaar	040867	Durban	14.04.84
50.04	Cornelius du Randt	300167	Potchefstroom	23.01.90
50.04	Hugo Myburgh	150686	Johannesburg	20.04.74
50.06	Johan Roux	050323	Germiston	23.04.82

50.10	Hawie Engels	080942	Johannesburg	13.02.85 (30)
50.16	Henk Meyer	260381	Potchefstroom	24.10.01
50.19	Japie de Jongh	061264	Stellenbosch	07.12.85
50.21	Barend Kotze	140377	Font Romeu	21.07.02
50.26	Keith v Vollenhoven	260260	Germiston	27.04.81
50.32	Henge Rautenbach	271169	Pietersburg	03.04.95
50.42	Johann Hanekom	031286	Pretoria	28.03.08
50.44	Eugene vd Westhuizen	300874	Cape Town	20.03.93
50.48	Arend de Waal	030163	Germiston	05.03.84
50.51	Daniël van Heerden	041176	Roodepoort	13.03.00
50.59	Johan Koen	130783	Durban	06.12.03 (40)
50.60	Willem Romijn	170377	Pietersburg	14.04.00
50.64	Constant Pretorius	260194	Stellenbosch	13.04.13
50.71	Conrad vd Westhuizen	250174	Roodepoort	19.03.99
50.72	Dirk Spies	030669	Bloemfontein	07.12.91
50.72	Le Roux Hamman	060192	Stellenbosch	13.04.13
50.79	Jaco Jonker	050275	Germiston	02.04.93
50.81	Hannes Coetzee	180157	Welkom	28.04.78
50.83	Juan Pretorius	170280	Roodepoort	19.03.99
50.85	Poena Prinsloo	070167	Germiston	18.04.87
50.85	Stefan van Straaten	140163	Bloemfontein	03.04.81 (50)

Hand timing

y = 440y hurdles time minus 0.3 sec

49.0y	Gert Potgieter	160437	Bloemfontein	16.04.60
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High jump

2.38	Jacques Freitag	110682	Oudtshoorn	05.03.05
2.30	Ramsay Carelse	301085	Oudtshoorn	05.03.05
2.28	Casper Labuschagne	280679	Germiston	20.06.98
2.27	Gavin Lendis	260477	Port Elizabeth	14.02.97
2.26	Reinhard Schiel	080655	Pretoria	27.10.79
2.26	Malcolm Hendriks	270477	Stellenbosch	04.03.00
2.24	Gerrie Smith	220661	Bloemfontein	16.11.79
2.24	Edwin Ludick	150764	Pretoria	18.02.84
2.24	Louis Kotze	220372	Germiston	17.02.90
2.22	Lambertus de Wilzen	020466	Potchefstroom	13.04.85 (10)
2.22	Christo de Wet	300461	Bloemfontein	24.02.86
2.22	Ben Joubert	140465	Johannesburg	09.09.86
2.22	Flip van Vuuren	160771	Durban	25.06.93
2.22	Pierre Vorster	061169	Harare	18.09.95
2.22	Coenraad Roux	180973	Johannesburg	16.02.96
2.21	Heinrich Rix	080863	Pretoria	18.02.84
2.21	Christo Vrey	300461	Pretoria	18.02.84
2.20	Gert Pieterse	030169	Pretoria	29.04.89
2.20	Renier Prinsloo	220771	Germiston	13.04.91
2.20	Francisco de Vega	100271	Port Elizabeth	19.03.94 (20)
2.20	Gidius Botha	181070	Germiston	26.03.94
2.20	Vusumzi Mtshatsheni	220679	Mabopane	21.03.98
2.20	Jacques Sevenster	140370	Pretoria	05.03.93
2.20	Daniël Kuhn	011079	Germiston	07.04.99

2.20	Zieg Veenemans	130583	Krugersdorp	15.01.05
2.20	Hubert de Beer	031188	Pretora (Absa-Tuks)	20.02.11
2.20	Calvin-Lee Maelingwe	030288	Pretora (Absa-Tuks)	20.02.10
2.19	Jacques de Villiers	150364	Sasolburg	16.01.88
2.19	Jonathan Greyvenstein	090760	Pretoria	27.02.90
2.19	Jaco Joubert	020980	Secunda	30.10.99 (30)
2.19	Willem Voigt	210290	Rustenburg	29.03.08
2.180	Emile Rossouw	301253	Pretoria	12.04.71
2.18	Deon Troskie	010155	Welkom	29.04.78
2.18	Max Schaffer	171066	Bloemfontein	16.04.88
2.18	Wimpie Louw	040768	Durban	22.04.89
2.18	Graham Schaffers	280270	Stellenbosch	23.02.94
2.18	Francois Potgieter	240278	Pretoria	16.03.96
2.18	Terrence Wepener	080282	Pretoria	23.02.02
2.18	Juan-Pierre vd Schyff	100589	Potchefstroom	15.03.08
2.18	Ruan Claassen	260390	Pretoria	20.04.12 (40)
2.17	Tyron Peacock	161276	Birmingham	24.07.99
2.16	Neil Koch	050357	Cape Town	20.11.86
2.15	Johan Rossouw	140269	Pretoria	26.02.86 (43)
2.15	Herman Gutsche	310566	Johannesburg	09.09.86
2.15	Dale Evans	060261	Pretoria	13.03.87
2.15	Leonard Bisset	040165	Bloemfontein	08.03.89
2.15	Gavin Munro	310171	Pretoria	07.04.90
2.15	Pieter vd walt	080273	Pretoria	20.04.91
2.15	Gabenonewe Mothloagae	220173	Krugersdorp	27.03.93
2.15	Johann Venter	060475	Bloemfontein	08.04.94
2.15	Morne James	260376	Stellenbosch	07.01.98
2.15	Raymond Fletcher	230180	Pretoria	03.04.98
2.15	Terence Wepener	080282	Pietersburg	14.04.00

Pole vault

6.03	Okkert Brits	220873	Keulen	18.08.95
5.91	Riaan Botha	081170	Pretoria	02.04.97
5.60	Fanie Jacobs	210476	Rheinau-Freistett	06.07.03
5.50	Cheyne Rahme	230191	Germiston	10.04.10
5.50	Pieter Brits	141075	Pretoria	21.03.97
5.30	Eben Beukes	090390	Pretoria	02.03.13
5.30	Heinrich Smit	200287	Pretoria	19.02.13
5.28	Louis van Zyl	270562	Pietersburg	08.04.89
5.27	Pieter Roux	130863	Stellenbosch	10.04.87
5.26	Cameron Nott	270681	Louisiana	29.05.04 (10)
5.25	Frikkie Jankowitz	190671	Germiston	25.04.92
5.22	Daniel-Francois Coetzer	131180	Paarl	07.02.04
5.20	Corne van As	270169	Germiston	13.04.91
5.20	Johann du Plessis	260381	Rheinau-Freistett	26.06.05
5.20	Ruan van Wyk	041291	Germiston	06.06.10
5.19	Gert Hattingh	020861	Potchefstroom	13.04.85
5.18	Gawie Malan	090758	Johannesburg	29.10.80
5.15	Werner Potgieter	291065	Germiston	25.04.92
5.10	Andre Franken	111157	Sasolburg	21.04.84

5.10	Izanne Ellis	100470	Rustenburg	22.03.91	(20)
5.10	Jaco van Vuuren	291170	Bloemfontein	02.02.01	
5.10	Johann Venter	140678	Bloemfontein	02.02.01	
5.10	Michael Cillers	271085	Pretoria	09.03.13	
5.05	Theo Pellissier	130363	Durban	14.04.84	
5.02	Theo Beyers	250380	Bellville	24.03.07	
5.01	Dawie Malan	010353	Potchefstroom	27.02.80	
5.00	Brent Howell	230686	Stellenbosch	19.02.05	
5.00	Christo Blignaut	260373	Germiston	07.03.98	
5.00	Everhard Wiehahn	120858	Sasolburg	23.04.83	
5.00	Francois Coetzer	131180	Bellville	22.02.03	(30)
5.00	Jean-Paul van As	040672	Secunda	06.05.94	
5.00	Juan de Swardt	160605	Stellenbosch	12.04.13	
5.00	Pierre van Huyssteen	150768	Stellenbosch	31.03.88	
5.00	Riaan Oberholzer	280877	Pretoria	04.04.98	
5.00	Steve Delpont	190359	Germiston	22.01.88	
5.00	Willie de Witt	250280	Germiston	07.04.99	
4.91	Hendre vd Walt	090651	Bloemfontein	02.04.76	
4.90	Charles Steenkamp	050479	Bloemfontein	02.02.01	
4.90	Jacques Wolfaardt	050266	Bloemfontein	15.04.88	
4.90	Johan du Plessis	231112	Pretoria	27.03.08	(40)
4.90	Pieter van Breda	151121	Stellenbosch	19.02.05	
4.84	Johan Mostert	031048	Windhoek	15.02.84	
4.80	Chris Kruger	100268	Johannesburg	01.04.95	(43)
4.80	Joepie Loots	090930	Bloemfontein	16.04.83	
4.80	Johan Wiehahn	261093	Potchefstroom	31.03.86	
4.80	Louis Nienaber	130930	Pretoria	05.03.83	
4.80	Pieter Rossouw	031271	Pretoria	19.04.91	
4.80	Quinton Esterhuysen	050177	Pretoria	20.03.98	
4.80	Ruan Cronje	181256	Pretoria	03.04.98	
4.80	Theo Beyers	060785	Port Elizabeth	27.04.01	
4.80	Willie Conradie	040266	Bloemfontein	17.03.89	

Long jump

8.50	Godfrey Khotso Mokoena	060385	Madrid	04.07.09	
8.29	Zark Visser	150989	Zurich	29.08.13	
8.26	Luvo Maniyonga	170623	Saint-Denis	04.07.11	
8.21	Francois Fouché	050663	Johannesburg	31.03.90	
8.14	Cilliers Botha	120560	Potchefstroom	22.03.82	
8.06	Johan van der Merwe	120858	Krugersdorp	15.11.80	
8.05	Martin McClintock	300675	Pretoria	18.03.05	
8.05	Stefan Brits	190182	Raleigh	19.04.13	
8.02	Braam du Plooy	090266	Johannesburg	23.05.92	
8.00	Mpho Maphutha	210193	Germiston	03.04.11	(10)
7.98	Yaw Fosu-Amoah	081081	Stellenbosch	14.03.08	
7.96	Keenan Watson	030388	Stellenbosch	14.03.08	
7.94	Francois (Felix) Coetzee	300775	Roodepoort	23.01.98	
7.94	Rushwal Samaai	260991	Germiston	30.03.12	
7.90	David Langley	270743	Cape Town	01.04.72	
7.90	Nico Grimbeek	110282	Nairobi	18.05.02	

7.89	Johan Ströh	030880	Germiston	24.03.01
7.88	Nico Schutte	250664	Germiston	18.04.87
7.88	Wikus Olivier	080368	Johannesburg	28.10.92
7.87	Neville Price	010629	Bloemfontein	03.12.55 (20)
7.87	Roelf Pienaar	231293	Germiston	03.04.11
7.86	Hentie Botha	020153	Bloemfontein	26.04.80
7.85	Stollie Kotze	300370	Johannesburg	26.01.91
7.85	Wessel Bosman	140658	Germiston	24.03.88
7.84	John-Robert Oosthuizen	030274	Potchefstroom	07.03.97
7.81	Athian Labuschagne	170765	Boksburg	06.02.93
7.81	Duwayne Boer	060195	Stellenbosch	13.04.13
7.80	Attie Claassens	300662	Potchefstroom	16.10.85
7.80	Marcus le Grange	121277	Germiston	07.04.95
7.80	Willie Olivier	270958	Bloemfontein	08.03.78 (30)
7.77	Willie Prinsloo	310755	Bloemfontein	20.03.78
7.76	Leon Botha	310562	Bloemfontein	04.04.81
7.76	Samuel Meyer	260466	Germiston	18.04.87
7.76	Theo Maritz	150454	Benoni	01.12.73
7.75	Dirk Boltman	120345	Pretoria	24.04.70
7.75	Gerrit Smith	170371	Cape Town	23.11.91
7.75	Robert du Preez	260665	Stellenbosch	10.04.87
7.75	Sherlock Kriel	110278	Bloemfontein	30.01.98
7.73	Brian Corrigan	271163	Baylor	26.03.86
7.73	Jannie Lubbe	170956	Pretoria	20.09.78 (40)
7.73	Jordaan van Vuuren	120668	Rustenburg	23.03.92
7.73	Phillip Huisamen	290770	Germiston	08.10.88
7.73	Stephanie Kotze	150251	Pretora	07.02.76
7.72	Andre de Wit	160373	Bellville	23.04.93
7.71	Kennith Davis	130140	Pretoria	20.04.63
7.70	Jan Smith	070567	Pretoria	18.04.94
7.70	Louis van Rooyen	141037	Queenstown	21.04.62
7.70	Morne Boucher	111172	Germiston	18.11.00
7.69	Stan Flowers	250162	Sasolburg	21.04.84
7.68	Ampie de Beer	180370	Potchefstroom	08.05.93 (50)
7.68	Vic Hager	171047	Potchefstroom	21.04.73

Wind assisted

8.27	Francois Fouché	050663	Johannesburg	30.03.91
8.26	Keenan Watson	030388	Stellenbosch	14.03.08
8.25	Martin McClintock	300675	Durban	15.04.05
8.21	Zark Visser	150989	Port Elizabeth	13.04.12
8.05	Yaw Fosu-Amoah	081081	Stellenbosch	03.02.06
7.99	Francois Coetzee	300775	Bloemfontein	02.02.01
7.94	Wikus Olivier	080368	Krugersdorp	22.10.94
7.86	Willie Prinsloo	310755	Germiston	07.04.78
7.86	John-Robert Oosthuizen	030274	Bloemfontein	05.02.96
7.85	Pieter Smit	230386	Stellenbosch	11.03.05
7.83	Marcus la Grange	121277	Roodepoort	26.01.96

Triple jump

17.25	Godfrey Khotso Mokoena	060385	Durban	16.04.05
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16.89	Wikus Olivier	080368	Pietersburg	18.03.94
16.69	Tumelo Thagane	030784	Stellenbosch	04.04.09
16.63	Charles le Roux	080585	Oordegem	04.07.09
16.49	Willie Olivier	270958	Bloemfontein	06.11.85
16.23	Pierre Reyneke	141256	Bloemfontein	20.10.76
16.18	Apelele Rasmeni	150491	Germiston	03.04.11
16.13	Brian Corrigan	271163	San Angelo	10.05.86
16.10	Vincent McBride	161162	Johannesburg	23.04.88
16.07	Boipelo Motlhathlego	271190	Pretoria	28.03.09 (10)
16.06	Jason Kidza-Sewanyane	030182	Durban	17.03.07
16.03	Reneilwe Aphane	240990	Pretoria	02.03.13
15.94	Willie Lyon	120149	Potchefstroom	23.04.73
15.92	Sabelo Ndlovu	240694	Bambous	30.08.13
15.91	Gerhard Saayman	040368	Port Elizabeth	08.12.90
15.91	Hendrik Nel	190750	Pretoria	11.10.75
15.90	Dries Treurnicht	080964	Bloemfontein	10.11.89
15.87	Gerrit Gericke	251071	Pretoria	01.02.97
15.86	Simeon Mars	010385	Durban	07.03.03
15.85	Kobus Vosloo	290577	Potchefstroom	08.03.97 (20)
15.82	Johann Hunter	110450	Pretoria	18.11.72
15.79	Ruswahl Samaai	250991	Johannesburg	30.03.12
15.78	Chris Knoetze	030770	Pretoria	20.04.91
15.78	Mkuseli Marala	161280	Bloemfontein	15.03.03
15.78	Riaan Arends	310189	Pretoria	19.04.08
15.75	Baron Schreuder	251067	Pretoria	29.04.89
15.71	Duwayne Boer	060195	Potchefstroom	20.05.13
15.71	Luvo Maniyonga	181191	Germiston	11.04.10
15.70	Nathan van Wyk	010679	Durban	23.03.02
15.68	Heinrich Lourens	290682	Durban	17.04.04 (30)
15.68	Mark Bräsler	241261	Johannesburg	18.04.88
15.66	Mpho Maphutha	210193	Pretoria	05.03.11
15.66	Zark Visser	150989	Pretoria	19.04.08
15.65	Johan vd Merwe	120858	Bloemfontein	20.02.81
15.63	Gert Olivier	030676	Potchefstroom	08.03.97
15.59	Pieter Botha	270660	Bloemfontein	20.02.84
15.54	Gerrit Ferreira	060448	Pretoria	26.09.70
15.54	Jacobus Bornman	250251	Johannesburg	08.03.75
15.54	Willem Maritz	060175	Pietersburg	03.04.95
15.52	Hannes Fourie	050767	Bloemfontein	03.03.89 (40)
15.52	Kobus Dettman	040666	Bloemfontein	04.11.87
15.50	Albert Janki	150694	Germiston	02.04.11
15.49	Owen van Niekerk	160934	Pretoria	23.03.63
15.48	Braam du Plooy	090266	Secunda	12.11.88
15.47	Elmarco Matthews	280180	Pretoria	20.04.01
15.47	Jannie Gordon		Sasolburg	23.04.83
15.47	Ryan Walsh	250577	Germiston	07.03.98
15.47	Sherlock Kriel	110278	Bloemfontein	17.02.97
15.44	Barris van Houton	211033	Johannesburg	23.03.57
15.44	Berrange Nelson		Potchefstroom	23.04.73 (50)
15.44	Pieter Enslin	301173	Johannesburg	26.10.96

Wind assisted

16.99	Wikus Olivier	080368	Johannesburg	30.03.91
16.77	Willie Olivier	270958	Stellenbosch	09.11.85
16.38	Jason Kidza-Sewanyane	030182	Durban	31.03.07
16.35	Boipelo Motlhathlego	271190	Germiston	03.04.11
16.02	Johann Hunter	110450	Comodora Rivadavia	14.11.70
15.95	Albert Janki	150694	Lille	02.04.11
15.93	Simeon Mars	010385	Port Elizabeth	26.04.03
15.73	Gert Olivier	030676	Krugersdorp	19.10.96
15.68	Berrangé Nelson		Potchefstroom	18.03.72
15.68	Pieter Enslin	301173	Germiston	23.03.96
15.68	Robbie Breebaart	020182	Pretoria	10.02.01

Shot put

* - indoors

21.97	Janus Robberts	100379	Eugene	02.06.01
20.60	Jan Pienaar	190166	Pretoria	30.01.90
20.55	Orazio Cremona	010789	Donna	07.01.13
20.31	Jaco Engelbrecht	080387	Pretoria	29.04.13
20.29	Karel Potgieter	210975	Varazdin	15.07.00
19.81	John van Reenen	260347	Paarl	26.12.70
19.60*	Hannes Hopley	260181	Lubbock	24.01.04
20.63	Burger Lambrechts	030473	Pretoria	10.07.04
19.46	Ross Jordaan	290385	Pretoria	28.03.08
19.42	Eugene Nysschen	270464	Johannesburg	07.03.88 (10)
19.42	Roelof Potgieter	200380	Durban	09.04.11
19.34	Henk Booysen	011172	Pietersburg	03.04.95
19.30	Cor Booysen	100871	Pietersburg	13.03.99
19.24	Drikus Hattingh	210168	Stellenbosch	19.03.90
19.12	Dawid Booysen	250946	Pretoria	03.10.70
19.11	Carel le Roux	310872	Pretoria	24.02.95
19.09	Henk van der Berg	080769	Pretoria	01.04.91
19.09	Jannie van der Merwe	040966	Potchefstroom	30.01.88
18.92	Frits Potgieter	130374	Budapest	22.07.00
18.74	Jaco Snyman	031170	Cape Town	06.05.95 (20)
18.57	Hansie Booysen	221149	Naboomspruit	11.11.78
18.46	Ernst de Waal	030163	Bloemfontein	12.03.86
18.46	Hannes Botha	220536	Bethlehem	24.10.64
18.40	Duncan McLachlan		Potchefstroom	06.06.10
18.40	Kobus Botes	031265	Soweto	20.03.94
18.39	George Tossel	210261	Pretoria	14.03.88
18.28	Donovan Snyman	300586	Germiston	25.02.12
18.28	Johannes van Wyk	160380	Pretoria	09.11.02
18.18	Munnik van der Merwe	230865	Pretoria	24.03.90
18.13	John Sullivan	120281	Potchefstroom	07.12.02 (30)
17.90	Arno van der Westhuizen	120177	Iowa	19.05.00
17.85	Wessel Lemmer	110383	Pretoria	20.02.04
17.83	JP Hoffman	010588	Pretoria	09.03.07
17.81	Pierre Faber	090172	Bedford	31.05.99
17.78	Tinus Pretorius	140674	Bloemfontein	27.04.96

17.70	Berne vd Bergh	090583	Potchefstroom	11.02.04
17.64	Frikkie Botha	100744	Ladysmith	02.11.73
17.58	Nico Grobler	030988	Pretoria	12.03.11
17.58	Nico Liebenberg	230276	Pietersburg	13.03.99
17.42	Dean Wattrus	100589	Durban	09.04.11 (40)
17.39	Jan Dirk Heyns	290571	Bloemfontein	18.03.95
17.37	Daniel Van Heerden Nel	220752	Bloemfontein	19.10.74
17.26	Elfranco Malan	121134	Queenstown	21.04.62
17.21	David Conroy	080376	Pretoria	11.10.97
17.16	Sakkie Kotze	141156	Germiston	29.03.83
17.10	Derrick Wiggill	150245	Bloemfontein	19.04.69
17.07	Brynn-Pieter Kemp	190791	Paarl	02.03.13
17.06	Piet Goosen	100855	Stellenbosch	30.03.82
16.98	Charlie Koen	060156	Cradock	16.10.82
16.92	Kosie Barnard	100185	Pretoria	18.03.04 (50)

Discus throw

70.32	Frantz Kruger	220575	Salon-de-Provence	26.05.02
68.48	John van Reenen	260347	Stellenbosch	14.03.75
67.66	Hannes Hopley	260181	College Station	29.05.04
65.33	Victor Hogan	250789	Donnas	07.07.13
64.78	Piet Goosen	100855	Stellenbosch	30.03.82
64.16	Frits Potgieter	130374	Sheffield	15.07.97
62.96	Martin Swart	280969	Parow	30.12.99
62.37	Janus Robberts	100379	Baton Rouge	31.05.02
62.26	George Tossel	210261	Stellenbosch	29.02.88
62.12	Isak Kotze	141156	Stellenbosch	27.03.84 (10)
61.70	Johannes van Wyk	160380	Cape Town	19.03.04
60.10	Dawie Kok	040769	Port Elizabeth	14.12.90
59.27	Russel Tucker	110490	Pretoria (Absa Tuks)	09.03.13
58.58	Christo Kruger	210671	Germiston	13.05.94
58.53	Chris Harmse	310573	Pietersburg	07.07.00
58.36	Deon Geldenhuys	120671	Krugersdorp	21.02.99
58.30	Elfranco Malan	121134	Queenstown	23.04.62
58.16	Erik Roos	270472	Potchefstroom	27.02.92
57.68	Karel Potgieter	211175	Pretoria	10.10.98
57.60	Jan-Louw Kotze	180394	Mobi:e	30.03.13 (20)
57.51	Dean Wattrus	100589	Pretoria (Absa Tuks)	25.06.11
57.46	Pieter van Deventer	181167	Port Elizabeth	14.12.90
57.24	Jacobus van Zyl	080155	Port Elizabeth	15.02.82
56.74	Hansie Booysen	221149	Stellenbosch	19.02.79
56.42	Jan Swanepoel	070471	Pietersburg	19.03.94
56.32	Fanie du Plessis	230230	Durban	30.03.59
55.90	Donovan Snyman	300586	Durban	26.04.13
55.82	John Lester	301171	Port Elizabeth	17.05.93
55.63	Wynand Coetzee	200284	Port Elizabeth	14.04.12
55.41	Dewald van Heerden	040491	Pretoria	06.04.13 (30)
55.32	Jaco Engelbrecht	080387	Germiston	26.03.11
55.18	Arno Lambrechts	180170	Johannesburg	30.03.91
55.14	Brynn-Pieter Kemp	190791	Pretoria	06.04.13

55.08	Nico Loggenberg	230276	Bloemfontein	16.04.99
54.86	Roelie Potgieter	200380	Stellenbosch	03.02.06
54.78	Boet Wienand	080149	Kemptonpark	04.10.80
54.71	Orazio Cremona	010789	Johannesburg	01.03.12
54.12	Burton Haupt	150961	Pretoria	21.03.88
53.94	Johan van Zyl	030559	Krugersdorp	28.10.78
53.86	Schalk Burger	100163	Stellenbosch	15.02.84 (40)
53.74	Dewald Moolman	080788	Stellenbosch	29.04.11
53.55	Charl Grobler	290185	Johannesburg	27.04.12
53.55	Wynand Carstens	141192	Stellenbosch	15.04.13
53.42	James Sinclair	230681	Pretoria (Absa Tuks)	15.03.13
53.03	Stefan Joubert	230681	Durban	17.03.07
53.02	Gideon Geldenhuys	260592	Pretoria	03.02.99
52.98	Ross Jordaan	170174	Stellenbosch	04.04.09
52.80	Karl Ueckermann	010588	Bellville	12.11.94
52.68	JP Hoffman	030235	Stellenbosch	15.03.08
52.30	George van Aswegen	030473	Kroonstad	03.02.62 (50)

Hammer throw

80.63	Chris Harmse	310573	Durban	15.04.05
73.91	Werner Smit	040343	Pretoria	20.02.04
73.86	Adam Barnard	021062	Johannesburg	26.03.76
73.14	Roumen Koprivtchin	190649	Johannesburg	02.03.96
69.50	Reg Marchant	011282	Bellville	06.03.74
69.05	Riaan Smit	281072	Stellenbosch	14.02.03
68.90	Adriano dos Santos	060156	Bellville	13.02.96
68.40	Charlie Koen (jr)	120177	Stellenbosch	17.04.82
67.94	Arno van der Westhuizen	210261	Tucson	17.03.01
67.88	George Tossel	120974	Pretoria	16.02.87 (10)
67.69	Ricardo Meiring	111280	Pretoria	23.03.01
66.63	Rudolph Venter	150961	Szombathely	15.10.03
66.24	Johan Kruger	150487	Bellville	23.02.13
65.72	Kristiaan Bekker	190881	Germiston	18.03.12
65.58	Burton Haupt	161268	Pretoria	14.03.86
65.28	Pieter Pretorius	160680	Potchefstroom	07.11.01
64.52	Gavin Shaw	300583	Bellville	26.04.02
64.31	Jacques Koen	240465	Port Elizabeth	08.10.03
64.04	Renaldo Frechou	170293	Potchefstroom	06.03.13
63.34	Vincent Meiring	030559	Pretoria	18.04.94 (20)
62.90	Johan van Zyl	221241	Germiston	12.04.86
62.22	Tiny Geldenhuys	220578	Potchefstroom	28.04.72
62.05	Dirk Smit	010773	Germiston	07.04.99
61.69	Lodewalt Venter	110365	Potchefstroom	06.03.13
61.50	Henk Visagie	120494	Johannesburg	12.06.93
61.21	Dillan Korkie	040966	Port Elizabeth	15.12.10
61.21	Donovan Stebbing	020292	Potchefstroom	05.03.12
61.11	Robert J van Rensburg		Potchefstroom	16.03.13
61.04	Jannie vd Merwe	210275	Pietersburg	16.02.91
60.92	Pieter Henderson	160680	Pretoria	03.02.96 (30)
60.72	Johan Harmse	200170	Pretoria	23.04.05

60.17	Tshepang Makhete	190296	Potchefstroom	25.05.13
59.74	Thehann van Niekerk	040191	Potchefstroom	16.03.13
59.36	Wimpie Greyling	080155	Pretoria	16.03.91
58.80	Jacobus van Zyl	030888	Port Elizabeth	10.10.01
58.69	Clinton Williams	220791	Port Elizabeth	09.02.07
58.42	Heimo Huber	050652	Potchefstroom	22.02.67
58.42	Llewellyn Tossel	160639	Bloemfontein	27.04.90
58.40	Charl vd Merwe	170431	Johannesburg	19.11.75
58.29	Howard Payne	300394	Nchanga	21.06.58 (40)
57.93	Andre Kotze		Potchefstroom	25.03.13
57.73	Lidnel Drury	270873	Port Elizabeth	15.12.10
57.72	Cobus Venter	281287	Pretoria	17.10.92
57.63	Douw Steenkamp	090647	Roodepoort	22.03.08
57.51	Micqel le Roux		Bellville	16.03.13
57.10	Jan Roodt	210671	Pretoria	28.10.72
56.84	Christo Kruger	200360	Pretoria	19.04.97
56.84	Walter Mostert	200669	Bloemfontein	31.08.83
56.66	Charl Hanekom	090176	Bloemfontein	05.02.94
56.62	Johan Gelderblom	070135	Stellenbosch	11.03.95 (50)

Javelin

88.75	Marius Corbett	260975	Kuala Lumpur	21.09.98
87.26	Tom Petranoff	080458	Mauritius	28.06.92
86.80	Robert Oosthuizen	230187	Oudtshoorn	01.03.08
84.50	Hardus Pienaar	100881	Hyderabad	29.10.03
84.02	Philip Spies	210570	Pietersburg	03.04.95
81.60	Wilhelm Pauer	020667	Mauritius	28.06.92
81.38	Brian Erasmus	280280	Potchefstroom	05.11.03
81.02	Hennes de Wet	131267	Johannesburg	07.03.90
80.92	Johan Oosthuizen	030859	Vereeniging	21.09.90
80.54	Johan Vosloo	260377	Potchefstroom	14.02.00 (10)
80.32	Gerbrandt Grobler	260183	Potchefstroom	24.10.03
80.03	Lohan Rautenbach	060286	Durban	05.03.05
79.76	Johannes van Eck	290174	Potchefstroom	16.03.96
79.64	Louis Fouché	210370	Buffalo	18.07.93
79.51	Hardus Pienaar	100881	Potchefstroom	31.01.01
78.77	Jason Henning	130890	Potchefstroom	25.05.13
78.66	Chris de Beer	180861	Germiston	30.03.87
78.58	Ulrich Damon	231090	Potchefstroom	13.10.09
78.54	Clinton Lumsden	270771	Boksburg	06.02.93
78.03	Tommie du Toit	080382	Potchefstroom	02.02.07 (20)
78.03	Willie Human	130489	Potchefstroom	07.11.01
77.80	Bernard Crous	170882	Stellenbosch	30.04.11
76.98	Deon Deetlefs	211269	Germiston	25.04.92
76.29	Morne Moolman	010994	Barcelona	13.07.12
75.92	Gerhard Burger		Pretoria	15.10.88
75.83	Chad Herman	250592	Pretoria (ABSA Tuks)	29.04.13
75.72	Rocco van Rooyen	231292	Gaberone	10.04.11
75.23	Tobie Holtzhausen	250587	Potchefstroom	07.10.09
75.19	Noël Meyer	200488	Reduit	15.07.06

74.90	Dylan Lindsay	040991	Potchefstroom	25.05.13 (30)
74.86	Bennie Snyman	220768	Stellenbosch	25.11.91
74.65	Philmar J van Rensburg	230689	Durban	10.04.11
74.62	Andre Jonker	160867	Pretoria	21.03.89
74.51	Johannes Swanepoel	030486	Lawrence	20.04.12
74.43	Raldu Potgieter	311053	Parow	19.12.03
74.32	Henk Booysen	011172	Harare	19.09.95
74.02	Branus Ras	060959	Pretoria	04.03.87
74.00	Kobus Smit	310383	Charlote	02.02.05
73.95	Alex Jacobs	040291	Stellenbosch	30.04.11
73.84	Leon Rheeder	280460	Windhoek	18.10.86 (40)
73.36	Herman Potgieter	120991	Johannesburg	28.04.88
73.16	Fanie du Toit	250381	Pietersburg	14.04.00
73.09	Frans Human	100379	Durban	06.12.03
73.08	Igna Breytenbach	170770	Johannesburg	06.03.91
72.96	Frank Furstenburg	110565	Johannesburg	20.02.89
72.76	Piet Breedt	060560	Pretoria	13.03.87
72.30	Hansie Rothman	290665	Sasolburg	16.11.88
72.30	Hendrik Liebenberg	120272	Stellenbosch	11.04.87
72.18	Louis Windeboer	030769	Bloemfontein	27.04.96
72.05	Daniel Badenhorst	240176	Germiston	07.04.99 (50)

Decathlon

8343	Willem Coertzen	301282	Moscow	10/11.08.13
	10.95 (0.1), 7.44 (1.8), 13.88, 2.05, 48.32, 14.30 (-0.1), 43.25, 4.50, 69.35, 4:24.60			
8 146	Willem Coertzen	301282	Berlin	19/20.08.09
7 664*	Joepie Loots	230356	Bloemfontein	15/16.04.83
7 625	Danie van Wyk	301170	Pretoria	12/13.04.94
7 581	Pierre Faber	090172	Götzis	25/26.05.96
7 356	Bertus de Klerk	070358	Stellenbosch	10/11.04.87
7 347	Christo Blignaut	260373	Algiers	18/19.05.99
7 272	Francois Potgieter	240278	Durban	15/16.04.05
7 242	Jannie Botha	300378	Pretoria	07/08.04.06
7 152	Terence Wepener	080282	Port Elizabeth	31/01.04.06 (10)
7 431	Sors Joubert	240584	Reduit	16/17.04.11
7 100*	Herman Muller	230756	Götzis.	15/16.05.76
7 082	Nardus Greyling		Johannesburg	27/28.04.12
7 076	Kobus Botes	031265	Durban	21/22.04.89
7 006	Henk Viljoen	250373	Krugersdorp	17/18.03.95
7 005	Johan Gutsche		Johannesburg	23/24.03.92
6 971	Edwin Ludick	150764	Pretoria	25/26.11.88
6 956	Gerrit Gericke	251071	Pretoria	12/13.04.94
6 928	Gert Swanepoel		Durban	12/13.04.13
6 849	Martin Plews	110572	Pretoria	15/16.03.96 (20)
6 845*	Pieter de Villers	280546	Oxford	24/25.03.70
6 837	Molyn Krynauw	160365	Bloemfontein	15/16.04.88
6 808	Zavion Kotze	061188	Stellenbosch	29/30.04.11
6 791	Aart van Dijk	221075	Durban	28/29.04.95
6 767*	Jannie Lubbe	170956	Potchefstroom	12/13.04.85
6 755	Raymond Fletcher	230180	Port Elizabeth	27/28.04.01

6 734	Hendrik Smit		Bloemfontein	10/11.04.92
6 719	Wessel Bosman	140658	Stellenbosch	03/04.05.91
6 685	Pienaar Agenbach	090370	Johannesburg	30/31.03.95
6 622*	Nicky Dorfling	080447	Port Elizabeth	28/29.03.75 (30)
6 621*	Edwin Bohmer	120245	Bloemfontein	14/15.03.67
6 618	Wessel Bezuidenhout	260263	Germiston	11/12.04.86
6 614*	Hansie Booysen	221149	Pretoria	01/02.10.71
6 611*	Wayne Kotze	240463	Johannesburg	12/13.03.85 (34)

Wind assisted

7 765**	Danie van Wyk	301170	Pretoria	29/30.11.96
7 443	Christo Blignaut	260373	Bloemfontein	16/17.04.99

* 1985 tables; ** No wind readings were taken; insufficient officials

Heptathlon

3 684	Henk Viljoen	250373	Pretoria	18.04.94
3 634	Danie Van Wyk	301170	Pretoria	18.04.94
3 586	Gerrit Gericke	251071	Pretoria	18.04.94

4 x 100 metres relay

38.47	SA National Team	1	Edmonton	12.08.01
	Morne Nagel, Corne du Plessis, Lee-Roy Newton, Mathew Quinn			
38.50	SA National Team	1	Pretoria	24.03.00
38.63	SA National Team	4s1	Edmonton	12.08.01
38.72	SA National Team	1h4	Edmonton	11.08.01
38.72	SA National Team	5h2	Daegu	04.09.11
38.74	SA National Team	7	Seville	29.08.99
38.75	SA National Team	1	Addis Ababa	02.05.08
38.76	SA National Team	4h	Seville	29.08.99
38.77	SA National Team	1	Pretoria	12.04.02
38.98	SA National Team	2	Melbourne	25.03.06
39.05	SA National Team	5h1	Osaka	31.08.07

4 x 400 metres relay

2:59.21	SA National Team	3h1	Daegu	01.09.11
	Oscar Pistorius, Ofentse Mogawane, Willie de Beer, Shane Victor			
2:59.87	SA National Team	2	Daegu	02.09.11
3:00.20	SA National Team	4	Seville	29.08.99
3:00.26	SA National Team	5	Athens	10.08.97
3:00.58	SA National Team	4h	Athens	09.08.97
3:00.77	SA National Team	1h	Seville	29.08.99
3:01.25	SA National Team	6s1	Sydney	29.09.00
3:01.26	SA National Team	6h1	Beijing	22.08.08
3:01.34	SA National Team	2	Johannesburg	18.09.99
3:01.51	SA National Team	4h	Goteborg	12.08.95
3:01.70	SA National Team	3h3	Edmonton	11.08.01
3:01.83	SA National Team	4	Manchester	31.07.02

20 000 metres walk

1:24:51	Stanley Valentine	051058	Port Elizabeth	01.05.89
1:26:06	Chris Britz	130163	Port Elizabeth	01.05.89

1:28:43	Johan Moerdyk	240767	Durban	29.04.91
1:29:16	Riecus Blignaut	121168	Germiston	18.04.94
1:30:52	Michael Brits	280466	Durban	29.04.91

20 km walk

1:22:21	Chris Britz	130163	Eisenhüttenstadt	11.05.96
1:24:58	Thami Hlatshwayo	200782	Oudsthoorn	11.05.02
1:25:10	Wayne Snyman	080385	Youngsfield	18.05.13
1:25:48	Lebogang Shange		Port Elizabeth	14.04.12
1:25:51	Pierre-Louis de Villers		Port Elizabeth	14.04.12 10
1:25:58	Hendrik Pienaar	130216	Cape Town	30.04.60
1:26:07	Stanley Valentine	051058	Durban	22.04.89
1:26:35	Marc Mundell	070783	Port Elizabeth	14.04.12
1:26:47	Riecus Blignaut	121168	Cape town	20.04.96
1:27:01	Johan Moerdyk	240767	Cape town	20.04.96
1:27:41	Armond Nel		Port Elizabeth	14.04.12
1:28:18	Pieter Meyer	161253	Germiston	26.02.77
1:28:37	Michael Brits	280466	Durban	22.04.89
1:29:23	Werner Appel	120687	Stellenbosch	15.03.08
1:30:14	Willie Vermeulen	070847	Pretoria	20.03.93 20
1:30:59	Carel Meyer	150557	Germiston	16.04.94
1:31:31	Albert Landmann	030539	Krugersdorp	01.03.69
1:31:59	Jacques Lubbe	171277	Potchefstroom	07.03.97
1:32:10	George Hazle	031024	Germiston	20.03.65
1:32:14	Hentie Badenhorst	150957	Port Elizabeth	12.04.80
1:32:46	Ihan Collins	010380	Port Elizabeth	27.04.01
1:33:24	Clive Khumalo	170568	Durban	22.04.89
1:33:33	Gideon Cillie	250577	Youngsfield	04.09.04
1:34:24	Ross McDonald	040373	Stellenbosch	14.03.09
1:34:41	Lewis Mojalefa		Port Elizabeth	14.04.12 30
1:35:04	Pieter Vorster	240584	Oudsthoorn	15.07.06
1:35:14	Mark Pelliser	230973	Pretoria	13.04.94
1:35:33	Molise Mojalefa	230888	Stellenbosch	29.04.11
1:35:34	Albert van Rensburg	141268	Pretoria	20.04.91
1:35:34	Izak Nel	100963	Youngsfield	14.02.06
1:35:39	Lukas Snyman	120652	Port Elizabeth	23.04.74
1:36:06	Andre Enslin	061172	Johannesburg	10.20.01
1:36:25	Bennie Meyer	210851	Bloemfontein	03.03.77
1:36:44	Kobus de Beer		Stellenbosch	11.04.87
1:36:44	Sanele Mathonsi		Port Elizabeth	14.04.12 40
1:36:45	Jacques Faure	151291	Stellenbosch	29.04.11
1:36:48	Jesse Hutchinson	100547	Germiston	20.03.65
1:36:50	Danie Marais	120575	Bloemfontein	17.04.99
1:37:28	Andrew Fraser	280366	Bellville	13.02.99
1:37:40	Thinus Esterhuizen	181285	Youngsfield	17.12.04
1:37:42	Mfana Mbatha		Port Elizabeth	14.04.12
1:37:45	Gerard Moerdyk	060159	Bloemfontein	11.04.92
1:38:22	Ephraim Morgan	070844	Stellenbosch	11.04.87
1:38:22	Hannes Swanepoel		Bloemfontein	11.04.92
1:38:22	Hein Oescher	080366	Stellenbosch	11.04.87 50

1:38:26	Oliver Mundell	060154	Durban	03.05.97
1:38:32	Anton Michell	270873	Durban	25.02.95
1:38:40	Gysbert vd Westhuizen	290659	Port Elizabeth	24.03.79
1:38:40	Martin Bester	140146	Krugersdorp	07.03.70
1:30:07	Sipho Mahlangu	071239	Stellenbosch	14.03.09

Short course

1:32:23	Jacobus van Dyk	210685	Port Elizabeth	01.04.06
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30 km walk

2:14:28	Chris Britz	130163	Victoria	25.08.94
2:19:41	Marc Mundell	070783	Youngsfield	18.05.13
2:30:27	Willie Vermeulen	070847	Port Elizabeth	10.09.88
2:31:57	Gideon Cillie	250577	Youngsfield	03.09.05

50 km walk

3:55:32	Marc Mundell	070783	London	11.09.12
4:07:30	Johan Moerdyk	240767	Durban	14.09.96
4:20:16	Chris Britz	011263	Cape Town	30.10.93
4:23:15	Thami Hlatswayo	190949	Oudtshoorn	06.07.08
4:26:35	Oliver Mundell	060154	Cape Town	10.10.98 10
4:27:55	George Hazle	031024	Paarl	03.04.61
4:32:00	Martin Bester	140146	Johannesburg	26.04.69
4:37:55	Jaco Appel	050484	Oudtshoorn	15.07.06
4:42:09	Albert Landman	030539	Krugersdorp	05.09.70
4:42:39	Sipho Mahlangu	160683	Oudtshoorn	06.07.08
4:43:48	Peter Rocher	130350	Johannesburg	18.11.67
4:44:47	Stanley Valentine	051058	Cape Town	17.09.94
4:46:46	Andrew Fraser	120867	Cape Town	10.10.98
4:46:53	Ross McDonald	040373	Oudtshoorn	15.07.06
4:47:31	Andre Enslin	061172	Cape Town	17.09.94 20
4:47:41	Nhlanhla Khanyile	050541	Oudtshoorn	05.07.09
4:47:45	Nico Reynecke		Cape Town	21.02.48
4:48:13	Adriaan de Klerk		Cape Town	03.08.68
4:58:28	Gerard Moerdyk	060159	Cape Town	06.02.93
4:50:06	Detlev Holzhausser	241050	East London	14.07.73
4:50:08	Victor Stone		Cape Town	01.08.64
4:50:09	Breandan Schafer	110868	Cape Town	30.10.93
4:50:46	Charles Skinner	190149	East London	02.09.67
4:51:37	Luther Jurgensen		Port Elizabeth	06.10.56
4:52:00	Brian Blades		Johannesburg	26.04.69 30
4:52:53	Willie de Beer		East London	02.09.67
4:55:28	Phillip van Zyl		Pretoria	16.06.73
4:56:16	Thapelo Mangole	170577	Cape Town	10.10.98
4:56:26	Thabiso Tsagane	170970	Oudtshoorn	15.07.06
4:56:52	Ron Moir		Stilfontein	15.07.72
4:57:08	Fred Proctor		Paarl	03.04.61
4:57:25	David Forret	220552	Standerton	31.08.68
4:57:32	Ben le Roux		Cape Town	30.08.69
4:58:08	Gordon Morrison		Kimberley	22.04.46

WOMEN

100 metres

11.06	Evette de Klerk	210865	Germiston	20.04.90
11.07	Geraldine Pillay	250877	Durban	16.04.05
11.16	Marcel Winkler	291070	Germiston	20.04.90
11.18	Wendy Hartman (Seegers)	280276	Pretoria	10.04.99
11.22	Elinda Vorster	080965	Germiston	20.04.90
11.27	Nombulelo Mkenku	300689	Algiers	19.07.07
11.30	Marliese Steyn	190473	Germiston	23.03.96
11.35	Heide Seyerling	190876	Durban	05.03.99
11.35	Karen Botha	170167	Rustenburg	22.03.91
11.36	Janice Josephs	310382	Pretoria	18.03.05 (10)
11.36	Tsholofelo (Selemela) Thipe	120986	Stellenbosch	14.03.09
11.39	Dikeledi Moropane	120376	Potchefstroom	14.02.00
11.39	Mari-Lise Coetzer	170666	Germiston	20.04.90
11.39	Maryke Doubell	150966	Krugersdorp	28.03.87
11.42	Ansie Basson	310766	Pretoria	29.04.89
11.44	Riana van der Westhuizen	140570	Bloemfontein	10.04.92
11.46	Mia Prinsloo	270876	Krugersdorp	01.03.97
11.46	Michelle du Toit	090764	Krugersdorp	30.03.85
11.46	Yolanda Steyn	220872	Pretoria	15.05.93
11.49	Surita Febbraio	271273	Rustenburg	22.01.00 (20)
11.50	Carina Horn	090389	La Chaux-de-Fonds	07.07.13
11.53	Isabel le Roux	230187	Pretoria	27.03.08
11.54	Isabel Rossouw	270580	Durban	11.04.03
11.55	Cindy Stewart	141185	Durban	30.03.07
11.55	Esmari le Roux	270176	Krugersdorp	11.03.95
11.55	Estie Wittstock	150980	Potchefstroom	01.02.08
11.56	Alison Colin	290460	Bloemfontein	15.04.83
11.56	Ilse Jordaan	200979	Pretoria	23.03.01
11.58	Alta Wessels	101249	Wenen	30.06.74
11.58	Cherise Jones	051285	Port Elizabeth	14.04.12 (30)
11.59	Madele Naude	020563	Bloemfontein	05.11.86
11.60	Jade Thiele	101092	Germiston	13.03.10
11.63	Adrie Schoeman	130770	Pretoria	22.05.04
11.63	Corien Botha	130670	Bloemfontein	07.12.91
11.63	Isabal Rossouw	270580	Germiston	21.06.98
11.63	Marna vd Burgh	280957	Pretoria	22.03.75
11.63	Sandra Terblanche	180563	Welkom	24.11.84
11.63	Shane Smith	210183	Pretoria	26.03.99
11.64	Riana Raath	101261	Bloemfontein	15.04.83
11.65	Maralize Fouche	020374	La Chaux-de-Fonds	13.08.00 (40)
11.65	Phillippa vd Merwe	070194	Germiston	29.03.12
11.65	Susan Knox	281271	Pretoria	15.05.93
11.65	Thandiwe Vilakazi	221185	Pretoria	27.03.08
11.66	Anel van Niekerk	171176	Germiston	06.03.98
11.66	Ruanda Coetzee	010852	Pretoria	22.03.75
11.66	Sandra Weyers	090558	Potchefstroom	28.04.79
11.66	Suzaan Lourens	310574	Bloemfontein	16.04.99

11.67	Susanna Holtzhausen	071076	Krugersdorp	01.03.97
11.68	Melissa Hewitt	200591	Durban	26.04.13
11.68	Minette Albertse	020181	Germiston	07.04.99 (50)
Wind assisted				
10.94	Evette de Klerk	210865	Germiston	20.04.90
11.08	Karen Botha	130763	Krugersdorp	11.01.92
11.21	Mari-Lise Coetzer	170666	Johannesburg	31.03.90
11.32	Dikeledi Moropane	120376	Pietersburg	18.03.00
11.33	Heide Seyerling	190876	Bloemfontein	02.02.01
11.41	Riana van der Westhuizen	140570	Potchefstroom	27.02.92
11.46	Carina Horn	090389	Germiston	26.03.11
11.51	Isabel Rossouw	270880	Bloemfontein	04.04.97
11.55	Riana Raath	101261	Secunda	20.02.88
Hand timing				
11.1	Elinda Vorster	080965	Rustenburg	27.03.95
11.1	Adri Schoeman	130770	Pretoria	14.01.06
11.3	Sandra Weyers	090558	Bloemfontein	24.03.80
11.3	Ansie Basson	310766	Bloemfontein	04.11.87
11.3	Cindy Bousema	010674	Johannesburg	10.02.96
11.3	Ilze Jordaan	200979	Pretoria	09.02.01
11.3	Thandi Vilakazi	221185	Roodepoort	14.01.06
Wind assisted				
11.1	Heide Seyerling	190876	Port Elizabeth	11.10.97
11.3	Cindy Bousema	010674	Johannesburg	10.02.96
200 metres				
22.06	Evette de Klerk	210865	Pietersburg	08.04.89
22.58	Elinda Vorster	080965	Germiston	21.04.90
22.63	Heide Seyerling	190876	Durban	03.03.01
22.64	Ansie Basson	310766	Pretoria	29.04.89
22.69	Isabel le Roux	230187	Addis Ababa	04.05.08
22.74	Wendy Hartman (Seegers)	280276	Roodepoort	19.03.99
22.78	Geraldine Pillay	250877	Durban	16.04.05
22.80	Marcel Winkler	291070	Pretoria	29.04.89
22.82	Adri de Jongh (Schoeman)	130770	Pretoria	01.02.97
22.83	Myrtle Bothma	180264	Sasolburg	16.11.88 (10)
22.95	Mari-Lise Coetzer	170666	Germiston	21.04.90
22.98	Madele Naude	020563	Potchefstroom	13.04.85
23.03	Yolanda Steyn	220872	Secunda	07.05.94
23.07	Dikeledi Moropane	120376	Pretoria	24.03.00
23.08	Marliese Steyn	190473	Krugersdorp	10.04.95
23.15	Janice Josephs	310382	Durban	16.04.04
23.18	Riana van der Westhuizen	140570	Germiston	27.03.92
23.19	Esmari le Roux	270176	Secunda	07.05.94
23.20	Sandra Weyers	090558	Bloemfontein	26.04.80
23.22	Justine Palframan	041193	Potchefstroom	24.03.12 (20)
23.22	Maryke Doubell	150966	Bloemfontein	18.03.87
23.27	Maralize Fouché	020374	Gotzis	29.05.99
23.28	Tsholofelo (Selemela) Thipe	120986	Germiston	22.02.08
23.30	Ilze Jordaan	200979	Pretoria	21.04.01

23.31	Estie Wittstock	150980	Potchefstroom	13.02.04
23.32	Surita Febbraio	271273	Rustenburg	22.01.00
23.36	Susan Claassen	281271	Pretoria	15.05.93
23.39	Fransie Pieterse	040261	Pretoria	09.02.86
23.40	Susanna Holtshausen	071076	Bloemfontein	04.02.00
23.42	Edith Otterman	080766	Pretoria	30.03.84 (30)
23.44	Leanie vd Walt	280177	Krugersdorp	21.02.98
23.44	Michelle du Toit	090764	Potchefstroom	13.04.85
23.46	Allysa Conley	270491	Potchefstroom	20.04.13
23.48	Cindy Bousema	010674	Secunda	07.05.94
23.50	Tammy Sawyer	080677	Secunda	07.05.94
23.56	Mia Prinsloo	270876	Roodepoort	23.01.98
23.58	Sonja van der Merwe	190592	Pretoria (ABSA Tuks	20.04.12
23.59	Marna vd Burgh	290957	Germiston	21.02.81
23.61	Carina Horn		Potchefstroom	24.03.12
23.61	Dominique Koster	030177	Germiston	02.03.02 (40)
23.61	Philna Kleynhans	080883	Germiston	02.03.02
23.62	Charlene Lawrence	250979	Durban	06.03.99
23.66	Eliza van Vuuren	230964	Bloemfontein	05.12.86
23.66	Yolande Venter	160878	Bloemfontein	04.04.97
23.70	Melissa Hewitt	200591	Johannesburg	28.04.12
23.73	Isabel Rossouw	270580	Germiston	07.03.98
23.76	Elshe Otto	170878	Pretoria	04.04.98
23.76	Rorisang Rammonye	311290	Potchefstroom	17.03.12
23.78	Cindy Pilley	250273	Germiston	12.04.91
23.80	Welme van Zyl	151288	Pretoria	17.03.12 (50)
Wind assisted				
22.59	Heide Seyerling	190876	Pietersburg	18.03.00
23.25	Tsholofelo (Selemela) Thipe	120986	Pretoria	14.02.09
23.27	Mimmie Snyman	150356	Durban	27.02.82
Hand timing				
22.9	Claudie van Straaten	220554	Pretoria	07.04.73
23.0	Petro Fourie	111059	Bloemfontein	03.04.76
400 metres				
50.05	Heide Seyerling (Quinn)	190876	Sydney	25.09.00
50.12	Myrtle Bothma	180264	Germiston	11.04.86
50.57	Evette de Klerk	210865	Germiston	02.04.86
50.73	Adri de Jongh	130770	Johannesburg	14.04.96
50.97	Mimmie Snyman	150356	Germiston	17.03.82
51.14	Madelé Naudé	020563	Pretoria	14.03.88
51.15	Tsholofelo (Selemela) Thipe	120986	Stellenbosch	14.03.09
51.48	Estie Wittstock	080766	Belem	23.05.04
51.61	Rorisang Ramonnye	311290	Potchefstroom	24.04.12
51.61	Zelda Pretorius	180768	Pretoria	25.02.91 (10)
51.64	Susanna Holtzhausen	071076	Roodepoort	13.03.00
51.75	Leanie van der Walt	280177	Roodepoort	19.03.99
51.87	Justine Palframan	041193	Barcelona	13.07.12
52.10	Edith Ottermann	080766	Johannesburg	14.04.96
52.17	Claudie van Onselen	220554	Pretoria	27.04.74

52.22	Surita Febbraio	271273	Bloemfontein	07.02.03
52.26	Ilze Wicksell	100859	Pretoria	28.04.80
52.28	Ansie Basson	310766	Bloemfontein	05.11.86
52.54	Caster Semenya	070191	Germiston	26.03.11
52.64	Fransie Pieterse	040261	Potchefstroom	21.03.87 (20)
52.73	Petro Fourie	111059	Pretoria	28.04.80
52.75	Sonja van der Merwe	190592	Pretoria	05.04.12
52.76	Amanda Kotze	260286	Algiers	18.07.07
52.87	Marcel Winkler	291070	Pretoria	30.03.92
52.94	Marinda Fourie	070368	Potchefstroom	08.03.97
52.98	Cecelia Louw	080576	Roodepoort	19.03.99
53.06	Zonja Ras	180363	Pretoria	12.03.90
53.10	Elize van Vuuren	230964	Potchefstroom	12.04.85
53.20	Yolanda Venter	160878	Bloemfontein	08.04.94
53.25	Anneri Ebersohn	090890	Durban	26.04.13 (30)
53.30	Charmaine Fick	030657	Stellenbosch	11.03.85
53.32	Alet van Wyk	111185	Port Elizabeth	14.04.12
53.38	Dikeledi Moropane	120376	Durban	08.02.02
53.41	Wenda Theron	300788	Pretoria	16.02.12
53.44	Marna Schutte	060978	Krugersdorp	17.03.95
53.46	Riana vd Westhuizen	140570	Potchefstroom	27.02.92
53.51	Kerryn van Zyl	051074	Bloemfontein	01.02.02
53.56	Arrista Nienaber	091287	Durban	26.04.13
53.61	Janet Wienand	150585	Pretoria	27.03.08
53.67	Melodi vd Merwe	281178	Pretoria	15.03.03 (40)
53.68	Yolande Neethling	290579	Roodepoort	19.03.99
53.69	Anri Steyn	290993	Germiston	03.04.11
53.70	Ciske Swart	260659	Pretoria	11.04.81
53.74	Irma Swart	220965	Germiston	14.03.89
53.79	Cariena Pretorius	291176	Bloemfontein	09.04.94
53.79	Dominique Koster	030177	Pretoria	12.04.02
53.81	Kleintjie Mogotsi	200973	Johannesburg	14.04.96
53.84	Annette Rupert	160973	Pretoria	14.03.88
53.84	Bermien Oosthuizen	150562	Stellenbosch	11.03.85
53.84	Lana Uys	091268	Rustenburg	23.03.92 (50)

Hand timing

52.0	Ansie Basson	310766	Bloemfontein	23.10.87
52.6	Ina van Rensburg	291056	Germiston	17.03.82
52.7	Hester-Anna Retief	310548	Potchefstroom	21.04.73
52.7	Elize Fouche	300560	Stellenbosch	25.03.83
52.8	Leonie Verster	180457	Stellenbosch	14.04.78

800 metres

1:55.46	Caster Semenya	070191	Berlin	19.08.09
1:58.85	Zelda Pretorius	180768	Pretoria	01.04.91
1:59.39	Ilze de Kock-Wicksell	100859	Stellenbosch	25.03.83
1:59.70	Eranee van Zyl	220262	Stellenbosch	25.04.83
2:00.90	Zola Pieterse	260566	Kroonstad	16.03.84
2:00.99	Helga van Wermeskerken	190460	Potchefstroom	13.04.85

2:01.28	Madelé Naudé	020563	Pretoria	14.03.88
2:01.49	Ronelle Roodt	261164	Stellenbosch	11.04.87
2:01.64	Mari-Louise Henning	190277	Stellenbosch	17.04.98
2:02.16	Ria Hugo	140260	Stellenbosch	25.03.83 (10)
2:02.18	Elize Fouché	300560	Durban	13.04.84
2:02.23	Ciska Swart	260659	Stellenbosch	06.04.88
2:02.24	Tanya Peckham	150266	Stellenbosch	11.03.85
2:02.30	Sarina Cronje	230755	Potchefstroom	01.12.80
2:02.43	Lebogang Phalula	091283	Port Elizabeth	11.02.06
2:02.57	Monique Stander	100385	Pretoria (ABSA Tuks)	20.04.12
2:02.67	Marjorie van der Merwe	090168	Stellenbosch	19.03.90
2:02.71	Corne Viljoen	090671	Bloemfontein	09.03.87
2:02.79	Camilla Spires	291069	Johannesburg	27.04.91
2:02.80	Aneen de Jager	130554	Stellenbosch	25.02.76 (20)
2:02.93	Gerda Kruger	241268	Stellenbosch	11.04.87
2:02.94	Lebo Phalula	091283	Port Elizabeth	11.02.06
2:03.09	Lynelle Coetzee	260785	Roodepoort	16.03.01
2:03.20	Chanelle Olivier	150986	Krugersdorp	03.12.05
2:03.30	Hildegard Eloff	121060	Stellenbosch	24.04.78
2:03.30	Zonja Ras	180363	Stellenbosch	19.03.90
2:03.38	Juaneé Cilliers	080382	Brasschaat	23.07.08
2:03.40	Ermyntrude Vermeulen	221168	Bloemfontein	09.03.85
2:03.50	Marlene Breytenbach	040182	Port Elizabeth	11.02.06
2:03.51	Rene Kalmer	031180	Nimegen	23.05.00 (30)
2:03.78	Wendy Rossouw	081052	Durban	25.04.81
2:03.81	Rhode Senekal	160678	Pretoria	27.02.98
2:04.05	Yvonne Goosen	250562	Stellenbosch	16.02.83
2:04.17	Carlien Cornelissen	280472	Pretoria	11.03.96
2:04.18	Lisa vd Merwe	300779	Roodepoort	28.03.03
2:04.31	Sandra Lotter	090974	Port Elizabeth	06.03.95
2:04.36	Mandie Brandt	051182	Port Elizabeth	14.04.12
2:04.52	Mapaseka Makhanya	090485	Durban	10.04.11
2:04.55	Chantal Breet	260480	Pietersburg	18.03.00
2:04.60	Gena Lofstrand	231095	Stellenbosch	13.04.13 (40)
2:04.70	Danel Prinsloo	270392	Potchefstroom	25.05.13
2:04.94	Angela Wagner	190188	Alberquerque	15.05.10
2:04.97	Zanelle Grobler	270183	Durban	03.03.01
2:05.00	Cecile Steenkamp	250453	Stellenbosch	26.03.73
2:05.00	Sigrid Walters	270255	Pretoria	26.04.74
2:05.1	Sonja Laxton	060848	Pretoria	22.03.75
2:05.05	Avril Halstead	291176	Stellenbosch	04.03.00
2:05.14	Catherine Maapela	111080	Potchefstroom	12.02.01
2:05.29	Marcelle Steyn	140662	Stellenbosch	19.03.86
2:05.3	Bea Botha	271148	London	19.07.67 (50)
2:05.3	Esther van Zyl	220559	Germiston	07.04.78

1000 metres

2:37.20	Ilze Wicksell	100859	Bloemfontein	07.02.83
2:37.90	Zola Pieterse	260566	Bloemfontein	07.02.83
2:38.10	Ermyntrude Vermeulen	221168	Bloemfontein	28.01.85

2:38.68	Zelda Pretorius	180768	Stellenbosch	06.01.88
2:39.40	Ciska Swart	260659	Stellenbosch	06.01.88
2:41.07	Ria Hugo	140260	Bloemfontein	07.02.83
2:41.90	Yvonne Goosen	250562	Bloemfontein	07.02.83
2:41.99	Ronelle Roodt	261164	Bloemfontein	12.02.86
2:42.00	Mari-Louise Henning	190277	Pretoria	31.01.98
2:42.05	Eranee van Zyl	220262	Pretoria	26.01.83 (10)
2:42.29	Tanya Peckham	150266	Stellenbosch	07.02.89
2:42.30	Sarina Cronje	230755	Bloemfontein	19.01.79

1500 metres

4:01.81	Zola Budd-Pieterse	260566	Port Elizabeth	21.03.84
4:02.15	Elana Meyer	101066	Cape Town	21.03.92
4:04.73	Gwen Griffiths	300867	Monte Carlo	07.08.93
4:06.71	René Kalmer	031180	Madrid	05.07.08
4:08.01	Caster Semenya	070191	Bambous	02.08.09
4:08.10	Tanya Peckham	150266	Stellenbosch	12.04.89
4:08.18	Mapaseka Makhanya	090485	Heusden	10.07.10
4:08.60	Sarina Cronje	230755	Durban	08.12.80
4:09.30	Ciska Swart	260659	Stellenbosch	26.10.87
4:10.15	Carlien Cornelissen	280472	Stellenbosch	16.02.96 (10)
4:10.24	Marlene Breytenbach	040182	Durban	11.04.03
4:11.00	Marjorie vd Merwe	090168	Port Elizabeth	11.03.87
4:11.06	Eranee van Zyl	220262	Stellenbosch	23.02.82
4:11.92	Alta Verster	090368	Narbonne	19.06.94
4:12.34	Lebogang Phalula	091283	Melbourne	09.03.06
4:12.67	Ermyntrude Vermeulen	221168	Stellenbosch	19.03.86
4:12.70	Camilla Spires	291069	Saint Cloud	04.07.94
4:12.71	Chanelle Olivier	150986	Parow	16.12.05
4:13.05	Lebo Phalula	091283	Stellenbosch	14.03.09
4:13.10	Sonja Laxton	060848	Port Elizabeth	23.04.74 (20)
4:13.23	Colleen de Reuck	130464	Cape Town	12.03.96
4:13.41	Truzanne Swanepoel	160775	Port Elizabeth	13.02.98
4:13.51	Zanelle Grobler	270183	Durban	02.03.01
4:13.93	Doritha Harmse	280973	Bellville	08.03.02
4:14.07	Sandra Lotter	090974	Durban	28.04.95
4:14.18	Ilse Wicksell	100859	Cape Town	12.03.96
4:14.73	Mari-Louise Henning	190277	Port Elizabeth	22.02.99
4:14.90	Ronelle Roodt	261164	Port Elizabeth	12.03.86
4:15.14	Ronel Thomas	190172	Stellenbosch	18.02.00
4:15.18	Avril Halstead	291176	Stellenbosch	20.03.96 (30)
4:15.20	Soekie van Heerden	160765	Stellenbosch	27.02.85
4:15.32	Diane Massyn	290361	Port Elizabeth	15.03.82
4:15.51	Ria Hugo	140260	Bloemfontein	15.04.83
4:15.80	Yvonne Goosen	250562	Port Elizabeth	21.03.84
4:16.12	Violet Raseboya	190286	Durban	10.04.11
4:16.20	Zelda Kuhn	030869	Stellenbosch	19.03.86
4:16.30	Bambie Helberg	210759	Port Elizabeth	21.03.80
4:16.45	Chantal Breedt	280480	Durban	11.04.03
4:16.46	Catherine Maaplea	111080	Durban	02.03.01

4:16.59	Trudie Smuts	060268	Durban	21.04.89 (40)
4:16.90	Danel Prinsloo	270392	Stellenbosch	12.04.13
4:16.96	Marcelle Steyn	140662	Stellenbosch	19.03.86
4:17.00	Lynelle Coetzee	260785	Durban	08.02.02
4:18.00	Willimien Changion	110275	Port Elizabeth	25.02.00
4:18.31	Zelda de Villiers	010778	Stellenbosch	18.02.00
4:18.43	Azwindin Lukwareni	270780	Stellenbosch	03.03.00
4:18.53	Desire Futter	060269	Potchefstroom	28.02.86
4:18.67	Marietjie Groenewald	211069	Pretoria	03.02.86
4:18.80	Stephanie Gerber	260266	Stellenbosch	14.11.81
4:18.94	Georgina Fourie	221177	Stellenbosch	03.03.00 (50)

1 mile

4:23.38	Zola Pieterse	260566	Port Elizabeth	04.03.91
4:27.18	Tanya Peckham	150266	Port Elizabeth	07.03.89
4:28.40	Sarina Cronje	230755	Stellenbosch	15.11.80
4:30.21	Elana Meyer	101066	Port Elizabeth	07.03.89
4:30.29	Gwen Griffiths	300867	Sheffield	14.08.92
4:34.00	Sonja Laxton	060848	Stellenbosch	18.02.80
4:35.30	Bambie Helberg	210759	Stellenbosch	18.02.80
4:38.21	Michelle Dekkers	190468	Bloomington	04.02.89
4:39.50	Marjorie vd Merwe	090168	Port Elizabeth	12.12.87
4:41.00	Aneen de Jager	130554	Stellenbosch	12.11.77 (10)

3000 metres

8:32.00	Elana Meyer	101066	Durban	29.04.91
8:35.72	Zola Budd-Pieterse	260566	Durban	29.04.91
8:44.64	Gwen Griffiths	300867	Rome	09.06.95
8:49.30	Sarina Cronje	230755	Stellenbosch	17.02.81
8:51.61	René Kalmer	031180	Lausanne	01.07.03
8:57.52	Alta Verster	090368	Hengelo	31.05.97
8:58.90	Sonja Laxton	050848	Stellenbosch	14.02.80
8:59.56	Tanya Peckham	150266	Stellenbosch	22.04.85
9:01.12	Colleen de Reuck	130464	Bellville	24.04.93
9:03.34	Soekie van Heerden	160765	Stellenbosch	22.04.85 (10)
9:05.10	Camilla Spires	291069	Port Elizabeth	17.05.93
9:07.15	Rene Kalmer	031180	Kerkraide	06.06.00
9:08.87	Mapaseka Makhanya	090485	Dakar	12.06.13
9:12.34	Tania Kempenaars	070273	Port Elizabeth	01.05.89
9:12.92	Desire Futter	060269	Krugersdorp	28.03.87
9:13.29	Trudie Smuts	060268	Port Elizabeth	01.05.89
9:13.60	Bambie Helberg	210759	Stellenbosch	26.03.80
9:14.23	Ronell Scheepers	141063	Port Elizabeth	01.05.89
9:14.45	Stephanie Gerber	260266	Stellenbosch	20.04.81
9:14.64	Michelle Dekkers	190468	Champaign	24.02.89 (20)
9:15.00	Ciska Swart	260659	Durban	09.12.87
9:15.90	Elizna Prinsloo	021065	Durban	20.12.86
9:16.70	Patsy Sharples	131261	Stellenbosch	15.02.79
9:16.95	Carlien Cornelissen	280472	Pretoria	28.01.99
9:17.70	Annalise Kuun	251160	Stellenbosch	15.02.79

9:17.91	Marcelle Steyn	140662	Stellenbosch	06.12.85
9:17.93	Marietjie Coetzee	301070	Stellenbosch	28.12.90
9:18.09	Sandra Lotter	090974	Stellenbosch	28.02.95
9:18.83	Poppy Mlambo	071280	Pretoria	20.02.04
9:18.87	Juliet Prowse	230967	Bellville	23.03.94 (30)
9:19.13	Marietjie McDermott	050668	Stellenbosch	28.12.90
9:19.28	Marjorie vd Merwe	090168	Stellenbosch	07.01.87
9:19.30	Nicole Whiteford	151265	Durban	12.12.87
9:20.70	Yolandi Breytenbach	270479	Bellville	27.02.99
9:20.92	Nolene Conrad	260785	Leiden	09.06.12
9:21.40	Christine Kalmer	100286	Bellville	07.04.01
9:21.90	Esther van Zyl	220559	Port Elizabeth	11.04.80
9:23.20	Yolandi Neuhoff	150582	Bellville	27.02.99
9:23.50	Linda Roets	220184	Pretoria	29.01.98
9:23.90	Johanna Oosthuizen	020461	Bloemfontein	02.11.79 (40)
9:24.93	Tebogo Masehla	061079	Pretoria	27.01.06
9:25.18	Georgina Fourie	221177	Port Elizabeth	06.03.95
9:25.50	Yolanda Tesnar	060373	Stellenbosch	09.04.90
9:25.60	Truzanne Swanepoel	160775	Pretoria	29.01.99
9:26.50	Ilze Wicksell	100859	Durban	18.12.82
9:26.80	Judy Ryan	280361	Stellenbosch	21.04.80
9:27.30	Agnes Berger	310369	Durban	10.12.83
9:27.93	Avril Halstead	291176	Stellenbosch	01.03.96
9:27.93	Connie van Huysteen	190563	Stellenbosch	06.12.85
9:28.00	Anthea James	230161	Stellenbosch	15.02.79 (50)

5000 metres

14:44.05	Elana Meyer	101066	Hechtel	22.07.95
15:01.83	Zola Budd-Pieterse	260566	Stellenbosch	05.01.83
15:08.05	Gwen Griffiths	300867	Gotenburg	12.08.95
15:24.77	Colleen de Reuck	130464	Stellenbosch	16.02.96
15:35.00	René Kalmer	031180	Durban	16.03.07
15:43.18	Carlien Cornelissen	280472	Stellenbosch	18.02.00
15:45.95	Alta Verster	090368	Kerkrade	24.05.97
15:48.45	Lebo Phalula	091283	Port Elizabeth	19.02.10
15:53.12	Michelle Dekkers	190468	Knoxville	14.04.89
15:53.53	Zintle Xiniwe	231086	Bellville	09.04.11 (10)
15:53.61	Mapaseka Makhanya	090485	Stellenbosch	13.04.13
15:57.01	Sonja Laxton	060848	Port Elizabeth	07.03.84
15:57.92	Nolene Conrad	260785	Montreuil	05.06.12
16:02.34	Poppy Mlambo	071280	Daegu	29.08.03
16:02.55	Lebogang Phalula	091283	Durban	06.02.09
16:03.40	Karin van Rooyen	300382	Walnut	20.04.02
16:04.82	Irvette van Blerk	050787	Bellville	10.03.11
16:07.13	Truzanne Swanepoel	160775	Durban	06.03.99
16:10.22	Marietjie McDermott	050668	Cape Town	08.04.91
16:10.62	Yolandi Buitendach	270479	Durban	06.03.99 (20)
16:10.68	Soekie van Heerden	160765	Durban	15.12.84
16:11.77	Christine Kalmer	100286	Stanford	02.05.09
16:12.69	Thozama April	021185	Durban	20.03.10

16:13.27	Angella Thirion	180963	Stellenbosch	25.04.83
16:16.35	Elizna Prinsloo	021065	Stellenbosch	23.02.94
16:19.49	Ronel Thomas	190172	Durban	15.04.05
16:19.96	Charne Rademeyer	061175	Durban	08.02.02
16:21.60	Jenny Bam	210970	Stellenbosch	23.02.94
16:22.08	Juliet Prowse	230967	Lincoln	20.05.91
16:25.25	Annarien van Schalkwyk	060279	Stellenbosch	14.03.08 (30)
16:25.74	Ursula Kremer	031070	Hechtel	22.07.95
16:26.15	Georgina Fourie	221177	Durban	29.04.95
16:26.38	Tanya Peckham	250266	Stellenbosch	08.01.90
16:26.47	Trudie Smuts	060268	Stellenbosch	08.01.90
16:26.62	Desiree Kruger	100378	Durban	16.04.04
16:27.41	Minette Bell	050478	Cape Town	24.04.04
16:27.77	Tanith Maxwill	020676	Port Elizabeth	25.04.03
16:30.45	Nicolene van Rooyen	090885	Cape Town	24.04.04
16:31.07	Lena Lotter	020888	Port Elizabeth	10.02.05
16:33.57	Yolandi Neuhoff	150582	Stellenbosch	18.02.00 (40)
16:33.82	Tebogo Masehla	240980	Cape Town	24.02.04
16:33.91	Catherine Nkosi	111080	Durban	08.02.08
16:34.35	Blanche Moila	310156	Stellenbosch	25.04.83
16:34.50	Sanet Meyer	250165	Stellenbosch	25.04.83
16:03.131	Dominique Scott	240692	Seattle	08.02.13 (45)

10000 metres

30:52.51	Elana Meyer	101066	London	10.09.94
31:56.00	Colleen de Reuck	130464	Kaapstad	19.04.96
33:25.0	Michelle Dekkers	190468	Indianapolis	22.04.89
33:37.3	Madeleine Olivier	100370	Stellenbosch	05.10.89
33:43.8	Agnes Berger	310369	Stellenbosch	05.10.89
33:39.07	Karin van Rooyen	300382	Walnut	15.04.05
33:46.23	Poppy Mlambo	071280	Durban	16.04.05
33:54.95	Dominique Scott		Stanford	06.04.12
33:59.3	Patsy Sharples	131261	Walnut	29.04.82
34:00.1	Ronell Scheepers	141063	Stellenbosch	05.10.89 (10)

3000 metres steeplechase

9:54.19	Tebogo Masehla	111059	Oordegem	10.04.11
9:54.42	Nolene Conrad	260785	Oordegem	26.05.12
9:58.68	Angela Wagner	190188	Northridge	31.05.08
10:03.07	Myrette Filmlalter	100181	Durban	21.03.10
10:12.12	Thebogo Masehla	060179	Port Elizabeth	14.04.12
10:13.79	Simone Faasen	011281	Pretoria	10.03.01
10:14.63	Thandi Malindi	100787	Bloemfontein	24.02.07
10:19.66	Justine Johnson		Eugene	06.04.13
10:22.45	Promise Mathonsi	170180	Port Elizabeth	26.04.03
10:25.33	Christine Kalmer	100286	Durban	10.04.11 (10)
10:28.80	Poppy Mlambo	071280	Durban	23.03.02
10:29.90	Rika Feuth	110182	Durban	23.03.02
10:32.15	Onneilwe Dintwe		Durban	10.03.11
10:35.17	Masello Moekoa	050988	Durban	17.04.04

10:35.41	Minette Bell	050478	Port Elizabeth	27.04.01
10:35.85	Thembi Baloyi	070189	Stellenbosch	30.04.11
10:37.22	Abongile Leratholi	060789	Durban	16.04.05
10:38.19	Ashleigh Schnetler	020691	Stellenbosch	24.03.12
10:42.52	Thenbi Baloyi	070189	Durban	26.04.13
10:42.86	Andrea Horak	181124	Durban	16.04.05 (20)
10:46.09	Destiny Titus	060589	Bellville	17.02.06
10:48.43	Jancke Potgieter	270460	Pretoria	10.03.01
10:48.72	Pulane Mosome	170488	Stellenbosch	02.03.07
10:49.21	Thandeka Manzana	301195	Pretoria(ABSA Tuks)	15.03.13
10:53.09	Louise Rossouw		Pretoria	10.03.01
10:55.15	Karin van Rooyen	300382	Port Elizabeth	27.04.01
10:58.20	Mapaseka Makhanya	090486	Cape Town	23.04.04
11:00.18	Norma Nonkonyana	131076	Durban	03.03.00
11:00.48	Rialette Kruger	010278	Durban	03.03.00 (29)

100 metres hurdles

12.94	Corien Botha	130670	Salamanca	10.07.98
13.05	Karen van der Veen	070166	Pretoria	01.04.91
13.08	Annamarie le Roux	290663	Johannesburg	23.04.88
13.09	Ina van Rensburg	291056	Johannesburg	18.04.86
13.10	Surita Febbraio	271273	Durban	02.03.01
13.21	Riana Raath	230361	Germiston	29.03.83
13.22	Alison Colin	290460	Germiston	29.03.83
13.23	Sanet Fouché	110764	Pretoria	21.03.97
13.29	Hilsa van der Heever	230361	Stellenbosch	23.04.84
13.30	Janice Josephs	310382	Durban	16.04.04 (10)
13.38	Annie le Roux	100465	Durban	20.04.87
13.47	Anina van Heerden	050354	Stellenbosch	16.04.82
13.47	Arnéll Jacobs	080279	Bloemfontein	04.04.97
13.47	Christine Ras	040286	Stellenbosch	03.04.09
13.48	Lana van Heerden	091268	Germiston	07.11.89
13.48	Rikinette Steenkamp	161092	Stellenbosch	14.04.13
13.49	Adri Vlok	170676	Pretoria	03.02.96
13.52	Maralize Fouché	020374	Desenzano del Garda	08.05.99
13.56	Justine Robbeson	150585	Grosseto	16.07.04
13.63	Debbie Murley	160172	Germiston	20.04.90 (20)
13.63	Elize van Huysteen	140758	Bloemfontein	15.04.83
13.63	Marna van der Burgh	280957	Pretoria	22.03.80
13.63	Siska du Plessis	270778	Bloemfontein	04.04.97
13.64	Claudia Viljoen	010589	Durban	10.04.11
13.64	Isobel Campher	240958	Germiston	02.04.86
13.64	Sune Labuschagne	060884	Durban	30.03.07
13.65	Ciska Buys	090766	Potchefstroom	21.03.87
13.66	Nalize vd Schyff	190772	Johannesburg	14.04.96
13.67	Carla Fick	130584	Germiston	05.04.02
13.68	Ansulet Potgieter	270491	Johannesburg	27.04.12 (30)
13.68	Janet Wienand	150585	Stellenbosch	03.04.09
13.69	Marida Pretorius	080680	Potchefstroom	06.02.02
13.71	Chareen van Aswegen	260168	Bloemfontein	27.04.90

13.72	Erika Kleynhans	160888	Stellenbosch	03.04.09
13.72	Inge-Maud Potgieter	261270	Stellenbosch	18.03.91
13.74	Karen Swanepoel	021065	Johannesburg	07.03.90
13.74	Lynette Beyers	240474	Rustenburg	23.03.92
13.77	Liezle Heyneke	010677	Roodepoort	09.02.00
13.79	Nidene Fensham	091076	Bloemfontein	08.04.94
13.81	Monique Balasamo	170984	Germiston	23.03.02 (40)
13.82	Rinda du Randt	080670	Kimberley	15.04.89
13.88	Wenda Theron	300688	Pretoria	13.04.07
13.90	Marne vd Burgh	030185	Bellville	26.04.02
13.91	Adri Henningse	140165	Pietersburg	08.04.89
13.91	Rene Pretorius	160878	Des Moines	28.04.00
13.93	Annette van Wyk	261153	Potchefstroom	28.04.79
13.93	Daleen Coetzee	210562	Johannesburg	07.12.81
13.93	Irmgard Bensusan	240191	Pretoria	13.03.09
13.94	Esmari le Roux	270176	Bloemfontein	08.04.94
13.95	Estelle Smith		Pretoria	07.04.84 (50)
Wind assisted				
13.07	Annamarie le Roux	290663	Secunda	20.02.88
13.08	Ina van Rensburg	291056	Stellenbosch	23.04.84
13.19	Ilse Luneburg	140365	Secunda	20.02.88
13.29	Janice Josephs	310382	Arlés, FRA	04.06.05
13.33	Anina van Heerden	050354	Germiston	05.05.79
13.42	Ansulet Potgieter	270491	Durban	26.04.13
13.44	Handri Theron	190879	Secunda	02.11.96
Hand timing				
12.6	Corien Botha	130670	Ventspuls	28.06.98
13.2	Hybré Myburgh	231052	Port Elizabeth	13.04.74
Wind assisted				
12.8	Karen van der Veen	070166	Johannesburg	30.03.91
400 metres hurdles				
53.74	Myrtle Bothma	180264	Johannesburg	18.04.86
54.05	Surita Febbraio	271273	Pretoria	04.04.03
55.36	Wenda Nel (Theron)	030423	Pretoria	05.05.12
55.49	Charmaine Fick	030659	Bloemfontein	16.04.83
55.81	Ina van Rensburg	291056	Germiston	30.04.82
55.81	Janet Wienand	150585	Pretoria (ABSA Tuks)	07.07.06
55.87	Anneri Ebersohn	090890	Potchefstroom	25.05.13
55.99	Karen van der Veen	070666	Stellenbosch	26.04.88
56.19	Kerry van Zyl (Hulsen)	051074	Germiston	05.04.02
56.23	Lana van Heerden (Uys)	091268	Pretoria	03.05.93 (10)
56.25	Debbie Sanders	110667	Germiston	13.02.91
56.66	Irma Swart	220965	Durban	22.04.89
56.81	Ronelle Ullrich	090275	Pietersburg	03.04.95
57.04	Amanda Kotze	260286	Neerpelt	02.06.07
57.17	Adri Vlok	170676	Durban	03.03.01
57.23	Cecilia Eksteen	080576	Cape Town	20.03.98
57.23	Karen Swanepoel	021065	Pretoria	03.05.93
57.24	Elmarie Vogel	070660	Johannesburg	18.04.86

57.26	Marna van der Burgh	280957	Pretoria	21.03.88
57.37	Danielle Blackburn	190675	Durban	29.04.95 (20)
57.52	Bermien Oosthuizen	150562	Germiston	09.04.83
57.61	Leonie Louwrens	300159	Krugersdorp	15.11.80
57.61	Vanessa Becker	150379	Pietersburg	27.01.01
57.74	Lorraine du Toit	081164	Pretoria	21.03.88
57.81	Hanlie Roelofse	260159	Pretoria	02.05.81
57.92	Zonja Ras	180363	Potchefstroom	02.03.90
58.08	Helene Swanepoel	050896	Donetsk	13.07.13
58.08	Licinda Liebenberg	270686	Stellenbosch	14.03.09
58.11	Dominique Koster	030177	Pietersburg	27.01.01
58.42	Monique Balsamo	170984	Germiston	08.06.02 (30)
58.60	Annie Kloppers	100465	Krugersdorp	30.03.85
58.60	Shona Hutchinson	300174	Pretoria	03.03.06
58.64	Kleintjie Mogotsi	200973	Bloemfontein	27.04.96
58.65	Ane Fourie	240193	Windhoek	28.04.12
58.77	Chantelle Terblanche	100785	Germiston	23.03.02
58.78	Jana Theron	270289	Pretoria (Absa Tuks)	05.04.12
58.81	Ina-Marie du Plessis	080181	Durban	03.03.01
58.83	Mariska Meintjies	110186	Stellenbosch	14.03.09
58.92	Laurienne Kay	111280	Bellville	27.04.02
58.94	Jean-Marie Senekal	111292	Pretoria (Absa Tuks)	05.04.12 (40)
58.98	Izelle Neuhoff	030594	Pretoria (Absa Tuks)	25.06.11
58.99	Corne Claassen	260483	Pretoria	21.04.01
59.12	Ciska Lourens	040767	Pretoria	20.04.91
59.16	Katrien van Rooyen	150765	Bloemfontein	05.12.86
59.23	Juaneë Pekelharing	080382	Germiston	05.04.02
59.31	Heidi van Zyl	010776	Bloemfontein	09.04.94
59.38	Hilda Roodt	030459	Johannesburg	07.12.81
59.41	Ina Kruidenier	190186	Germiston	23.03.02
59.42	D'Jane Kriedeman		Johannesburg	13.02.13
59.45	Karen Derby-Lewis	060460	Port Elizabeth	11.12.82 (50)
Hand timing				
57.1	Madelé Naudé	020563	Bloemfontein	24.10.86
57.3	Leonie Verster	180457	Germiston	07.04.78
57.6	Hybré Myburgh	231052	Frankfurt	05.07.74

High jump

2.06	Hestrie Cloete	260878	Paris	31.08.03
2.01	Desire du Plessis	200565	Johannesburg	16.09.86
2.00	Charmaine Weavers (Gale)	270264	Pretoria	25.03.85
1.93	Anika Smit	260586	Potchefstroom	20.02.07
1.90	Marizca Gertenbach	201082	Rustenburg	22.01.01
1.90	Nicolize Steyn	280581	Pretoria	17.09.00
1.90	Paula Mare	060169	La Reunion	11.04.98
1.89	Marcoleen Pretorius	250789	Port Elizabeth	30.03.07
1.88	Annelise Blignaut	280267	Germiston	18.04.87
1.88	Fiona Daly	100774	Des Moines	25.04.98 (10)
1.88	Hanlie Kotze	121160	Port Elizabeth	21.04.86
1.88	Julia du Plessis	111140	Germiston	31.03.12

1.87	Dinah Herbst-Heymans	020267	Potchefstroom	23.11.91
1.86	Dianie Wondergem	200382	Potchefstroom	15.10.03
1.86	Heidi van Staden	190559	Germiston	14.05.79
1.86	Jacqueline Fourie	020879	Pretoria	02.04.97
1.86	Liesel Beytell	231066	Bloemfontein	14.03.86
1.85	Bianca Erwee	040390	Stellenbosch	13.04.13
1.85	Elma Hofmeyr	070272	Potchefstroom	18.11.89
1.85	Elmarie Gerryts	250872	Pretoria	07.04.90 (20)
1.85	Madelein Otto	200367	Durban	14.04.84
1.85	Phillipa Erasmus	300177	Pietersburg	13.03.99
1.85	René van der Merwe	150686	Pretoria (LC)	08.07.06
1.85	Vicky Welthagen	110280	Johannesburg	29.03.96
1.85	Yolanda van Langelaar	010376	Pretoria	11.03.96
1.84	Alta Badenhorst	081261	Welkom	07.03.81
1.84	Annie Kloppers	140465	Stellenbosch	10.11.84
1.84	Maralize Fouche	020374	Germiston	06.03.98
1.83	Elizabeth Lotz	130381	Pretoria	16.02.08
1.83	Hybre Myburgh	231052	Bloemfontein	03.04.76 (30)
1.83	Liezl Bekker	020880	Johannesburg	08.03.97
1.82	Colleen Bond	300760	Port Elizabeth	11.04.80
1.80	Amanda Brink	140965	Sasolburg	26.03.83 (33)
1.80	Arene Scholtz	020469	Stellenbosch	26.03.83
1.80	Carolyn Grover	060264	Bloemfontein	04.04.81
1.80	Coreen vd Westhuizen	021266	Secunda	14.02.87
1.80	Corinne Thomas	120171	Pretoria	24.03.90
1.80	Dorette Viljoen	280670	Kimberley	15.04.89
1.80	Elmien Williams	240172	Bloemfontein	16.04.88
1.80	Emelia Davel	270867	Pretoria	29.11.88
1.80	Esre Nel	020271	Secunda	16.03.96
1.80	Gayle Koch	240375	Bloemfontein	31.03.89
1.80	Jacqueline van Eeden	230875	Bloemfontein	11.04.92
1.80	Jeanie Stander		Germiston	17.11.90
1.80	Jenny Beckmann	220359	Potchefstroom	05.04.80
1.80	Mariana Banting	040381	Bellville	26.04.02
1.80	Mariska Gertenbach	201082	Port Elizabeth	11.02.06
1.80	Mariska Snyman	280378	Secunda	16.03.96
1.80	Marna Fourie	220487	Bellville	24.01.07
1.80	Marne vd Burgh	030185	Germiston	23.03.02
1.80	Reinette Visser	030871	Stellenbosch	22.03.89
1.80	Rene Boshoff	130176	Germiston	19.10.91
1.80	Sunette Lessing	011167	Pretoria	17.10.86
1.80	Suzette Nel	150469	Kemptonpark	02.01.85
1.80	Tanya Joubert	040786	Potchefstroom	31.01.03
1.80	Tertia Stander	250588	Durban	17.03.07
1.80	Tilanie Neethling	180188	Sasolburg	23.01.07

Pole vault

4.42	Elmarie Gerryts	250872	Wesel	12.06.00
4.15	Samantha Dodd	130879	Pretoria	27.01.06
4.10	Deoné Joubert	230488	Pretoria	19.03.09

4.05	Annelie van Wyk	280584	Bloemfontein	01.02.02
4.02	Lindi Roux	170684	Durban	15.04.05
4.00	Marna Jacobs	050578	Pretoria	02.03.02
4.00	Marne van der Burgn	030385	Parow	19.12.05
3.90	Chrisna Oosthuizen	010371	Pretoria	25.03.00
3.90	Rika Erasmus	030976	Germiston	09.09.99
3.85	Sylma Jordaan	030185	Bellville	10.03.01 (10)
3.80	Eva Thornton	180368	Port Elizabeth	09.02.08
3.80	Honorata Saar	310182	Pretoria	06.03.10
3.80	Ida-Marie Ehlers	280975	Pretoria	07.04.04
3.80	Retha du Plessis	150583	Paarl	07.03.03
3.71	Leanne Viviers	231188	Germiston	27.03.04
3.71	Nicole Loesch	111087	Germiston	27.03.04
3.70	Monique J. van Noordwyk*	170984	Stellenbosch	13.03.09
3.70	Nadia Guilomee	100594	Pretoria	02.03.13
3.65	Jhana Knoetze	121282	Pretoria	25.11.03
3.60	Danielle Labuschagne		Pretoria	20.04.12 (20)
3.60	Jeannie van Dyk	220992	Port Elizabeth	13.04.12
3.60	Mar-Leze Vos	300895	East London	22.03.13
3.55	Carlen Louw	060977	Pretoria	19.03.04
3.50	Corrie Doubell	141284	Germiston	23.03.02
3.50	Elandi Styger	101093	Port Elizabeth	06.03.13
3.50	Hananza Loesch	050884	Germiston	23.03.02
3.50	Jameson Collin		Stellenbosch	24.03.12
3.50	Mariska Smit		Durban	09.04.11
3.50	Nicola Loots	270989	Paarl	12.03.05
3.50	Therese Muller	170175	Durban	03.03.01 (30)
3.40	Adel Steyn	190378	Pretoria	08.02.97
3.40	Anel Jansen	241086	Durban	31.03.07
3.40	Caitlin Sparks		Stellenbosch	23.02.13
3.40	Liesl Viljoen	290777	Pretoria	10.03.07
3.40	Licinda Pienaar		Pretoria	15.03.13
3.40	Talitha Loubser	300888	Stellenbosch	14.02.08
3.35	Lisa-Marie Rorich	060684	Bellville	11.03.00
3.35	Mandi Maritz	020290	Port Elizabeth	13.02.10 (38)

Long jump

6.93	Karen Mey	310583	Bad Langensalza	07.07.07
6.85	Karen Botha	170167	Johannesburg	24.03.90
6.81	Lynique Prinsloo	300391	Stellenbosch	13.04.13
6.80	Maryna van Niekerk	140554	Johannesburg	25.10.86
6.79	Janice Josephs	310382	Algiers	21.07.07
6.73	Sanet Fouche	110764	Johannesburg	02.03.96
6.64	Carla Marais		Stellenbosch	13.04.13
6.60	Patience Ntshingila	260889	Port Elizabeth	13.04.12
6.60	Adelle Yzelle	040571	Potchefstroom	15.03.96
6.54	Luzaan du Preez	110971	Germiston	21.04.90 (10)
6.51	Charmain Barnard	021168	Pretoria	09.02.90
6.50	Charlene Lawrence	250979	Johannesburg	16.09.99
6.48	Christel van Vollenhoven	110952	Pretoria	20.03.76

6.45	Almarie Brand	051066	Johannesburg	23.09.87
6.44	Samantha Pretorius	030292	Germiston	03.04.11
6.42	Delia Visser	090483	Pretoria	14.02.02
6.41	Corien Botha	130670	Pretoria	21.03.97
6.40	Ria Fourie	021175	Pretoria	28.01.00
6.40	Annie Kloppers	140465	Stellenbosch	15.11.86
6.39	Corné Gomes	140463	Stellenbosch	26.02.90 (20)
6.38	Eliza van der Linde	210457	Johannesburg	19.04.75
6.37	Morné du Plessis	291262	Pretoria	11.12.80
6.37	Louise van Wyk	300651	Bloemfontein	12.11.80
6.35	Denise van Wyk	300651	Pretoria	30.03.70
6.33	Thea van Vuuren	290772	Germiston	05.04.91
6.30	Pauline Coetzee	100451	Pretoria	30.03.70
6.30	Nicholeen McClaren	100590	Stellenbosch	13.04.13
6.30	Heidi van Staden	190559	Stellenbosch	05.01.84
6.28	Zanri van der Merwe	140593	Pretoria	04.05.12
6.28	Monya Goosen	021091	Rhede	07.06.12 (30)
6.27	Jenny Kingwell	220359	Port Elizabeth	12.04.80
6.27	Elmarie Gerryts	250872	Pretoria	06.04.90
6.26	Liezel Heyneke	010677	Roodepoort	13.03.00
6.26	Justine Robbeson	150585	Windhoek	12.05.02
6.25	Magriet Berowsky	200753	Parow	18.02.77
6.25	Leizel Bell	310772	Germiston	12.10.90
6.22	Karen Pretorius	303282	Johannesburg	10.02.01
6.21	Leanne Stander	220471	Stellenbosch	08.01.90
6.21	Charlene Hattingh	010969	Johannesburg	30.03.91
6.21	Celeste Rietels		Germiston	03.04.11 (40)
6.19	Bianca Erwee	040390	Germiston	31.03.12
6.17	Petrusa Swart	250769	Port Elizabeth	08.12.90
6.17	Lottie Schmidt	150740	Potchefstroom	27.04.68
6.16	Charlene Henning	220985	Johannesburg	23.04.05
6.15	Maryke Britz	250294	Pretoria	04.05.12
6.15	Janet Seeliger	270495	Pretoria	04.05.12
6.15	Isabel Campher	240958	Pretoria	05.12.79
6.15	Elinda Vorster	080965	Pretoria	30.03.84
6.15	Christy Coetzee	250589	Port Elizabeth	14.07.07
6.14	Lindi van Dyk	110386	Boksburg	15.03.03 (50)
6.14	Esta Lues	130659	Pretoria	05.12.80
Wind assisted				
6.82	Maryna van Niekerk	140554	Johannesburg	10.11.82
6.62	Adelle Yzelle	040571	Potchefstroom	31.10.95
6.58	Luzaan du Preez	110971	Stellenbosch	25.11.91
6.42	Lindsay Welsh	130574	Abilene	09.05.96
6.39	Jenny Kingwell	220359	Germiston	05.05.79
Triple jump				
13.89	Patience Ntshingila	260889	Potchefstroom	24.03.12
13.80	Charlene Potgieter	220985	Tampere	10.06.12
13.46	Charmain Barnard	021168	Bloemfontein	10.04.92
13.39	Cindy Peters	120284	Durban	10.04.11

13.27	Matsie Dikotla	030987	Germiston	25.03.12
13.23	Kelly Kingwell	220191	Germiston	30.03.12
12.90	Petrusa Marais (Swart)	250769	Durban	05.03.99
12.87	Maryna van Niekerk	140554	Johannesburg	30.11.91
12.80	Bianca Erwee	040390	Rustenburg	27.03.08
12.77	Valentina da Rocha	221093	Germiston	16.04.10 (10)
12.75	Cornelia Ebersohn	120573	Potchefstroom	07.03.97
12.75	Karen Pretorius	030282	Pretoria	20.04.01
12.73	Arlie Muller	031286	Roodepoort	10.09.05
12.71	Theresa de Vries	020482	Pretoria	06.04.03
12.70	Ann Valentyn	270177	Pretoria	18.04.97
12.66	Marika Steyn	100187	Stellenbosch	03.04.09
12.58	Ramona Gabriels	270479	Pietersburg	14.04.00
12.57	Danielle Erwee	291193	Sasolburg	27.03.10
12.55	Mariana Banting	040381	Pretoria	06.04.03
12.50	Laetitia Swart	050681	Pietersburg	14.04.00 (20)
12.50	Ria Fourie	021175	Pretoria	18.04.97
12.49	Corien Botha	130670	Johannesburg	21.11.97
12.44	Luchelle Prinsloo	271294	Johannesburg	27.04.12
12.40	Delia (Visser) Smith	090483	Johannesburg	22.04.05
12.40	Jenny Kingwell	220363	Germiston	06.03.98
12.38	Zinzi Chabangu	290996	Potchefstroom	25.05.13
12.33	Monja Goosen	021091	Potchefstroom	16.04.10
12.32	Adri van der Merwe	179676	Cape Town	20.04.96
12.32	Corné Gomes	140463	Bloemfontein	10.04.92
12.28	Michelle Cornelius	140989	Potchefstroom	11.12.08 (30)
12.27	Aidan Battison	130193	Potchefstroom	19.02.11
12.25	Maira Steyn	260383	Pretoria	29.10.05
12.22	Rouxnette de Vos	291177	Bloemfontein	21.02.98
12.21	Lindsay Welsh	130574	Waco	25.03.95
12.20	Frida Hager	040679	Germiston	21.06.98
12.19	Theresa de Vries	020482	Pretoria	20.04.01
12.18	Marina Gey van Pittius	300464	Johannesburg	02.07.91
12.18	Meri Odendaal	010977	Pietersburg	14.04.00
12.13	Somien Schutte	060898	East London	21.03.13
12.11	Lindi van Dyk	110386	Pretoria	04.11.06 (40)
12.06	Martel Schoeman	290186	Bloemfontein	03.04.04
12.04	Rumandi Petersen	260585	Pretoria	06.04.05
11.97	Annalene Hartley	140980	Durban	17.04.04
11.95	Rozanne Oescher	110891	Pretoria	14.04.07
11.93	Hannelie Kotze	220290	Pretoria	14.04.07
11.92	Danielle Fourie	110690	Roodepoort	27.02.07
11.90	Christi de Jager	100186	Johannesburg	22.11.05
11.89	Eliz-Mari Prinsloo	090788	Pretoria	08.04.06
11.89	Yolande Meijer	100783	Durban	05.12.05
11.87	Charne Nel	200186	Durban	17.04.04 (50)
11.87	Sone Pretorius		Durban	27.04.13
Wind assisted				
12.95	Petrusa Swart	250769	Durban	25.06.93
12.83	Lindsay Welsh	130574	Emporia	26.05.95

12.79	Karen Pretorius	030282	Durban	23.03.02
12.64	Mariana Banting	040381	Bloemfontein	13.03.98
12.53	Ria Fourie	021175	Potchefstroom	07.03.97
12.52	Annelie van der Linde	100470	Pretoria	11.02.95
12.49	Jenny Kingwell	220363	Port Elizabeth	13.11.93

NWI

13.50	Patience Ntshingila	260889	Potchefstroom	11.11.11
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Shot put

17.88	Drienkie van Wyk	130171	Germiston	25.01.02
17.49i	Simoné du Toit	270988	Houston	29.01.11
17.76	Veronica Abrahamse	180880	Bellville	08.03.02
17.32	Mariette van Heerden	021152	Johannesburg	29.11.80
17.30	Maranelle du Toit	311278	Potchefstroom	06.12.03
17.14	Marli Knoetze	210887	Naboomspruit	14.10.05
15.95	Luzanda Swanepoel	280470	Stellenbosch	14.11.89
15.86	Leonie Gouws	110659	Pretoria	28.02.81
15.58	Sonia Smuts	051091	Pretoria	04.05.12
15.46	Lezelle Jooste	110177	Bloemfontein	13.02.99 (10)
15.43	Lillabeth Ferreira	210573	Krugersdorp	11.03.95
15.40	Rina Nel	171151	Pretoria	18.10.75
15.39	Ischke Senekal	080193	Pretoria	29.04.13
15.38	Lezaan Jordaan	171095	Stellenbosch	13.04.13
15.29	Louise Meintjies	170673	Pretoria	06.11.93
15.28	Rouxnel White	130763	Stellenbosch	14.11.89
15.23	Beatrix Steenberg	091076	Cradock	21.10.95
15.09	Marie Viljoen	140250	Stellenbosch	04.12.72
14.97	Sonika Knoetze	180887	Pretoria	22.09.12
14.89	Ansie Rogers	040964	Pretoria	19.09.90 (20)
14.82	Wilna Fraser	200445	Johannesburg	31.10.64
14.72	Bianca van Rooyen	280188	Port Elizabeth	13.04.12
14.72	Nanette van der Walt	220259	Pretoria	14.03.92
14.70	Sunette Swart	260470	Pietersburg	15.02.92
14.66	Elmien Venter	160364	Stellenbosch	07.01.87
14.65	Caren Botes	050967	Johannesburg	01.12.89
14.61	Maraliza Fouche	020374	Krugersdorp	16.01.99
14.60	Anmare Sullivan	221185	Pretoria	13.04.02
14.52	Janeene Swart	310760	Johannesburg	13.04.12
14.49	Annette Bekker	290548	Potchefstroom	20.11.71 (30)
14.44	Geraldine Duvenhage		Pretoria	04.05.12
14.39	Elsa Griesel	191262	Pretoria	26.10.84
14.38	Tina Roberts	200661	Germiston	18.04.80
14.34	Hanlie Kotze	030560	Stellenbosch	13.11.81
14.33	Alta Maree	241253	Port Elizabeth	18.11.77
14.32	Wanzel Breytenbach		Pretoria	02.03.13
14.24	Wellinda Fourie	100663	Port Elizabeth	28.12.84
14.21	Marie du Toit	140564	Sasolburg	21.04.84
14.20	Petro Theron	260843	Welkom	28.02.64
14.10	Juanita Roets	111085	Pretoria	18.01.03 (40)
14.06	Magdel Venter	011085	Pretoria	13.04.02

13.99	Tanya Treurnicht	040184	Germiston	03.11.01
13.95	Tanya Bloem	230782	Naboomspruit	23.10.99
13.92	Elsophi Snyman	120669	Pretoria	26.10.89
13.91	Kotie van der Merwe	051065	Johannesburg	26.01.91
13.91	Lezelle Duvenhage	170577	Pretoria	01.07.99
13.89	Eliza Engelbrecht	231049	Paarl	13.02.74
13.87	Hester du Plessis	120568	Krugersdorp	15.03.86
13.87	Cecile Meyer		Pretoria	05.04.13
13.86	Ronelle Boshoff	021146	Benoni	24.04.71 (50)

Discus throw

64.87	Elizna Naudé	140978	Stellenbosch	02.03.07
58.81	Simoné du Toit	270988	Arlington	02.04.11
58.80	Nanette van der Walt	220259	Port Elizabeth	15.02.86
58.14	Mariette van Heerden	021152	Potchefstroom	01.12.80
57.40	Sandra Willms	111260	Stellenbosch	29.02.88
57.24	Maryke Oberholzer	271189	Stellenbosch	13.04.13
56.76	Ronelle Boshoff	021146	Port Elizabeth	19.11.75
56.42	Rina Nel	171151	Pretoria	22.10.75
56.24	Rouxnel White	130763	Port Elizabeth	21.04.86
56.18	Lizette Etsebeth	030563	Johannesburg	26.02.91 (10)
56.08	Leonie Gouws	110659	Pretoria	11.02.81
54.55	Lezelle Duvenage	170577	Johannesburg	16.09.99
54.46	Gitta Hubner	231044	Pretoria	28.03.79
52.44	Janeene Swart	310760	Stellenbosch	03.03.86
52.40	Sandra Alberts	160749	Benoni	03.02.73
52.08	Simone Meyer	220393	Durban	25.02.11
52.00	Kotie van der Merwe	051064	Port Elizabeth	08.12.84
51.92	Celeste van Rooyen	100874	Krugersdorp	01.10.93
51.72	Lise-Marie Coetzer	180964	Stellenbosch	10.11.84
51.68	Rhona Dwinger	280671	Krugersdorp	10.04.95 (20)
51.66	Daleen Fleming	130672	Bloemfontein	08.03.93
51.63	Marli Knoetze	210887	Bloemfontein	02.04.04
51.58	Letitia Malan	260148	Bloemfontein	05.12.70
50.99	Ischke Senekal	080193	Port Elizabeth	14.04.12
50.93	Mariska van Zyl	060382	Cape Town	24.04.06
50.31	Maranelle du Toit	311278	Durban	08.02.02
49.94	Janina Jordan	180777	Pretoria	28.09.96
49.94	Liza Fereira	140467	Pretoria	11.03.89
49.86	Marie Viljoen	010253	Johannesburg	18.04.75
49.78	Theresa van Vuuren	110661	Potchefstroom	28.11.80 (30)
49.20	Celia Beukes	060265	Pretoria	09.11.84
48.83	Magdel Venter	011085	Secunda	02.03.02
48.72	Lida Roets	200769	Germiston	21.04.90
48.67	Veronica Abrahamse	180880	Port Elizabeth	28.04.01
48.45	Geraldine Duvenhage		Germiston	01.03.13
48.38	Anna Fick	050526	Pretoria	26.03.60
48.22	Leandri Geel	140797	Port Elizabeth	21.03.13
47.99	Lindie Liebenberg	220291	Pretoria	28.03.09
47.94	Jacqui-Lyn Mcintyre	290581	Durban	22.03.02

47.86	Elna Brits	080165	Germiston	30.03.87 (40)
47.82	Alet Crous	230852	Pretoria	25.02.77
47.82	Wellinda Fourie	100663	Durban	14.04.84
47.78	Celeste van Rooyen	100874	Cape Town	04.04.92
47.70	Cecile Malan	080642	Potchefstroom	04.03.70
47.47	Tanya Bloem	230782	Pietersburg	14.04.00
47.23	Suriette Botha	080292	Pretoria	28.04.09
46.80	Elene Taljaard	120384	Pretoria	19.03.05
46.52	Annelie Cabano	050755	Pretoria	06.11.74
46.30	Sybelee von Beck		Stellenbosch	16.10.85
46.13	Eunice Olevano	210292	Johannesburg	22.03.13 (50)

Hammer throw

59.37	Elmarie Knoetzen	180778	Bloemfontein	01.02.02
57.63	Annemie Smith	240392	Lisle	08.06.13
55.39	Marilize Engelbrecht (Coetzee)	271276	Bellville	02.02.01
54.87	Nanette Stapelberg	110790	Potchefstroom	25.05.13
54.74	Karin Snyman	170485	Pretoria	28.01.06
54.70	Lizel van Zyl (Roelofse)	110378	Bellville	27.01.01
54.24	Louise Meintjies	170673	Potchefstroom	07.03.97
53.97	Marizette Badenhorst	070690	Bloemfontein	07.03.08
53.67	Leandri de Beer	270289	Ruimsig	09.02.13
53.22	Karen le Roux	260387	Stellenbosch	15.12.11 (10)
52.52	Magdaleen Louw	040292	Pretoria	06.04.13
50.86	Stefanie Greyling		Potchefstroom	25.05.13
50.60	Nadia Botha	070891	Pretoria	18.04.08
49.58	Chene Coetzee	090694	Pretoria	09.02.13
49.43	Simone Viviers	110692	Bloemfontein	24.10.09
49.09	Jolandi Boshoff	010383	Potchefstroom	16.02.02
48.87	Jolene van Zyl	050188	Sasolburg	31.03.06
48.70	Amy Botes		Germiston	30.03.12
48.53	Anneke Louw	110391	Rustenburg	28.03.08
48.26	Tanya Treurnicht	040184	Durban	15.04.05 (20)
47.89	Angelina R de Franca	190491	Pretoria	30.10.10
47.87	Stella de Sousa	061080	Rustenburg	25.11.00
47.71	Ingrid Doubell	021182	Pretoria	05.04.03
47.66	Mieke Stander	150192	Port	07.03.11
47.41	Tanja Treurnicht	040184	Durban	16.04.04
47.36	Marietjie Craucamp	030980	Johannesburg	13.03.99
46.73	Marne Minnaar		Germiston	30.03.12
46.30	Ronique Wepener	030292	Germiston	25.03.12
46.03	Tanya Weyers	120385	Bloemfontein	03.04.04
45.92	Ingrid Doubell	021182	Bloemfontein	19.02.04 (30)
44.96	Ansie Hennop		Durban	03.05.97
44.84	Marna van Schoor	090180	Germiston	05.04.99
44.82	Claud-Mari du Toit	210984	Bellville	26.04.02
44.30	Danel de Jager	290787	Sasolburg	03.03.04
44.23	Chante Loots		Germiston	30.03.12
44.10	Jorinda Coetzee		Potchefstroom	05.03.12
44.07	Chene Coetzee		Germiston	02.04.11

44.06	Sunett Voigt	080493	Bloemfontein	09.10.10
43.91	Juli-Ann Enslin	190981	Secunda	09.09.00
43.59	Carin van Aardt	220289	Pretoria	18.04.08 (40)
43.36	Tanja Weyers	120385	Pretoria	14.04.02
43.23	Badia Botha		Germiston	25.02.12
43.23	Sane du Preez	040383	Bellville	26.04.02
43.14	Sara-Lee Nel		Paarl	25.03.11
43.02	Mia Gerber	100780	Bloemfontein	05.02.99
42.77	Jorinda Coetzee	060492	Germiston	02.04.11
42.71	Petro Botha	100276	Pretoria	09.02.01
42.44	Elizka vd Merwe	220687	Bellville	11.03.04
41.82	Dominique Johnson		Pretoria	07.04.06 (49)

Javelin throw (new specification)

69.35	Sunette Viljoen	061083	New York	09.06.12
63.49	Justine Robbeson	150585	Potchefstroom	16.02.08
57.55	Tazmin Brits	080191	Pretoria	18.04.08
57.29	Ynthie Coetzee	311288	Durban	16.04.05
56.61	Gerlize de Klerk	230389	Potchefstroom	07.11.09
55.83	Tanya Tesner	040280	Ventspils	18.06.00
55.78	Rhona Dwinger	280671	Potchefstroom	14.02.00
54.81	Gezelle Barnard	150991	Potchefstroom	25.05.13
53.33	Leanke Steyn	301090	Pretoria	18.04.08
53.15	Linda Smit	150885	Potchefstroom	14.09.05 (10)
52.32	Gretha Palmer	260683	Pretoria	12.04.02
52.04	Marna Dippenaar	280279	Port Elizabeth	27.04.01
51.47	Tarryn Bright	260483	Kaapstad	02.02.02
51.45	Maryke le Roux	100381	Potchefstroom	16.10.02
51.05	Carli Grobelaar	110593	Durban	26.04.13
50.99	Janika Kotze	270193	Potchefstroom	20.04.13
50.90	Anzell van der Schyff	190387	Pretoria	30.01.13
50.84	Zandri Bailey		Stellenbosch	04.09.13
50.62	Liezl Roux	250567	Stellenbosch	03.03.00
50.40	Rencia Fourie	010290	Pretoria	18.04.08 (20)
50.38	Beula Potgieter	040281	Germiston	05.04.02
49.97	Elizna Labuschagne	170685	Potchefstroom	14.09.05
49.82	Anje Claassen		Port Elizabeth	14.04.12
49.62	Jo-Ane van Dyk	031097	Stellenbosch	12.04.13
49.62	Liezel de Swardt	090392	Potchefstroom	16.03.13
49.56	Sonnika Knoetze	010495	Potchefstroom	08.10.08
49.30	Mona Jonker	311079	Potchefstroom	10.09.02
48.88	Megan Wilke		Germiston	14.01.12
48.36	Mariska Botes	061187	Potchefstroom	21.11.09
48.11	Annerie van Velden	291257	Roodepoort	02.03.01 (30)
47.99	Lindie Liebenberg	180203	Pretoria	28.03.09
47.44	Marina Griebenaauw		Paarl	03.03.12
47.30	Allanah Crafford	190791	Germiston	18.02.12
47.29	Riatha Jacobs	090586	Rades	04.09.05
47.23	Suriette Botha	140893	Pretoria	28.03.09
46.67	Michaela de Wit		Potchefstroom	05.03.12

46.54	Carien Dreyer		Pretoria	05.04.13
46.25	Leandri Swiegers	240893	Paarl	25.03.11
46.11	Nicole Nel	251122	Paarl	20.03.05
46.10	Shadine vd Merwe	160759	Germiston	10.04.10 (40)
45.96	Zane Fourie	030596	Stellenbosch	12.04.13
45.86	Gezelle van Rensburg	110488	Bloemfontein	15.10.05
45.76	Aneen Groenewald	060387	Durban	16.04.05
45.65	Ananda van Schalkwyk	080486	Bloemfontein	08.02.03
45.16	Nicola Offner	230290	Stellenbosch	19.06.10
44.97	Janice Josephs	310382	Durban	16.04.05
44.75	D De Wet		East London	22.03.13
44.73	Lizel Uys	150881	Potchefstroom	07.02.01
44.69	Odette Olivier	080986	Parow	21.10.05
44.62	Monica Broodryk	120977	Durban	02.03.01 (50)

Javelin throw (pre-2000 model)

62.34	Susan Lion-Cachet	080562	Pretoria	07.11.87
61.28	Nellie Basson	041059	Stellenbosch	31.10.83
61.08	Ansie Rogers	040964	Pretoria	06.03.85

Heptathlon

6 181	Janice Josephs	310382	Melbourne	21/22.03.06
	13.65/2.0, 1.70, 11.79, 23.42/0.9; 6.22/-1.4, 43.77m, 2:10.61			
6 019	Maralize Fouché	020374	Gotzis	03/04.06.00
5 868	Justine Robbeson	150585	Grosseto	16/17.07.04
5 796	Annie Kloppers (le Roux)	100465	Germiston	11/12.04.86
5 736	Janet Wienand	150585	Reduit	10/11.04.10
5 715	Bianca Erwee	040390	Germiston	22/23.03.13
5 693	Chrisna Oosthuizen	010371	Secunda	06/07.05.94
5 678	Hilsa van Heerden	230361	Germiston	11/12.04.86
5 674	Heidi van Staden	190559	Durban	13/14.04.84
5 642	Maryna van Niekerk	140554	Johannesburg	08/09.02.83
5 425	Corne Gomes	140463	Germiston	20/21.04.90
5 271	Yeolandi Fourie	040657	Pretoria	10/11.04.81
5 250	Elmarie Gerryts	250872	Germiston	20/21.04.90
5 096	Santie Kruger		Windhoek	29/30.11.86
5 078	Adri Henningse	140165	Bloemfontein	15/16.04.88
5 057	Cecile Venter	230260	Pretoria	10/11.04.81

Wind assisted

6 248	Janice Josephs	310382	Arles, FRA	03/04.06.06
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4 x 100 metres relay

43.25	SA National Team	2	Pietersburg	18.03.00
	Wendy Hartman, Dikeledi Moropane, Susanna Holtzhausen, Heide Seyerling			
43.99	SA National Team	1	Pretoria	24.03.99
44.05	SA National Team	1	Pretoria	29.04.89
44.10	Orange Free State	1	Stellenbosch	11.04.87
44.28	SA National Team	3	Addis Ababa	02.05.08
44.40	Free State University	1	Bloemfontein	05.12.86
44.41	National Invitation Team	2	Rio de Janeiro	18.05.04
44.42	SA National Team	2	Brazzaville	16.07.04
44.44	SA National Team	2	Abuja	13.10.03

44.53	SA National Team	1	Bellevue, Mauritius	16.06.92
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4 x 400 metres relay

3.30.12	SA National Team	2	Brazzaville	18.07.04
	Sunita Febbraio, Adri Schoeman, Estie Witstock, Heide Seyerling			
3.30.22	SA National Team	1	Johannesburg	18.04.86
3.31.71	SA National Team	6s2	Helsinki	13.08.05
3.32.99	SA National A Team	1	Cape Town	19.03.04
3.33.62	SA National Team	2	Algiers	22.07.07
3.33.68	Northern Transvaal	1	Bloemfontein	16.04.88
3.33.68	SA National Team	2	Harare	18.09.95
3.33.76	Transvaal	2	Bloemfontein	16.04.88
3.34.52	Orange Free State	1	Stellenbosch	11.04.87
3.34.59	SA National Students Team	5	Shenzhen	21.08.11

5000 metres walk (track)

22:19.64	Nicolene Cronje	160683	Durban	05.03.04
23:34.39	Natalie Fourie	100682	Parow	28.02.03
23:20.60	Susan Vermeulen	100273	Germiston	06.03.09
23:51.52	Karen-Marie Becker	070782	Germiston	05.04.02
24:15.04	Estlé Viljoen	080770	Birmingham	26.07.03
24:21.00	Barbara Nell	231054	Krakow	08.06.02
24:22.95	Ruzanne Harris	290185	Pretoria	08.02.08

10000 metres walk (track)

47:32.54	Nicolene Cronje	160683	Pretoria	19.03.05
47:44.23	Susan Vermeulen	100273	Pretoria	21.02.98
49:41.10	Natalie Fourie	100682	Parow	07.11.03
50:10.00	Estlé Viljoen	080770	Leicester	07.09.03
51:16.44	Ruzanne Harris	290185	Durban	08.02.08
51:24.21	Handri Botha	250286	Potchefstroom	05.03.05
52:41.0	Felicita Falconer	150257	Germiston	16.04.94
53:06.50	Joanne Williams	100289	Stellenbosch	01.02.07
53:21.6	Lee-Ann Watts	220182	Durban	15.07.00

10 km walk (road)

45:05.4	Susan Vermeulen	100273	Bloemfontein	17.04.99
46:03.20	Nicolene Cronje	160683	Cape Town	23.04.04
48:36	Estlé Viljoen	080770	East Moseley	11.01.04
49:19	Karen Davies	021055	Naumburg	25.05.97
50:31	Barbara Nell	231054	Naumburg	25.05.97

20 km walk (road)

1:36.18	Susan Vermeulen	100273	Mezidon	02.05.99
1:36.19	Nicolene Cronje	160683	Durban	17.04.04
1:40.45	Suzanne Erasmus	280985	Melbourne	20.03.06
1:42.14	Estlé Viljoen	080770	Dublin	12.07.03
1:42.20	Natalie Fourie	100682	Bellville	21.03.03
1:43.42	Barbara Nell	231054	Naumburg	23.05.98
1:44.40	Anel Oosthuizen		Bambous	31.08.13

1:46.17	Karen Davies	021055	Durban	26.10.97
1:46.18	Handri Botha		Port Elizabeth	11.02.06
1:46.48	Daleen Enslin	170574	Durban	03.03.01
1:47:39	Jessica van Wyk		Port Elizabeth	14.04.12
1:47:39	Michelle Hopkins	091188	Johannesburg	27.04.12
1:48:14	Nomsa Buthelezi	120181	Stellenbosch	14.03.09
1:48:36	Suzaan Liebenberg		Johannesburg	27.04.12
1:48:54	Brenda Nooy	270453	Oudtshoorn	16.07.05
1:41.33	Ruzanne Harris	290185	Addis Ababa	04.05.08

20000 metres walk (track)

1:42.25.00	Nicolene Cronje	160683	Germiston	26.03.05
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JUNIOR MEN

(Under 20 - athletes who turn 19 in the year of competition or later)

100 metres

10.19	Akani Simbine	21.09.93	Lusaka	11-Dec-12
10.30	Wilhelm van der Vyver	22.08.89	Pretoria	18-Apr-08
10.32	Leigh Julius	25.03.85	Bloemfontein	02-Apr-04
10.33	Siphello Ngqabaza	04.02.93	Lusaka	11-Dec-12
10.36	Raoul Karp	30.09.67	Secunda	15-Nov-86
10.36	Jannie Viljoen	21.06.71	Pretoria	26-Apr-89
10.36	Gideon Trotter	03.03.92	Germiston	02-Apr-11
10.38	Glen Elferink	21.05.73	Rustenburg	18-Oct-91
10.38	Waide Jooste	24.07.91	Pretoria	27-Mar-09
10.39	Ethan Floris	15.04.90	Pretoria	27-Mar-09

Hand timing

10.1	** <i>Frank Fredericks NAM</i>	02.10.67	Windhoek	18-Oct-86
10.1	Riaan Dempers	04.03.77	Rustenburg	27-Mar-95
10.1	Marcus la Grange	12.12.77	Parow	18-Nov-95
10.2	Paul Nash	20.01.47	Kassel	21-Jul-66
10.2	Johan Pienaar	12.11.53	Pretoria	07-Oct-72
10.2	Gerhard Barnard	08.05.67	Welkom	22-Nov-86

***) Before gaining independence Namibian athletes competed in South Africa.

200 metres

20.16	Riaan Dempers	04.03.77	Germiston	07-Apr-95
20.44	Jannie Viljoen	21.06.71	Germiston	21-Apr-90
20.44	Leigh Julius	25.03.85	Durban	17-Apr-04
20.55	Marcus la Grange	12.12.77	Johannesburg	29-Mar-96
20.57	Wayde van Niekerk	23.03.92	Durban	10-Apr-11
20.59	Paul Gorries	28.02.81	Roodepoort	13-Mar-00
20.63	Danie Zaayman	05.01.60	Pretoria	31-Mar-78
20.63	Glen Elferink	21.05.73	Bloemfontein	11-Apr-92
20.68	Akani Simbine	21.09.93	Lusaka	12-Dec-12
20.78	Kagisho Kumbane	21.11.88	Bloemfontein	16-Feb-07

Hand timing

20.6	Paul Nash	20.01.47	Kassel	21-Jul-66
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20.6	Peter Greeff	02.06.55	Pretoria	20-Mar-74
20.6	Wessel Oosthuizen	23.02.61	Potchefstroom	29-Nov-80
20.6	<i>**Frank Fredericks NAM</i>	02.10.67	Windhoek	18-Oct-86

400 metres

45.15	Riaan Dempers	04.03.77	Secunda	06-May-94
45.88	Ian Small-Smith	03.02.67	Bloemfontein	24-Feb-86
45.95	Mandla Nkosi	15.01.82	Pretoria	20-Apr-01
45.97	Richard Sharp	01.08.81	Santiago-de-Chile	20-Oct-00
46.04	Robert Stevens	18.02.81	El Paso	20-May-00
46.08	Mark Caldwell	04.05.68	Krugersdorp	28-Mar-87
46.14	Jacques de Swardt	27.12.30	Germiston	26-Mar-11
46.17	Jaco Reinach	01.06.62	Germiston	29-Mar-80
46.19	Tshepo Thobelangope	10.08.81	Pietersburg	18-Mar-00
46.21	Dirk Pretorius	21.01.76	Secunda	06-May-94

Hand timing

46.1	Wilhelm van Wyk	29.02.64	Potchefstroom	19 Oct 83
46.3	Paul van Wyk	08.08.68	Krugersdorp	31-Oct-87

800 metres

1:45.46	Hezekiel Sepeng	30.06.74	Stuttgart	15-Aug-93
1:45.73	Lucky Hadebe	02.01.80	Durban	06-Mar-99
1:46.25	Bonolo Maboja	24.08.85	Roodepoort	28-Mar-03
1:46.38	Marius van Heerden	08.09.74	Pretoria	03-May-93
1:46.79	Johan Botha	10.01.74	Pretoria	15-May-93
1:46.85	André Olivier	29.12.89	Arnhem	18-Jun-08
1:46.92	Thapelo Madiba	08.09.93	Potchefstroom	24-Mar-12
1:47.28	Clyde Colenso	11.05.77	Pretoria	08-Apr-96
1:47.67	William (Mandla) Nkosi	15.01.82	Pretoria	23-Jan-99
1:47.7	Danie Malan	25.06.50	Potchefstroom	08-Dec-69

1500 metres

3:38.15	Dumisane Hlaselo	08.06.89	Stellenbosch	14-Mar-08
3:40.29	Johan Cronje	13.04.82	Cuxhaven	21-Jul-01
3:41.31	Jacques van Rensburg	24.01.68	Stellenbosch	10-Apr-87
3:41.32	Francois Pretorius	11.02.84	Port Elizabeth	26-Apr-03
3:42.1	Hans van der Veen	07.01.66	Stellenbosch	27-Feb-84
3:42.4	Henning Gericke	23.06.60	Bloemfontein	20-Mar-78
3:42.62	Windy Jonas	11.03.90	Stellenbosch	13-Mar-09
3:42.90	Leonardo de Villiers	29.11.65	Port Elizabeth	17-Oct-83
3:42.92	Enoch Manyandi	01.01.89	Stellenbosch	14-Mar-08
3:42.97	André Olivier	29.12.89	Potchefstroom	16-Feb-08

1 mile

3:58.15	Jacques van Rensburg	24.01.68	Port Elizabeth	11-Mar-87
3:59.84	Van Rensburg		Durban	20-Dec-86
3:58.8	Hans van der Veen	07.01.66	Port Elizabeth	14-Dec-85
3:59.3	Fanie van Zijl	07.07.48	Port Elizabeth	20-Dec-67
3:59.7	Bennie Greyling	01.02.65	Port Elizabeth	23-Feb-82
4:00.07	Leonardo de Villiers	29.11.65	Port Elizabeth	10-Dec-84

4:00.33	Marius Hugo-Schlechter	14.01.65	Port Elizabeth	10-Dec-84
4:00.6	Francois Annandale	05.07.60	Stellenbosch	10-Nov-79
4:00.6	Johan Fourie	02.12.59	Stellenbosch	11-Nov-78
4:01.1	Peter Kaal	14.05.49	Port Elizabeth	20-Dec-67

3000 metres

8:00.08	Tshamano Setone	07.05.87	Pretoria	27-Jan-06
8:00.53	Aaron Gabonewe	28.09.77	Pietersburg	03-Apr-96
8:03.13	Terry Thornton	23.09.67	Durban	04-Oct-86
8:04.94	Jacques van Rensburg	24.01.68	Stellenbosch	29-Oct-86
8:05.5	Ewald Bonzet	25.12.51	Stellenbosch	13-Nov-70
8:05.64	Shadrack Hoff	19.05.73	Cape Town	03-Apr-92
8:08.57	Hans van der Veen	07.01.66	Stellenbosch	25-Apr-83
8:08.6	Johan Fourie	02.12.59	Stellenbosch	04-Dec-78
8:09.0	Hartwig Botha	05.05.56	Port Elizabeth.	31-Oct-75
8:09.6	Andries Krogmann	23.10.51	Stellenbosch.	13-Nov-70

5000 metres

13:26.88	Terry Thornton	23.09.67	Stellenbosch	08-Nov-86
13:36.12	John Morapedi	30.11.76	Durban	29-Apr-95
13:43.68	Aaron Gabonewe	28.09.77	Cape Town	12-Apr-96
13:45.15	Meck Mothuli	12.04.76	Stellenbosch	11-Feb-95
13:49.54	Tshamano Setone	07.05.87	Port Elizabeth	11-Feb-06
13:59.01	Zolani Bhitane	05.10.85	Cape Town	19-Mar-04
14:01.71	Jeffrey Gwebu	15.02.81	Stellenbosch	18-Feb-00
14:04.01	Sandile Lembethe	24.05.83	Durban	08-Feb-02
14:04.27	Gladwin (Sibabalwe) Mzazi	28.08.88	Stellenbosch	02-Mar-07
14:09.41	Cansas Nhlapo	01.01.88	Stellenbosch	02-Mar-07

10000 metres

28:50.94	Meck Mothuli	12.04.76	Port Elizabeth	17-May-93
29:17.90	Gladwin (Sibabalwe) Mzazi	28.08.88	Durban	30-Mar-07
29:33.10	Petrus Seeco	25.03.84	Port Elizabeth	25-Apr-03
29:54.27	Xolisa Tyali	02.12.89	Stellenbosch	14-Mar-08
29:54.47	Jeffrey Gwebu	15.02.81	Pietersburg	14-Apr-00
30:03.86	Nkosinoxolo Sonqibido	16.10.86	Bellville	11-Mar-04
30:05.16	Lukhanya Mabinza	01.09.86	Durban	15-Apr-05
30:07.00	George Mofokeng	19.02.79	Potchefstroom	21-Oct-00
30:12.66	Avunkile Ntongana	04.07.85	Bellville	11-Mar-04
30:49.20	Lusapho April	24.05.84	Port Elizabeth	13-Jun-01

3000 metres steeplechase

8:30.29	Anton Nicolaisen	25.01.68	Durban	07-Dec-87
8:37.56	Petrus Sithole	29.03.76	Durban	28-Apr-95
8:42.86	Anthony Godongwana	24.09.84	Port Elizabeth	28-Feb-03
8:43.26	Mandla Maseko	12.09.85	Port Elizabeth	28-Feb-03
8:43.60	Ernest van Eck	13.05.60	Stellenbosch	07-May-79
8:45.59	Emil de Jonge	02.09.72	Stellenbosch	25-Nov-91
8:45.80	Julian Marsay	29.02.56	Port Elizabeth	29-Oct-75
8:49.30	Francois Annandale	05.07.60	Stellenbosch	14-Apr-78
8:49.76	Jan Bochedi	10.06.79	Stellenbosch	18-Apr-98

8:50.51	Jan Mosalane	18.01.86	Durban	16-Apr-05
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110 metres hurdles (0.995m)

13.51	Tiaan Smit	14.03.95	Pretoria	05-Apr-13
13.71	Tshepo Lefete	02.02.92	Germiston	03-Apr-11
13.73	Louw Smit	22.02.88	Pretoria	13-Apr-07
13.74	Lehann Fourie	16.02.87	Pretoria	07-Apr-06
13.80	Andre Storm	22.02.88	Pretoria	13-Apr-07
13.81	Brett Kruger	25.05.89	Mannheim	21-Jun-08
13.81	Angus Julies	24.02.94	Pretoria	05-Apr-13
13.87	Gerhard van der Heever		Germiston	01-Mar-07
13.88	Ryno Steyn		Bloemfontein	08-Mar-13
13.91	Cornel Fredericks	03.03.90	Pretoria	27-Mar-09

Wind assisted

13.60	Lehann Fourie	16.02.87	Windhoek	03-Jul-06
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110 metres hurdles (1.067m)

13.82	Ruan de Vries	01.02.86	Pretoria	06-Nov-04
13.98	Stephan Lindeque	07.12.74	Krugersdorp	28-Nov-92
14.11	Brenden Harmse	19.05.83	Pretoria	20-Mar-02
14.13	Llewellyn Herbert	21.07.77	Sydney	17-Aug-96
14.15	Janko Kotze	03.03.82	Johannesburg	16-Jun-01
14.18	Hennie Kotze	04.02.84	Krugersdorp	29-Nov-03
14.19	Bruce Bickell	07.10.81	Pietersburg	15-Apr-00
14.20	Francois du Toit	11.10.70	Johannesburg	01-Dec-89
14.20	Leon Fourie	15.01.86	Bloemfontein	02-Apr-04
14.23	Lehann Fourie	16.02.87	Potchefstroom	04-Feb-05

400 metres hurdles

48.76	Llewellyn Herbert	21.07.77	Pretoria	08-Apr-96
48.89	LJ (Louis) van Zyl	20.07.85	Kingston	19-Jul-02
49.25	Wouter le Roux	17.01.86	Potchefstroom	04-Feb-05
49.57	Marnus Kritzinger	10.02.82	Pretoria	20-Apr-01
49.65	Pieter (Ter) de Villiers	13.07.82	Pretoria	20-Apr-01
49.93	Cornel Fredericks	03.03.90	Belgrade	10-Jul-09
50.04	Cornelius du Rand	28.01.72	Potchefstroom	23-Jan-90
50.15	Alwyn Myburgh	13.10.80	Germiston	06-Apr-99
50.36	Johan Jonker	19.03.70	Germiston	22-Oct-88
50.44	Eugene van der Westhuizen	30.08.74	Kaapstad	20-Mar-93

High jump

2.31	Jacques Freitag	11.06.82	Rehlingen	04-Jun-01
2.28	Casper Labuschagne	28.06.79	Germiston	20-Jun-98
2.24	Louis Kotze	22.03.72	Germiston	17-Feb-90
2.24	Gerrie Smith	22.06.61	Bloemfontein	16-Nov-79
2.22	Lambertus de Wilzen	02.04.66	Potchefstroom	13-Apr-85
2.22	Edwin Ludick	15.07.64	Durban	04-Apr-83
2.21	Ramsay Carelse	30.10.85	Grosseto	15-Jul-04
2.20	Fana Mtshatsheni	22.06.79	Mabopane	21-Mar-98
2.19	Jaco Joubert	02.09.80	Secunda	30-Oct-99

2.19	Willem Voigt	21.02.90	Rustenburg	29-Mar-08
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Pole vault

5.46	Okkert Brits	22.08.73	Paarl	26-Dec-92
5.30	Cheyne Rahme	23.01.91	Bambous	01-Aug-09
5.21	Pieter Brits	14.10.75	Germiston	13-May-94
5.10	Corne van As	27.01.69	Bloemfontein	01-Nov-88
5.00	Riaan Botha	08.11.70	Pretoria	21-Nov-89
5.00	Brent Howell	23.06.86	Cape Town	05-Mar-05
5.00	Jaun de Swardt		Stellenboscg	12-Apr-13
4.92	Pietie Roux	13.08.63	Bloemfontein	29-Oct-82
4.90	Frikkie Jankowitz	19.06.71	Sasolburg	18-Mar-89
4.90	Jan Blignaut	02.02.88	Sasolburg	01-Apr-06
4.90	Migael Celliers	25.04.93	Gaberone	14-May-11

Long jump

8.19	Luvo Maniyonga	18.11.91	Bottrop	09-Jul-10
8.09	Godfrey Mokoena	06.03.85	Grosseto	14-Jul-04
8.00	Mpho Maphutha	21.01.93	Germiston	03-Apr-11
7.87	Roelf Pienaar	23.12.93	Germiston	03-Apr-11
7.85	Keenan Watson	03.03.88	Durban	30-Mar-07
7.81	Duwayne Boer	06.01.95	Stellenbosch	13-Apr-13
7.80	Marcus la Grange	12.12.77	Germiston	07-Apr-95
7.77	Nico Grimbeek	11.02.82	Gaborone	04-Jul-99
7.76	Theo Maritz	15.04.54	Benoni	01-Dec-73
7.76	Leon Botha	31.05.62	Bloemfontein	04-Apr-81

Wind assisted

7.85	Pieter Smit	23.03.86	Stellenbosch	11-Mar-05
7.83	Marcus la Grange	12.12.77	Roodepoort	26-Jan-96
7.78	Edwin Ludick	15.07.64	Durban	04-Apr-83

Triple jump

16.96	Godfrey Mokoena	06.03.85	Bloemfontein	03-Apr-04
16.07	Boipelo Motlhathlego	27.11.90	Pretoria	28-Mar-09
16.03	Apelele Rasmeni	15.04.91	Pretoria	30-Oct-10
15.97	Pierre Reyneke	14.12.56	Kaapstad	31-Mar-75
15.92	Sabelo Ndlovu	24.06.94	Bambous	30-Aug-13
15.86	Simeon Mars	01.03.85	Durban	07-Mar-03
15.78	Riaan Arends	31.01.89	Pretoria	19-Apr-08
15.71	Duwayne Boer	06.01.95	Potchefstroom	25-May-13
15.66	Vincent McBride	16.11.62	Kaapstad	04-Mar-81
15.66	Zarck Visser	15.09.89	Pretoria	19-Apr-08
15.66	Mpho Maphutha	21.01.93	Pretoria	05-Mar-11

Shot put (6.00kg)

20.50*	Janus Robberts	10.03.79	Naboomspruit	18-Oct-97
20.39	Orazio Cremona	11.07.89	Pretoria	07-Mar-08
20.14	JP (Jan) Hoffman	01.05.88	Pretoria	07-Apr-06
19.45*	Frits Potgieter	13.03.74	Krugersdorp	01-Oct-93
19.29*	John van Reenen	26.03.47	Durban	12-Dec-64

(* = with 6.25kg shot)

19.27*	Carel le Roux	31.08.72	Mosselbaai	21-Dec-91
19.17	Frans Schutte	10.03.93	Germiston	01-Mar-11
18.80*	Burger Lambrechts	03.04.73	Durban	09-Dec-92
18.68	Stephan Brink	11.09.90	Pretoria	28-Mar-09
18.60	Berne van der Bergh	09.05.83	Bellville	27-Apr-02
18.60	Johny Botha	29.09.93	Lusaka	11-Dec-12

Shot put (7.26kg)

20.39	Janus Robberts	10.03.79	Germiston	07-Mar-98
18.27	Johannes van Wyk	16.03.80	Claremont, Ca	16-Apr-99
18.15	John van Reenen	26.03.47	Potchefstroom	08-Oct-66
17.47	John Sullivan	12.02.81	Pretoria	16-Sep-00
17.37	Roele Potgieter	20.03.80	Potchefstroom	20-Oct-99

Discus throw (1.75kg)

65.52	Victor Hogan	25.07.89	Pretoria	03-Jul-08
63.46	Frits Potgieter	13.03.74	Krugersdorp	01-Oct-93
62.52	Frantz Kruger	22.05.75	Krugersdorp	01-Oct-93
61.64	Gerhard de Beer	05.07.94	Windhoek	28-Apr-12
60.65	Jan-Louw Kotze	18.03.94	Windhoek	28-Apr-12
59.51*	Hannes Hopley	26.01.81	Santiago-de-Chile	21-Oct-00
59.50	Janus Robberts	10.03.79	Mabopane	12-Apr-97
58.91	Dewald van Heerden	04.04.91	Bambous	02-Aug-09
58.38*	Johannes van Wyk	16.03.80	Claremont, USA	16-Apr-99
58.32	Dawie Kok	04.07.69	Bloemfontein	01-Nov-88

(* = with 2.00kg discus)

Discus throw (2.00kg)

59.51	Hannes Hopley	26.01.81	Santiago-de-Chile	21-Oct-00
59.21	Victor Hogan	25.07.89	Stellenbosch	15-Mar-08
59.12	Frits Potgieter	13.03.74	Bedford, UK	04-Jul-93
58.52	Frantz Kruger	22.05.75	Pretoria	18-Apr-94
58.38	Johannes van Wyk	16.03.80	Claremont, USA	16-Apr-99
58.34	Janus Robberts	10.03.79	Cape Town	20-Mar-98

Hammer throw (6.00kg)

81.04	Werner Smit	14.09.84	Bellville	29-Mar-03
74.08	Jacques Koen	30.05.83	Port Elizabeth	15-Mar-02
66.44	Clinton Williams	03.08.88	Port Elizabeth	20-Jan-07
64.70*	Pieter Pretorius	16.12.68	Johannesburg	23-Sep-87
64.28	Micqel le Roux	26.03.90	Pretoria	27-Mar-09
64.22*	Charlie Koen jnr	06.01.56	Standerton	05-Apr-75
63.66	Johan Harmse	21.05.83	Potchefstroom	13-Feb-02
63.66	Heinrich Gonzales	10.02.88	Oudtshoorn	11-Mar-06
63.33	Douw Steenkamp	28.12.87	Secunda	11-Mar-06
63.28*	Arno van der Westhuizen	12.01.77	Parow	05-Oct-96

(* = with 6.25kg hammer)

Hammer throw (7.26kg)

71.02	Werner Smit	14.09.84	Parow	19-Dec-03
64.08	Riaan Smit	01.12.82	Pretoria	21-Apr-01
63.87	Jacques Koen	30.05.83	Bellville	08-Mar-02
63.54	Charlie Koen jnr	06.01.56	Port Elizabeth	13-Dec-75

61.26	Pieter Pretorius	16.12.68	Johannesburg	28-Oct-87
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Javelin throw (800g)

83.07	Robert Oosthuizen	23.01.87	Beijing	19-Aug-06
80.03	Lohan Rautenbach	06.02.86	Durban	16-Apr-05
78.58	Ulrich Damon	23.10.90	Potchefstroom	13-Oct-09
78.11	Hardus Pienaar	10.08.81	Santiago-de-Chile	22-Oct-00
78.03	Willie Human	08.03.82	Potchefstroom	07-Nov-01
77.98	Marius Corbett	26.09.75	Lisbon	24-Jul-94
76.29	Morne Moolman	01.09.94	Barcelona	13-Jul-12
75.92	Gerhard Burger	21.12.69	Pretoria	15-Oct-88
75.72	Rocco van Rooyen	23.12.92	Gaborone	14-May-11
75.19	Noël Meyer	20.04.88	Reduit	15-Jul-06

4 x 100 metres relay

39.59	SA National Team (J Mosala, R Engel, P Vosloo, W van der Vyver)		Bydgoszcz	11-Jul-08
39.87	South Africa Juniors (F Mofokeng, A Julius, T Ngqobaza, P Conradie)		Barcelona	13-Jul-12
40.89	South Africa Juniors (F Mofokeng, A Julius, T Ngqobaza, A Simbine)		Lusaka	14-Dec-12
40.26	Transvaal (E Roux, D de Lange, S Nel, R Louw)		Bloemfontein	08-Apr-94
40.41	Pretoria University (N Moller, P van Wyk, C Neethling, T Borland)		Secunda	14-Nov-87
40.52	Transvaal (M Potgieter, R Louw, M Stroebel, S Lindeque)		Germiston	02-Apr-93
40.54	SA National Team (L Herbert, M la Grange, C Jacobs, R Dempers)		Sydney	25-Aug-96
40.58	SA Universities (N Moller, P van Wyk, C Neethling, T Borland)		Pretoria	10-Oct-87
40.60	SA National Junior Team (B Clement, E Temoies, R de Vries, Lehann Fourie)		Radés, Tunisia	03-Sep-05
40.61	SA National Junior Team (A Storm, K Watson, R Sefanyetso, K Kumbane)		Ouagadougou	11-Aug-07
40.62	SA National Junior Team (LJ van Zyl, M van der Vyver, S Morrison, L Julius)		Kingston	14-Jul-02

4 x 400 metres relay

3.04.50	South Africa Wouter le Roux, Chris Gebhardt, Leigh Julius, LJ van Zyl		Grosseto	18-Jul-04
3.06.17	Transvaal (N Els, C Walsh, M Mabasa, D Pretorius).		Secunda	07-May-94
3.07.65	South Africa (S Morrison, B Maboia, L Julius, LJ van Zyl)		Kingston	20-Jul-02
3.07.66	South Africa (R Sharp, J Burgers, P de Villiers, Tshepo Thobelangope)		Santiago-de-Chile	22-Oct-00
3.07.82	South Africa Ruan Grobler, Chris Gebhardt, Leigh Julius, LJ van Zyl		Gaborone	29-May-04
3.07.97	Northern Transvaal		Germiston	04-Apr-87

Decathlon

7 380	Gert Swanepoel	20.03.91	Potchestroom	25/26-Jun-10
6 632	Lee van den Berg		Port Elizabeth	12/13-Apr-12
6 359	Willem le Roux	11.06.90	Bambous	30/31-Jul-09
6 355	Tinus de Bruin	07.02.86	Radés, Tunisia	01/02-Sep-09

Wind assisted

6 660	Willem le Roux	11.06.90	Pretoria	27/28-Mar-09
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Pentathlon

3 559	Carl van der Linde	10.08.73	Johannesburg	04-Oct-91
3 552	Henk Viljoen	25.03.73	Pretoria	17-Mar-92

10000 metres walk

44:06.36	Thinus Esterhuizen	18.12.85	Cape Town	13-Feb-04
44:23.12	Andre de Wet	28.05.74	Cape Town	04-Apr-92
44:46.69	Marc Mundell	07.07.83	Bellville	27-Apr-02
45:29.0	Jacques Lubbe	17.12.77	Bloemfontein	27-Apr-96
45:32.40	Anton Mitchell	27.08.73	Cape Town	04-Apr-92
45:50	Jean-Pierre Maré	06.09.71	Port Elizabeth	08-Dec-90
45:53	Clive Khumalo	17.05.68	Johannesburg	07-Mar-87
45:54.3	Michael Brits	28.04.66	Pretoria	31-Mar-84
45:55.70	Dewald Bekker	15.03.90	Pretoria	28-Mar-09
46:04	Thami Hlatswayo	20.07.82	Durban	10-Feb-01

YOUTH MEN**(Under 18 - athletes who turn 17 in the year of competition or later)****100 metres**

10.36	Leigh Julius	25.03.85	Pretoria	14-Apr-02
10.43	Christiaan Krone	30.08.84	Johannesburg	16-Jun-01
10.46	Emile Britz	02.09.84	Johannesburg	16-Jun-01
10.46	Ruan de Vries	01.02.86	Pretoria	08-Nov-03
10.47	Riaan Dempers	04.03.77	Boksburg	09-Mar-94
10.50	Nhlapo Ranthabane		Germiston	30-Mar-12
10.51	Jannie Viljoen	21.06.71	Sasolburg	27-Mar-87
10.51	Bradley Britz	27.05.94	Germiston	02-Apr-11
10.53	Sabelo Samkelo		Pretoria	20-Oct-12
10.53	Marco Olls	01.06.70	Germiston	03-Apr-87
10.53	Gideon Trotter	03.03.92	Pretoria	13-Jun-09

Wind assisted

10.46	Hendrick Khumalo		Germiston	12-Mar-11
10.50	Richmond Collins	04.05.92	Pretoria	13-Jun-09

200 metres

20.79	Leigh Julius	25.03.85	Pretoria	13-Apr-02
20.86	Riaan Dempers	04.03.77	Boksburg	09-Mar-94
20.88	Jannie Viljoen	21.06.71	Germiston	04-Apr-87
20.91	Wilhelm van der Vyver	22.08.89	Pretoria	08-Apr-06
21.23	Paul Gorries	28.02.81	Cape Town	21-Nov-98

21.26	Patrick Vosloo	02.05.90	Pretoria	14-Apr-07
21.28	Abrie Beyleveld	18.01.72	Sasolburg	12-Mar-88
21.29	Sean de Klerk	28.01.92	Pretoria	28-Mar-09
21.30	Nico Moller	22.12.68	Krugersdorp	12-Oct-85
21.30	Mzwandile Quashani	23.06.93	Pretoria	28-Mar-09
21.30	Hendrick Khumalo		Windhoek	29-May-11

Hand timing

21.0	Hennie Prinsloo	05.10.66	Germiston	01-Oct-83
21.0	Glen Elferink	21.05.73	Johannesburg	01-Oct-83
21.1	Danie Zaayman	05.01.60	Potchefstroom	01-Apr-77
21.1	Gerald Grey	07.07.60	Potchefstroom	01-Apr-77
21.1	Wilhelm van Wyk	29.02.64	Krugersdorp	21-Nov-81

Wind

21.25	Hendrick Khumalo		Windhoek	29-May-11
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400 metres

45.15	Riaan Dempers	04.03.77	Secunda	06-May-94
46.35	Moses Mabaso	28.05.77	Bloemfontein	08-Apr-94
46.48	Mandla Nkosi	15.01.82	Germiston	07-Apr-99
46.64	Leigh Julius	25.03.85	Rustenburg	30-Mar-01
46.66	Mark van Soest	03.04.82	Pretoria	27-Mar-99
46.69	Jacques de Swardt	12.08.92	Roodepoort	21-Mar-09
46.72	Jacob Ramokoka	20.09.83	Bellville	06-May-00
46.83	Pieter Conradie		Germiston	03-Apr-11
46.99	Ian Small-Smith	03.02.67	Bloemfontein	09-Nov-83
47.09	Marnus Kritzinger	10.02.82	Germiston	07-Apr-99

800 metres

1:47.67	William (Mandla) Nkosi	15.01.82	Pretoria	23-Jan-99
1:48.21	Bonolo Maboja	24.08.85	Cape Town	19-Apr-02
1:48.43	Clyde Colenso	11.05.77	Pretoria	18-Apr-94
1:48.7	Werner Stals	01.04.61	Potchefstroom	21-Apr-78
1:48.80	Lucky Hadebe	02.01.80	Potchefstroom	08-Mar-97
1:48.95	Jan Masenamela	16.02.88	Pretoria	05-Jun-05
1:49.00	Renier Henning	23.04.71	Germiston	28-Oct-88
1:49.1	Jean Verster	23.04.65	Germiston	08-Mar-82
1:49.1	John Trott	13.01.61	Stellenbosch	04-Dec-78
1:49.1	Ryan Botha	26.03.84	Johannesburg	02-Nov-01

1500 metres

3:42.92	Hans van der Veen	07.01.66	Port Elizabeth	11-Dec-82
3:45.18	Jean Verster	23.04.65	Port Elizabeth	11-Dec-82
3:45.30	Henning Gericke	23.06.60	Stellenbosch	12-Nov-77
3:46.45	Johan Cronje	13.04.82	Bydgoszcz	18-Jul-99
3:46.70	Marius Hugo-Schlechter	14.01.65	Stellenbosch	16-Apr-82
3:48.05	Isaac Mbuyase	26.09.86	Sherbrooke	13-Jul-03
3:48.12	Victor Ngubeni	28.08.69	Durban	23-Nov-85
3:48.23	Dumisane Hlaselo	08.06.89	Marrakesh	17-Jul-05
3:49.00	Johan Botha	10.01.74	Pretoria	06-Nov-91
3:49.30	Ralph Meyer	01.02.69	Durban	23-Nov-85

3000 metres

8:08.57	Hans van der Veen	07.01.66	Stellenbosch	25-Apr-83
8:11.10	Enoch Skosana	20.02.74	Durban	28-Sep-90
8:14.86	Nkosinoxolo Sonqibido	16.10.86	Kaapstad	17-May-03
8:16.4	Pieter Kloppers	16.01.63	Stellenbosch	21-Apr-80
8:17.20	Meck Mothuli	12.04.76	Germiston	03-Apr-93
8:17.65	Folavio Sehohle	14.10.90	Ostrava	12-Jul-07
8:17.91	Dumisane Hlaselo	08.06.89	Melbourne	29-Nov-05
8:18.29	Lukhanyo Mabinza	09.09.86	Port Elizabeth	29-Mar-03
8:18.60	Zolane Bhitane	05.10.84	Debrecen	14-Jul-01
8:18.65	Tshamano Setone	07.05.87	Secunda	06-Feb-04

2000 metres steeplechase (as from 1999)

5:39.31	Siyaya Khosa	12.06.87	Durban	13-Apr-03
5:40.28	Lukhanyo Mabinza	09.09.86	Durban	13-Apr-03
5:43.30	Donnay Danster	22.02.92	Oudtshoorn	18-Dec-09
5:44.54	Dewayne Mouries	28.02.88	Paarl	19-Mar-05
5:45.61	Patrick Magadla	16.04.87	Durban	13-Apr-03
5:45.78	Johan Lottering	10.03.84	Debrecen	15-Jul-01
5:46.97	Ruan Meintjies		East London	21-Mar-13
5:47.70	Virginia Ngudlumana	12.03.89	Cape Town	05-Mar-05
5:47.88	Thabang Mohale	29.11.86	Durban	13-Apr-03
5:48.10	Katleho Dyoyi		Paarl	24-Mar-11
5:48.11	Jacob Tseko		Paarl	24-Mar-11

110 metres hurdles (1991-1998, again from 2001)

13.35	Marthinus van der Vyver	26.01.84	Debrecen	14-Jul-01
13.38	Schalk Pienaar	29.01.85	Germiston	22-Mar-02
13.39	Andries vd Merwe	31.03.94	Windhoek	29-May-11
13.41	Tiaan Smit		Windhoek	29-May-11
13.42	Anges Julies	24.02.94	Polokwane	05-Oct-11
13.49	Stephan Lindeque	07.12.74	Germiston	12-Oct-91
13.50	Ruan de Vries	01.02.86	Germiston	16-Nov-02
13.57	Dantus van Rooyen	11.02.84	Johannesburg	16-Jun-01
13.61	Tiaan Smit	14.03.95	Germiston	29-Mar-12
13.63	Herklas (HJ) Gordon	27.04.89	Pretoria	07-Apr-06

400 metres hurdles (84.00cm, as from 1999)

49.86	Marnus Kritzinger	10.02.82	Bydgoszcz	18-Jul-99
50.30	Louis (LJ) van Zyl	20.07.85	Pretoria	13-Apr-02
50.74	P C Beneke	18.07.90	Pretoria	14-Apr-07
50.75	Cornel Fredericks	03.03.90	Pretoria	14-Apr-07
50.85	Wouter le Roux	17.01.86	Sherbrooke	12-Jul-03
51.22	Wiekus Jonck	18.03.88	Marrakesh	16-Jul-05
51.24	Tiaan Mouton		Paarl	12-Mar-11
51.34	Constant Pretorius	26.01.94	Lille	09-Jul-11
51.66	Johan Koen	02.05.83	Pretoria	08-Apr-00
51.70	Siphiwe Mtshali	10.06.84	Johannesburg	16-Jun-01

400 metres hurdles (91.4cm)

48.89	Louis (LJ) van Zyl	20.07.85	Kingston	19-Jul-02
50.05	Wouter le Roux	17.01.86	Pretoria	08-Oct-03

High jump

2.25	Jacques Freitag	11.06.82	Pretoria	01-Jul-99
2.18	Gerhard Smith	22.06.61	Pretoria	04-Nov-78
2.18	Casper Labuschagne	28.06.79	Germiston	23-Nov-96
2.17	Edwin Ludick	15.07.64	Bloemfontein	03-Apr-81
2.17	Juan-Pierre van der Schyff	10.05.89	Thessaloniki	02-Jul-06
2.15	Lambertus de Wilzen	02.04.83	Port Elizabeth	22-Oct-83
2.15	Johan Rossouw	14.02.69	Pretoria	26-Feb-86
2.15	Louis Kotze	22.03.72	Pretoria	21-Nov-89
2.15	Francois Potgieter	24.02.78	Pietersburg	29-Oct-94
2.15	Ramsay Carelse	30.10.85	Bellville	30-Nov-02

Pole vault

5.20	Cheyne Rahme	23.01.91	Pretoria	19-Apr-08
4.91	Pieter Brits	14.10.75	Bloemfontein	17-Feb-92
4.81	Corné van As	27.01.69	Durban	04-Oct-86
4.80	Okkert Brits	22.08.73	Bloemfontein	26-Oct-90
4.76	Frikkie Jankowitz	19.06.71	Bloemfontein	28-Oct-88
4.74	Pieter van Breda	30.01.84	Stellenbosch	13-Jun-01
4.70	Brent Howell	23.06.86	Port Elizabeth	28-Mar-03
4.70	Eben Beukes	09.03.90	Ostrava	13-Jul-07
4.65	Neil Guilomee		Stellenbosch	22-Feb-13
4.61	Johann Venter	14.06.78	Pietersburg	28-Oct-95

Long jump

7.82	Godfrey Mokoena	06.03.85	Pretoria	15-Jun-02
7.77	Nico Grimbeek	11.02.82	Gaborone	04-Jul-99
7.74	Stephan Brits	19.01.92	Rustenburg	28-Mar-08
7.68	Duwayne Boer	06.01.95	Germiston	29-Mar-12
7.63	Keenan Watson	03.03.88	Windhoek	06-May-05
7.58	Jan Kleynhans	13.04.69	Bloemfontein	05-Apr-86
7.57	Julian Karolus	19.03.89	Durban	26-Sep-05
7.53	Roelf Pienaar	23.12.93	Singapore	22-Aug-11
7.51	Mpho Maphutha	21.01.93	Germiston	10-Apr-10
7.50	Jason Karolisin	19.12.89	Pretoria	07-Apr-06
7.45	Dylan Cotter	23.08.91	Rustenburg	28-Mar-08

NWI

7.54	Lionel Abrahams	04.04.92	Worcester	21-Feb-09
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Triple jump

16.03	Godfrey Mokoena	06.03.85	Pretoria	14-Sep-02
15.51	Simeon Mars	10.03.85	Bellville	26-Apr-02
15.51	Sabelo Ndlovu		Lille	08-Jul-11
15.50	Apelele Rasmeni	15.04.91	Rustenburg	29-Mar-08

15.50	Albert Jankie	15.06.94	Germiston	02-Apr-11
15.28	Renelwe Aphane	24.08.90	Bloemfontein	28-Sep-07
15.26	Sherlock Kriel	11.02.78	Port Elizabeth	02-Dec-95
15.26	Boipelo Motlhathego	27.11.90	Pretoria	26-Oct-07
15.26	Duwayne Boer	06.01.95	Germiston	02-Apr-11
15.21	Lorenzo Gordon		Germiston	31-Mar-12

Wind

15.95	Albert Jankie	15.06.94	Lille	09-Jul-11
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Shot put (5kg as from 2001)

21.15	*Janus Robberts	10.03.79	Naboomspruit	19-Oct-96
20.99	Jan (JP) Hoffmann	01.05.88	Marrakesh	13-Jul-05
20.38	*Johannes van Wyk	16.03.80	Potchefstroom	01-Nov-97
20.37	Frans Schutte	10.03.93	Bressanone	11-Jul-09
19.93	Stephan Brink	11.09.90	Maputo	10-Jun-07
19.88	*Frits Potgieter	13.03.74	Germiston	23-Nov-91
19.75	Donovan Stebbing	02.02.92	Bressanone	11-Jul-09
19.83	Ruan Combrinck	11.03.95	Pretoria	09-Mar-12
19.57	Ruan Brits		Potchefstroom	15-Feb-13
19.37	Ryno van Winkel	22.02.90	Maputo	10-Jun-07

(* = with 5.44kg shot)

Discus throw (1.5kg)

67.44	Gerhard de Beer	05.07.94	Isle of Man	10-Sep-11
64.79	Jan-Louw Kotze	10.03.94	Windhoek	28-May-11
63.46	Frits Potgieter	13.03.74	Pretoria	18-Oct-91
63.12	Johannes van Wyk	16.03.80	Naboomspruit	18-Oct-97
62.06	Frantz Kruger	22.05.75	Sasolburg	13-Nov-92
61.87	Dewald van Heerden	04.04.91	Bloemfontein	04-Oct-08
61.13	Pierre Spies	08.06.85	Pretoria	25-Oct-02
59.62	Janus Robberts	10.03.79	Perth	11-Dec-96
58.67	Danie Maree		Potchefstroom	12-Mar-11
58.06	Hannes Hopley	26.01.81	Port Elizabeth	28-Mar-98

Hammer throw (5.00kg)

79.79	Werner Smit	14.09.84	Parow	17-Nov-00
75.54	Tshepang Makhete	19.02.96	Donetsk	13-Jul-13
70.04	Clinton Williams	03.08.88	Oudtshoorn	22-Oct-05
66.64	*Jacques Koen	30.05.83	Port Elizabeth	04-Nov-98
65.53	Heinrich Gonzales	10.02.88	Daljosaphat	23-Oct-04
64.86	*Rayno Gerber	28.01.81	Pretoria	02-Apr-98
63.88	Dillan Korkie	12.04.94	Polokwane	25-Oct-11
63.27	Christo le Roux	28.03.85	Caen, France	29-Mar-02
62.62	Lionel Drury	30.12.94	Germiston	02-Apr-11
62.56	*Gavin Shaw	19.08.81	Pretoria	02-Apr-98

(* = with 5.44kg hammer)

Javelin throw (700g)

83.16	Morne Moolman	01.09.94	Lille	09-Jul-11
82.96	Reinhardt van Zyl	07.02.94	Lille	10-Jul-11
81.07	Robert Oosthuizen	23.01.87	Sherbrooke	11-Jul-03
80.52	Noel Meyer	20.04.88	Marrakesh	13-Jul-05

79.33	Lohan Rautenbach	06.02.86	Caen, France	02-Jun-02
78.46	Hardus Pienaar	10.08.81	Shanghai	16-Oct-98
77.47	Bernard Crous	13.04.89	Bellville	15-Dec-06
77.38	Rocco van Rooyen	23.12.92	Bredasdorp	16-Oct-09
76.87	Pieter Kriel	23.01.95	Germiston	30-Mar-12
75.56	Raldu Potgieter	03.04.86	Sherbrooke	11-Jul-03

4 x 100 metres relay

41.00	SA Youth Team (B Britz, P Conradie, C Pretorius, A vd Merwe)		Isle of Man	13-Sep-11
41.27	Gauteng Schools u18		Germiston	31-Mar-12
41.41	Western Cape Schools u18		Germiston	31-Mar-12
41.55	Transvaal (J Viljoen, O Coetzee, W van Aswegen, S Mogorosi)		Bloemfontein	05-Apr-86
41.57	Eastern Province (G du Preez, M Maphelo, M Denysschen, L Julius)		Pretoria	14-Apr-02
41.59	Eastern Transvaal (P Hendriks, H Tuffrey, H Uys, M Olls)		Germiston	04-Apr-87
41.76	Transvaal (A Beyleveld, C Best, A Marshall, J Viljoen)		Germiston	04-Apr-87
41.76	Central Gauteng (N van Rensburg, I Maloney, J Vermeulen, M Nkosi)		Germiston	06-Apr-99
41.78	Boland Schools (M van der Vyver, X Moshoeshe, S Pienaar, J-R Adams)		Rustenburg	31-Mar-01
41.78	SA Youth Team		Gaborone	27-Apr-07

5000 metres walk

22:49.2	André de Wet	28.05.74	Kroonstad	09-Nov-91
22:54.2	Jacques Lubbe	17.12.77	Bloemfontein	08-Apr-94
23:02.6	Brian Emslie	13.06.75	Kaapstad	03-Apr-92
23:07.2	Stefano Kruger	22.11.82	Bellville	19-Mar-99
23:08.5	Thinus Esterhuizen	18.12.85	Bellville	30-Nov-02
23:14.9	Neil Emslie	24.10.73	Port Elizabeth	14-Dec-90
23:18.8	Werner Appel	12.06.87	Durban	23-Oct-04
23:20.2	Lodewyk Joubert	07.06.75	Kaapstad	03-Apr-92
23:28.84	Pierre Vermaak		Potchefstroom	23-Nov-13
23:27.2	Neil Meyer	01.12.78	Potchefstroom	18-Mar-95
23:27.4	Jacobus van Dyk	21.06.85	Potchefstroom	16-Feb-02

JUNIOR WOMEN

(Under 20 - athletes who turn 19 in the year of competition or later)

100 metres

11.25	Marcel Winkler	29.10.70	Pretoria	29-Apr-89
11.27	Nombulelo Mkenku	30.06.89	Algiers	19-Jul-07
11.36	Evette de Klerk	21.08.65	Bloemfontein	15-Apr-83
11.42	Mari-Lise Furstenberg	17.06.66	Pretoria	31-Mar-84
11.50	Heide Seyerling	19.08.76	Nairobi	27-May-95
11.51	Marliese Steyn	19.04.73	Germiston	02-Mar-91
11.55	Esmari le Roux	27.01.76	Krugersdorp	22-Mar-95
11.61	Elinda Rademeyer	08.09.65	Pretoria	15-Apr-83

11.63	Marna de Villiers	28.09.57	Pretoria	22-Mar-75
11.63	Isabel Rossouw	27.05.80	Germiston	21-Jun-98

200 metres

22.76	Evette de Klerk	21.08.65	Sasolburg	21-Apr-84
22.80	Marcel Winkler	29.10.70	Pretoria	29-Mar-89
23.06	Mari-Lise Furstenberg	17.06.66	Port Elizabeth	30-Mar-85
23.19	Esmari Le Roux	27.01.76	Secunda	07-May-94
23.22	Heide Seyerling	19.08.76	Secunda	07-May-94
23.22	Justine Palframan	04.11.93	Potchefstroom	24-Mar-12
23.41	Elinda Rademeyer	08.09.65	Pretoria	30-Mar-84
23.41	Marliese Steyn	19.04.73	Johannesburg	27-Apr-91
23.42	Edith Ottermann	08.07.66	Pretoria	30-Mar-84
23.43	Nombulelo Mkenku	30.06.89	Windhoek	26-May-07

Hand timing

22.9	Claudie van Straaten	22.05.54	Pretoria	07-Apr-73
23.0	Petro van Rensburg	10.11.59	Bloemfontein	03-Apr-76

400 metres

51.87	Justine Palframan	04.11.93	Barcelona	13-Jul-12
51.89	Myrtle Simpson	18.02.64	Bloemfontein	15-Apr-83
52.47	Zelda Botes	18.07.68	Germiston	25-Mar-87
52.93	Justine Palframan	04.11.93	Gaberone	13-May-11
53.15	Amanda Kotze	26.02.86	Pretoria	18-Mar-05
53.16	Estie Wittstock	15.09.80	Annecy	31-Jul-98
53.20	Yolande Venter	16.08.78	Bloemfontein	08-Apr-94
53.29	Anri Steyn	30.09.93	Pretoria	27-Mar-09
53.44	Marna Schutte	26.09.78	Krugersdorp	17-Mar-95
53.79	Cariena Pretorius	29.11.76	Bloemfontein	09-Apr-94

Hand timing

52.2	Edith Ottermann	08.07.66	Pretoria	19-Mar-84
53.4	Claudie van Straaten	22.05.54	Pretoria	30-Nov-73
53.8	Corley Kruger	20.02.60	Johannesburg	20-Apr-77

800 metres

1:55.45	Caster Semenya	07.01.91	Berlin	19-Aug-09
2:00.9	Zola Budd	26.05.66	Kroonstad	16-Mar-84
2:01.23	Zelda Botes	18.07.68	Stellenbosch	11-Apr-87
2:01.9	Eranee van Zyl	22.02.62	Stellenbosch	21-Apr-80
2:02.24	Tanya Peckham	15.02.66	Stellenbosch	11-Mar-85
2:02.57	Monique Stander	10.03.95	Pretoria	20-Apr-12
2:02.71	Corné Viljoen	09.06.71	Bloemfontein	09-Mar-87
2:02.93	Gerda Kruger	24.12.68	Stellenbosch	11-Apr-87
2:03.09	Lynelle Coetzee	26.07.85	Roodepoort	16-Mar-01
2:03.2	Chanelle Olivier	15.09.86	Krugersdorp	03-Dec-05

1500 metres

4:01.81	Zola Budd	26.05.66	Port Elizabeth	21-Mar-84
4:08.01	Caster Semenya	07.01.91	Bambous	02-Aug-09
4:09.56	René Kalmer	03.11.80	Port Elizabeth	13-Feb-98

4:10.6	Tanya Peckham	15.02.66	Stellenbosch	27-Feb-85
4:11.60	Marjorie van der Merwe	09.01.68	Port Elizabeth	11-Mar-87
4:11.9	Elana van Zyl	10.10.66	Stellenbosch	27-Feb-85
4:12.67	Ermyntrude Vermeulen	22.11.68	Stellenbosch	19-Mar-86
4:12.71	Chanelle Olivier	15.09.86	Parow	16-Dec-05
4:13.51	Zanelle Grobler	27.01.83	Durban	02-Mar-01
4:16.20	Zelda Kuhn	03.08.69	Stellenbosch	19-Mar-86
4:17.00	Lynelle Coetzee	26.07.85	Durban	08-Feb-02

3000 metres

8:37.5	Zola Budd	26.05.66	Stellenbosch	29-Feb-84
8:58.73	Elana van Zyl	10.10.66	Stellenbosch	06-Apr-85
8:59.56	Tanya Peckham	15.02.66	Stellenbosch	22-Apr-85
9:12.34	Tania Kempenaars	07.02.73	Port Elizabeth	01-May-89
9:12.92	Desiré Futter	06.02.69	Krugersdorp	28-Mar-87
9:14.45	Stephanie Gerber	26.02.66	Stellenbosch	20-Apr-81
9:16.7	Patsy Sharples	13.12.61	Stellenbosch	15-Feb-79
9:19.2	Elizna van Zyl	02.10.65	Durban	14-Apr-84
9:19.28	Marjorie van der Merwe	09.01.68	Stellenbosch	07-Jan-87
9:20.51	René Kalmer	03.11.80	Ibadan, Nigeria	21-Aug-97

5000 metres

15:01.83	Zola Budd	26.05.66	Stellenbosch	05-Jan-84
16:02.55	Elana van Zyl	10.10.66	Port Elizabeth	07-Mar-84
16:10.68	Soekie van Heerden	16.07.65	Durban	15-Dec-84
16:15.20	Gwen van Rensburg	30.08.67	Durban	15-Dec-84
16:21.41	Irvette van Blerk	05.07.87	Durban	15-Apr-05
16:26.15	Georgina Fourie	22.11.77	Durban	29-Apr-95
16:28.40	Zintle Xiniwe	23.10.86	Bellville	27-Apr-02
16:31.07	Lena Lotter	02.08.88	Port Elizabeth	10-Feb-06
16:33.57	Yolandi Neuhoff	15.05.82	Stellenbosch	18-Feb-00
16:36.9	Desiré Futter	06.02.69	Germiston	11-Mar-87

2000 metres steeplechase

6:45.57	Angela Wagner	19.01.88	Brno	05-Jul-07
6:50.57	Andrea Horak	30.12.83	Bellville	27-Apr-02
7:00.25	Lise-Marie Venter	12.05.83	Pretoria	21-Apr-01
7:07.91	Lesedi Matjila	05.04.86	Bellville	27-Apr-02
7:10.57	Mapaseka Makhanya	09.04.85	Pretoria	06-Apr-03
7:10.88	Olivia Labuschagne	14.05.94	Pretoria	04-Mar-11
7:13.10	Simone Faasen	01.12.81	Pretoria	10-Mar-00
7:14.84	Phulane Leholo	11.02.83	Pietersburg	15-Apr-00
7:15.13	Sinah Nkabinda	17.04.83	Bellville	27-Apr-02
7:15.61	Elona Mfokozana	20.10.88	Bloemfontein	05-Mar-05

3000 metres steeplechase

10:35.17	Masello Moekoa	05.09.88	Durban	17-Apr-04
10:37.22	Abongile Lerotholi	06.07.89	Durban	16-Apr-05
10:46.09	Destiny Titus	08.05.89	Bellville	17-Feb-06
10:48.72	Pulane Mosome	17.04.88	Stellenbosch	02-Mar-07

10:49.21	Thandeka Manzaka		Pretoria	15-Mar-13
10:58.20	Mapaseka Makhanya	09.04.85	Cape Town	23-Apr-04

100 metres hurdles (84.0cm)

13.47	Arnell Jacobs	08.02.79	Bloemfontein	04-Apr-97
13.56	Justine Robbeson	15.05.85	Grosseto	16-Jul-04
13.58	Adri van der Merwe	17.06.76	Harare	16-Sep-95
13.61	Rikinette Steenkamp	16.10.92	Johannesburg	24-Mar-10
13.62	Ilse Ras	14.03.65	Pretoria	07-Apr-84
13.63	Debbie Murley	16.01.72	Germiston	20-Apr-90
13.63	Siska du Plessis	27.07.78	Bloemfontein	04-Apr-97
13.67	Annie le Roux	10.04.65	Pretoria	07-Apr-84
13.67	Carla Fick	13.05.84	Germiston	05-Apr-02
13.68	Karen Wilkinson	07.01.66	Pretoria	18-Feb-84

Hand timing

13.2	Ina van Rensburg	20.10.56	Johannesburg	09-Mar-74
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400 metres hurdles

55.74	Myrtle Simpson	18.02.64	Bloemfontein	18-Apr-83
58.19	Vanessa Becker	15.03.79	Annecy	31-Jul-98
58.30	Adri van der Merwe	17.06.76	Bloemfontein	09-Apr-94
58.42	Monique Balsamo	17.09.84	Germiston	08-Jun-02
58.65	Ane Fourie		Windhoek	28-Apr-12
58.67	Danielle Blackburn	19.06.75	Durban	23-Apr-94
58.77	Chantelle Terblanche	10.07.85	Germiston	23-Mar-02
58.79	Ronelle Ullrich	09.02.75	Bloemfontein	09-Apr-94
58.83	Janet Wienand	15.05.85	Bloemfontein	15-Mar-03
58.93	Karen Wilkinson	07.01.66	Stellenbosch	06-Dec-85

High jump

1.96	Charmaine Gale	27.02.64	Bloemfontein	04-Apr-81
1.94	Hestrie Storbeck	26.08.78	Tata, Hungary	22-Jul-97
1.90	Desire du Plessis	20.05.65	Bloemfontein	16-Apr-83
1.90	Marizca Gertenbach	20.10.82	Rustenburg	22-Jan-01
1.90	Nicolize Steyn	28.05.81	Pretoria	16-Sep-00
1.89	Anika Smit	26.05.86	Radés, Tunisia	03-Sep-05
1.89	Marcoleen Pretorius	25.07.89	Port Elizabeth	30-Mar-07
1.88	Julia du Plessis	27.05.96	Germiston	30-Mar-12
1.86	Jacqueline Fourie	02.08.79	Pretoria	02-Apr-97
1.85	Vicky Welthagen	25.08.72	Johannesburg	29-Mar-96
1.85	Heidi de Kock	19.05.59	Bloemfontein	02-Dec-77
1.85	Elmarie Gerryts	25.08.72	Pretoria	07-Apr-90
1.85	Elma Hofmeyr	07.02.72	Potchefstroom	18-Nov-89
1.85	Dianie Wondergem	02.03.82	Pretoria	21-Apr-01
1.85	Annalize Bignaut	28.02.67	Pretoria	31-Mar-84

Pole vault

4.05	Annelie van Wyk	28.05.84	Bloemfontein	10-Feb-02
3.85	Sylma Jordaan	03.01.85	Bellville	10-Mar-01
3.71	Leanne Viviers	23.11.88	Germiston	26-Mar-04

3.71	Nicole Loesch	11.10.87	Germiston	26-Mar-04
3.70	Marné van der Burgh	03.01.86	Durban	16-Apr-94
3.70	Nadia Guilomee	10.05.94	Pretoria	02-Mar-13
3.60	Mar-Lize Vos		East London	22-Mar-13
3.50	Retha du Plessis	15.05.83	Pretoria	08-Apr-00
3.50	Jhana Knoetze	12.12.82	Pretoria	21-Apr-01
3.50	Corrie Doubell	14.12.84	Germiston	23-Mar-02
3.50	Hananza Loesch	05.08.84	Germiston	23-Mar-02
3.50	Mariska Smit		Durban	09-Apr-11
3.50	Jameson Colin		Germiston	29-Mar-12

Long jump

6.54	Luzaan du Preez	11.09.71	Germiston	21-Apr-90
6.44	Samantha Pretorius	03.02.92	Germiston	03-Apr-11
6.42	Charlene Lawrence	25.09.79	Annecy	31-Jul-98
6.42	Delia Visser	09.04.83	Pretoria	12-Apr-02
6.38	Eliza Swanepoel	21.04.57	Johannesburg	19-Apr-75
6.35	Denise van Wyk	30.06.51	Pretoria	30-Mar-70
6.33	Thea van Vuuren	29.07.72	Germiston	05-Apr-91
6.30	Pauline Craven	10.04.51	Pretoria	20-Mar-70
6.28	Zanri van der Merwe	13.05.93	Pilditch	4-May-12
6.27	Elmarie Gerryts	25.08.72	Pretoria	06-Apr-90

Triple jump

12.80	Bianca Erwee	14.03.90	Rustenburg	27-Mar-08
12.77	Valentina da Rocha	22.10.93	Germiston	11-Apr-10
12.75	Karen Pretorius	03.02.82	Pretoria	20-Apr-01
12.73	Arlien Muller	03.12.86	Roodepoort	10-Sep-05
12.57	Danelle Erwee	29.11.93	Sasolburg	27-Mar-10
12.54	Mariana Banting	04.03.81	Bloemfontein	14-Mar-98
12.50	Laetitia Swart	05.06.81	Pietersburg	14-Apr-00
12.44	Kelly Kingwell	22.01.91	Pretoria	28-Mar-09
12.40	Luchelle Prinsloo	18.07.92	Germiston	11-Apr-10
12.38	Zinzi Chabangu	28.09.96	Stellenbosch	13-Apr-13

Wind assisted

12.64	Mariana Banting	04.03.81	Bloemfontein	14-Mar-98
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Shot put

17.14	Marli Knoetze	02.10.87	Naboomspruit	14-Oct-05
17.13	Simoné du Toit	27.09.88	Naboomspruit	14-Oct-05
16.53	Veronica Abrahamse	18.03.80	Johannesburg	18-Sep-99
16.47	Maranelle du Toit	31.12.78	Potchefstroom	07-Mar-97
15.95	Luzanda Swanepoel	28.04.70	Stellenbosch	14-Nov-89
15.38	Lezaan Jordaan	17.10.95	Stellenbosch	13-Apr-13
15.23	Beatrix Steenberg	09.10.76	Germiston	21-Oct-95
15.19	Lezelle Jooste	11.01.77	Bloemfontein	25-Mar-96
14.94	Louise Meintjes	17.06.73	Johannesburg	18-Oct-92
14.82	Wilna Fraser	20.04.45	Johannesburg	31-Oct-64

Discus throw

53.07	Simoné du Toit	27.09.88	Roodepoort	08-Feb-06
52.08	Simoné Meyer	22.03.93	Durban	12-Mar-11
51.92	Celeste van Rooyen	10.08.74	Krugersdorp	01-Oct-93
51.88	Sandra Willms	11.12.60	Germiston	05-May-79
51.63	Marli Knoetze	02.10.87	Bloemfontein	03-Apr-04
50.99	Ischke Senekal	08.01.93	Port Elizabeth	14-Apr-12
50.75	Magdel Venter	01.10.85	Ermelo	21-Jan-03
49.94	Janina Jordan	18.07.77	Pretoria	28-Sep-96
49.82	Letitia Malan	26.01.48	Kempton Park	15-Oct-66
49.78	Theresa Janse van Vuuren	11.06.61	Potchefstroom	29-Nov-80

Hammer throw

56.06	Annemie Smith	24.03.92	Bellville	10-Mar-11
53.97	Marizette Badenhorst	07.06.90	Bloemfontein	07-Mar-08
51.90	Magdaleen Louw	04.02.92	Germiston	02-Apr-11
50.60	Nadia Botha	07.08.91	Pretoria	18-Apr-08
50.20	Mieke Stander		East London	21-May-13
49.74	Karin le Roux	26.03.87	Bellville	14-Nov-06
49.43	Simoné Viviers	11.06.92	Bloemfontein	24-Oct-09
49.09	Jolandi Boshoff	01.03.83	Potchefstroom	16-Feb-02
48.70	Amy Botes		Germiston	30-Mar-12
48.53	Anneke Louw	11.03.91	Rustenburg	28-Mar-08
48.08	Elmarie Knoetzen	18.07.78	Parow	08-Nov-97

Javelin throw (new 1999 model)

58.33	Sunette Viljoen	06.10.83	Potchefstroom	06-Dec-02
57.55	Tazmin Britz	08.01.91	Pretoria	18-Apr-08
57.29	Ynthie Coetzee	31.12.88	Durban	16-Apr-05
55.82	Justine Robbeson	15.05.85	Potchefstroom	15-Sep-04
53.33	Leanka Steyn	30.10.90	Pretoria	18-Apr-08
52.32	Gretha Palmer	26.06.83	Pretoria	12-Apr-02
52.22	Gerlize de Klerk	23.03.90	Pretoria	13-Apr-07
51.47	Tarryn Bright	26.04.83	Cape Town	02-Feb-02
50.84	Zanri Bailey		Stellenbosch	08-Nov-13
50.77	Gezelle Bernard	15.09.91	Durban	07-Apr-09

Javelin throw (pre-2000 model)

56.48	Ansie Rogers	04.09.64	Sasolburg	23-Apr-83
54.74	Susan Lion-Cachet	08.05.62	Potchefstroom	14-Oct-81
54.02	Alta Maree	24.12.53	Pretoria	15-Apr-72

Heptathlon

5 868	Justine Robbeson	15.05.85	Grosseto	16/17-Jul-04
5 466	Janice Josephs	31.03.82	Pietersburg	01/02-Apr-00
4 549	Ilse Moolman		Port Elizabeth	12/13-Apr-12
4 541	Heike Kotze	11.12.87	Radés, Tunisia	03/04-Sep-05

4 539	Juanita Roets	11.10.85	Durban	22/23-Mar-02
4 523	Bianca Jantzen	09.06.90	Pretoria	27/28-Mar-09
4 448	Nerina Kruger	31.07.87	Germiston	01/02-Apr-05

Wind assisted

4 717	Bianca Erwee	04.03.90	Stellenbosch	14/15-Mar-08
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4 x 100 metres relay

45.07	Northern Transvaal (I Ras, M Furstenberg, E Otterman, E de Klerk)		Pretoria	31-Mar-84
45.18	Transvaal (Z Greyling, C Pretorius, R Ullrich, W Hartman)		Secunda	07-May-94
45.30	South Africa Cindy Stewart, Amanda Kotze, Thandi Mngwevu, Isabel le Roux		Grosseto	17-Jul-04
45.62	N Transvaal U/16 (E Ottermann, M Furstenberg, K Kruger, K Engelbrecht)		Pretoria	03-Apr-82
45.63	SA National Team (T Sawyer, E le Roux, Fensham, H Seyerling)		Lisbon	23-Jul-94
45.67	SA National Team (A Jacobs, E Wittstock, C Potgieter, I Rossouw)		Annecy	02-Aug-98

4 x 400 metres relay

3:37.93	SA National Team		Lisbon	14-Jul-94
3:40.00	South Africa Juniors		Barcelona	14-Jul-12
3:44.73	Gauteng North		Pretoria	06-Mar-03
3:44.77	Gauteng North		Pretoria	21-Apr-01
3:44.89	SA National Team		Potchefstroom	11-Dec-08
3:45.45	SA National Team		Gaborone	30-May-04
3:45.62	South Africa Juniors		Windhoek	28-Apr-12
3:45.80	Gauteng North u.20 Yolandi Venter, Mari-Louise Henning, Adri van der Merwe, Ronelle Ulrich Claudia York, Karabo Hlongwane, Sanrie Geldenhuis, Tihanna Vorster Marlene Breytenbach, Carla Coetzee, Claudia York, Sanrie Geldenhuis Jana Theron, Anuschka Nice, Justine Palframan, Rorisang Ramonye		Pretoria	28-Mar-09
3:46.46	RSA Schools Denise Taai, Esti de Jager, Claudia York, Corne Claasen		Harare	02-May-01
3:47.20	Central Gauteng u18		Pretoria	08-Apr-00

5000 metres walk (track)

23:37.01	Nicolene Cronje	16.06.83	Germiston	05-Apr-02
25:28.60	Lee-Ann Watts	22.01.82	Reduit	18-Aug-01
25:33.51	Natalie Fourie	10.06.82	Parow	01-Dec-01
25:57.02	Handrie Botha	25.02.86	Potchefstroom	16-Mar-04
26:00.35	Corli Swart	05.03.91	Rustenburg	28-Mar-08
26:30.1	Inge Kotze	21.11.92	Stellenbosch	28-Feb-09
26:34.21	Karen-Marie Becker	07.07.82	Pretoria	08-Mar-01
26:52.94	Siziwe Mangele	29.03.86	Durban	13-Apr-03

10000 metres walk (track)

50:03.34	Nicolene Cronje	16.06.83	Kingston	18-Jul-02
50:04.61	Anel Oosthuizen		Oudtshoorn	02-Mar-13
50:20.32	Natalie Fourie	10.06.82	Bellville	17-Mar-01

51:24.21	Handrie Botha	25.02.86	Potchefstroom	05-Mar-05
51:25.29	Corli Swart	05.03.91	Pretoria	28-Mar-09
52:14.5	Lee-Ann Watts	22.01.82	Pretoria	21-Apr-01
53:06.50	Joanne Williams	10.02.89	Stellenbosch	01-Feb-07
54:11.35	Karen-Marie Becker	07.07.82	Pretoria	21-Apr-01
54**16.63	Chanice Klink		Paarl	02-Mar-13
55:06.50	Ruzanne Harris	29.01.85	Bellville	15-Mar-03
55:07.3	Madeleine Viviers	05.01.82	Pietersburg	15-Apr-00
55:22.72	Suzanne Erasmus	28.09.85	Bloemfontein	02-Apr-04
Mixed event				
49:31.00	Nicolene Cronje	16.06.83	Pretoria	15-Jun-02

10000 metres walk (road)

49:25.0	Annel Oosthuizen		Youngsfield	12-Oct-13
52:02	Lee-Ann Watts	22.01.82	Cape Town	15-Sep-00
55:40	Karen-Marie Becker	07.07.82	Port Elizabeth	27-Apr-01

YOUTH WOMEN

(Under 18 - athletes who turn 17 in the year of competition or later)

100 metres

11.54	Mari-Lise Furstenburg	17.06.66	Pretoria	05-Nov-83
11.55	Marliese Steyn	19.04.73	Bloemfontein	30-Oct-90
11.58	Nombulelo Mkenku	30.06.89	Thessaloniki	30-Jun-06
11.61	Evette de Klerk	21.08.65	Pretoria	13-Mar-82
11.67	Karen Kruger	17.01.67	Pretoria	01-Mar-84
11.69	Isabel Rossouw	27.05.80	Bloemfontein	04-Apr-97
11.69	Tamzin Thomas	06.10.97	Donetsk	10-Jul-13
11.71	Yolanda Steyn	22.08.72	Bloemfontein	31-Mar-89
11.71	Tamaryn Sawyer	08.06.77	Bloemfontein	08-Apr-94
11.72	Leizel Bell	31.07.72	Bloemfontein	31-Mar-89
11.72	Bevin Smith	13.07.91	Pretoria	07-Apr-06

Hand timing

11.4	Claudie van Onselen	22.05.54	Pretoria	17-Mar-70
11.5	Vivian Louw	07.05.59	Potchefstroom	30-Oct-76
11.5	Thea van Vuuren	29.07.72	Pretoria	24-Feb-89

200 metres

23.30	Evette de Klerk	21.08.65	Pretoria	02-Apr-82
23.37	Mari-Lise Furstenburg	17.06.66	Bloemfontein	16-Apr-83
23.50	Tamaryn Sawyer	08.06.77	Secunda	07-May-94
23.65	Marliese Steyn	19.04.73	Germiston	21-Apr-90
23.73	Elinda Rademeyer	08.09.65	Pretoria	02-Apr-82
23.84	Carika Potgieter	20.09.81	Pretoria	03-Apr-98
23.84	Amanda Kotze	26.02.86	Pretoria	17-May-03
23.85	Edith Ottermann	08.07.65	Pretoria	03-Apr-82
23.85	Isabel Rossouw	27.05.80	Johannesburg	30-Mar-96
23.85	Alyssa Conley	27.04.91	Ostrava	14-Jul-07

Hand timing

23.0	Petro van Rensburg	10.11.59	Bloemfontein	03-Apr-76
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23.4	Claudie van Onselen	22.05.54	Pretoria	10-Nov-71
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400 metres

53.20	Yolandi Venter	16.08.78	Bloemfontein	08-Apr-94
53.29	Anri Steyn	30.09.93	Pretoria	27-Mar-09
53.44	Marna Schutte	26.09.78	Krugersdorp	17-Mar-95
53.72	Justine Palfaman	04.11.93	Pretoria	27-Mar-09
53.86	Zelda Botes	18.07.68	Bloemfontein	06-Nov-85
53.87	Helena de Villiers	13.03.73	Port Elizabeth	02-Apr-88
53.97	Elmie Hugo	13.07.83	Pietersburg	14-Apr-00
54.01	Mariana Davel	08.11.68	Bloemfontein	06-Nov-85
54.07	Tania Steyn	20.07.73	Pretoria	06-Apr-90
54.13	Michelle Louw	05.11.83	Germiston	07-Apr-99

Hand timing

53.8	Corley Kruger	20.02.60	Johannesburg	01-Apr-77
53.9	Beryl Hanekom		56 Potchefstroom	21-Apr-73
53.9	Frances Lamprecht	18.11.64	Stellenbosch	14-Apr-79

800 metres

2:02.57	Monique Stander	10.03.95	Pretoria	20-Apr-12
2:02.71	Corné Viljoen	09.06.71	Bloemfontein	09-Mar-87
2:02.8	Eranee van Zyl	22.02.62	Stellenbosch	07-May-79
2:03.09	Lynelle Coetzee	26.07.85	Roodepoort	16-Mar-91
2:03.4	Ermyntrude Vermeulen	22.11.68	Bloemfontein	09-Mar-85
2:04.23	Caster Semenya	07.01.91	Pune, India	16-Oct-08
2:04.63	Marjorie van der Merwe	09.01.68	Stellenbosch	22-Apr-85
2:05.20	Zelda Kuhn	03.08.69	Stellenbosch	19-Mar-86
2:05.4	Zola Budd	26.05.66	Bloemfontein	12-Mar-83
2:05.43	Zelda Botes	18.07.68	Germiston	20-Apr-85
2:05.49	Angela Wagner	10.01.88	Pretoria	20-Feb-04

1500 metres

4:06.9	Zola Budd	26.05.66	Bloemfontein	28-Oct-83
4:15.2	Zanelle Grobler	27.01.83	Stellenbosch	03-Mar-00
4:16.0	Rene Kalmer	03.11.80	Potchefstroom	07-Mar-97
4:16.2	Zelda Kuhn	03.08.69	Stellenbosch	19-Mar-86
4:17.0	Ermyntrude Vermeulen	22.11.68	Stellenbosch	08-Apr-85
4:17.0	Lynelle Coetzee	26.07.85	Durban	08-Feb-02
4:17.5	Ivette van Blerk	05.07.87	Durban	07-Mar-03
4:18.1	Elana van Zyl	10.10.66	Stellenbosch	23-Feb-82
4:18.5	Desiré Futter	06.02.69	Potchefstroom	28-Feb-86
4:18.7	Marietjie Groenewald	21.10.69	Pretoria	03-Feb-86

3000 metres

8:39.0	Zola Budd	26.05.66	Durban	02-Apr-83
9:09.3	Elana van Zyl	10.10.66	Stellenbosch	22-Feb-83
9:14.4	Stephanie Gerber	26.02.66	Stellenbosch	20-Apr-81
9:20.5	René Kalmer	03.11.80	Ibadan, Nigeria	31-Aug-97
9:21.4	Christine Kalmer	10.02.86	Bellville	07-Apr-01
9:22.0	Patsy Sharples	13.12.61	Cape Town	11-Mar-78

9:22.0	Tania Kempenaars	07.02.73	Durban	10-Dec-88
9:23.2	Yolande Neuhoff	15.05.82	Bellville	27-Feb-99
9:23.5	Linda Roets	22.01.84	Pretoria	29-Jan-99
9:26.5	Desiré Futter	06.02.69	Germiston	07-Mar-86

100 metres hurdles (76.2cm)

13.24	Ilse Ras	14.03.65	Pretoria	02-Apr-82
13.25	Karen Kruger	17.01.67	Pretoria	30-Mar-84
13.29	Merize Theron	01.01.82	Germiston	06-Apr-99
13.41	Carla Fick	13.05.84	Johannesburg	16-Jun-01
13.61	Rikenette Steenkamp	16.10.92	Bressanone	09-Jul-09
13.62	Minette van Straten	14.01.63	Germiston	28-Mar-80
13.65	Adri Stander	22.01.69	Bloemfontein	04-Apr-86
13.65	Chantelle Terblanbche	10.07.85	Pretoria	07-Apr-00
13.65	Ansulet Potgieter	27.04.91	Pretoria	18-Apr-08
13.66	Rachelle Hendriks	13.04.70	Germiston	03-Apr-87

NWI

13.44	Handri Theron	19.08.79	Secunda	02-Nov-96
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Hand timing

13.4	Alison Marais	29.04.60	Potchefstroom	01-Apr-77
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400 metres hurdles

58.08	Helene Swanepoel	05.08.96	Donetsk	13-Jul-13
58.77	Chantelle Terblanche	10.07.85	Germiston	23-Mar-02
58.88	Janet Wienand	15.05.85	Germiston	23-Mar-02
58.98	Izelle Neuhoff	03.05.94	Pretoria (Absa Tuks)	25-Jun-11
59.41	Ilna Kruidenier	19.01.86	Germiston	23-Mar-02
59.42	D'Jane Kriedeman	13.08.96	Johannesburg	13-Feb-13
59.73	Carla Coetzee	21.06.84	Pretoria	20-Apr-01
59.75	Claudia York	04.08.85	Germiston	23-Mar-02
59.77	Mariska van Driel	27.04.88	Durban	16-Apr-05
59.83	Marli Spies	30.08.90	Pretoria	14-Apr-07

Hand timing

58.8	Carla Coetzee	21.06.84	Germiston	03-Nov-01
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High jump

1.96	Charmaine Gale	27.02.64	Bloemfontein	04-Apr-81
1.91	Hestrie Storbeck	26.08.78	Nairobi	27-May-95
1.88	Julia du Plessis	27.05.96	Germiston	30-Mar-12
1.86	Anika Smit	26.05.86	Krugersdorp	18-Feb-03
1.85	Annelize Bignaut	28.02.67	Pretoria	31-Mar-84
1.85	Elma Hofmeyr	07.02.70	Potchefstroom	18-Nov-89
1.85	Vicky Welthagen	11.02.80	Johannesburg	14-Apr-96
1.85	Nicolize Steyn	28.05.81	Johannesburg	26-Oct-96
1.85	Julia du Plessis		Potchefstroom	05-Nov-11
1.83	Jacqueline Fourie	02.08.79	Potchefstroom	06-Mar-96
1.83	Liezl Bekker	02.08.80	Johannesburg	15-Mar-97

Pole vault

3.95	Annelie van Wyk	28.05.84	Bellville	10-Mar-01
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3.85	Sylma Jordaan	03.01.85	Bellville	10-Mar-01
3.71	Leanne Viviers	23.11.88	Germiston	26-Mar-04
3.71	Nicole Loesch	11.10.87	Germiston	26-Mar-04
3.50	Retha du Plessis	15.05.83	Pretoria	08-Apr-00
3.50	Janita Stander	02.02.90	Port Elizabeth	30-Mar-07
3.50	Nicola Loots	27.09.88	Paarl	12-Mar-05
3.50	Mar-Lize Vos		Germiston	30-Mar-12
3.40	Caitlin Sparks		Stellenbosch	23-Feb-13
3.35	Lise-Marie (Lila) Rorich	06.06.84	Bellville	11-Mar-00

Long jump

6.37	Delia Visser	09.04.83	Pretoria	08-Apr-00
6.26	Justine Robbeson	15.05.85	Windhoek	18-May-02
6.25	Karen Kruger	17.01.67	Germiston	03-Apr-84
6.20	Pauline Craven	10.04.51	Salisbury/Harare	06-May-67
6.20	Luzaan du Preez	11.09.71	Bloemfontein	16-Apr-88
6.17	Charlene Lawrence	25.09.79	Kaapstad	20-Apr-96
6.17	Lynique Prinsloo	30.03.91	Durban	30-Mar-10
6.15	Morne du Plessis	29.12.62	Pretoria	20-Oct-78
6.15	Janet Seeliger	27.04.95	Pilditch	4-May-12
6.09	Louise du Toit	18.05.59	Pretoria	20-Mar-76
6.09	Lindsay Welsh	13.05.74	Johannesburg	30-Nov-91
6.09	Charleen Hattingh	01.09.69	Secunda	15-Feb-86

Wind

6.24	Janet Seeliger	27.04.95	Windhoek	28-Apr-12
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Triple jump

12.77	Valentina da Rocha	22.10.93	Germiston	11-Apr-10
12.57	Danelle Erwee	29.11.93	Sasolburg	27-Mar-10
12.54	Mariana Banting	04.03.81	Bloemfontein	14-Mar-98
12.38	Zinzi Chabangu	28.09.96	Stellenbosch	13-Apr-13
12.20	Michelle Cornelius	14.09.89	Johannesburg	03-Feb-06
12.19	Luchelle Prinsloo	18.07.92	Pretoria	28-Mar-09
12.16	Charlene Henning	22.09.85	Pretoria	27-Feb-02
12.13	Somien Schutte	060898	East London	21.03.13
12.11	Kelly Kingwell	22.01.91	Gaborone	27-Apr-07
12.08	Delia Visser	09.04.83	Krugersdorp	09-Feb-00

Shot put (3kg)

17.52	Lezaan Jordaan	17.10.95	Germiston	30-Mar-12
17.19	Geraldine Duvenhage		Germiston	30-Mar-12
17.13*	Simoné du Toit	27.09.88	Naboomspruit	14-Oct-05
16.11*	Veronica Abrahamse	18.03.80	Bloemfontein	04-Apr-97
15.71	Wanzel Breytenbach	26.04.96	Donetsk	11-Jul-13
15.70	Monique Wagner	05.02.97	Germiston	02-Mar-13
15.67*	Marli Knoetze	02.10.87	Gaborone	29-May-04
15.02*	Lezaan Jordaan	17.10.95	Johannesburg	19-Nov-11
14.97	Leandri Geel	14.07.97	Johannesburg	13-Mar-13
14.80	Yolande Willemse		East London	21-Mar-13

(* = with 4.00kg shot)

Discus throw (1kg)

52.72	Simoné du Toit	27.09.88	Germiston	05-Mar-05
51.63	Marli Knoetze	02.10.87	Bloemfontein	03-Apr-04
51.05	Simoné Meyer	22.03.93	Pretoria	13-Jun-09
48.83	Magdel Venter	01.10.85	Secunda	02-Mar-02
48.22	Leandri Geel	14.07.97	East London	21-Mar-13
47.76	Geraldine Duvenhage		Pretoria	5-May-12
47.26	Tanya Bloem	23.07.82	Bydgoszcz	18-Jul-99
47.23	Suriëtte Botha	18.02.92	Pretoria	28-Mar-09
47.16	Theresa Janse van Vuuren	10.06.61	Stellenbosch	07-Oct-78
46.94	Daleen Fleming	13.06.72	Durban	21-Oct-89
46.84	Rhona Dwinger	28.06.71	Pretoria	21-Mar-88

Hammer throw (3kg)

			(* = with 4.00kg hammer)	
57.45	Bianca Botes	23.02.97	East London	21-Mar-13
57.18	Stephanie Greyling	25.03.96	Donetsk	12-Jul-13
56.45	Mieke Stander		Germiston	29-Mar-12
55.11	Simone Kommer		Germiston	29-Mar-12
54.21*	Annemie Smith	24.03.92	Pretoria	27-Mar-09
52.51	Stefanie Greyling		Germiston	29-Mar-12
52.32	Letitia Janse van Vuuren		Pretoria	04-Apr-13
50.60*	Nadia Botha	07.08.91	Pretoria	18-Apr-08
50.39	N Meiring		Pretoria	04-Apr-13
49.43*	Simoné Viviers	11.06.92	Bloemfontein	24-Oct-09

Javelin throw (500g)

			(* = with 600g javelin)	
57.55*	Tazmin Britz	08.01.91	Pretoria	18-Apr-08
57.29*	Ynthie Coetzee	11.06.88	Durban	16-Apr-05
55.15	Jo-Ane van Dyk	03.10.97	East London	21-Mar-13
54.17*	Justine Robbeson	15.05.85	Roodepoort	13-Feb-02
52.45*	Leanka Steyn	30.10.90	Port Elizabeth	31-Mar-07
51.18	Megan Wilke		Germiston	31-Mar-12
50.25	Mandi Venter		Zimbabwe	27-May-12
49.63	Zaner Fourie		Pretoria	04-Apr-13
49.55*	Rencia Fourie	01.02.90	Pretoria	08-Oct-05
49.37	Sane van Zyl	12.08.95	Germiston	31-Mar-12

4 x 100 metres relay

45.62	Northern Transvaal (E Ottermann, Furstenberg, K Kruger, K Engelbrecht)		Pretoria	03-Apr-82
45.80	Transvaal B		Bloemfontein	01-Apr-89
46.18	Transvaal		Pretoria	07-Apr-90
46.20	Transvaal		Germiston	03-Apr-93
46.38	Transvaal		Germiston	06-Apr-91
46.52	Northern Transvaal		Bloemfontein	04-Apr-81

4 x 400 metres relay

3:47.20	Central Gauteng		Pretoria	08-Apr-00
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3:48.10 (J Kolesky, A Kotze, L Pretorius, Z Grobler)
Gauteng North Pretoria 08-Apr-00

5000 metres walk

26:07.81	Anel Oosthuizen		Germiston	30-Mar-12
26:00.35	Corli Swart	05.03.91	Rustenburg	28-Mar-08
26:08.24	Chanice Klink		Germiston	30-Mar-12
26:13.4	Anel Oosthuizen	22.04.94	Durban	06-Apr-09
26:20.3	Alida Kruger	03.01.94	Durban	06-Apr-09
26:36.23	Crysha van Wyk		East London	15-Mar-13
26:27.5	Michelle Hopkins	09.11.88	Paarl	20-Mar-05
26:30.1	Inge Kotze	21.11.92	Stellenbosch	28-Feb-09
26:37.70	Udelle de Winnaar		East London	21-Mar-13
26:40.9	Zelda Schultz	15.02.92	Stellenbosch	28-Feb-09

ASA SENIOR CHAMPIONSHIPS

STELLENBOSCH

13/14 APRIL 2013

MEN

100 meter Wind : -0.3

1	Simon MAGAKWE	ACNW	10.45
2	Henrico BRUINTJIES	BOLA	10.58
3	Akani SIMBINE	AGN	10.63
4	Brent STEVENS	WPA	10.63
5	Keenan MICHAU	WPA	10.71
6	Gideon TROTTER	AFS	10.74
7	Lebaheng SESELE	AGN	10.78
8	Patrick VOSLOO	ACNW	10.83

200 meter Wind : 0.3

1	Simon MAGAKWE	ACNW	20.74
2	Roscoe ENGEL	WPA	20.83
3	Akani SIMBINE	AGN	20.90
4	Gideon TROTTER	AFS	21.11
5	Lebogang MOENG	ANWN	21.23
6	Lebaheng SESELE	AGN	21.33
7	Sonwabiso SKHOSANA	KZNA	21.58
8	Siphomelelo NQOABAZA	AFS	21.65

400 meter

1	Wayde VAN NIEKERK	AFS	45.99
2	Jacques DE SWART	AGN	46.36
3	Ruan GREYLING	AGN	46.74
4	Pieter CONRADIE	AGN	46.84
5	Rodwell NDLOVU	WPA	47.21
6	Ranti DIKGALE	AGN-	47.54
7	Sibusiso SISHI	BOLA	47.58
8	Lesedi MOKGOBINYANE	ACNW	48.87

800 meter

1	Andre OLIVIER	ACNW	1:46.50
2	Rynardt VAN RENSBURG	AFS	1:47.68
3	Jacob ROZANI	ANWN	1:47.91
4	William MOTHOSOLA	AFS	1:48.75
5	Jacques PRETORIUS	BOLA	1:48.90
6	Windy JONAS	AFS	1:48.98
7	Zweli SEBOTSA	AFS	1:49.41
8	Duran FARO	ACNW	1:49.91
9	Hannes NAUDE	AFS	1:50.26
10	Themba MADIMA	AGN-	1:50.40
11	Tiaan BASSON	AMPU	1:50.60
12	Steven MHLONGO	CGA	1:51.52

1500 meter

1	Johan CRONJE	AFS	3:38.13
2	Juan VAN DEVENTER	CGAI	3:38.40
3	Folavio SEHOHLE	AMPU	3:39.41
4	Jerry MOTSAU	ACNW	3:39.45

5	Dumisani HLASELO	AFS	3:39.53
6	Jeremy ANDREAS	CGA	3:41.03
7	Amos NYONGO	EPA	3:41.99
8	Moses DIRANE	AGN-	3:46.70
9	Pharson MAGAGANE	CGA-	3:48.78
10	Marko BACARIZZA	CGA	3:51.37
11	Alan SLINGER	CGA	3:53.96
12	Kagiso NYIRENDA	ANWN	4:02.98

5000 meter

1	Stephen MOKOKA	AGN	13:25.94
2	Elroy GELANT	ACNW	13:26.51
3	Dumisani HLASELO	AFS	13:47.23
4	Gladwin MZAZI	AGN	13:58.34
5	Kgosi TSOSANE	AGN	14:03.03
6	Ettienne PLAATJIES	ASWD	14:14.88
7	Armin BOTHA	ACNW	14:16.63
8	Benedict MOENG	AGN	14:26.21
9	Siyabulele MTSHA	ATRA	14:43.77
10	Khaya BUTELE	ATRA	15:08.71
11	Pama ELIGWA	CGA	15:43.33

10 000 meter

1	Stephen MOKOKA	AGN	28:22.30
2	Kgosi TSOSANE	AGN	28:51.54
3	Namakoe NKHASI	CGA	29:16.49
4	Lungisa MDEDELWA	KZNA	29:31.34
5	Mbongeni NGXAZOZO	CGA	30:02.69
6	Jani LUCAS	AGN	30:04.76
7	Siyabulele MTSHA	ATRA	31:13.03
8	Khaya BUTELE	ATRA	32:13.28

3000m Steeple Chase

1	Edwin MOLEPO	CGA	8:33.06
2	Lloyd BOSMAN	ASWD	8:39.85
3	Tumelo MOTLAGALE	CGA	8:45.72
4	Dean BRUMMER	ACNW	8:47.64
5	Derocious MAKHOBALO	CGA	8:49.71
6	Tumisang MONNATLALA	CGA	8:50.33
7	Lucas BOTHEBULE	ACNW	8:56.66
8	Rantso MOKOPANE	ACNW	8:59.58
9	Skhumbuzo SEME	AGN	9:01.16
10	Sibusiso MADIKIZELA	CGA	9:01.85
11	Khothatso MOKONE	AFS	9:09.25
12	Adam LIPSCHILTZ	AGN	9:17.07

110m Hurdles Wind : -1.7

1	Antonio ALKANA	WPA	14.11
2	Andre STORM	ACNW	14.31
3	Kobus MOOLMAN	AGN	14.45
4	Muntingh HAMMAN	AGN	14.46
5	Niel LE ROUX	WPA	14.66
6	Werner PRETORIUS	AGN	14.80
7	Willem COERTZEN	ACNW	14.84
	Tshepo LEFETE	AGN	DNF

400m Hurdles

1	Cornell FREDERICKS	AGN	48.78
2	PC BENEKE	AGN	49.18
3	Constant PRETORIUS	AGN	50.64
4	Le Roux HAMMAN	AGN	50.72
5	Shami EKSTEEN	AFS	51.54
6	Taariq SOLOMONS	WPA	51.55
7	Schalk BURGER	ACNW	52.16
8	Bernard PRETORIUS	AGN	52.52

Pole Vault

1	Eben BEUKES	CGA	5.20
2	Ruan VAN WYK	BOLA	5.00
3	Juan DE SWARDT	BOLA	5.00
4	Michael CELLIERS	AGN	4.70
5	Sameul PELLISSIER	AFS	4.60
6	Emile PELLESIER	BOLA	4.40
6	Niel GILIOMEE	BOLA	4.40
8	Hennie BEUKES	BOLA	4.40
9	Gert SWANEPOEL	ACNW	4.00

High Jump

1	Ruan CLAASEN	CGA	2.10
2	Jacques FREITAG	AGN-	2.10
3	Garth ELLIS	EPA	2.05
3	Keagan FOURIE	BOLA	2.05
3	Clyde RUITERS	WPA	2.05
6	JVA STEYTLER	AFS	2.05
6	Craig CANHAM	AGN	2.05
8	Ramsay CARELSE	BOLA	2.05
8	Calvin-Lee MAELANGWIE	CGA-	2.05
10	Maurice FISHER	BOLA	2.00
10	Vernon LATEGAN	CGA	2.00
12	Brandon PRINSLOO	ACNW	2.00
13	Luvo NKEWU	BOLA	1.95

Long Jump

1	Zarck VISSER	CGA	8.29	-0.7
2	Godfrey MOKOENA	AGN	8.11	+0.3
3	Duwayne BOER	AGN-	7.81	+0.3
4	Ruswahl SAMAAI	CGA	7.74	-0.8
5	Keenan WATSON	WPA	7.51	+0.2
6	Francois COETZEE	AGN	7.46	-0.6
7	Dylon COTTER	CGA	7.39	+0.4
8	Roelf PIENAAR	BOLA	7.30	+0.8
9	Gregory PETERSON	BOLA	7.15	+0.3
10	Leslo BRAMWILL	CGA	7.15	+0.6
11	Jason FARAO	BOLI	7.07	+0.2
12	Nardus GREYLING	AFS	6.81	+0.2
13	Gert SWANEPOEL	ACNW	6.47	+1.3
14	Calvin BROWN	NWCI	5.79	+0.7

Triple Jump

1	Roger HAITENGI	CGA	16.12	+0.2		
2	Apelele RASMENI	CGA	15.92	+2.4	15.48m	-0.1
3	Reneilwe APHANE	AGN-	15.68	-0.3		
4	Charles LE ROUX	AGN	15.64	-1.3		
5	Sabelo NDLOVU	AGN	15.53	-0.1		
6	Neo MARIE	CGA	14.98	-1.4		
7	Jason SEWENYANA	WPA	14.86	-1.4		
8	Koketso MOGAPI	AVT	14.78	-1.4		

Shot Put

1	Orazio CREMONA	AGN	19.84		
2	Jaco ENGELBRECHT	CGA	19.19		
3	Roelie POTGIETER	AGN	18.25		
4	Brynn Peter KEMP	BOLA	17.06		
5	Donovan SNYMAN	CGA	17.05		
6	Nico GROBLER	AGN-	16.93		
7	Ryno VAN WINKEL	AFS	16.71		
8	Tumelo THAGE	AGN-	16.52		
9	Johnny BOTHA	CGA	15.67		
10	Ruan MURRAY	ACNW	15.42		
11	Donovan STEBBING	CGA	15.33		
12	Dewald MOOLMAN	CGA	15.14		
13	Constand VAN ROOYEN	ACNW	14.60		

Discus

1	Victor HOGAN	AFS	61.68		
2	Russel TUCKER	AGN	58.31		
3	Donovan SNYMAN	CGA	55.47		
4	Brynn Peter KEMP	BOLA	54.29		
5	Dewald VAN HEERDEN	CGA	53.93		
6	Dewald MOOLMAN	CGA	53.67		
7	Charl GROBLER	AGN-	52.78		
8	Ruan MURRAY	ACNW	52.47		
9	James SINCLAIR	AMPU	48.88		
10	Wynand CARSTENS	BOLA	48.63		
11	Ryno VAN WINKEL	AFS	48.33		

Hammer

1	Chris HARMSE	AFS	72.40		
2	Kristiaan BEKKER	CGA	63.77		
3	Renaldo FRESCHOU	ACNW	63.01		
4	Johan KRUGER	BOLA	62.57		
5	Donovan STEBBING	CGA	55.09		
6	Robert SCHEUN	EPA	42.45		
	Lodewalt VENTER	CNW	NM		

Javelin

1	Robert OOSTHUIZEN	BOLA	76.41		
2	Chad HERMAN	EPA	72.38		
3	Jason HENNING	ACNW	70.70		
4	Tobie HOLTZHAUSEN	ACNW	69.01		
5	Ulrich DAMON	WPA	67.94		
6	Dylan LINDSAY	CGA	67.87		
7	Noel MEYER	ACNW	67.03		
8	Rocco VAN ROOYEN	WPA	66.13		

9	Pieter KRIEL	ACNW	60.82
10	Steyn KRIEL	ACNW	58.28

4 x 100 meter

1	WPA		40.42
2	AGN A		40.84
3	CGA		41.04
4	ACNW		41.40
5	AGN B		42.15
6	BOLA		43.07

20 km Walk

1	Lebogang SHANGE	CGA	1u26'06
2	Wayne SNYMAN	AGN	1u26'19
3	Marc MUNDELL	AGN	1u31'24
4	Ross MCDONALD	WPA-	1u39'05
5	Sanele MATONSI	CGA	1u39'57
6	Mtembi CHAUQUE	AFS	1u42'41
7	Wiseman HLONGWA	KZNA	1u42'47
8	Kgothatso KHUBEKA	CGA	1u45'24
9	Themba QHANIQISO	KZNA	1u47'14
10	Ntoane NTOANE	CGA	1u52'09
11	Brandon GOOSEN	BOLA	1u55'05

WOMEN

100 meter Wind : 1.4

1	Alyssa CONLEY	CGA	11.72
2	Samantha PRETORIUS	WPA	11.81
3	Melissa HEWITT	ACNW	11.91
4	Elzette BUYS	AGN	11.94
5	Chante VAN TONDER	CGA	12.05
6	Philippa VAN DER MERWE	AGN	12.06
7	Bernice ROMAN	WPA	12.12
8	Nabeela PARKER	BOLA	12.21

200 meter Wind : -0.1

1	Justine PALFRAMAN	BOLA	23.28
2	Alyssa CONLEY	CGA	23.62
3	Sonja VAN DER MERWE	WPA	23.96
4	Rorisang RAMMONYE	ANWN	24.17
5	Elzette BUYS	AGN	24.18
6	Chante VAN TONDER	CGA	24.19
7	Stacey WELSCH	WPA	24.26
8	Shanice MARNCE	KZNA	24.68

400 meter

1	Rorisang RAMMONYE	ANWN	53.41
2	Sonja VAN DER MERWE	WPA	53.48
3	Arista NIENABER	ACNW	54.01
4	Alet MARAIS	WPA	55.04
5	Goitseona RAMMONYE	ANWN	55.73
6	Carina SWIEGERS	CGA	56.57
7	Anri STEYN	ACNW	56.95
8	Janet SEELIGER	AGN-	57.48

800 meter

1	Gena LOFSTRAND	KZNA	2:04.60
2	Anuscha NICE	AGN	2:08.04
3	Monique STANDER	CGA	2:08.26
4	Mandie BRANDT	AGN	2:08.52
5	Icarien VAN DEVENTER	WPA	2:09.25
6	Thato MAKHAFOLA	CGA	2:09.72
7	Jana VAN DER MERWE	CGA	2:09.81
8	Adel VERMAAK	AGN	2:11.14
9	Alet MARAIS	WPA	2:11.26
10	Rita Dosedá OBISI	CGA	2:13.06

1500 meter

1	Mapeseka MAKHANYA	CGA	4:16.08
2	Danel PRINSLOO	AFS	4:16.90
3	Lebo -Diana PHALULA	CGA	4:22.91
4	Mandie BRANDT	AGN	4:24.46
5	Marlise JORDAAN	ACNW	4:26.82
6	Lizerie FERREIRA	CGA	4:26.83
7	Carina VILJOEN	CGA	4:30.44
8	Blandina MAKATISE	AFS	4:37.45
9	Zani KRUGER	WPA	4:37.47
10	Stella MARAIS	AGN-	4:38.46
11	Lorraine NOVELA	CGA	4:45.30
12	Laura LABUSHAIGNE	BOLA	4:50.16
13	Aynslee VAN GRAAN	AGN-	4:52.24
14	Leanda DU BRUYN	WPA-	5:14.86

5000 meter

1	Mapeseka MAKHANYA	CGA	15:53.61
2	Lebo -Diana PHALULA	CGA	16:27.20
3	Nolene CONRAD	CGA	16:30.65
4	Blandina MAKATISE	AFS	17:22.97
5	Kanya MATIYISI	WPAI	17:56.49
6	Ebeth MARAIS	WPAI	18:14.11
7	Tanya SCOTT	WPAI	18:19.68
8	Ashleigh SCHNETLER	CGA	18:22.46
9	Zani KRUGER	WPA	18:28.78
10	Thabisa SIRAYI	ATRA	19:30.71

10 000 meter

1	Mpho MABUZA	CGA	34:31.28
2	Cornelia JOUBERT	CGA	35:15.20
3	Portia NGWENYA	AGN	36:01.97
4	Anna MOEKETSI	AFS	37:41.97
5	Maryna SWANEPOEL	AFS	38:32.22
6	Puseletso DLADLA	KZNA	38:55.65
7	Danette SMITH	WPA-	39:31.28

3000m Steeple Chase

1	Nolene CONRAD	CGA	10:44.42
2	Thembi BALOYI	AGN	10:57.28
3	Thandeka MANZANA	AGN	10:57.66
4	Ashleigh SCHNETLER	CGA	11:29.43
5	Tiffany BELL	CGA	11:37.27

100m Hurdles Wind : -1.3

1	Rikenette STEENKAMP	AGN	13.64
2	Ansulet POTGIETER	AFS	13.95
3	Kayla GILBERT	CGA	14.19
4	Bianca ERWEE	ACNW	14.69
5	Carina ETSEBETH	AGN-	16.23
	Mihandra DORFLING	ACNW	DIS
	Carli GEY VAN PITTEUS	BOLA	DNS
	Mercia VENTER	AGN-	DNS

400m Hurdles

1	Annerie EBERSOHN	AGN	56.04
2	Wenda NEL	AGN	58.83
3	Helene SWANEPOEL	BOLA	59.57
4	Izelle NEEUHOF	AGN	60.79
5	Chante FINGER	AGN	60.81
6	Ane FOURIE	BOLA	61.05
7	Claudeen ELS	ACNW	61.45
8	D'Jane KRIEDEMANN	CGA	61.85

Pole Vault

1	Deone JOUBERT	AGN	3.80	
2	Mar-Leze VOS	AFS	3.50	
3	Honorata SAAR	WPA	3.40	
4	Caitlin SPARKS	BOLA	3.30	
5	Colin JAMESON	BOLA	3.30	
6	Lucinda PIENAAR	AGN	3.20	
6	Elandi STYGER	ACNW	3.20	
8	Mariska SMIT	BOLA	3.20	
9	Dominique MANN		KZNA	3.00

High Jump

1	Bianca ERWEE	ACNW	1.85
2	Julia DU PLESSIS	CGA	1.80
3	Merika SMUTS	AGN	1.70
4	Carina DU PREEZ	CGA	1.70
5	Karla BRONN	BOLA	1.70
5	Leandri BOTHA	AFS	1.70
7	Mia LABUSCHAGNE	WPA	1.65
7	Morita BOTHA	EPA	1.65
7	June ROELOFSE	BOLA	1.65
10	Taylia VISAGIE	BOLA	1.65
11	Elizabeth LOTZ	AGN	1.65
12	Marcelle DU PLESSIS	BOLA	1.60

Long Jump

1	Lynique PRINSLOO	AGN	6.81	-1.2
2	Carla MARAIS	AGN	6.64	+0.7
3	Nicholeen MCLAREN	AMPU	6.30	-0.1
4	Zanri VAN DER MERWE	AGN	6.24	+0.1
5	Samantha PRETORIUS	WPA	6.21	+0.1
6	Janice JOSEPHS	BOLA	6.21	-0.5
7	Janet SEELIGER	AGN-	5.99	-0.7
8	Bianca ERWEE	ACNW	5.87	-0.2
9	Kayla GILBERT	CGA	5.75	-0.8
10	Zinzi CHANBANGU	CGA	5.54	-0.3

Triple Jump

1	Matsie DIKOTLA	AGN	13.09	+1.0
2	Kelly KINGWILL	CGA	12.58	-0.9
3	Luchelle PRINSLOO	CGA	12.29	-0.6
4	Zinzi CHANBANGU	CGA	12.24	+0.9
5	Helga-Wendy BENSUSAN	CGA	11.39	+0.2
6	Danelle ERWEE	AFS	11.27	+1.1

Discus

1	Maryke OBERHOLZER	AGN	57.24
2	Elizna NAUDE	AGN	56.38
3	Ischke SENEKAL	EPA	48.94
4	Geraldine DUVENAGE	CGA	46.01
5	Leandri GEEL	CGA	45.70
6	Eunice OLEVANO	AFS	44.75
7	Marga VERMAAK	BOLA	43.34
8	Bianca CONRADIE	KZNA	42.09

Hammer

1	Nanette STAPELBERG	ACNW	53.29
2	Magdalene LOUW	EPA	51.35
3	Leandri DE BEER	CGA	50.13
4	Karin LE ROUX	BOLA	49.72
5	Chene COETZEE	AGN	47.71
6	Marilize COETZEE	WPA	47.18
7	Karin SNYMAN	AGN	46.32
8	Amy BOTES	EPA	45.38
9	Chante LOOTS	CGA	41.78

Javelin

1	Sunette VILJOEN	ACNW	61.87
2	Anzel VAN DER SCHYFF	AGN	50.78
3	Gezelle BERNARD	ACNW	50.33
4	Jo-Ane VAN DYK	ASWD	49.62
5	Zane FOURIE	ASWD	45.96
6	Janike KOTZE	ACNW	45.91
7	Sane VAN ZYL	ACNW	41.50
8	Liesl DE SWARDT	ACNW	40.09
9	Jolandri ALBERTS	WPA-	36.98
10	Nicola OFFNER	BOLA	36.70
11	Zandri BAILEY	WPA	32.33

4 x 100 meter

1	CGA	46.08
2	WPA	46.13
3	AGN	46.50
4	BOLA	47.23
5	EPA	48.73

4 x 400 meter

1	AGN A	3:41.91
2	WPA	3:45.38
3	CGA	3:46.52
	AGN B	DIS

20 km Walk

1	Anel OOSTHUIZEN	ASWD	1u44'40
2	Susan SWANEPOEL	AGN	1u44'42
3	Jessica VAN WYK	ACNW	1u47'06
4	Lesley VAN BUUREN	CGA	1u47'57
5	Michelle HOPKINS	CGA	1u50'01
6	Chandri VAN HEERDEN	ACNW	1u55'26
7	Sune FINSHAM	WPA	1u55'55
8	Inge KOTZE	ACNW	2u03'04
9	Rose SHABALALA	CGA	2u05'52
10	Nthatsi MOKHELE	CGA	2u17'00
11	Jo-Ann WILLIAMS	BOLA	2u26'57

ASA JUNIOR CHAMPIONSHIPS

PILDITCH, PRETORIA

4 - 6 APRIL 2013

Sub Youth Men

100m Final (Wind + 1.4)

1 Ruan	Damons	AGN	10.88
1 Kyle	Appel	WPA	10.88
3 Sherman	Rayners	ACNW	10.99
4 C	Dalgleish	EPA	11.27
5 Franklin	Wagner	ASWD	11.45
6 Shingirai	Hlangwyo	CGA	11.88
7 Keaton	Seetal	KZNA	11.89
8 Jayden	Abrahams	ANWC	12.05

200m Final (Wind -0.1)

1 Kyle	Appel	WPA	21.78
2 Tlotliso	Leotela	AFS	21.83
3 Sherman	Rayners	ACNW	22.6
4 Thabang	Mahabane	AMPU	22.86
5 Keenan	van der Vyver	WPA	23.56

400m Final

1 Zander	Delpport	AGN	50.78
2 Benje	Momberg	BOLA-I	51.75
3 Guma	Ngubane	KZNA	52.44
4 Bandelihle	Sithole	KZNA	52.54
5 Clinton	Nkosi	AMPU	52.83
6 D	van Deventer	AFS	52.85
7 L	van Biljon	EPA	53.32
8 Albertus	Richter	AMPU	53.97

800m Final

1 Theuns	Ellers	AGN	1:59.33
2 Nkosinathi	Nkosi	AGN	2:00.29
3 Mandla	Ntlumayo	CGA	2:01.74
4 Dais	Malebane	AGN	2:01.76
5 Nikolas	Marich	CGA	2:05.21
6 Justin	Brons	CGA	2:07.24
7 Wandla	Nkosi	AMPU	2:09.26
8 Tshepo	Mokau	AFS	2:09.65

1500m Final

1 Thabile	Mkhupheli	TRANS	4:06.81
2 Nkosinathi	Nkosi	AGN	4:07.09
3 Thamsanqa	Khonco	CGA	4:08.16
4 Nhlakanipho	Ndaba	KZNA	4:14.57

5	Nope	Molejane	AFS	4:15.74
6	Sandile	Mthembu	KZNA	4:18.37
7	George	Kusche	AGN	4:20.81
8	Proud	Mngomezulu	AGN	4:22.14

3000m Final

1	Rowhaldo	Ratz	WPA	9:05.76
2	Thamsanqa	Khonco	CGA	9:08.18
3	Teboho	Selolo	AGN	9:12.99
4	Nhlakanipo	Ndaba	KZNA	9:21.65
5	Sandile	Mthembu	KZNA	9:22.80
6	Thabang	Makopo	CGA	9:25.00
7	Nope	Molejane	AFS	9:26.74
8	Thapelo	Makofane	AGN	9:34.99

100m Hurdles final

1	L	Pieterse	EPA	13.26
2	Hans	Greyling	AMPU	13.29
3	Keenan	van der Vyver	WPA	13.53
4	Thabo	Maganyele	AMPU	13.87
5	Raymond	Thompson	AFS	13.98
6	Rinus	Prinsloo	ACNW	14.16
7	Thapelo	Legodi	AGN	14.94

300m Hurdles final

1	Hans	Greyling	AMPU	39.49
2	Johan	Burger	AGN	39.55
3	Keenan	van der Vyver	WPA	40.15
4	Thapelo	Legodi	AGN	40.49
5	Norbet	Ponisammy	AMPU	40.99
6	Thabo	Maganyele	AMPU	41.72
7	Renaldo	Dorfling	AGN	43.23
8	Wian	Visser	AMPU	46.57

Highjump final

1	Wesley	Frisby	AVT	1.80
2	Reynard	Grobler	AGN	1.75
3	Gardeo	Isaacs	WPA	1.75
4	Dylan	Bronkhorst	AGN	1.75
5	Heinrich	Mens	AGN	1.70
6	Tumisang	Lehihi	AFS	1.70

Polevault final

1	William	Gibbens	BOLA-I	3.50
2	Jean	Fourie	BOLA-I	3.30
3	Stian	Stoltz	AFS	3.25
4	Jonathan	Allison	AFS	3.20
5	Christoff	Janse van Vuuren	AFS	3.20
6	Willie	Naude	AFS	3.20
7	PT	de Jager	AFS	2.80

Lonjump final

1 Ruan	Damons	AGN	6.47 (-0.4)
2 Bradley	Kiewitz	ASWD	6.45 (-1.0)
3 Maudas	Banda	AMPU	6.34 (-1.6)
4 Dylon	Stemmie	AFS	6.16 (-1.5)
5 Liam	Stopforth	ASWD	6.09 (+2.2)
6 L	Pieterse	EPA	6.08 (+0.1)
7 Rinus	Prinsloo	ACNW	5.89 (+0.0)
8 Franklin	Wagner	ASWD	5.86 (-0.5)

Triplejump final

1 Zinedine	Meiring	WPA	13.45 (-0.9)
2 Bradley	Kiewitz	ASWD	13.18 (+0.1)
3 Jamie	van der Poel	WPA	12.96 (-0.9)
4 Tumisang	Lehihi	AFS	12.69 (-0.1)
5 Norbet	Ponisammy	AMPU	12.66 (-0.1)
5 L	Pieterse	EPA	12.66 (+0.1)

Shotput final

1 Patrick	Duvenhage	CGA	17.86
2 Josua	Joubert	CGA	16.85
3 Phillip	Krause	AGN	16.54
4 Ryno	Blom	CGA	16.23
5 Francois	Crafford	ACNW	15.70
6 Knocks	Stevens	AFS	15.01
7 Franco	Boshoff	ASWD	14.41
8 Ryan	Koen	AFS	13.74

Discus final

1 Patrick	Duvenhage	CGA	60.73
2 Werner	Visser	AGN	57.72
3 Phillip	Krause	AGN	54.57
4 Francois	Crafford	ACNW	53.39
5 Roubert	Rosseau	ACNW	50.60
6 Brandon	Hermitage	AGN	48.75
7 Knocks	Stevens	AFS	48.02
8 Johan	Marais	CGA	47.51

Hammer Throw Final

1 Ryan	Koen	AFS	58.56
2 Brandon	Hermitage	AGN	47.77
3 Barry	Botha	ASWD	44.35
4 Christie	Pretorius	ACNW	37.84
5 Daniel	Victor	ASWD	36.17

Javelin final

1 Werner	Bouwer	AMPU	62.88
2 Joncke	du Toit	ACNW	62.07
3 Derrick	Turner	WPA	57.20

4	Werner	Dames	ANWN	54.42
5	Lukas	Meiring	ASWD	53.42
6	HM	van Breda	BORA	53.23
7	Hanno	Kriel	ACNW	52.73
8	Hernu	van Vuuren	AFS	52.16

4X100m Relay

1	WPA			44.59
2	ASWD			45.09
3	AMPU			45.19
4	AFS			45.71
5	KZNA			45.88
6	AGN			49.05

100m,200m,300m,400m relay

1	KZNA			2:05.15
2	CGA			2:05.48
3	AGN			2:05.82
4	AFS			2:06.44
4	AMPU			2:06.44
5	EPA			2:09.36

Youth Men

100m final (Wind+1.7)

1	Nelis	janse van Rensburg	AMPU	10.69
2	Tiaan	Kleynhans	AGN	10.76
3	Mosolwa	Mafuma	CGA	10.80
4	Hlapo	Rantabane	AFS	10.85
5	Lendo	Greyling	AGN	10.87
6	Johan	van Wyk	AGW	11.01
7	Lebogang	Maloka	AGN	11.06

200m final (wind -2.1)

1	Llewellyn	Hein	AFS	21.82
2	Ronald	Rakuku	AFS	21.89
3	Mosolwa	Mafuma	CGA	21.90
4	Eddie	Engelbrecht	LIMA-I	22.24
5	Gerric	Jooste	AGN	22.30
6	Lendo	Greyling	AGN	22.40
7	Dueston	Olivier	BOLA	22.50
8	Ruan	Willemse	AGW	22.93

400m final

1	Eckhardt	Rossouw	CGA	47.25
2	Larry	Lombard	CGA	48.92
3	Jeremiah	Jelwana	WPA	49.23
4	Emilio	Despotakis	CGA	49.49
5	Njabulo	Mthembu	KZNA	49.79
6	Brendon	Fouche	AVT	49.82
7	Ivan	Prinsloo	CGA	50.70

800m final

1	Jaybe	van Rooyen	ACNW	1:52.08
2	Thato	Masimini	CGA	1:52.33
3	Renier	Spamer	CGA	1:53.24
4	Yster	Louw	CGA	1:53.63
5	Johan	Pyper	ACNW	1:55.10
6	Heinrich	van Niekerk	AGN	1:55.16
7	Nhlakanipho	Zulu	KZNA	1:55.35
8	Andrico	Williams	AFS	1:55.41

1500m final

1	Andrico	Williams	AFS	3:58.82
2	Aphelele	Fanekho	TRANS	4:01.18
3	Olebogeng	Masetlhe	CGA	4:01.89
4	Amin	Fiellies	AFS	4:02.84
5	Xolani	Mkhize	KZNA	4:03.85
6	Bruce-lynn	Damons	WPA	4:05.46
7	Leeroy	Lawrence	WPA	4:08.37
8	Sekosana	Moeketsi	AFS	4:10.08

3000m final

1	Leroy	Lawrence	WPA	8:50.11
2	Yanga	Malusi	TRANS	8:50.81
3	Mthokozis	Mazibuko	KZNA	8:54.00
4	Sekosana	Moeketsi	AFS	8:56.29
5	Siyabonga	Mabena	CGA	8:57.83
6	Aphelele	Phungula	KZNA	9:09.86
7	Bruce-lynn	Damons	WPA	9:10.17
8	Mcmarshall	Hartzenberg	WPA	9:12.31

2000m Steeplechase final

1	Ruan	Mentjies	ANWN	5:54.90
2	Riaan	van der Merwe	CGA	6:09.85
3	Thapelo	Mondula	AFS	6:16.30
4	Ivan	Potgieter	AGN	6:22.97
5	Fukama	Ramakoba	AGN	6:23.89
6	Kutwello	Seakamela	AGN	6:26.73
6	Creel	Chavalala	CGA	6:26.73
8	Angus	van Wyk	BOLA	6:29.90

110m hurdles final (wind -0.3)

1	Rivaldo	Roberts	AGN	13.84
2	Peter-john	Waterboer	BOLA	13.89
3	Carlo	Visser	WPA	14.07
4	Hanno	Coetzer	ACNW	14.13
5	Stean	Pienaar	AGN	14.14
6	Jeremiah	Jelwana	WPA	14.19
7	Jan	Rens	AMPU	14.65

400m hurdles final

1 Hanno	Coetzer	ACNW	52.51
2 Larry	Lombard	CGA	52.56
3 Marno	van de Meulen	AGN	53.61
4 Odwa	Nkunjana	AMPU	53.65
5 AJ	van Blerk	CGA	54.13
6 Lihan	Botha	AVT	54.37
7 Jan	Rens	AMPU	54.42
8 Estiaan	van Rooijen	AGN	55.15

Highjump final

1 Tiaan	Steenkamp	CGA	2.05
2 Mpho	Links	AGN	2.00
3 Wesley	MACK	WPA	1.90
4 Reuben	Munz	ACNW	1.90
5 Riekert	Redelingshuys	AFS	1.90
5 Marcel	Maree	BOLA	1.90
7 Leon	Strauss	BOLA	1.90

Polevault final

1 Hennie	Beukes	BOLA	4.60
2 Coleman	Brits	AGN	4.40
3 Niel	Gillioomee	BOLA	4.20
4 Wilhelm	Bronn	BOLA	4.00
5 Gerrie	du Plessis	AFS	3.80
6 Harm	Venter	AFS	3.80
7 Stef	Malan	BOLA	3.70
8 Dean	Bubb	AFS	3.60

Longjump final

1 Jason	Farao	BOLA	6.99(+0.5)
2 Jovan	van Vuuren	AFS	6.97(-0.4)
3 Clarence	Reynders	CGA	6.94(-1.6)
4 Baholo	Mokhomo	AFS	6.92(+0.1)
5 Anthony	Mwanga	KZNA	6.87(+0.0)
6 Ruan	Willemse	AGW	6.86(-1.5)
7 Dillon	Solomons	WPA	6.83(+0.6)
8 Khuco	Fallert	CGA	6.48(-1.6)

Triplejump final

1 Teboho	Molibedi	AFS	14.70(+0.0)
2 Baholo	Mokhomo	AFS	14.57(-1.2)
3 Sefako	Mokhoso	AFS	14.53(+1.7)
4 Anthony	Mwanga	KZNA	14.33(-0.1)
5 Clayton	Kiewitz	ASWD	13.99(-2.9)
6 Eugh	Nyakabau	KZNA	13.97(-0.2)
7 Thingo	Tshabalala	KZNA	13.95(+0.5)
8 Dillon	Solomons	WPA	13.87(-2.3)

Shotput final

1 Ruan	Brits	BOLA	18.22
2 Franco	van den Berg	CGA	17.37
3 Johan	Scholtz	AGN	17.25
4 Daniel	Griesel	AMPU	16.97
5 Juan	Williams	AVT	16.51
6 Arthur	Matthee	AGN	16.25
7 Jason	van Rooyen	CGA	16.10
8 Jakobus	de Villiers	AGN	15.88

Discus final

1 Johan	Scholtz	AGN	55.92
2 Sven	van Niekerk	LIMA	55.89
3 Roland	Pienaar	KZNA	52.15
4 Daniel	Maree	ASWD	51.99
5 Wikus	Groenewald	BOLA	50.12
6 Jacob	Bekker	CGA	48.47
7 Ruan	Brits	BOLA	47.71
8 Stefan	Botha	AGN	47.26

Hammer throw final

1 Tshelang	Makhethe	AFS	70.83
2 A	Cumming	EPA	61.87
3 Jason	Clark	ASWD	55.43
4 Anre	Kotze	ACNW	54.50
5 Wikus	Groenewald	Bola	53.18
6 Marcel	Barnard	ASWD	46.33
7 Louis	van Rensburg	CGA	45.19
8 Raymond	Smith	AMPU	43.09

Javelin throw final

1 Danie	Maree	ACNW	68.77
2 Leon	Loubsher	BOLA	68.39
3 Dante	de Wet	CGA	64.81
4 Johan	Grobler	AGN	64.65
5 Jeandre	Bekker	AMPU	64.14
6 Andries	van Niekerk	AGN	59.18
7 Martin	Maree	AGN	59.00
8 Andries	Meiring	ASWD	56.99

4X100m relay final

1 BOLA	42.00
2 AFS	42.31
3 CGA	42.42
4 KZNA	42.72
5 AMPU	43.05
6 WPA	43.24
7 WPA-I	43.98

8 AVT 43.99

100m,200m,300m,400m relay final

1 CGA 1:55.48
2 AGN 1:56.49
3 BOLA 1:57.93
4 WPA 1:58.35
5 AMPU 1:58.74
6 KZNA 2:03.32

Junior Men

100m final Wind (+0.7)

1 Thando	Roto	AGN	10.53
2 Wesley	Pindele	BOLA	10.55
3 Samekelo	Sabela	CGA	10.59
4 Keenan	Michau	WPA	10.65
5 Jon	Seelinger	AGN	10.69
6 Wally	Ungerer	AVT	10.73
7 Hendrik	Khumalo	ACNW	10.82
8 Obakeng	Maoka	AGN	10.88

200m final Wind (-0.3)

1 Wally	Ungerer	AVT	21.20
2 Keenan	Michau	WPA	21.31
3 Thando	Roto	AGN	21.39
4 Ntokoza	Magubane	KZNA	21.56
5 Quincy	Vorster	CGA	21.60
6 Darryl	Fitzpatrick	ANCW	21.84
7 Kamogelo	Mokgatle	ANWN	21.87
8 Sphesihle	Mkhasibe	KZNA-I	22.18

400m final

1 Sonwabiso	Skhosana	KZNA	46.76
2 Jon	Seelinger	AGN	46.91
3 Jaden	Flagg	BOLA	46.95
4 Stefan	Bruwer	AVT	47.14
5 Diwan	Kamoetie	AGN	47.29
6 Petr	Havenga	AFS	47.45
7 Tiaan	Botha	AGN	48.43
8 Karabo	Katane	ANWN	48.81

800m final

1 Duran	Faro	ACNW	1:50.34
2 Mpho	Makofane	AGN	1:50.76
3 Vincent	Hlatshwayo	KZNA	1:51.62
4 Solomon	Botlholo	CGA	1:53.09
5 Keorapetse	Romokoka	ANWN	1:53.18
6 Lammert	Braak	AGN	1:53.27
7 Lerato	Mosunjane	AFS	1:53.59
8 Kiabelo	Mohlosi	ANWN	1:53.59

1500m final

1 Rantso	Mokopane	ACNW	3:53.35
2 Mpho	Makofane	AGN	3:53.50
3 Tumisang	Monnatlala	CGA	3:53.50
4 Katleho	Dyoyi	ACNW	3:58.24
5 Sakhumzi	Mathiso	TRANS	3:59.58
6 Emiele	Paulsen	WPA	4:00.68
7 Solomon	Botholo	CGA	4:04.02
8 Vincent	Hlatshwayo	KZNA	4:06.08

5000m final

1 Adam	Lipschilts	AGN	14:55.14
2 Thabang	Mosiako	ACNW	15:07.96
3 Nkosinathi	Vilakazi	AMPU	15:17.24
4 Ludwick	Molewa	LIMA	15:24.21
5 Michael	Pienaar	BOLA	15:28.76
6 Xaba	Mavuso	AFS-I	15:28.82
7 Phineas	Mokgaka	LIMA	15:45.28
8 Lungisani	Ximba	KZNA	15:49.10

10000m final

1 Michael	Pienaar	BOLA	32:01.17
2 Edwin	Majwafe	CGA	32:50.12
3 Tshepo	Leeto	CGA	33:13.03
4 Percy	Mhlongo	CGA	33:23.56

3000m Steeplechase

1 Rantso	Mokopane	ACNW	9:03.81
2 Adam	Lipschiltz	AGN	9:05.20
3 Tumisang	Monnatlala	CGA	9:16.97
4 Douglas	Dlamini	KZNA	9:41.08
5 Shuping	Molehe	AFS	9:52.85
6 Koketso	Khoza	AGN	10:11.71
7 Zithulele	Ntanz	CGA	10:16.76
8 Johannes	Jansen	BOLA	10:20.59

110m Hurdles final wind (+0.0)

1 Tiaan	Smit	WPA	13.51
2 Angus	Julies	WPA	13.81
3 Ryno	Steyn	AFS	13.95
4 Lee	van der Berg	ACNW	14.11
5 SP	Grobler	ACNW	14.18
6 Thulani	Makhanya	CGA	14.24

400m hurdles final

1 Constant	Pretorius	AGN	51.29
2 Hanco	Sipsama	ANWN	52.84
3 Paul	Voster	ANWN	53.26

4 Nico	Bakkes	EPA	53.61
5 Pieter W	Coetzer	AMPU	53.74
6 Rudolf	Botha	AMPU	53.87
7 Mdusuzi	Ngwenya	AVT	54.62
8 Katlego	Masekane	AVT	56.09

Highjump final

1 Vernon	Lategan	CGA	2.05
2 Teboho	Modise	AVT	2.05
3 Sibusiso	Mncube	AVT	2.00
4 Nthandazo	Mtshengu	KZNA	2.00
5 Brandon	Prinsloo	ACNW-I	1.95
5 Clyde	Ruiters	WPA	1.95
7 Jacques	Rossouw	AGN	1.95
8 Christo	Krause	ACNW	1.90

Polevault final

1 Juan	de Swart	BOLA	4.70
2 Emile	Pellesier	BOLA	4.40
3 Fabio	Grunert	AFS	4.20
4 Lee	van der Berg	ACNW	4.20
5 Niel	le Roux	AFS	4.00
6 Chris	van der Merwe	AFS	3.80

Longjump final

1 Dwayne	Boer	AGN	7.43 (+0.6)
2 Itumeleng	Dikoko	AVT	6.99 (+1.5)
3 Neo	Leshilo	AVT	6.84 (+0.9)
4 Jacques	Malan	AMPU	6.79 (+0.0)
5 Ingvar	van Rooyen	BOLA	6.79 (+1.1)
6 Sizwe	Khoza	AMPU	6.60 (+0.6)
7 Calvin	Blignaut	CGA	6.59 (-0.8)
8 Tumelo	Seema	LIMA	6.50 (-1.5)

Triplejump final

1 Sabelo	Ndlovu	AGN	15.58 (+1.3)
2 Dwayne	Boer	AGN	15.42 (+1.0)
3 Albert	Janki	AGN	14.80 (+0.7)
4 Itumeleng	Dikoko	AVT	14.57 (-0.3)
5 Lorenzo	Gordon	ASWD	14.43 (+0.8)
6 Wandile	Sibiya	AMPU	14.34 (+0.4)
7 Angel	Apolonari	ANWN	14.21 (+0.2)
8 Vuyano	Henry	BOLA	13.99 (+0.6)

Shotput final

1 Ruan	Combrink	AVT	18.21
2 Kevin	Botha	AGN	16.78
3 Zane	Weir	KZNA	16.27
4 U	Senekal	EPA	14.61
5 Whistiaan	Opperman	AMPU	14.13

6	Seth	Townsend	CGA	13.96
Discus final				
1	Gerhard	de Beer	AGN	58.4
2	Seth	Townsend	CGA	48.95
3	Ruan	Combrink	AVT	48.21
4	Brendin	Strauss	AVT	48.04
5	Conrad	Burger	BOLA	47.49
6	Whistiaan	Opperman	AMPU	46.41
7	Wikus	van Aswegen	BOLA-I	44.55
8	Rudolf	van Vuuren	AGN-I	42.69
Hammer Throw final				
1	J	Muller	EPA	56.57
2	H	Louw	EPA	55.2
3	Vincent	Meiring	AGN	48.54
4	Stephan	Pretorius	ACNW	46.9
5	Sebastian	Laros	BOLA	38.63
6	Rudolf	van Vuuren	AGN-I	28.45
Javelin throw final				
1	Reinhard	van Zyl	AGN	69.65
2	Stephan	Beukes	ACNW	65.83
3	LJ	Basson	ACNW	63.67
4	JG	Crouse	ACNW	60.89
5	Stephen	Klue	WPA	59.94
6	Ruben	Heymans	AFS	58.83
7	Dewalt	Cooke	BOLA	58.82
8	Willem	de Wet	ASWD	58.57
4X100m Relay				
1	ACNW			41.83
1	BOLA			41.83
3	AGN			41.87
4	CGA			42.05
5	AFS			42.39
6	AVT			42.86
7	EPA			42.93
8	ANWN			42.98
4X400m relay				
1	AGN			3:14.62
2	KZNA			3:17.56
3	AVT			3:17.68
4	CGA			3:18.39
5	AFS			3:18.94
6	EPA			3:29.09
7	AMPU			3:30.60
8	TRANS			3:43.51

Men 23

100m final

1	Henrico	Bruintjies	BOLA	10.44
2	Akani	Simbine	AGN	10.48
3	Emile	Erasmus	AGN	10.52
4	Waide	Jooste	CGA	10.68
5	Danie	van Blerk	CGA	10.71
6	Siphomelelo	Nqoabaza	AFS	10.84
7	Gideon	Trotter	AFS	10.87
8	David	Okharedia	CGA	10.88

200m final

1	Akani	Simbine	AGN	20.84
2	Gideon	Trotter	AFS	20.95
3	Danie	van Blerk	CGA	21.48
4	Loyiso	Mantanga	KZNA	21.63
5	L	Majerman	EPA	21.78
6	David	Okharedia	CGA	21.89
7	Thapelo	Phora	AGN	21.92

400m final

1	Wayde	van Niekerk	AFS	45.83
2	Jacques	de Swart	AGN	46.50
3	Ruan	Greyling	AGN	46.77
4	Rodwell	Ndlovu	WPA	47.04
5	Louwrens	Kock	AFS	48.19
6	Braam	van Tubberg	AFS	48.42
7	Jannie	Biers-Louw	BOLA-I	48.48
8	Sandile	Mdluli	CGA	50.63

800m final

1	Rynardt	van Rensburg	AFS	1:47.92
2	Steven	Mhlongo	CGA	1:49.27
3	Sandile	Mdluli	CGA	1:50.62
4	Tiaan	Basson	AMPU	1:51.19
5	Nkosikhona	Mhlakwana	KZNA	1:52.08
6	Theodore	Nothling	ACNW	1:54.84

1500m final

1	Jeromy	Andreas	CGA	3:50.94
2	Moses	Dirane	AGN	3:51.37
2	Alan	Slinger	CGA	3:51.37
4	Arim	Botha	ACNW	3:51.52
5	Charles	Nel	AGN-I	3:55.91
6	Henry	Makane	AMPU	3:59.29
7	Nkosikhona	Mhlakwana	KZNA	4:01.01
8	Jonathan	Bredenkamp	AGN-I	4:01.26

5000m final

1	Arim	Botha	ACNW	14:42.87
2	Sifiso	Mncwango	CGA	14:49.51
3	Sello	Masia	AFS	15:04.74
4	Luyando	Qolo	BOLA	15:10.66
5	Joseph	Pama	AVT	15:31.10
6	Vuyolwephu	Madikiza	TRANS	15:43.76
7	Unathi	Nteta	WPA-I	15:53.01

10000m final

1	Thobani	Chagwe	KZNA	31:19.7
2	Wiseman	Fadane	TRANS	31:37.6
3	Joseph	Pama	AVT	31:43.9
4	Luyando	Qolo	BOLA	31:58.2
5	Ayanda	Mncube	KZNA	32:32.6

3000m final

1	Sibusiso	Madikizela	CGA	09:17.6
2	Simon	Mokonyana	AGN	09:26.6
3	Sello	Masia	AFS	09:27.0
4	Makuwa	Tshibidzo	CGA	09:27.1
5	Godwin	Swartz	WPA	09:51.3
6	Johart	van Heerden	ACNW-I	10:13.2
7	Lucas	Bothobutle	ACNW	10:18.3

110m Hurdles final Wind(-0.9)

1	Tshepo	Lefete	AGN	13.96
2	Kobus	Moolman	AGN	13.98
3	Werner	Pretorius	AGN	14.35
4	Emmanuel	Paggis	AFS	14.40
5	Ian	Schoonwinkel	ACNW	14.85
6	Gert	Swanepoel	ACNW	15.03

400m hurdles final

1	Le Roux	Hamman	AGN	50.97
2	Taariq	Solomons	WPA	51.07
3	Bernard	Pretorius	AGN	51.30
4	Lindsay	Hanekom	WPA	51.90
5	Ian	Schoonwinkel	ACNW	52.73
6	Schalk	Burger	ACNW	52.79
7	Jurie	Moolman	AGN	53.35
8	Shami	Eksteen	AFS	57.16

HighJump final

1	Tiro	Mosete	AGN	2.05
2	Jva	Steytler	AFS	2.05
3	Luvo	Nkewu	BOLA	1.95

Polevault final

1	Migael	Cilliers	AGN	5.00
2	Ruan	van Wyk	BOLA	4.60
3	Sameul	Pellissier	AFS	4.60

LongJump final

1	Ruswahl	Samaai	CGA	7.78 (+1.7)
2	Francois	Coetzee	AGN	7.27 (-2.0)
3	Lezlo	Bramwill	CGA	7.12 (+0.7)
4	Nhlanhla	Masemola	AMPU	7.10 (-1.0)
5	Koketso	Mogapi	AVT	6.99 (+1.4)
6	Dylon	Cotter	CGA	6.87 (-0.8)
7	Joshua	Diamond	CGA	6.83 (-1.8)
8	Sechaba	Sefuli	AGN-I	6.33 (-4.5)

TripleJump final

1	Apelele	Rasmeni	CGA	14.95 (-0.1)
2	Koketso	Mogapi	AVT	14.68 (+0.1)
3	Takalani	Munyai	AGN-I	14.00 (+0.8)

Shotput final

1	Donovan	Stebbing	CGA	16.85
2	Brynn Peter	Kemp	BOLA	16.62
3	Ruan	Murray	ACNW	16.42
4	Johnny	Botha	CGA	15.92
5	Constand	van Rooyen	ACNW	15.47

Discus final

1	Dewald	van Heerden	CGA	55.41
2	Brynn-Peter	Kemp	BOLA	55.14
3	Wynand	Carstend	BOLA	52.62
4	Ruan	Murray	ACNW	51.43

Hammer throw final

1	Renaldo	Frechou	ACNW	62.8
2	Lodewalt	Venter	ACNW	58.51
3	Donovan	Stebbing	CGA	56.5
4	Thehann	van Niekerk	ACNW	54.75
5	Robert	janse van Rensburg	ACNW	51.71

Javelin throw final

1	Chad	Herman	EPA	74.7
2	Rocco	van Rooyen	WPA	72.66
3	Dylan	Lindsay	CGA	71.72
4	Steyn	Kriel	ACNW	63.59
5	Ruan	Erasmus	ACNW-I	60.79

4X100m relay final

1	AGN	41.01
2	AFS	41.92
3	KZNA	42.45
4	AVT	43.79

4X400m relay final

1	AGN	3:15.57
2	ANWN	3:16.88
3	CGA	3:18.38

Sub Youth Girls**100m final (Wind +1.0)**

1	Cassidy	Williamson	KZNA	12.19
2	Madia	Ehlers	AGN	12.34
3	Stoni	Lawrence	CGA	12.53
4	Clari	Buys	AFS	12.79
5	Marja-lise	Nel	AFS	12.89
6	Inge	van der Merwe	AMPU	12.96
7	Rudine	Botha	ACNW	13.08
8	Larissa	de Jager	AMPU	13.46

200m final (wind 0.8)

1	Cassidy	Williamson	KZNA	24.57
2	Stoni	Lawrence	CGA	24.83
3	Madia	Ehlers	AGN	25.15
4	Clari	Buys	AFS	26.03
5	Khensani	Matjeke	AGN	26.33
6	Anja	van Heerden	WPA-I	26.34
7	UD	Edem	AFS-I	26.40
8	Marja-Lise	Nel	AFS	26.63

400m final

1	Cindy	von Ahlefeldt	CGA	57.53
2	Louisa	Stramrood	CGA	58.16
3	Sibongile	Mjele	AGN	59.03
4	Chane	Marx	AVT	60.57
5	Anel	Blake	KZNA	60.75
6	Mieke	Rall	ANWN	62.55
7	Khensani	Matjeke	AGN	66.02

800m final

1	Sibongile	Merina	CGA	2:13.75
2	Celia	Stramrood	CGA	2:15.33
3	Sibongile	Mjele	AGN	2:16.52
4	Tanita	Sada	ACNW	2:18.60
5	Elke	Robberts	CGA	2:19.67
6	Carla	Du Randt	CGA	2:20.45
7	Lehlogonolo	Magoro	AGN	2:22.25
8	Nadine	Gouws	ACNW	2:28.77

1500m final

1	Tshegofatso	Setlhakgoe	AGN	4:45.64
2	Liza	Kellerman	CGA	4:46.29
3	Carla	Venter	AGN	4:46.40
4	Sibongile	Merina	CGA	4:46.41
5	Thobile	Amon	AMPU	4:58.95
6	Cana	Peek	KZNA	4:59.79
7	Carla	Kok	ACNW	4:59.83
8	Reene-Marie	Luus	AMPU	5:01.57

3000m final

1	Tshegofatso	Sethakgoe	AGN	10:29.95
2	Caelin	van der Westhuizen	AGN	10:43.03
3	Reene-Marie	Luus	AMPU	10:50.65
4	Rachel	Modise	AGN	11:08.06
5	Hlengiwe	Zuma	KZNA	11:21.03

90m Hurdles final

1	Thea	Penberthy	CGA	12.90
2	Maryna	Van Wyk	AFS	13.18
3	Inge	Van der Merwe	AMPU	13.38
4	Carien	Pienaar	AGN	13.40
5	Carmen	Cronje	AMPU	13.69
6	Lara	Rabinowitz	KZNA	13.88
7	Jone	Kruger	ACNW	14.01
8	Darnelle	Lewies	WPA-I	14.08

300m Hurdles final

1	Maryna	Van Wyk	AFS	44.11
2	Lara	Robinowitz	KZNA	45.00
3	Gretl	Rens	AMPU	45.25
4	Sikholiwe	Mdletshe	AMPU	46.97
5	Darnelle	Lewies	WPA-I	48.00
6	Rochelle	Menenzies	ANWN	48.23
7	Carmen	Cronje	AMPU	48.77
8	Megan	Bogner	AGN	48.87

Highjump final

1	Katelyn	Rthballe	CGA	1.77
2	Mieke	Pretorius	AGN	1.65
3	Marne	Kriedeman	CGA	1.65
4	Deidre	Barnard	ANWN	1.60
5	Lizande	Pretorius	AMPU	1.60
6	Cara	Nosworthy	CGA	1.60
7	Mia	Kuhn	AMPU	1.55
8	Lize	Rossouw	WPA-I	1.55

Polevault final

1	Rozanne	Compion	WPA	2.90
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2	Elsi	Lamley	AFS	2.90
3	Megan	Mare	AGN	2.30
4	Pauline	Marx	AFS	2.30
5	Melissa	van Aswegen	AGN	2.30
6	Mienke	Brits	AGN	2.10

Longjump

1	Jone	Kruger	ACNW	5.36
2	Renate	van Tonder	AGN	5.35
3	Inge	van der Merwe	AMPU	5.34
4	Somien	Schutte	AGN	5.26
5	Megan	Brogner	AGN	5.07
6	Janka	Matthee	WPA-I	4.97
7	Rudine	Botha	ACNW	4.94
8	Leandri	Lamprecht	AMPU	4.76

Triplejump final

1	Somien	Schutte	AGN	11.46 (-0.4)
2	A	Nakas	EPA	11.07 (-0.1)
3	Marike	Coetzee	ACNW	10.31 (+0.0)
4	Danielle	Mairais	ASWD	10.13 (-0.6)
5	Elzaan	Pieterse	ACNW	09.95(+0.1)
6	Chante	Robertson	EPA	09.90 (-0.4)
7	Ane	janse van Rensburg	ACNW	09.82(+0.2)
8	M	Venter	EPA	09.80 (-0.4)

Shotput final

1	Yolandi	Stander	AGN	14.52
2	A	Kapp	EPA	13.75
3	Elzaan	van Tonder	CGA	13.16
4	Mia	van Oudtshoorn	AFS	12.56
5	Maggie	le Roux	ANWN	11.97
6	Jana	Steinmann	ACNW	11.93
7	Tanisha	Chowles	ASWD	11.81
8	Klarissa	Steyn	AGN	11.78

Discus final

1	Elzaan	van Tonder	CGA	39.58
2	Yolandi	Stander	AGN	38.69
3	A	Kapp	EPA	37.29
4	Corneli	Botha	ANWN	36.28
5	Adele	Boshoff	CGA	35.77
6	Lihandri	Lotter	AVT	34.39
7	Marche	Mare	AGN	34.06
8	Shani-lee	Swart	AMPU	33.58

Hammer Throw

1	M	Cumming	EPA	48.27
2	M	Vosloo	EPA	44.40
3	J	Oelofse	EPA	42.68

4	Melindie	de Beer	WPA	38.09
5	Lerissa	Greyling	ACNW	37.78
6	Adele	Boshoff	CGA	36.02
7	Sarieska	Coetzer	AFS	28.15

Javelin

1	Anneke	Germishuys	WPA	43.08
2	Shani-lee	Swart	AMPU	42.62
3	Ronel	Naude	AGN	40.28
4	Tinita	van Dyk	AGN	38.02
5	Maggie	le Roux	ANWN	37.02
6	Tanisha	Chowles	ASWD	36.85
7	Cecilia	Strydom	ASWD	35.21
8	Anouschka	Slier	WPA	35.15

Relay final

1	EPA	49.97
2	KZNA	50.26
3	AGN	50.33
4	AMPU	50.86
5	CGA	56.59

100m,200m,300m,400m Relay

1	CGA	2:19.34
2	AGN	2:22.50
3	ACNW	2:24.13
4	AMPU	2:28.22

Youth Women

100m final (wind +1.1)

1	Tamzin	Thomas	WPA	11.83
2	Simone	du Plooy	AGN	12.07
3	Meghan	Phillips	CGA	12.20
4	Reabetswe	Moloi	AGN	12.23
5	Ariane	Nel	ANWN	12.31
6	Carla	Johnson	WPA	12.52
7	Charnique	Jacobs	ACNW	12.55
8	Cherice	Smith	AMPU	12.86

200m final (wind -0.3)

1	Simone	du Plooy	AGN	24.08
2	Robyn	Haupt	WPA	24.39
3	Ariane	Nel	ANWN	24.58
4	Meghan	Phillips	CGA	24.89
5	Rese	Smit	BOLA	25.34
6	Charnique	Jacobs	ACNW	25.75
7	Bianca	Jones	AVT	25.84
8	C	Seddon	EPA	25.92

400m final

1	Helene	Swanepoel	BOLA	54.44
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2	Robyn	Haupt	WPA	55.77
3	Mariska	van Dyk	AGN	56.26
4	Danielle	Human	AGN	56.96
5	Jeanelle	Griesel	AGN	57.33
6	Ariane	Nel	ANWN	57.80
7	Jana	van der Merwe	CGA	58.56
8	Heideli	du Plessis	AMPU	58.73
800m final				
1	Jana	van der Merwe	CGA	2:10.35
2	Christene	Bosch	WPA-I	2:12.05
3	Lizerie	Ferreira	CGA	2:13.08
4	Inge	Brewis	AMPU	2:14.43
5	Heideli	du Plessis	AMPU	2:17.40
6	Megan	Odendaal	AGN	2:18.37
7	Marne	Mentz	AGN	2:18.92
8	Janine	janse van Rensburg	CGA	2:19.99
1500m final				
1	Lizerie	Ferreira	CGA	4:30.87
2	Carina	Viljoen	CGA	4:37.45
3	Salvation	Babedi	CGA	4:41.75
4	Zani	Kruger	WPA	4:44.90
5	Laura	Labuschaigne	BOLA	4:48.16
6	Megan	Odendal	AGN	4:48.66
7	Inge	Brewis	AMPU	4:56.02
8	Lethabo	Seema	AGN	4:58.66
3000m final				
1	Carina	Viljoen	CGA	9:57.06
2	Zani	Kruger	WPA	10:20.60
3	Fezelike	Hlophe	KZNA	10:36.55
4	J	Schlemmer	EPA	10:44.21
5	Lisha	van Onselen	KZNA	10:45.70
6	Tharien	Erasmus	CGA	10:52.39
7	Nondumiso	Sithole	KZNA	10:55.33
8	Lethabo	Seema	AGN	10:57.48
2000m steeplechase final				
1	Tiffani	Bell	CGA	7:21.99
2	Jeanette	Bokadie	CGA	7:25.87
3	Tharien	Erasmus	CGA	7:28.25
4	S	Scholtz	EPA	8:14.72
5	Alison	de Wet	BOLA	8:15.23
6	Courtney	Cooper	ACNW	8:52.99
100m hurdles final				
1	Jeanelle	Laubscher	AGN	13.92
2	D'jane	Kiedemann	CGA	13.97
3	Bea-Marie	Schutte	KZNA	14.22

4	Hestia	Hanekom	AGN	14.24
5	Janke	van Wyk	WPA	14.30
6	Lindie	Koch	AGN	14.36
7	Leah	Haynes	AGN	14.37
8	Veroeshka	Strauss	AFS	14.49

400m hurdles final

1	Helene	Swanepoel	BOLA	60.09
2	Chante	Finger	AGN	61.87
3	Roezelle	Meier	WPA	61.91
4	Aascan	Sonnekus	CGA	61.94
5	Chrystal	Liebenberg	AGN	62.12
6	Thapole	Ramumakwe	LIMA	64.20
7	Tabitha	Visagie	ACNW	64.59
8	Hendriette	le Roux	LIMA	64.90

Highjump final

1	Julia	du Plessis	CGA	1.76
2	Marlize	Higgins	AMPU	1.73
3	Moleboheng	Pherane	AFS	1.65
3	Mia	Labuschagne	WPA	1.65
5	Taylia	Visagie	BOLA	1.65
6	Geraldine	King	WPA	1.60
7	Danica	Kirsten	ACNW	1.60
7	Martinique	Ferreira	AFS	1.60

Polevault final

1	Kaitlyn	Sparks	BOLA	3.30
2	Natasha	Obermeyer	BOLA	2.90
3	Johanne	Potgieter	AFS	2.70
4	Adele	van Staden	AFS-I	2.70
5	Monica	Steyn	AFS	2.60
6	Bianca	Steyn	AFS	2.60
7	Catherine	Swanepoel	AGN	2.60

Longjump final

1	Carla	Johnson	WPA	5.88 (+1.8)
2	Zinzi	Chabangu	CGA	5.76 (+2.6)
3	Marichelle	Nortje	AMPU	5.68(+2.0)
4	Marne	Kruger	AGN	5.65(+0.2)
5	Taylia	Visagie	BOLA	5.59(-0.2)
6	Nienka	du Toit	BOLA	5.53(+1.2)
7	Carla	Werth	WPA-I	5.52(+2.0)
8	Alexandra	Smit	BOLA	5.37(+1.9)

Triplejump final

1	Zinzi	Chabangu	CGA	11.97 (-0.2)
2	Megan	van Rooyen	AVT	11.15 (-0.6)
3	Nelrine	Beyers	BOLA	11.07 (-0.6)
4	Simone	Theunissen	ASWD	11.07 (+0.1)

5	Narieke	van der Walt	WPA-I	11.05 (-0.7)
6	Lizandi	Schoeman	CGA	11.00 (+0.0)
7	M	J van Rensburg	EPA	10.96 (-0.4)
8	Hendra	Marx	AFS	10.76 (-0.1)

Shotput final

1	Wanzel	Breytenbach	AGN	15.58
2	Monique	Wagner	CGA	14.86
3	Y	Willemse	EPA	14.53
4	Leandri	Geel	CGA	14.50
5	Angeline	Smit	BOLA	13.93
6	Bianca	Conradie	KZNA	13.59
7	Christelle	Scholtz	ACNW	13.15
8	Linda	Nel	ACNW	12.91

Discus final

1	Leandri	Geel	CGA	46.82
2	Ashley	Nieuwenhuizen	CGA	44.74
3	Bianca	Conradie	KZNA	42.29
4	Angeline	Smit	BOLA	41.86
5	Nielke	Matthee	BOLA	41.28
6	Riette	Heyns	AGN	40.78
7	Y	Willemse	EPA	38.07
8	Imke	Fourie	AGN	36.29

Hammer throw final

1	Stefanie	Greyling	AFS	55.25
2	B	Blom	EPA	54.09
3	Letitia	janse van vuuren	AFS	52.32
4	N	Meiring	EPA	50.39
5	Bianca	Botes	CGA	48.63
6	Jennifer	janse van vuuren	AFS	48.02
7	Alisia	van der Merwe	AMPU	43.34
8	Mariette	Conradie	ACNW	42.60

Javelin Throw final

1	Jo-Ane	van Dyk	ASWD	51.85
2	Zane	Fourie	ASWD	49.63
3	Gerna	Koekemoer	ACNW	47.89
4	Mandi	Venter	AGN	46.48
5	Lizri	de Villiers	ACNW	45.66
6	Anri	Steyn	ASWD	44.69
7	Danielle	Coetzee	AGN	43.99
8	Bianca	Botes	CGA	43.06

4X100m relay final

1	AGN	47.83
2	BOLA	48.79
3	CGA	49.02
4	AFS	49.24
5	ANWN	49.58
6	AVT	49.61

100m,200m,300m,400m relay

1	BOLA	2:14.49
2	AGN 2	2:14.73
3	CGA	2:15.51
4	AGN 1	2:15.76
5	WPA	2:18.24
6	EPA	2:21.15
7	KZNA	2:23.92

Junior Women**100m final (wind +1.4)**

1	Phillipa	van der Merwe	AGN	11.89
2	Liezl	Hechter	AGN	11.95
3	Stacey	Welsch	WPA	11.97
4	Shanice	Marnce	KZNA	12.03
5	Nabeela	Parker	BOLA	12.18
6	Ingrid	Potgieter	AMPU	12.60
7	Leandre	Potgieter	AVT	12.71
8	Lizzie	Kriel	AFS	12.78

200m final (Wind +0.0)

1	Stacey	Welsch	WPA	24.41
2	Phillipa	van der Merwe	AGN	24.59
3	Shanice	Marnce	KZNA	24.64
4	Liezl	Hechter	AGN	24.76
5	Demi	Mcmillan	WPA	25.49
6	I	Steyn	EPA	25.98
7	Ingrid	Potgieter	AMPU	26.11
8	Leandre	Potgieter	AVT	26.12

400m final

1	Carina	Swiegers	CGA	55.26
2	Janet	Seelinger	AGN	55.50
3	Goitseona	Rammonyne	ANWN	55.51
4	Marikie	Bruwer	BOLA	56.33
5	Dzumisani	Baloy	AFS	56.63
6	Marise	Malherbe	BOLA	56.79
7	Leandi	Knox	AMPU	58.84
8	Marista	van der Westhuizen	ACNW	59.38

800m final

1	Gena	Lofstrand	KZNA	2:05.50
2	Monique	Stander	CGA	2:10.32
3	Thato	Makhafola	CGA	2:11.22
4	Aynslee	van Graan	AGN	2:13.67
5	Michelle	Redelingshuys	AGN	2:15.81
6	Vanessa	Alexander	ACNW	2:16.50
7	Jean-Mari	Redelingshuys	AGN	2:17.14
8	Icarien	van Deventer	WPA	2:17.29

1500m final

1	Gena	Lofstrand	KZNA	4:31.32
2	Glenrose	Xaba	AMPU	4:36.49
3	Blandina	Makatise	AFS	4:36.95
4	Sunelle	Coetzee	AMPU	4:37.05
5	Duanne	Fourie	CGA	4:44.37
6	Aynslee	van Graan	AGN	4:46.79
7	Jani	Viljoen	AGN	4:53.79
8	Thato	Makhafola	CGA	4:58.98

3000m final

1	Blandina	Makatise	AFS	10:00.98
2	Glenrose	Xaba	AMPU	10:04.45
3	Bernadine	Mcloud	CGA	10:14.26
4	Ebeth	Marais	WPA	10:15.60
5	Amy	Abrahams	WPA	11:12.14
6	Slindile	Chili	KZNA	11:43.98

5000m final

1	Annie	Bothma	WPA	17:24.00
2	Zandile	Handebe	CGA	17:46.23
3	Blandina	Makatise	AFS	18:11.41
4	Ebeth	Marais	WPA	18:16.87
5	Khonzeni	Gwegwa	TRANS	18:18.10
6	Thandeka	Manzana	AGN	18:25.22
7	Mia	Bosman	AGN	18:44.89
8	Michelle	Strydom	CGA	18:57.22

3000m Steeplechase final

1	Tandeka	Manzana	AGN	11:12.20
2	Olivia	Labuschagne	AGN	11:21.83
3	Alicia	Labuschagne	AGN	11:41.36
4	Sindy	Labuschagne	AGN	11:50.20
5	Carla	Petzer	EPA	12:54.23
6	S	Webster	EPA	12:56.75
7	Annereen	Malan	BOLA	15:30.28

100m Hurdles final

1	Mercia	Venter	AGN	14.38
2	Schalia	Oosthuizen	AGN	14.60
3	Chrizzanne	Markram	CGA	15.00
4	Helga-Wendy	Bensusan	CGA	15.43
5	Tracy	Cullis	CGA-I	15.64
6	Talita	Vorster	AGN-I	15.72
7	Marissa	Viljoen	AVT	15.90

400m Hurdles final

1	Izelle	Neuhoff	AGN	59.98
2	Chrizzanne	Forssman	AGN	61.28

3 Marina	Swanepoel	BOLA	62.22
4 Bianca	Visser	AGN	64.46
5 Ilse	Moolman	AGN	64.48
6 Danielle	de Jongh	AGN-I	65.15
7 Maryke	Nel	AGN	65.78
8 Zanele	Sikalala	CGA	71.67

HighJump final

1 Evelyn	Rothballer	AMPU	1.63
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Polevault final

1 Mar-Leze	Vos	AFS	3.5
2 Nadia	Gillio mee	AGN	3.4
3 Surika	Piater	AFS	3.3
4 Jameson	Colin	BOLA	3.3
5 Carlien	Myburgh	AFS	3.1
6 Anel	van Wyk	ACNW	2.6

LongJump final

1 Janet	Seelinger	AGN	5.85 (+1.8)
2 Lene	Peens	BOLA	5.66 (+1.8)
3 Bonita	Botha	AGN	5.48 (+1.2)
4 Carina	Swiegers	CGA	5.44 (+0.3)
5 Shanice	Swartz	AFS	5.37 (+2.0)
6 Leandri	Willis	AGN-I	5.35 (-1.0)
7 Chantelle	Theron	CGA	5.28 (+3.1)
8 Charne	Smyth	AGN-I	5.21 (+1.2)

TripleJump final

1 Helga-Wendy	Bensusan	CGA	11.99 (+2.5)
2 Bonita	Botha	AGN	11.63 (-0.3)
3 Dineo	Mgwenya	AMPU	11.61 (+0.0)
4 Sone	Pretorius	AGN	11.39 (+1.0)
5 Carina	Meyer	AFS	11.23 (+2.5)
6 Marelize	Campher	AFS	11.20 (-1.1)
7 S	van der Merwe	EPA	10.78 (+1.7)
8 Shanice	Swartz	AFS	10.67 (-1.0)

Shotput final

1 Lezaan	Jordaan	CGA	15.05
2 Geraldine	Duvenhage	CGA	14.43
3 Cecile	Meyer	AFS	13.87
4 K	Willemse	EPA	13.14
5 Somari	Els	AGN	12.82
6 Nicolene	Ras	BOLA	12.50
7 M	Pennels	EPA	11.55
8 Natasha	Fourie	AMPU	11.47

Discus final

1 Geraldine	Duvenhage	CGA	44.83
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2 Somari	Els	AGN	44.11
3 Carmen	Killian	AGN	39.97
4 Hanri	du Preez	ANWN	36.10
5 M	Pennels	EPA	35.90
6 K	Willemse	EPA	34.26
7 Chantelle	Steyn	AVT	33.13

Hammer Throw final

1 Chene	Coetzee	AGN	49.25
2 M	Stander	EPA	48.28
3 Amy	Botes	EPA	45.35
4 Chante	Loots	CGA	44.24
5 Anke	van Dyk	BOLA	41.38
6 Saira-Lee	Nel	AVT	40.95
7 Elani	de Beer	WPA-I	40.71
8 Janet	Brummer	AFS	40.18

Javelin Throw final

1 Megan	Wilke	CGA	47.30
2 Zandri	Bayley	WPA	43.44
3 Sane	van Zyl	ACNW	42.97
4 Marilize	van Zyl	AFS	40.25
5 Chelsea	Boshoff	AMPU	39.67
6 Jana	Maritz	AMPU	37.57
7 Nicola	Schoeman	AMPU	36.36

4x100m relay

1 AGN	46.77
2 KZNA	48.32
3 BOLA	48.7
4 CGA	50.67
5 AVT	51.57

4X400m relay

1 BOLA	3:50.86
2 AGN 2	3:56.06
3 AGN 1	4:01.86
4 EPA	4:38.40

Women 23

100m final

1 Alyssa	Conley	CGA	11.72
2 Elizette	Buys	AGN	11.8
3 Samantha	Pretorius	WPA	11.88
4 Ansulet	Potgieter	AFS	11.91
5 Melissa	Hewitt	ACNW	11.95
6 Chante	van Tonder	CGA	12.01
7 Sonja	van der Merwe	WPA	12.02
8 Janine	Faulha	ACNW	12.38

200m final

1	Justine	Palframan	BOLA	23.46
2	Alyssa	Conley	CGA	23.67
3	Sonja	van der Merwe	WPA	23.78
4	Chante	van Tonder	CGA	23.86
5	Elzette	Buys	AGN	23.96
6	Jade	Thiele	CGA	25.12
7	Janine	Faulha	ACNW	25.68
8	C	Welmans	EPA	26.32

400m final

1	Sonja	van der Merwe	WPA	53.32
2	Justine	Palframan	BOLA	53.32
3	Anuscha	Nice	AGN	55.77
4	Anri	Steyn	ACNW	55.9
5	Petunia	Obisi	AGN	56.57
6	Adel	Vermaak	AGN	57.98
7	Danelle	Roos	AGN	58.72
8	A	Coetzee	EPA	59.37

800m final

1	Anuscha	Nice	AGN	2:06.51
2	Danel	Prinsloo	AFS	2:09.16
3	Hapiness	Mkize	AGN	2:12.00
4	Adel	Vermaak	AGN	2:13.41
5	Sunel	Jacobs	ACNW	2:15.51
6	Marike	Vermaak	ACNW-I	2:18.01

1500m final

1	Denel	Prinsloo	AFS	4:30.31
2	Lorraine	Novela	CGA	4:30.49
3	Stella	Marais	AGN	4:38.17
4	Hapiness	Mkize	AGN	4:52.69
5	Mamphielo	Sibanda	CGA	4:54.93
6	Marlise	Jordaan	ACNW	4:55.86
7	Kanya	Mateyisi	WPA	5:29.07

5000m final

1	Puseletso	Dladla	KZNA	18:56.76
2	Kanya	Mateyisi	WPA	19:54.32
3	Thabisa	Sirayi	TRANS	20:31.51
4	Lune	Meyer	ACNW	20:43.16

3000m Steeplechase final

1	Ashleigh	Schnetler	CGA	11:14.5
2	Leani	Grimes	AGN	11:21.7
3	Anneke	Gildenhuys	AFS	11:53.6

100m Hurdles final

1	Ansulet	Potgieter	AFS	13.50
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2	Rikenette	Steenkamp	AGN	13.56
3	Kayla	Gilbert	CGA	14.07
4	Mihandra	Dorfling	ACNW	14.53
5	Liriska	Botha	AFS	14.83
6	Carli	Gey van Pittius	BOLA-I	14.88
7	C	Weimans	EPA	14.96

400m Hurdles final

1	Ane	Fourie	BOLA	59.92
2	Tessa	Heystek	AMPU	62.39
3	Luzaan	Rautenbach	AGN	63.44
4	Liriska	Botha	AFS	64.23

Highjump final

1	Leandri	Botha	AFS	1.65
2	Zeanke	Prinsloo	AFS	1.60
3	Chanell	Range	CGA	1.55
4	Marcelle	du Plessis	BOLA-I	1.55

Polevault final

1	Taahirah	Kozain	BOLA	3.30
2	Mariska	Smit	BOLA	3.30
3	Elandi	Steyger	ACNW	2.90

Longjump final

1	Lynique	Prinsloo	AGN	6.58 (-0.8)
2	Samantha	Pretorius	WPA	6.32 (+1.5)
3	Zanri	van der Merwe	AGN	6.11 (-0.1)
4	Kayla	Gilbert	CGA	5.88 (+0.8)
5	Kelly	Kingwill	CGA	5.72 (-0.4)
6	Chanel	Burgers	AGN-I	5.49 (-0.7)
7	C	Weimans	EPA	5.44 (-0.4)
8	Luchelle	Prinsloo	CGA	5.34 (+2.9)

Triplejump final

1	Kelly	Kingwill	CGA	12.35 (+0.9)
2	Luchelle	Prinsloo	CGA	12.12 (-0.0)

Shotput final

1	I	Senekal	EPA	15.26
2	Sonia	Smuts	AGN	15.04
3	Eunice	Olevano	AFS	13.50
4	Liette	van Schalkwyk	AFS	12.71

Discus final

1	Simone	Meyer	AGN	48.77
2	I	Senekal	EPA	48.70
3	Marga	Vermaak	BOLA	43.92
4	Lindie	Liebenberg	ACNW	43.86
5	Eunice	Olevano	AFS	43.79

6 Sonia	Smuts	AGN	41.02
7 Johanna	Haarhoff	ANWN	41.01

Hammer throw final

1 M	Louw	EPA	52.52
2 Nadia	Botha	AFS	45.46
3 Angeline	Rodrigues de Franca	AGN-I	43.55

Javelin final

1 Gezelle	Bernard	ACNW	51.58
2 Janike	Kotze	ACNW	47.68
3 Liezel	de Swardt	ACNW	46.60
4 Carien	Dreyer	AGN	45.64
5 Carli	Grobbelaar	ACNW	42.95

4X100m relay final

1 WPA	46.63
2 AGN	46.64
3 ACNW	48.01
4 AFS	49.60

4X400m relay final

1 AGN	4:08.64
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USSA CHAMPIONSHIPS

26/27 April 2013

Durban

	100m		Wind=+4.9
1	BRUINTJIES,HENRICO, 13, 1993/07/16	CPUT	10.06
2	SIMBINI,AKANI, 283, 1993/09/21	TUKS A	10.24
3	DREYER,HANNES, 293, 1985/01/13	TUKS A	10.30
4	ERASMUS,EMILE, 294, 1992/04/03	TUKS A	10.36
5	TROTTER,GIDEON, 424, 1992/03/03	KOVS A	10.44
6	STEVENS,BRENT, 480, 1990/03/27	UWC	10.53
7	DE KLERK,SEAN, 395, 1992/01/28	KOVS A	10.57
8	VAN WYK,ISAAC, 308, 1989/03/16	TUKS B	10.71

	200m		
1	TROTTER,GIDEON, 424, 1992/03/03	KOVS A	20.78
2	SIMBINI,AKANI, 283, 1993/09/21	TUKS A	20.78
3	DE SWARDT,JACQUES, 275, 1992/08/12	TUKS A	21.02
4	DREYER,HANNES, 293, 1985/01/13	TUKS A	21.19
5	CONRADIE,PIETER, 325, 1994/10/20	TUKS A	21.24
6	VAN TUBBERGH,BRAAM, 391,	KOVS A	21.41
7	MANTANGA,LOYISO, 511, 1992/03/13	VC DBN	21.48
8	ERASMUS,EMILE, 294, 1992/04/03	TUKS A	21.74

	400m		
1	VAN NIEKERK,WAYDE, 388, 1992/07/15	KOVS A	46.22
2	BENEKE,PC, 273, 1990/07/18	TUKS A	46.50
3	NDLOVU,RODWELL, 453, 1991/03/04	UWC	46.56
4	SISHI,SIBUSISO, 356,	MATI A	46.97
5	CONRADIE,PIETER, 325, 1994/10/20	TUKS A	46.97
6	MADIMA,THEMBA, 306, 1989/04/02	TUKS B	47.27
7	DE SWARDT,JACQUES, 275, 1992/08/12	TUKS A	47.54
8	FLAGG,JADEN, 359,	MATI A	49.55

800m

1	OLIVIER,ANDRE', 91, 1989/12/29	PUKK A	1:49.97
2	PRETORIUS,JACQUES, 372,	MATI A	1:51.23
3	NYONGU,AMOS, 54, 2007/07/05	NMMU	1:51.42
4	MOTSAU,JERRY, 99, 1990/03/12	PUKK A	1:51.81
5	NAUDE,HANNES, 384, 1990/03/14	KOVS A	1:52.10
6	JONAS,WINDY, 411, 1990/03/11	KOVS A	1:52.46
7	VAN RENSBURG,RYNARDT, 390,	KOVS A	1:53.27
8	MADIMA,THEMBA, 306, 1989/04/02	TUKS B	1:53.60

1500m

1	MOTSAU,JERRY, 99, 1990/03/12	PUKK A	3:40.07
2	OLIVIER,ANDRE', 91, 1989/12/29	PUKK A	3:40.55
3	HLASELO,DUMISANE, 405, 1989/06/08	KOVS A	3:41.29
4	ANDREAS,JEROMY, 205,	UJ	3:41.93
5	BUCARIZZA,MARKO, 495,	WITS	3:49.77
6	GELDENHUYS,ADRIAAN, 82,	PUKK B	3:51.76
7	JONAS,WINDY, 411, 1990/03/11	KOVS A	3:56.71
8	NEL,CHARLES, 318, 1991/05/10	TUKS B	3:56.90

5000m

1	GELANT,ELROY, 81, 1986/08/25	PUKK A	13:16.22
2	MOKOKA,STEPHEN, 154,	TUT	13:31.23
3	ANDREAS,JEROMY, 205,	UJ	13:56.12
4	HLASELO,DUMISANE, 405, 1989/06/08	KOVS A	14:10.42
5	BRUMMER,DEAN, 102, 1988/09/15	PUKK A	14:28.27
6	MOTLAGALE,TUMELO, 211,	UJ	14:32.99
7	MOKOPANE,RANTSO, 100, 1994/08/08	PUKK A	14:36.87
8	LIPSCHITZ,ADAM, 281, 1994/01/01	TUKS A	14:50.55

10 000m

1	GELANT,ELROY, 81, 1986/08/25	PUKK A	27:41.30
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2	MOKOKA,STEPHEN, 154,	TUT	28:09.70
3	MZAZI,GLADWIN, 160,	TUT	29:18.69
4	THIPE,JOHN, 517,	VUT	30:14.89
5	ZAMKELE,XOLISANI, 521,	VUT	30:29.75
6	MULAUDZI,COLLEN, 518,	VUT	31:14.31
7	JACOBS,KARABO, 519,	VUT	31:20.25
8	KORIR,GILBERT, 470, 1984/03/29	UWC	31:42.46

3000m SteepleChase

1	MOKOPANE,RANTSO, 100, 1994/08/08	PUKK A	08:44.57
2	BRUMMER,DEAN, 102, 1988/09/15	PUKK A	08:45.66
3	MOTLAGALE,TUMELO, 211,	UJ	08:51.17
4	NYONGU,AMOS, 54, 2007/07/05	NMMU	08:58.35
5	MOKONE,KHOTHATSO, 413, 1989/02/18	KOVS A	08:58.95
6	BOTHOBUTLE,LUCAS, 94, 1991/01/01	PUKK B	09:17.94
7	MOKALOPA,BONGANI, 20, 1992/01/28	CUT-FS	09:38.67
8	SOLDAKA,SIBONISO, 12, 1990/12/20	CPUT	10:03.12

110m Hurdles

1	LEFETE,TSHEPO, 277, 1992/02/02	TUKS A	13.99
2	STORM,ANDRE', 108, 1988/07/12	PUKK A	14.01
3	HAMMAN,MUNTNGH, 265, 1990/03/07	TUKS A	14.16
4	MOOLMAN,KOBUS, 291, 1991/01/08	TUKS A	14.18
5	COERTZEN,WILLEM, 95, 1982/12/30	PUKK A	14.18
6	PRETORIUS,WERNER, 332, 1992/01/26	TUKS B	14.45
7	SCHOONWINKEL,IAN, 76, 1991/06/18	PUKK A	14.78
8	SEPTEMBER,ANDRE, 458., 1993/07/05	UWC	15.14

400m Hurdles

1	BENEKE,PC, 273, 1990/07/18	TUKS A	49.67
2	HAMMAN,LEROUX, 266, 1992/02/06	TUKS A	51.02
3	PRETORIUS,CONSTANT, 299,	TUKS A	51.81
4	MOOLMAN,JURIE, 327, 1991/01/08	TUKS B	51.83

5	EKSTEEN,ELISHAM, 18, 1992/08/06	CUT-FS	51.88
6	BURGER,SCHALK, 122, 1993/02/20	PUKK A	52.58
7	HAMMAN,MUNTNGH, 265, 1990/03/07	TUKS A	53.45
8	PRETORIUS,BERNARD, 298, 1993/01/06	TUKS A	54.31

Pole Vault

1	BEUKES,EBEN, 196,	UJ	5.00
2	VAN WYK,RUAAN, 342,	MATI A	4.80
3	CELLIERS,MICHAEL, 274, 1993/04/25	TUKS A	4.50
4	PELLISSIER,SAMUEL, 399, 1992/12/03	KOVS A	4.40

HighJump

1	CLAASEN,RUAN, 202,	UJ	2.15
2	STEYTLER,JVA, 426, 1992/09/08	KOVS A	2.10
3	MAELANGWIE,CALVIN, 184,	UJ	2.10
4	ELLIS,GARTH, 41, 1992/02/17	NMMU	2.05
5	RUITERS,CLYDE, 483, 1994/01/15	UWC	2.00
6	MODISE,TEBOHO, 254,	VUT	1.95
7	NKEWU,LUVO, 358,	MATI A	1.95
8	BLOWS,SHANE, 462, 1992/01/19	UWC	1.90

Shotput

1	ENGELBERCHT,JACO, 206,	UJ	19.53
2	VAN WINKEL,RYNO, 387, 1990/02/22	KOVS A	16.90
3	SYMAN,DONOVAN, 218,	UJ	16.74
4	STEBBING,DONOVAN, 238,	UJ	16.72
5	MURRAY,RUAN, 123, 1991/06/13	PUKK A	15.54
6	VAN HEERDEN,DEWALD, 192,	UJ	14.91
7	DE BEER,GERHARD, 311, 1994/07/05	TUKS B	14.87
8	TUCKER,RUSSELL, 513, 1990/04/11	MON	14.10

Discus

1	TUCKER,RUSSELL, 513, 1990/04/11	MON	56.68
2	SYMAN,DONOVAN, 218,	UJ	55.90
3	ENGELBERCHT,JACO, 206,	UJ	53.93
4	CARSTENS,WYNAND, 335,	MATI A	52.97
5	VAN HEERDEN,DEWALD, 192,	UJ	52.59
6	MURRAY,RUAN, 123, 1991/06/13	PUKK A	52.29
7	GROBLER,CHARL, 295, 1992/05/23	TUKS A	50.40
8	VAN WINKEL,RYNO, 387, 1990/02/22	KOVS A	48.84

Hammer

1	FRECHOU,RENALDO, 105, 1992/03/04	PUKK A	60.55
2	VENTER,LODEWALT, 86, 1991/07/22	PUKK A	57.49
3	STEBBING,DONOVAN, 238,	UJ	53.08
4	SCHEUN,ROBERT, 29, 1992/07/09	NMMU	44.66
5	VERSTER,LEON, 280, 1990/07/02	TUKS A	36.43
6	VAN VUUREN,RUDOLF, 141, 1994/04/23	TUT	33.55
7	GROBLER,CHARL, 295, 1992/05/23	TUKS A	28.55

Javelin

1	OOSTHUIZEN,ROBERT, 11, 1987/01/23	CPUT	81.08
2	BEUKES,STEPHAN, 77, 1994/07/14	PUKK A	73.83
3	HERMAN,CHAD, 31, 1992/05/25	NMMU	71.16
4	HENNING,JAYSON, 84, 1990/08/13	PUKK A	70.44
5	DAMON,ULRICH, 442, 1990/10/23	UWC	66.32
6	KLUE,STEPHEN, 463, 1994/02/21	UWC	66.30
7	HEYMANS,RUBEN, 433, 1994/09/13	KOVS A	66.27
8	COERTZEN,WILLEM, 95, 1982/12/30	PUKK A	65.65

Decathlon

1	SWANEPOEL,GERT, 112, 1991/03/20	PUKK A	06928
2	VAN DEN BERG,LEE, 116, 1994/08/26	PUKK A	06515

3	SEPTEMBER,ANDRE., 458, 1993/07/05	UWC	05744
4	LIGHT,MICHAEL, 167, 1992/06/09	UCT	04796
5	GREYLING,NARDUS, 420, 1991/02/23	KOVS A	02100

20km Walk

1	SNYMAN,WAYNE, 287, 1985/03/08	TUKS A	1:27:44.46
2	CHAUQUE,MTHEMBI, 400, 1993/02/11	KOVS A	1:42:28.00
3	MAVUNDLA,MZWAKHE, 72, 1994/05/05	PUKK A	1:56:06.48
4	GEORGE,SHELDON, 80, 1991/03/22	PUKK A	1:58:31.27
5	MANI,JONGOXOLO, 26, 1994/02/27	NMMU	2:02:53.48

4X100m Relay

1	RELAY TEAM,TUKS A1, ,	TUKS A	40.63
2	RELAY TEAM,TUKS A2, ,	TUKS A	41.31
3	RELAY TEAM,UWC A, ,	UWC	41.63
4	RELAY TEAM,MATIES A, ,	MATI A	41.66
5	RELAY TEAM,TUKS B, ,	TUKS B	41.84
6	RELAY TEAM,PUKKE A, ,	PUKK A	42.04
7	RELAY TEAM,KOVSIES A, ,	KOVS A	42.14
8	RELAY TEAM,UJ A, ,	UJ	42.15

4X400m Relay

1	RELAY TEAM,TUKS A1, ,	TUKS A	3:09.89
2	RELAY TEAM,MATIES A, ,	MATI A	3:12.89
3	RELAY TEAM,KOVSIES A, ,	KOVS A	3:13.73
4	RELAY TEAM,PUKKE A, ,	PUKK A	3:14.14
5	RELAY TEAM,UJ A, ,	UJ	3:16.68
6	RELAY TEAM,TUKS B1, ,	TUKS B	3:17.85
7	RELAY TEAM,MATIES B, ,	MATI A	3:22.64
8	RELAY TEAM,TUKS A2, ,	TUKS A	3:23.18

21.1km

1	MZAZI,GLADWIN, 160,	TUT	1:05:28.00
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2	ZAMKELE,XOLISANI, 521,	VUT	1:05:45.00
3	MASIHLEHO,THABANG, 523,	CUT-WE	1:06:10.00
4	MOKONE,KHOTATHATSO, 413, 1989/02/18	KOVS A	1:07:39.00
5	MATSI,BARRY, 472,	VUT	1:07:46.00
6	BOTHA,ARMIN, 93, 1992/08/09	PUKK A	1:07:53.00
7	JACOBS,KARABO, 519,	VUT	1:09:03.00
8	MULAUDZI,COLLEN, 518,	VUT	1:09:41.00

100m

Wind=+0.8

1	HEWITT,MELISSA, 83, 1991/05/20	PUKK A	11.68
2	VAN DER MERWE,PHILLIPA, 268,	TUKS A	11.85
3	BUYS,ELZETTE, 301, 1992/11/22	TUKS A	11.85
4	PARKER,NABEELA, 340,	MATI A	11.86
5	VAN TONDER,CHANTE, 190,	UJ	12.03
6	HECHTER,LIEZL, 276, 1994/03/22	TUKS A	12.08
7	VAN DER MERWE,ZANRI, 269,	TUKS A	12.09
8	ROMAN,BERNICE, 475, 1990/07/30	UWC	12.10

200m

1	PALFRAMAN,JUSTINE, 341,	MATI A	23.31
2	HEWITT,MELISSA, 83, 1991/05/20	PUKK A	23.74
3	VAN TONDER,CHANTE, 190,	UJ	24.23
4	VAN DER MERWE,PHILLIPA, 268,	TUKS A	24.51
5	ROMAN,BERNICE, 475, 1990/07/30	UWC	24.72
6	HECHTER,LIEZL, 276, 1994/03/22	TUKS A	24.80
7	OBISI,PERTUNIA, 144, 1993/01/19	TUT	25.19
8	PARKER,NABEELA, 340,	MATI A	25.49

400m

1	EBERSOHN,ANNERI, 271, 1990/08/09	TUKS A	53.25
2	PALFRAMAN,JUSTINE, 341,	MATI A	53.45
3	NIENABER,ARISTA, 89, 1987/12/09	PUKK A	53.56
4	VAN DER MERWE,SONJA, 56,	NLC	54.01

5	OBISI,RITA, 194,	UJ	56.77
6	LIEBENBERG,ANRUNE', 354,	MATI A	57.07
7	NICE,ANUSCHA, 282, 1991/08/26	TUKS A	59.52
0	STEYN,ANRI, 109, 1993/09/30	PUKK A	DNR

800m

1	NICE,ANUSCHA, 282, 1991/08/26	TUKS A	2:08.59
2	PRINSLOO,DANEL, 422, 1992/03/27	KOVS A	2:09.17
3	JORDAAN,MARILSE, 97, 1992/03/02	PUKK A	2:10.00
4	LIEBENBERG,ANRUNE', 354,	MATI A	2:10.94
5	MKHIZE,HAPPINESS, 321, 1992/12/15	TUKS B	2:11.54
6	MAKHAFOLA,THATO, 183,	UJ	2:12.23
7	JACOBS,SUNEL, 69, 1993/01/19	PUKK A	2:12.31
8	VERMAAK,ADEL, 319,	TUKS B	2:13.09

1500m

1	PRINSLOO,DANEL, 422, 1992/03/27	KOVS A	4:22.66
2	BRANDT,MANDIE, 292, 1982/11/05	TUKS A	4:26.45
3	JACOBS,SUNEL, 69, 1993/01/19	PUKK A	4:28.65
4	HADEBE,ZANDILE, 178,	UJ	4:33.39
5	JORDAAN,MARILSE, 97, 1992/03/02	PUKK A	4:33.72
6	MKHIZE,HAPPINESS, 321, 1992/12/15	TUKS B	4:36.34
7	RAVHANDALALA,PRINCESS, 139,	TUT	4:37.99
8	NGWENYA,PORTIA, 149, 1988/08/02	TUT	4:44.20

5000m

1	LAURENS,ROSALYN, 70, 1987/07/28	PUKK A	17:12.62
2	HADEBE,ZANDILE, 178,	UJ	17:40.41
3	MARAIS,STELLA, 307, 1992/11/25	TUKS B	18:05.33
4	SINGE,ZINTLE, 151,	TUT	18:20.76
5	GRIMES,LEANI, 329, 1993/08/01	TUKS A	18:25.64
6	JORDAAN,MARILSE, 97, 1992/03/02	PUKK A	18:36.49
7	ABRAHAMS,AMY, 451, 1994/06/28	UWC	18:50.27
8	DU BRUYN,LEANDA, 14, 1994/01/28	CPUT	19:01.26

3000m SteepleChase

1	CONRAD,NOLENE, 241,	IND	10:21.20
2	BALOYI,THEMBI, 133,	TUT	10:42.52
3	SCHNETLIER,ASHLEIGH, 195,	UJ	10:58.57
4	LAURENS,ROSALYN, 70, 1987/07/28	PUKK A	11:08.16
5	GRIMES,LEANI, 329, 1993/08/01	TUKS A	11:11.43
6	GILDENHUYS,ANNEKE, 402, 1992/04/01	KOVS A	11:13.51
7	DAVHANA,MURENDWA, 134,	TUT	11:54.05
8	ABRAHAMS,AMY, 451, 1994/06/28	UWC	11:59.55

100m Hurdles

1	POTGIETER,ANSULET, 416, 1991/04/27	KOVS A	13.42
2	STEENKAMP,RIKINETTE, 300,	TUKS A	13.45
3	GEY VAN PITTIUS,CARLI, 347,	MATI A	14.45
4	SENEKAL,JEAN-MARE, 350,	MATI A	14.55
5	DORFLING,MIHANDRA, 96, 1992/06/15	PUKK A	14.67
6	CULLIS,TRACY-LEIGH, 217,	UJ	15.19
7	BOTHA,LIRISKA, 407, 1993/07/09	KOVS A	15.21
8	VERSTER,TALITHA, 148, 1994/04/18	TUT	15.54

400m Hurdles

1	EBERSOHN,ANNERI, 271, 1990/08/09	TUKS A	57.04
2	FOURIE,ANE', 363,	MATI A	60.25
3	ELS,CLAUDEEN, 90, 1990/10/30	PUKK A	61.45
4	NEUHOFF,IZELLE, 279, 1994/05/10	TUKS A	63.42
5	BOTHA,LIRISKA, 407, 1993/07/09	KOVS A	63.57
6	VISSER,BIANCA, 515, 1994/02/10	TUKS B	67.28
7	DE JONGH,DANIELLE, 312, 1994/03/02	TUKS B	67.62
8	SMIT,ANRIETTE, 380,	MATI B	69.02

Polevault

1	GUILOMEE,NADIA, 302, 1994/05/10	TUKS A	3.30
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2	SMIT,MARISKA, 361,	MATI A	3.20
3	COLIN,JAMESON, 362,	MATI A	3.10
4	GAIDIEN,KULTHOOM, 444, 1994/11/17	UWC	3.10
5	KOEZAIN,TAHIRAH, 471, 1993/04/13	UWC	3.00

HighJump

1	ERWEE,BIANCA, 104., 1990/09/07	PUKK A	1.75
2	RANGE,CHANELL, 185,	UJ	1.70
3	BOTHA,MORITA, 44, 1992/07/22	NMMU	1.65
4	PRINSLOO,ZEHANCA, 423, 1991/10/07	KOVS A	1.65
5	BOTHA,BENNITA, 323, 1994/05/24	TUKS A	1.65
6	ROELOFSE,JUNE, 368.,	MATI A	1.60
7	DU PLESSIS,MARCELLE, 374,	MATI A	1.60
8	PRETORIUS,MICHELLE, 297, 1994/09/01	TUKS B	1.60

Shotput

1	SMUTS,SONIA, 284, 1991/10/05	TUKS A	14.54
2	VAN ROOYEN,BIANCKA, 189,	UJ	14.09
3	ENGELBRECHT,CHARLENE, 285,	TUKS A	13.86
4	SENEKAL,ISCHKE, 35, 1993/08/01	NMMU	13.58
5	KNOETSE,SONNIKA., 286., 1987/08/18	TUKS A	13.57
6	MEYER,CECILE, 397, 1994/03/07	KOVS A	13.11
7	OBERHOLZER,MARYKE, 272,	TUKS A	12.89
8	VAN SCHALKWYK,LIETTE, 392,	KOVS A	12.69

Discus

1	OBERHOLZER,MARYKE, 272,	TUKS A	54.46
2	ENGELBRECHT,CHARLENE, 285,	TUKS A	48.00
3	MEYER,SIMONE', 278, 1993/03/22	TUKS A	46.46
4	OLEVANO,EUNICE, 406, 1992/02/21	KOVS A	46.00
5	SENEKAL,ISCHKE, 35, 1993/08/01	NMMU	45.87
6	VERMAAK,MARGA, 351,	MATI A	41.88
7	LIEBENBERG,LINDIE, 88, 1991/02/22	PUKK A	41.67
8	SMUTS,SONIA, 284, 1991/10/05	TUKS A	41.30

Hammer

1	STAPELBERG,NANETTE, 110,	PUKK A	52.52
2	LOUW,MAGDALEEN, 48, 1992/02/04	NMMU	48.10
3	BOTHA,NADIA, 409, 1991/08/07	KOVS A	47.29
4	COETZEE,CHENE, 288, 1994/06/09	TUKS A	46.98
5	WEPENER,RONIQUE, 117, 1992/02/03	PUKK A	44.75
6	RODRIGUES DE FRANCA,ANGELINE,	TUKS B	39.22
7	SENEKAL,ISCHKE, 35, 1993/08/01	NMMU	29.62
8	VAN ROOYEN,BIANCKA, 189,	UJ	29.13

Javelin

1	GROBBELAAR,CARLI, 106, 1993/05/11	PUKK A	51.05
2	VAN DER SCHYFF,ANZEL, 270,	TUKS A	50.89
3	BERNARD,GEZELLE, 78, 1991/05/08	PUKK A	48.20
4	KOTZE,JANIKE, 98, 1993/01/27	PUKK A	44.42
5	GELDENHUYS,JANICA, 432, 1993/05/15	KOVS A	39.30
6	SAMSON,KATHLEEN, 449, 1990/05/09	UWC	26.41
7	MAJADOBODU,JOAN, 138,	TUT	25.27

Heptathlon

1	ERWEE,BIANCA., 104, 1990/09/07	PUKK A	05547
2	KNOETZE,SONNIKA, 286, 1987/08/18	TUKS A	04907
3	ROELOFSE,JUNE., 368,	MATI A	04484
4	KRUGER,CORLIA, 370,	MATI A	04295
5	WELMANS,CHARNEL, 36, 1992/05/04	NMMU	04272
6	PEENS,HELENE, 348,	MATI A	04189

20km Walk

1	SWART,CORLI, 111, 1991/03/08	PUKK A	1:50:51.07
2	VAN WYK,JESSICA, 73, 1992/04/22	PUKK A	1:51:41.53
3	HOPKNS,MICHELLE, 208,	UJ	1:53:55.19
4	VAN HEERDEN,CHANDRI, 74,	PUKK A	2:05:07.16

5	KOTZE,INGE, 119, 1992/11/21	PUKK A	2:06:11.37
6	SHABALALA,ROSE, 198,	UJ	2:07:44.89

4X100m Relay

1	RELAY TEAM,TUKS A1, ,	TUKS A	46.47
2	RELAY TEAM,MATIES A, ,	MATI A	47.19
3	RELAY TEAM,PUKKE A, ,	PUKK A	47.56
4	RELAY TEAM,UWC A, ,	UWC	48.40
5	RELAY TEAM,UJ, ,	UJ	48.52
6	RELAY TEAM,NMMU, ,	NMMU	49.35
7	RELAY TEAM,TUKS B, ,	TUKS B	49.61
8	RELAY TEAM,MATIES B, ,	MATI B	49.66

4X400m Relay

1	RELAY TEAM,TUKS A1, ,	TUKS A	3:48.25
2	RELAY TEAM,PUKKE A, ,	PUKK A	3:51.99
3	RELAY TEAM,MATIES B, ,	MATI A	3:55.25
4	RELAY TEAM,KOVSIES, ,	KOVS A	3:58.95
5	RELAY TEAM,TUKS B, ,	TUKS B	4:00.20
6	RELAY TEAM,UWC A, ,	UWC	4:27.51

21.1 km

1	NGWENYA,PORTIA, 149, 1988/08/02	TUT	1:18:03.00
2	RAVHANDALALA,PRINCESS, 139,	TUT	1:18:13.00
3	VAN DEVENTER,MAXINE, 193,	UJ	1:21:50.00
4	BALOYI,THEMBI, 133,	TUT	1:24:27.00
5	SCHNETLIER,ASHLEIGH, 195,	UJ	1:24:43.00
6	SHIPALANI,KHATHAZA, 150,	TUT	1:26:11.00
7	VAN DER WESTHUIZEN,TWANE', 75,	PUKK B	1:26:18.00
8	POLLOCK,JESSICA, 173, 1993/09/13	UCT	1:27:02.00

14TH IAAF WORLD CHAMPIONSHIPS
MOSCOW, RUSSIA
10 – 18 AUGUST 2013

MEN

100 meters

1. Usain Bolt JAM 9.77; 2. Justin Gatlin USA 9.85; 3. Nesta Carter JAM 9.95; 4. Kemar Bailey-Cole JAM 9.98; 5. Nickel Ashmeade JAM 9.98; 6. Mike Rodgers USA 10.04 7. Christophe Lemaitre FRA 10.06; 8. James Dasalu GBR 10.21 (**Anaso Jobodwana RSA 2h7 10.17; 4s1 10.17**)

200 meters

1. Usain Bolt JAM 19.66; 2. Warren Weir JAM 19.79; 3. Curtis Mitchell USA 20.04; 4. Nickel Ashmeade JAM 20.05; 5. Adam Gemili GBR 20.08; **6. Anaso Jobodwana RSA 20.14 (1h2 20.17; 2s2 20.13)**; 7. Churandy Martina NED 20.35; 8. Jaysuma Saidy Ndure NOR 20.37

400 meters

1. LaShawn Merritt USA 43.74; 2. Tony McQuay USA 44.40; 3. Luguélin Santos DOM 44.52; 4. Jonathan Borlée BEL 44.54; 5. Pavel Maslák CZE 44.91; 6. Youssef Al-Masrahi KSA 44.97; 7. Kirani James GRN 44.99; 8. Anderson Henriques BRA 45.03 (**Wayde van Niekerk RSA 5h5 46.37**)

800 meters

1. Mohammed Aman ETH 1:43.31; 2. Nick Symmonds USA 1:43.55; 3. Ayanleh Souleiman DJI 1:43.76; 4. Marcin Lewandowski POL 1:44.08; 5. Andrew Osagie GBR 1:44.36; 6. Duane Solomon USA 1:44.42; 7. Pierre-Ambroise Bosse FRA 1:44.79; 8. Abdulaziz Mohammed KSA 1:46.57

1 500 meters

1. Asbel Kiprop KEN 3:36.28; 2. Matt Centrowitz USA 3:36.78; **3. Johan Cronje RSA 3:36.83 (4h2 3:39.95; 5s1 3:43.71)**; 4. Nixon Chepseba KEN 3:36.87; 5. Homiyu Tesfaye GER 3:37.03; 6. Silas Kiplagat KEN 3:37.11; 7. Mekonnen Gebremedhin ETH 3:37.21; 8. Henrik Ingebrigtsen NOR 3:37.52; 9. Mohamed Moustououi MAR 3:38.08; 10. Nathan Brannen CAN 3:38.09; 11. Florian Carvalho FRA 3:39.17; 12. Chris O'Hare GBR 3:46.04

5 000 meters

1. Mo Farah GBR 13:26.98; 2. Hagos Gebrihiwet ETH 13:27.26; 3. Isiah Koech KEN 13:27.26; 4. Thomas Longosiwa KEN 13:27.67; 5. Edwin Soi KEN 13:29.01; 6. Bernard Lagat USA 13:29.24; 7. Muktar Edris ETH 13:29.56; 8. Galen Rupp USA 13:29.87; 9. Yenew Alamirew ETH 13:31.27; 10. Ryan Hill USA 13:32.69; 11. Dejene Regassa BRN 13:34.54; **12. Elroy Gelant RSA 13:45.67 (6h1 13:25.07)**

10 000 meters

1. Mo Farah GBR 27:21.71; 2. Ibrahim Jeylan ETH 27:22.23; 3. Paul Tanui KEN 27:22.61; 4. Galen Rupp USA 27:24.39; 5. Abera Kuma ETH 27:25.27; 6. Bedan Karoki KEN 27:27.17; 7. Kenneth Kipkemai KEN 27:28.50; 8. Nguse Amsolom ERI 27:29.21; 9. Mohammed Ahmed CAN 27:35.76; 10. Dathan Ritzenhein USA 27:37.90; 11. Thomas Ayeko UGA 27:40.96; 12. Imane Merga ETH 27:42.02 (**20, Steven Mokoka RSA 28:11.61**)

3 000m Steeple Chase

1. Ezekiel Kemboi KEN 8:06.01; 2. Conseslus Kipruto KEN 8:06.37; 3. Mahiedine Mekhissi Bennaïad FRA 8:07.86; 4. Paul Kipsiele Koech KEN 8:08.62; 5. Evan Jager USA 8:08.67; 6.

Matthew Hughes CAN 8:11.64; 7. Abel Mutai KEN 8:17.04; 8. Yoann Kowal FRA 8:17.41; 9. Hamid Ezzine MAR 8:19.53; 10. Ion Luchianov MDA 8:19.99; 11. Angel Mullera ESP 8:20.93; 12. Jacob Araptany UGA 8:25.86

110m Hurdles

1. David Oliver USA 13.00; 2. Ryan Wilson USA 13.13; 3. Sergey Shubenkov RUS 13.24; 4. Jason Richardson USA 13.27; 5. William Sharman GBR 13.30; 6. Aries Merritt USA 13.31; 7. Thomas Martinot-Lagarde FRA 13.42; 8. Andrew Riley JAM 13.51

400m Hurdles

1. Jehue Gordon TRI 47.69; 2. Michael Tinsley USA 47.70; 3. Emir Bekric SRB 48.05; 4. Omar Cisneros CUB 48.12; 5. Félix Sánchez DOM 48.22; 6. Javier Culson PUR 48.38; 7. Mamadou Kasse Hanne SEN 48.68; 8. Kerron Clement USA 49.08 (**Cornel Fredericks RSA 4h1 49.66; 4s1 48.85; 5h2 LJ van Zyl RSA 50.05; 7h3 PC Beneke RSA 51.14**)

High Jump

1. Bohdan Bondarenko UKR 2.41; 2. Mutaz Essa Barshim QAT 2.38; 3. Derek Drouin CAN 2.38; 4. Ivan Ukhov RUS 2.35; 5. Erik Kynard USA 2.32; 6. Donald Thomas BAH 2.32; 7. Aleksandr Shustov RUS 2.32; 8. Robbie Grabarz GBR 2.29

Pole Vault

1. Raphaël Holzdeppe GER 5.89; 2. Renaud Lavillenie FRA 5.89; 3. Björn Otto GER 5.82; 4. Brad Walker USA 5.82; 5. Maite Mohr GER 5.82; 6. Seito Yamamoto JPN 5.75; 7. Jan Kudlicka CZE 5.75; 8. Sergey Kucheryanu RUS 5.65

Long Jump

1. Aleksandr Menkov RUS 8.56/0.2; 2. Ignisious Gaisah NED 8.29/0.4; 3. Luis Rivera MEX 8.27/0.6; 4. Eusebio Cáceres ESP 8.26/0.8; 5. Mauro da Silva BRA 8.24/0.6; 6. Christian Reif GER 8.22/0.1; 7. **Khotso Mokoena RSA 8.10/0.4 (8.16/-0.4)**; 8. Damar Forbes JAM 8.02/0.1 (**17, Zarck Visser RSA 7.79/0.3**)

Triple Jump

1. Teddy Tamgho FRA 18.04/0.3; 2. Pedro Pablo Pichardo CUB 17.68/-0.1; 3. Will Claye USA 17.52/0.5; 4. Christian Taylor USA 17.20/0.4; 5. Aleksey Fyodorov RUS 16.90/0.4; 6. Marian Oprea ROU 16.82/-0.9; 7. Gaëtan Saku Bafuanga FRA 16.79/-0.3; 8. Fabrizio Schembri ITA 16.74/0.2

Shot Put

1. David Storl GER 21.73; 2. Ryan Whiting USA 21.57; 3. Dylan Armstrong CAN 21.34; 4. Reese Hoffa USA 21.12; 5. Ladislav Prasil CZE 20.98; 6. Tomasz Majewski POL 20.98; 7. Germán Lauro ARG 20.40; 8. Georgi Ivanov BUL 20.39 (**15, Orazio Cremona RSA 19.42**)

Discus

1. Robert Harting GER 69.11; 2. Piotr Malachowski POL 68.36; 3. Gerd Kanter EST 65.19; 4. Marti 64.32; 5. **Victor Hogan RSA 64.35 (q 62.45)**; 6. Robert Urbanek POL 64.32; 7. Vikas Gowda IND 64.03; 8. Viktor Butenko RUS 63.38

Hammer Throw

1. Pawel Fajdek POL 81.97; 2. Krisztián Pars HUN 80.30; 3. Lukas Melich CZE 79.36; 4. Primož Kozmus SLO 79.22; 5. Dilshod Nazarov TJK 78.31; 6. Koji Murofushi JPN 78.03; 7. Nicola Vizzoni ITA 77.61; 8. Marcel Lomnický SVK 77.57

Javelin

1. Vitezslav Vesely CZE 87.17; 2. Tero Pitkämäki FIN 87.07; 3. Dmitriy Tarabin RUS 86.23; 4. Julius Yego KEN 85.40; 5. Roman Avramenko UKR 82.05; 6. Antti Ruuskanen FIN 81.44; 7. Andreas Thorkildsen NOR 81.06; 8. Abdelrahman El Sayed EGY 80.94 (**31, Robert Oosthuizen RSA 74.36**)

Decathlon

1. Ashton Eaton USA 8809; 2. Michael Schrader GER 8670; 3. Damian Warner CAN 8512; 4. Kevin Mayer FRA 8446; 5. Eelco Sintnicolaas NED 8391; 6. Carlos Chinin BRA 8388; 7. Rico Freimuth GER 8382; 8. Ilya Shkurenjev RUS 8370; **9. Willem Coertzen RSA 8343 (10.95/0.1; 7.44/1.8; 13.88; 2.05; 48.32; 14.30/-0.1; 43.25; 4.50; 69.35; 4:24.60)**

4 x 100m Relay

1. JAM 37.36 ; 2. USA 37.66; 3. CAN 37.92; 4. GER 38.04; 5. NED 38.37; 6. JPN 38.39; 7. TRI 38.57;dq. GBR

4 x 400m Relay

1. USA 2:58.71; 2. JAM 2:59.88; 3. RUS 2:59.90; 4. GBR 3:00.88; 5. BEL 3:01.62; 6. TRI 3:01.74; 7. BRA 3:02.19; 8. AUS 3:02.26

20km Walk

1. Aleksandr Ivanov RUS 1:20:58; 2. Chen Ding CHN 1:21:09; 3. Miguel Angel López ES 1:21:21; 4. João Vieira POR 1:22:05; 5. Denis Strelkov RUS 1:22:06; 6. Takumi Saito JPN 1:22:09; 7. Ruslan Dmytrenko UKR 1:22:14; 8. Iñaki Gómez CAN 1:22:21; 9. Christopher Linke GER 1:22:36; 10. Kim Hyun-sub KOR 1:22:50; 11. Dane Bird-Smith AUS 1:23:06; 12. Yusuke Suzuki JPN 1:23:20 (**dnf Shange RSA,**)

Marathon

1. Stephen Kiprotich UGA 2:09:51; 2. Lelisa Desisa ETH 2:10:12; 3. Tadese Tola ETH 2:10:23; 4. Tsegay Kebede ETH 2:10:47; 5. Kentaro Nakamoto JPN 2:10:50; 6. Solonei da Silva BRA 2:11:40; 7. Paulo Paula BRA 2:11:40; 8. Yemane Tsegay ETH 2:11:43; 9. Peter Kimeli Some KEN 2:11:47; 10. Jackson Kiprop UGA 2:12:12; 11. Beraki Beyene ERI 2:13:40; 12. Bernard Kipyego KEN 2:14:01 (**43, Nzima RSA 2:26:32; 47, Ramaala RSA 2:30:23**)

WOMEN

100 meters

1. Shelly-Ann Fraser-Pryce JAM 10.71; 2. Murielle Ahouré CIV 10.93; 3. Carmelita Jeter USA 10.94; 4. English Gardner USA 10.97 5. Kerron Stewart JAM 10.97; 6. Blessing Okagbare NGR 11.06; 7. Alexandria Anderson USA 11.10; 8. Octavious Freeman USA 11.16

200 meters

1. Shelly-Ann Fraser-Pryce JAM 22.17; 2. Murielle Ahouré CIV 22.32; 3. Blessing Okagbare 22.32; 4. Shaunae Miller BAH 22.74; 5. Jeneba Tarmoh USA 22.78; 6. Charonda Williams USA 22.81; 7. Mariya Ryemyen UKR 22.84 (**5h4, Justine Palframan RSA 23.64**)

400 meters

1. Christine Ohuruogu GBR 49.41; 2. Amantle Montsho BOT 49.41; 3. Antonina Krivoshapka RUS 49.78; 4. Stephanie McPherson JAM 49.99; 5. Natasha Hastings USA 50.30; 6. Francena McCorory USA 50.68; 7. Kseniya Ryzhova RUS 50.98; 8. Novlene Williams-Mills JAM 51.49

800 meters

1. Eunice Sum KEN 1:57.38; 2. Mariya Savinova RUS 1:57.80; 3. Brenda Martinez US 1:57.91; 4. Alysia Montañó USA 1:57.95; 5. Yekaterina Poistogo 2:00.59; 6. Ajee' Wilson USA 1:58.21; 7. Nataliya Lupu UKR 1:59.79; 8. Lemka Masná CZE 2:00.59

1 500 meters

1. Abeba Aregawi SWE 4:02.67; 2. Jennifer Simpson USA 4:02.99; 3. Hellen Obiri KEN 4:03.86; 4. Hannah England GBR 4:04.98; 5. Faith Kipyegon KEN 4:05.08; 6. Yekaterina Sharmina RUS 4:05.49; 7. Zoe Buckman AUS 4:05.77; 8. Genzebe Dibaba ETH 4:05.99

5 000 meters

1. Meseret Defar ETH 14:50.19; 2. Mercy Cherono KEN 14:51.22; 3. Almaz Ayana ETH 14:51.33; 4. Viola Kibiwot KEN 15:01.67; 5. Buze Diriba ETH 15:05.38; 6. Molly Huddle USA 15:05.73; 7. Shannon Rowbury USA 15:06.10; 8. Susan Kuijken NED 15:14.70

10 000 meters

1. Tirunesh Dibaba ETH 30:43.35; 2. Gladys Cherono KEN 30:45.17; 3. Belaynesh Oljira ETH 30:46.98; 4. Emily Chebet KEN 30:47.02; 5. Hitomi Niiya JPN 30:56.70; 6. Shitaye Eshete BRN 31:13.79; 7. Sally Chepyego KEN 31:22.11; 8. Shalane Flanagan USA 31:34.83

3 000m Steeple Chase

1. Milcah Chemos Cheywa KEN 9:11.65; 2. Lydia Chepkurui KEN 9:12.55; 3. Sofia Assefa ETH 9:12.84; 4. Hiwot Ayalew ETH 9:15.25; 5. Etenesh Diro ETH 9:16.97; 6. Hyvin Jepkemoi KEN 9:22.05; 7. Valentyna Zhudina UKR 9:33.73; 8. Antje Möldner-Schmidt GER 9:34.06

100m Hurdles

1. Brianna Rollins USA 12.44; 2. Sally Pearson AUS 12.50; 3. Tiffany Porter GBR 12.55; 4. Dawn Harper-Nelson USA 12.59; 5. Queen Harrison USA 12.73; 6. Angela Whyte CAN 12.78; 7. Cindy Billaud FRA 12.84; 8. Yuliya Kondakova RUS 12.86

400m Hurdles

1. Zuzana Hejnová CZE 52.83; 2. Dalilah Muhammad USA 54.09; 3. Lashinda Demus USA 54.27; 4. Anna Titimets UKR 54.72; 5. Eilidh Child GBR 54.86; 6. Anna Yaroshchuk UKR 55.01; 7. Perri Shakes-Drayton GBR 56.25; 8. Nikiesha Wilson JAM 57.34 **(6h2, Anneri Ebersohn RSA 57.90)**

High Jump

1. Svetlana Shkolina RUS 2.03; 2. Brigetta Barrett USA 2.00; 3= Anna Chicherova RUS 1.97; 3= Ruth Beitia ESP 1.97; 5. Emma Green Tregaro SWE 1.97; 6. Justyna Kasprzycka POL 1.97; 7= Kamila Stepaniuk POL 1.93; 7= Alessia Trost ITA 1.93

Pole Vault

1. Yelena Isinbayeva RUS 4.89; 2. Jennifer Suhr USA 4.82; 3. Yarisley Silva CUB 4.82; 4. Silke Spiegelburg GER 4.75; 5= Anastasiya Savchenko RUS 4.65; 5= Fabiana Murer BRA 4.65; 7. Angelina Zhuk-Krasnova RUS 4.65; 8= Lisa Ryzih GER 4.55; 8= Jirina Svobodová CZE 4.55

Long Jump

1. Brittney Reese USA 7.01/0.2; 2. Blessing Okagbare NGR 6.99/0.2; 3. Ivana Spanovic SRB 6.82/0.1; 4. Olga Sudarova BLR 6.82/-0.1; 5. Olga Kucherenko RUS 6.81/0.1; 6. Shara Proctor GBR 6.79/0.4; 7. Darya Klishina RUS 6.76/-0.1; 8. Tori Polk USA 6.73/0.2 **(27, Lynique Prinsloo RSA 6.17/-0.2)**

Triple Jump

1. Caterine Ibargüen COL 14.85/0.2; 2. Yekaterina Koneva RUS 14.81/0.9; 3. Olga Saladauha UKR 14.65/0.9; 4. Kimberly 14.33/0.1; 5. Mabel Gay CUB 14.45/1.2; 6. Hanna Knyazyeva-Minenko ISR 14.33/0.1; 7. Anna Pyatykh RUS 14.29/0.5; 8. Irina Gumenyuk RUS 14.15/0.8

Shot Put

1. Valerie Adams NZL 20.88; 2. Christina Schwanitz GER 20.41; 3. Gong Lijiao CHN 19.97; 4. Michelle Carter USA 19.94; 5. Yevgeniya Kolodko RUS 19.81; 6. Li Ling CHN 18.39; 7. Irina Tarasova RUS 18.37; 8. Tia Brooks USA 18.09

Discus

1. Sandra Perkovic CRO 67.99; 2. Mélina Robert-Michon FRA 66.28; 3. Yarelys Barrios CUB 64.96;
4. Nadine Müller GER 64.47; 5. Gia Lewis-Smallwood USA 64.23; 6. Tan Jian CHN 63.34; 7. Zaneta Glanc POL 62.90; 8. Denia Caballero CUB 62.80

Hammer Throw

1. Tatyana Lysenko RUS 78.80; 2. Anita Włodarczyk POL 78.44; 3. Zhang Wenxiu CHN 75.58; 4. Wang Zheng CHN 74.90; 5. Anna Bulgakova RUS 74.62; 6. Yipsi Moreno CUB 74.16; 7. Oksana Kondratyeva RUS 72.76; 8. Éva Orbán HUN 72.70

Javelin

1. Christina Obergföll GER 69.05; 2. Kimberley Mickle AUS 66.60; 3. Mariya Abakumova RUS 65.09;
4. Linda Stahl GER 64.78; 5. Kathryn Mitchell AUS 63.77; **6. Sunette Viljoen RSA 63.58 (64.51q) (63.58, x, 56.51, 58.66, 59.00, 60.25)**; 7. Viktoriya Sudarushkina RUS 62.21; 8. Li Lingwei CHN 61.30

Pentathlon

1. Anna Melnychenko UKR 6586; 2. Brianna Theisen Eaton CAN 6530; 3. Dafne Schippers NED 6477; 4. Claudia Rath GER 6462; 5. Katarina Johnson-Thompson GBR 6449; 6. Sharon Day USA 6407; 7. Eliska Klucinová CZE 6332; 8. Antoinette Nana Djimou FRA 6326

4 x 100m Relay

1. JAM 41.29; 2. USA 42.75; 3. GBR 42.87; 4. GER 42.90; 5. RUS 42.93; 6. CAN 43.28; dnf. BRA; dq. FRA

Marathon

1. Edna Kiplagat KEN 2:25:44; 2. Valeria Straneo ITA 2:25:58; 3. Kayoko Fukushi JPN 2:27:45; 4. Ryoko Kizaki JPN 2:31:28; 5. Alessandra Aguilar ESP 2:32:38; 6. Emma Quaglia ITA 2:34:16; 7. Madai Pérez MEX 2:34:23; 8. Kim Hye-gyong PRK 2:35:49; 9. Deena Kastor USA 2:36:12; 10. Susan Partridge GBR 2:36:24 (**42, Tanith Maxwell RSA 2:56:37**)

8TH IAAF WORLD YOUTH CHAMPIONSHIPS
DONETSK, UKRAINE
10 – 14 JULY 2013

BOYS

100 meters (-0.4)

Ma Youxue CHN 10.35; 2, Ojie Edoburun GBR 10.35; 3, Reynier Mena CUB 10.37; 4, M O'Hara JAM 10.46 (**Nelis J van Rensburg RSA 2h12 10.96; 7sf2 11.06**)

200 meters (-1.0)

1, Michael O'Hara JAM 20.63; 2, Vitor Hugo dos Santos BRA 20.67; 3, Mena 20.79; 4, T Somers GBR 20.84 (**Llewlyn Hein RSA 1h1 21.66; 6sf2 21.97**)

400 meters

1, Martin Manley JAM 45.89; 2, Ryan Clark USA 46.46 (1s1 46.33); 3, Alex Sampao KEN 46.78 (**Eckardt Rossouw RSA 3h2 49.16**)

800 meters

1, Alfred Kipketer KEN 1:48.01 (23.28, 49.63, 1:18.75); 2, Konstantin Tolokonnikov RUS 1:48.29; 3, Kyle Langford GBR 1:48.31 (**Jaybe van Rooyen RSA 2h1 1:52.05; 8h2 1:57.02**)

1500 meters

1, Robert Kiptoo Biwott KEN 3:36.77; 2, Tesfu Tewelde ERI 3:42.14; 3, Titus Kipruto Kibiego KEN 3:42.97

3000 meters

1, Yomif Kejelcha ETH 7:53.56; 2, Vedic Kipkoech KEN 7:56.60; 3, Alexander Mutiso Munyao KEN 7:56.86

2000m Steeple Chase

1, Meresa Kassaye ETH 5:19.99; 2, Nicholas Bett KEN 5:20.92 NYR; 3, Justus Kipkorir Lagat KEN 5:30.00 (1h3 5:35.22); 4, H Chemlal MAR 5:32.92 (**Ruan Meintjies RSA 7h2 6:03.49**)

110m Hurdles (-1.1)

1, Jaheel Hyde JAM 13.13; 2, Marlon Humphrey USA 13.24 (1s2 13.28.0.1); 3, Lu Yang CHN 13.33; 4, R Iribarne CUB 13.46 (**Pieter-John Waterboer RSA 7h1 14.60; Rivaldo Robberts RSA 8h2 14.28**)

400m Hurdles

1, Marvin Williams JAM 50.39; 2, Wang Yang CHN 50.78; 3, Kenneth Selmon USA 51.30 (**Larry Lombard RSA 5h2 54.05; Hanno Coetzer 4h7 53.41; 6sf3 53.60**)

High Jump

1, Woo Sang-hyeok KOR 2.20; 2, Bai Jiaxu CHN 2.18; 3, Christoffe Bryan JAM 2.16 (**Tiaan Steenkamp 10qA 2.07**)

Pole Vault

1, Harry Coppell GBR 5.25; 2, Huang Bokei CHN 5.20; 3, Lev Skorish ISR 5.10

Long Jump

1, Anatoliy Ryapolov RUS 7.79/0.7; 2, Fang Yaoqing CHN 7.53/0.2; 3, Isaiah Moore USA 7.53/0.1

Triple Jump

1, Lázaro Martínez CUB 16.63/1.8*; 2, Fang Yaoqing 16.48/0.7; 3, Dimitri Antonov GER 16.02/0.8

Shot Put

1, Patrick Müller GER 22.02; 2, Henning Prüfer GER 21.94; 3, Mohamed Hamza EGY 20.58

Discus

1, Matthew Denny AUS 67.54 (65.66q); 2, Prüfer 65.62; 3, Cheng Yulong CHN 62.80 (**Sven van Niekerk 11qA 52.78; Johan Scholtz 7qB 56.41**)

Hammer Throw

1, Matija Greguric CRO 79.38; 2, Pavel Polyakov BLR 79.02; 3, Matt Denny 78.67; 4, Zholudtsev BLR 78.55; 5, El-Seify QAT 77.33; **6, Tshepo Makhethe RSA 75.54(1qA 74.97)**; 7, Halász HUN 74.90

Javelin

1, Matija Muhar SLO 78.84; 2, Norbert Rivasz-Tóth HUN 78.27; 3, Pablo Bugallo ESP 76.63 ; 4, O Helander FIN 75.36 (**Danie Maree RSA 12qA 63.91; Leon Laubser RSA 5qB 70.26**)

Octathlon

1, Karsten Warholm NOR 6451 (10.86/-0.9, 7.30/1.1, 12.94, 48.09, 13.86/-0.9, 2.02, 52.53, 2:45.80); 2, Feliks Shestopolov RUS 6260; 3, Jan Dolezal CZE 6222; 4, M Androloyt BLR 6157

Medley Relay

1, JAM 1:49.23; 2, USA 1:50.14; 3, JPN 1:50.52; 4, QAT 1:52.55; 5, BAH 1:52.97

10 000m Walk

1, Toshikazu Yamanishi JPN 41:53.80 (3:52.5 last km); 2, Maksim Krasnov RUS 42:03.10; 3, Diego Garcia ESP 42:03.32;

GIRLS

100 meter (-0.8)

1, Ky Westbrook USA 11.33 (1s3 11.52/-1.8); 2, Ariana Washington USA 11.40; 3, Angela Tenorio ECU 11.41; 4, E Swoboda POL 11.60 (**Tamzin Thomas RSA 2h5 11.69; 4h3 11.82**)

200 meter (-0.1)

1, Irène Ekelund ECU 22.92; 2, Tenorio 23.13 ; 3, Washington 23.20; 4, H Cunliffe USA 23.44 (**Simone du Plooy RSA 4h7 24.98**)

400 meters

1, Sabrina Bakare GBR 52.77; 2, Olivia Baker USA 53.38; 3, Tiffany James JAM 52.56

800 meters

1, Anita Henriksdottir ISL 2:01.13; 2, Sara Dureti Edao ETH 2:03.25; 3, Raevyn Rogers USA 2:03.32; 4, G Wassall AUS 2:04.32 (**Jana van der Merwe RSA 7h2 2:15.06**)

1500 meters

1, Tigist Gashaw ETH 4:14.25; 2, Dawit Seyoum ETH 4:15.51; 3, Alexa Efraimson USA 4:16.07; 4, B Clay GBR 4:16.41; **7. Lizerie Ferreira RSA 4:22.43 (6h1 4:26.42); 11. Carina Viljoen RSA 4:30.36(4h2 4:24.80)**

3000 meters

1, Liiian Kasait Rengeruk KEN 8:58.74; 2, Berhan Demiesa ETH 9:00.06; 3, Silenat Yismaw ETH 9:01.63; 4, S Chesang UGA 9:11.03

2000m Steeple Chase

1, Roseflin Chepngetich KEN 6:14.60; 2, Daisy Jepkemei KEN 6:15.12; 3, Woynshet Ansa ETH 6:30.05

100m Hurdles (0.0)

1, Yanique Thompson JAM 12.94; 2, Dior Hall USA 13.01; 3, Mikiah Brisco USA 13.29; 4, Burton JAM 13.32

400m Hurdles

1, **Helene Swanepoel RSA 58.08**; 2, Tia Adana Belle BAR 58.42; 3, Lisa-Marie Jacoby GER 58.75 (**D'Jane Kriedeman RSA 5h2 61.26; 5sf3 61.47**)

High Jump

1, Eleanor Patterson AUS 1.88; 2, Erika Furlani ITA 1.82; 3=, Ghizlane Sbia MAR, **Julia du Plessis RSA 1.79**

Pole Vault

1, Robeilys Peinado VEN 4.25; 2, Alayna Lutkovskaya RUS 4.15; 3, Krista Obizayeva LAT 4.05

Long Jump

1, Florentina Marincu ROU 6.42/0.3; 2, Keturah Orji USA 6.39/1.2; 3, Natalia Chacinska POL 6.22/0.4; 4, J Fernandes BRA 6.21/0.1; 5, C Corrin USA 6.19/-0.2 (**Zinzi Chabangu RSA NM**)

Triple Jump

1, Marincu 13.75/0.8 ; 2, Wang Rong CHN 13.69/0.5; 3, Orji 13.69/0.8 ; 4, N Soares BRA 13.60/0.8; 5, Ebewa Bile FRA 13.31/1.0 (**Zinzi Chabangu RSA 10qB 12.36**)

Shot Put

1, Emel Dereli TUR 20.14* (19.18q); 2, Alyona Bugakova RUS 18.60; 3, Ashlie Blake USA 17.57 (**Wanzel Breytenbach RSA 8qA 15.71; Monique Wagner RSA 14qB 14.79**)

Discus

1, Xie Yuchen CHN 56.34; 2, Claudine Vita GER 52.59; 3, Liang Xinjun CHN 51.50

7. Leandri Geel RSA 46.38 (4qA 46.27)

Hammer Throw

1, Réka Gyurátz HUN 73.20; 2, Helga Völgyi HUN 71.95; 3, Valeriya Semenkova UKR 68.62; 4, Llano NOR 68.31 (**Stephanie Greyling RSA 12qA 57.18; Bianca Blom 23qB 52.60**)

Javelin

1, Mackenzie Little AUS 61.47; 2, Yulenmis Aguilar CUB 59.94; 3, Anete Kocina LAT 54.26; 4, E Szilágyi HUN 54.24; **6. Jo-Ane van Dyk 50.16 (3qB 49.30)**

Heptathlon

1, Celina Leffler GER 5747 (14.01/-1.2, 1.63, 13.51, 24.48/ -1.1, 6.09/0.9, 40.95, 2:26.32); 2, Emma Stenlöf SWE 5590; 3, Louisa Grauvogel GER 5581; 4, A Johnson AUS 5547

Medley Relay

1, USA 2:05.15; 2, IVB 2:07.40; 3, JPN 2:07.61; 4, CHN 2:07.86

5000m Walk

1, Olga Shargina RUS 22:13.91*; 2, Momoko Mizota JPN 22:42.77; 3, Noemi Stella ITA 22:48.95.

27th SUMMER UNIVERSIADE
KAZAN, RUSSIA
6-17 JULY 2013

MEN

100 (0.5)

1, Anaso Jobodwana RSA 10.10 (1q4 10.28/-0.4, 1s1 10.29/-0.2); 2, Ryota Yamagata JPN 10.21; 3, Hua Wilfried Koffi CIV 10.21; 4, Smelyk UKR 10.21; 5, I Bodrov UKR 10.29; 6, Effah CAN 10.29; 7, Sakalauskas LTU 10.30

200(2.4)

1, Jobodwana 20.00w (1q4 20.76/0.4, 1s2 20.36w/2.2); 2, Rasheed Dwyer JAM 20.23; 3, Shota Iizuka JPN 20.33; 4, Makinde CAN 20.61; 5, Rodney CAN 20.72; 6, Koffi 20.73; 7, Krynski POL 20.94; 8, Matsenjwa SWZ 20.99

400 meters

1, Vladimir Krasnov RUS 45.49; 2, Anderson Henriques BRA 45.50; 3, Nicholas Maitland JAM 45.63; 4, Omelko POL 45.69; 5, Gregan IRL 45.83; 6, P L de Oliveira BRA 45.96; 7, Tugumisirize UGA 46.63; 8, Harper CAN 46.97

800 meters

1, Nijel Amos BOT-J 1:46.53; 2, Jozef Repcik SVK 1:47.30; 3, Andreas Vojta AUT 1:47.31; 4, W Vázquez PUR-J 1:47.33; 5, Nesterov RUS 1:47.58; 6, **R van Rensburg RSA 1:47.70**

1500 meters

1, Valentin Smirnov RUS 3:39.39; 2, Jeremy Rae CAN 3:39.45; 3, Jerry Motsau RSA 3:39.51 (1h2 3:40.29); 4, Nikolayev RUS 3:39.59; 5, Jurkevics LAT 3:39.79; 8, P Chelimo KEN 3:40.41

5 000meters

1, Hayle Ibrahimov AZE 13:35.89; 2, Paul Chelimo KEN 13:37.09; 3, Richard Ringer GER 13:37.18; 4, La Rosa ITA 13:40.42; 5, Y Rybakov RUS 13:46.28

10 000 meters

1, Stephen Mokoka RSA 28:45.96; 2, Anatoliy Rybakov RUS 28:47.27; 3, Yevgeniy Rybakov RUS 28:47.28

Half Marathon

1, Gladwin Mzazi RSA 63:37; 2, Stephen Mokoka RSA 63:37; 3, Shogo Nakamura JPN 64:21
3000SC 1, Ilgizar Safiulin RUS 8:32.53; 2, Sebastian Martos ESP 8:37.94; 3, Patrick Nasti ITA 8:38.41

110m Hurdles (1.7)

1, Eddie Lovett ISV 13.43; 2, Konstantin Shabanov RUS 13.46 3, Sergey Shubenkov RUS 13.47; 4, Balnuweit GER 13.61; 5, López ESP 13.78; 6, Mazac CZE 13.83; 7, Lu Anye CHN 13.97

400m Hurdles

1, Martin Kucera SVK 49.79; 2, Amadou Ndiaye SEN 49.90; 3, Ian Dewhurst AUS 49.96; 4, Kino JPN 50.02; 5, Shablyuyev RUS 50.11; 6, Nozawa JPN 50.15; 7, Barák CZE 50.28; **8, Beneke RSA 50.51 (1h1 50.11, 1s1 49.91)**

High Jump

1, Sergey Mudrov RUS 2.31 (2.15/ 1, 2.20/2, 2.25/1, 2.28/3, 2.31/1, 2.34/xxx); 2, Andriy Protsenko UKR 2.31 (2.10/1, 2.15/2, 2.20/1, 2.25/2, 2.28/2, 2.31/3, 2.34/xxx); 3, Wang Yu CHN 2.28; 4, Bojic AUS 2.28; 5, Ukhov RUS 2.28; 6, Theiner POL 2.25; 7, Stanys LTU 2.20; 8, Viita FIN 2.20

Pole Vault

1, Sam Kendricks USA 5.60; 2, Seito Yamamoto JPN 5.60; 3, Nikita Filippov KAZ 5.50; 4, Gruber GER 5.50; 5, Gripich RUS 5.40; 6, Han Do-hyun KOR 5.40; 7, Burya RUS 5.40

Long Jump

1, Luis Rivera MEX 8.46/1.3 (x, 8.08/0.7, x, 8.46, 8.12/0.6, x; 7.90/0.6q); 2, Aleksandr Menkov RUS 8.42/0.9 (7.90/1.4, 8.03/1.2, x, 8.16/0.5, 8.42, 8.34/0.7; 7.83/1.5q); 3, Marcos Chuva POR 8.15/1.2; 4, Polyanskiy RUS 8.14/0.5; 5, Howard GER 8.00/1.7; 6, T Stewart CAN 7.80/1.8; 7, Kulaksiz TUR 7.68/0.0; 8, Koosimile BOT 7.67/1.0

Triiple Jump

1, Viktor Kuznyetsov UKR 17.01/1.0 (16.21/-0.2q); 2, Aleksey Fyodorov RUS 16.89w/2.2; 3, Yevgeniy Ektov KAZ 16.57/0.8; 4, Tammentie FIN 16.31/1.9; 5, Karaca TUR 16.27/1.3

Shot Put

1, Aleksandr Lesnoy RUS 20.30; 2, Indrajit Singh IND 19.70; 3, Valeriy Kokoyev RUS 19.65; 4, Stasek CZE 19.51; **5, Engelbrecht RSA 19.48 (19.20q)**; 6, Atici TUR 19.34; 7, Banevicius LTU 19.22; 8, Söderlund FIN 18.47

Discus

1, Ronald Julião BRA 63.54; 2, Giovanni Faloci ITA 62.23; 3, Gleb Sidorchenko RUS 62.16; 4, Smikle JAM 60.91; 5, Mahmoud Samimi IRI 59.76; 6, Krasnoshekov RUS 59.41; 7, A Rose SAM 58.64; 8, Tsutsumi JPN 58.43

Hammer Throw

1, Pawel Fajdek POL 79.99 (76.96, x, x, 79.99, x, 78.65); 2, Marcel Lomnický SVK 78.73; 3, Sergey Litvinov RUS 78.08; 4, Shayunov BLR 75.82; 5, W Nowicki POL 75.32; 6, Kolomoys BLR 74.18; 7, Seppänen FIN 73.89; 8, S Marghiev MDA 72.99; 9

Javelin

1, Dmitriy Tarabin RUS 83.11; **2, Robert Oosthuizen RSA 81.63 (76.48q)**; 3, Fatih Avan TUR 81.24; 4, Lehtola FIN 79.02; 5, Dean JPN 78.21; 6, Grzeszczuk POL 77.98; 7, Frydrych CZE 75.69; 8, R Arai JPN 75.53

Decathlon 1, Thomas Van der Plaetsen BEL 8164 (11.12/0.1, 7.80/0.5, 13.48, 2.07, 49.36, 14.77/0.3, 38.74, 5.30, 62.43, 4:50.48); 2, Sergey Sviridov RUS 7939; 3, Brent Newdick NZL 7611; 4, Rise NOR 7531; 5, Gilde GER 7524; dnf, Kharlamov RUS, Knobel GER

20km Walk

1, Andrey Krivov RUS 1:20:47; 2, Ruslan Dmytrenko UKR 1:20:54; 3, Denis Strelkov RUS 1:21:32; 4, Ruzavin RUS 1:22:12; 5, Gómez CAN 1:22:29; 6, Hlavan UKR 1:22:32; 7, Palma MEX 1:24:14; 8, Losev UKR 1:24:43

4x100m Relay

1, UKR 38.56; 2, JPN 39.12; 3, POL 39.29; 4, THA 39.30; 5, CHN 39.54; 6, SIN 40.27

4x400m Relay

1, RUS 3:03.70; 2, CAN 3:05.26; **3, RSA (Conradie, de Swardt, Beneke, van Niekerk) 3:06.19**; 4, TUR 3:06.36; 5, JPN 3:06.58; 6, AUS 3:08.82.

Women

100 meters (-0.2)

1, Aurieyall Scott USA 1; 2, Lina Grincikaitė LTU 11.32; 3, Andreea Ograzeanu ROU 11.41; 4, Latvala FIN 11.47; 5, A Foster IRL 11.50

200 meters (1.6)

1, Kimberley Hyacinthe CAN 22.78; 2, Hanna-Maari Latvala FIN 22.98; 3, Ograzeanu 23.10; 4, S Davis CAN 23.12; 5, T Johnson USA 23.32; 6, N Kotlyarova RUS 23.51;

400 meters

1, Kseniya Ustalova RUS 50.60; 2, Alena Tamkova RUS 51.17; 3, Anastacia Le-Roy JAM 51.72; 4, Bokesa ESP 52.04; 5, A Brown CAN 52.08; 6, C Sargent AUS 52.40; 7, Bonfanti ITA 52.99; 8, Cojuhari MDA 53.44

800 meters

1, Margarita Mukasheva KAZ 1:58.96; 2, Yekaterina Kupina RUS 1:59.57; 3, Eglė Balciunaitė LTU 1:59.82; 4, A Smit NZL 2:00.03; 5, Kotulskaya RUS 2:00.35; 6, J Smith CAN 2:00.43; 7, Crofts CAN 2:03.30; 8, Piliusina LTU 2:04.62

5 000 meters

1, Roxana Bărcă ROU 15:39.76; 2, Olga Golovkina RUS 15:43.77; 3, Ayuko Suzuki JPN 15:51.47

10 000 meters

1, Suzuki 32:54.17; 2, Alina Prokopyeva RUS 33:00.93; 3, Mai Tsuda JPN 33:14.59

Half Marathon

1, Tsuda 73:12; 2, Prokopyeva 73:18; 3, Yukiko Okuno JPN 73:24

3000m Steeple Chase

1, Yuliya Zaripova RUS 9:28.00; 2, Svitlana Shmidt UKR 9:40.41; 3, Gülcan Mingir TUR 9:45.88; 4, Groenewoud CAN 9:51.17; 5, Furlan CAN 9:51.23; 6, Eriksson FIN 9:55.11; 7, Finn IRL 10:03.28; 8, Zusinaitė LTU 10:04.37

100m Hurdles (1.8)

1, Vashti Thomas USA 12.61; 2, Alina Talay BLR 12.78; 3, Danielle Williams JAM 12.84; 4, Platitsyna UKR 13.04; 5, Argunova RUS 13.06; 6, McCann AUS 13.30; 7, Greenidge BAR 13.35; 8, Tamosaitytė LTU 13.35

400m Hurdles

1, Hanna Titimets UKR 54.64; 2, Hanna Yaroshchuk UKR 54.77; 3, Irina Davydova RUS 54.79; 4, Wells CAN 55.76; **5, Ebersohn RSA 57.58 (2h3 56.97)**; 6, Barr IRL 57.65; 7, Klopsch GER 57.93;

High Jump

1, Kamila Stepaniuk POL 1.96; 2, Mariya Kuchina RUS 1.; 3, Anna Iljustsenko EST 1.94; 4, Y Kononova RUS 1.92; 5, Steryiou GRE 1.87; 6, Ayhan TUR 1.87; 7, Shahaf ISR 1.87; 8, Kasprzycka POL 1.84

Pole Vault

1, Anastasiya Savchenko RUS 4.60; 2, Martina Schultze GER 4.40; 3, Fanny Smets BEL 4.30; 4, Maláčová CZE 4.30; 5, Bauer GER 4.30; 6, Henry BEL 4.30; 7, Kiryashova RUS 4.20; 8, Benecchi ITA 4.20

Long Jump

1, Darya Klishina RUS 6.90/0.3; 2, Yelena Sokolova RUS 6.73/-1.2; 3, Michelle Weitzel GER 6.56/-0.5; 4, Deiac ROU 6.36/-0.9; 5, Atschkinadze GER 6.34/-0.1; 6, Jover ESP 6.32/-0.8; 7, Jagaciak POL 6.32/-0.2

Triple Jump

1, Yekaterina Koneva RUS 14.82/-0.2; 2, Anna Jagaciak POL 14.21/-0.4; 3, Carmen Toma ROU 14.14/0.2; 4, I Ektova KAZ 14.13/-0.7; 5, Murtazina RUS 13.91/ 0.0; 6, S Thomas JAM 13.53/-0.7; 7, Nafiah MAS 13.43/0.9; 8, Torro FIN 13.34/-0.6; 9, Serbest TUR 13.31/0.1

Shot Put

1, Irina Tarasova RUS 18.75; 2, Liu Xiangrong CHN 18.58; 3, Natalia Ducó CHI 17.96; 4, Márton HUN 17.92; 5, Dubitskaya BLR 17.88; 6, Labonté CAN 17.60; 7, F Johnson USA 17.47; 8, McCall USA 17.04; 9, Kleeberg GER 16.90; 10, Keenan NZL 16.11

Discus

1, Vera Ganeyeva RUS 61.26; 2, Yelena Panova RUS 56.86; **3, Maryke Oberholzer RSA 54.09**; 4, Insaeng THA-J 53.40

Hammer Throw

1, Jeneva McCall USA 73.75; 2, Oksana Kondratyeva RUS 72.22; 3, Zalina Marghieva MDA 71.10; 4, Bepalova RUS 69.20; 5, Perie ROU 68.94; 6, Králová CZE 66.70; 7, Lomnická SVK 65.78; 8, Ratcliffe NZL 65.17

Javelin

1, Mariya Abakumova RUS 65.12; 2, Viktoriya Sudarushkina RUS 62.68; 3, Elisabeth Eberl AUT 55.02; 4, Griva LAT 53.71

Heptathlon 1, Tatyana Chernova RUS 6623 (13.63/0.8, 1.86, 13.92, 23.93/-0.2, 6.48/0.9, 47.90, 2:11.58); 2, Laura Ikauniece LAT 6321; 3, Györgyi Zsivoczky-Farkas HUN; 4, Klucinová CZE 6124; 5, Savitskaya RUS 6096; 6, Marcussen NOR 6066; 7, Klaup EST 5837; 8, McIntosh CAN 5589; 9, Stanwell AUS 5518; 10, Ginés ESP 5459

20km Walk

1, Anisya Kirdyapkina RUS 1:29:30; 2, Irina Yumanova RUS 1:30:41; 3, Lina Bikulova RUS 1:32:30; 4, Drabenyia BLR 1:33:15; 5, Yang Mingxia CHN 1:33:22; 6, Reynolds IRL 1:33:31; 7, Pérez ECU 1:33:40; 8, Kozhakhmetova KAZ 1:36:37; 9, Pelantová CZE 1:37:03; 10, Czaková SVK 1:37:20; 11, Zhang Xin CHN 1:38:16; 12, Gao Ni CHN 1:38:16; 13, Maeda JPN 1:38:48; dq, Sokolova RUS;

4x100m Relay 1, UKR 42.77; 2, USA 43.54; 3, POL 43.81; 4, RUS 43.98; 5, TPE 45.16

4x400m Relay 1, RUS 3:26.61; 2, CAN 3:32.93; **3, RSA (van der Merwe, Nienaber, Palframan, Ebersohn) 3:36.05**; 4, TUR 3:40.68

11TH AFRICAN JUNIOR CHAMPIONSHIPS
BAMBOUS, MAURITIUS
29 AUGUST – 1 SEPTEMBER 2013

MEN

100m (-0.9)

1 Harry Chukwudike (Nigeria) 10.54; 2 Mamus Emuobonuvie (Nigeria) 10.58; 3 Jonathan Pernal (Mauritius) 10.65; 4 Jean Ian Degrace (Mauritius) 10.81; **5 Wesley Pinidele (South Africa) 10.87; 6 Keenan Michau (South Africa) 10.98**; 7 Assan Faye (Gambia) 11.07

200m (-3.6)

1 Divine Odururu (Nigeria) 21.19; 2 Jonathan Pernal (Mauritius) 21.26; **3 Fana James Mofokeng (South Africa) 21.62**; 4 Tega Odele (Nigeria) 21.69; 5 Geoffrey Kiprotich (Kenya) 21.79; 6 Denis Opio (Uganda) 22.18; **7 Walter Ungerer (South Africa) 22.18**; 8 Assan Faye (Gambia) 22.25

400m

1 Denis Opio (Uganda) 46.94; 2 Omeiza Akerele (Nigeria) 47.32; 3 Mohamed Belbachir (Algeria) 47.40; 4 Geoffrey Kiprotich (Kenya) 47.79; **5 Jon Seeligee (South Africa) 47.89**; 6 Wandifa Sanneth (Gambia) 48.31; 7 Charles Ebelebe (Nigeria) 48.39; 8 Tijan Keita (Gambia) 50.23

110m Hurdles (-3.6)

1 Mohamed Koussi (Morocco) 14.14; **2 Tiaan Smith (South Africa) 14.30**; 3 Behailu Alemshet Lema (Ethiopia) 14.57; 4 Ifeanyi Atuma (Nigeria) 14.66; 5 Ossama El Darawy (Egypt) 14.96; 6 Smail Oucherfiou (Algeria) 15.04; 7 Vincent Tarus (Kenya) 15.35

400m Hurdles

1 Constant Pretorius (South Africa) 51.08; 2 Kenneth Kirui (Kenya) 52.65; 3 Orwin Emilien (Mauritius) 53.18; 4 Ali Sid Khedim (Algeria) 53.32; 5 Ibrahim Kedir Wabe (Ethiopia) 53.89; 6 Creve Machaya (Mozambique) 54.38; 7 Bienvenu Sawadoo (Burkina Faso) 55.09; 8 Larona Thipe (Botswana) 57.25

800m

1 Kahsay Adhana Berke (Ethiopia) 1:46.94; 2 Jonathan Kitilit (Kenya) 1:48.03; 3 Nadar Benhanbel (Morocco) 1:48.49; 4 Alberto Mamba (Mozambique) 1:49.29; 5 Moses Bett (Kenya) 1:49.71; 6 Umar Mohamed Jena (Ethiopia) 1:51.79; 7 Hocine Khelif (Algeria) 1:52.49; 8 Cephas Nyimbili (Zambia) 1:53.27

1500m

1 Mathew Kiptanui (Kenya) 3:39.91; 2 John Maina (Kenya) 3:42.31; 3 Chalachew Shemeles Agafari Ethiopia) 3:42.45; 4 Aman Kadi Bulli (Ethiopia) 3:42.70; 5 Abraham Tsegay Tesfamariam (Eritrea) 3:43.97; 6 Mohammed Abid (Morocco) 3:45.36; 7 Hassan Ghachoui (Morocco) 3:50.83; 8 Dmitri Seechurn (Mauritius) 4:10.95

3000m Steeplechase

1 Festus Kiprono (Kenya) 8:38.99; 2 Molla Zewdu Workie (Ethiopia) 8:51.73; 3 Gigs Tolosa Nurgi (Ethiopia) 8:55.38; 4 Manue Berhane Habtegebrjel (eritrea) 9:15.65

5000m

1 Moses Mukono (Kenya) 13:54.36; 2 Abdallah Kibet Mande (Uganda) 13:55.10; 3 Martin Moses Kurong (Uganda) 13:56.39; 4 Benard Kipkemboi (Kenya) 14:10.08; 5 Habtom Welday Weldeafael (Eritrea) 14:19.68; 6 Legese Gurnesa Birhanj (Ethiopia) 14:25.23; 7 Marsha Abraha Hans (Ethiopia) 14:41.09; 8 Stan Arsene Ndong Engone (Gabon) 18:03.21

10000m

1 Martin Moses Kurong (Uganda) 28:31.80; 2 Elvis Cheboi (Kenya) 28:36.28 ; 3 Josphat Kiprop

(Kenya) 28:37.09; 4 Abdallah Kibet Mande (Uganda) 28:40.00; 5 Felicien Muhitira (Rwanda) 29:31.55; 6 Tsedat Abeje Ayana (Ethiopia) 29:36.80; 7 Asefa Bitew Worku (Ethiopia) 30:50.64; 8 Engone Stanarslo Ndong (Gabon) 38:52.71

10,000m Race Walk

1 Aymene Sabri (Algeria) 45:58.52; 2 Nigusse Getamwsay Teshome (Ethiopia) 46:07.94; 3 Abdessamie Saidini (Algeria) 47:21.24; 4 Bizuayehu Haile Fullassa (Ethiopia) 48:39.92; 5 Jason Marie (Mauritius) 58:16.23

Long Jump

1 Duwayne Andrew Boer (South Africa) 7.58 (+3.8); 2 Babajide Okulaja (Nigeria) 7.42 +2.6); 3 Ruto Kiplagat (Kenya) 7.28 (NWR); 4 Joseph Sikala (Zambia) 7.26 (+2.6); 5 Andile Mhlanga (Zimbabwe) 7.13 (+3.9); **6 Sabelo Ntokoza Ndlovu (South Africa) 7.10 (+3.6)**; 7 Vincent Tarus (Kenya) 7.06 (+4.0); 8 Joseph Edafiadhe (Nigeria) 7.03 (+2.8); 9 Bienvenu Sawadogo (Burkina Faso) 7.01 +2.7); 10 Tesfaye Nedesa Lemecha (Ethiopia) 6.83 (+4.0); 11 Cedric Rabeau (Mauritius) 6.65 (+1.3)

Triple Jump

1 Sabelo Ntokoza Ndlovu (South Africa) 15.92 AJCR; 2 Ruto Kiplagat (Kenya) 15.43(+0.3); **3 Duwayne Andrew Boer (South Africa) 15.13 (+1.9)**; 4 Getu Dekeba Deme (Ethiopia) 15.13 +1.9); 5 Moustapha Badji (Senegal) 15.10 +1.8); 6 Vincent Tarus (Kenya) 14.90 (+2.4); 7 Ihab El Hajri (Morocco) 14.84 (+2.2); 8 Tesfaye Nedesa Lemecha (Ethiopia) 14.02 (+2.5)

High Jump

1 Omar Samir Khami Kaseb (Egypt) 2.11; 2 Theddu Okpara (Nigeria) 2.05; 3 Heath Takudzwa Muchichwa (Zimbabwe) 2.00; **4 Vernon Lategan (South Africa) 1.95**; 6 Kademil Enders (Liberia) 1.85

Javelin

1 Alex Kiprotich (Kenya) 71.43; **2 Reinhard van Zyl (South Africa) 69.73**; 3 Maged Mohsen El Amer (Egypt) 69.40; 4 Othow Okello Ojulu (Ethiopia) 65.23; 5 Mohieddein Taghdi (Libya) 63.81; 6 Julian Severe (Mauritius) 55.53; 7 Hamza Benchabane (Algeria) 54.68; **8 Lee van den Berg (South Africa) 43.80**; 9 Esmeraldino Venancio Trigo (Angola) 36.44

Discus

1 Gerhardus de Beer (South Africa) 55.58; 2 Mohamed Kalifa (Egypt) 50.98; 3 Ahmed El Ghobashy (Egypt) 50.28; 4 Ruan Combrinck (South Africa) 47.81; 5 Arnaud Bignoux (Mauritius) 43.99; 6 Mohieddein Taghdi (Libya) 43.60; 7 Dean William (Seychelles) 39.12

Shot Put

1 Ahmed Hassan (Egypt) 19.59 (AJCR); 2 Mohamed Kalifa (Egypt) 19.05; **3 Ruan Combrinck (South Africa) 17.08**; **4 Gerhardus de Beer (South Africa) 15.31**; 5 Dean Williams (Seychelles) 14.80; 6 Arnaud Bignoux (Mauritius) 13.44

Hammer

1Eslam Ibrahim (Egypt) 74.49; 2 Hisham Loufti Abd El Wahab (Egypt) 61.74; 3 Dean William (Seychelles) 52.29; 4 Biruk Abreham Ero (Ethiopia) 44.54; 5 Arnaud Bignoux (Mauritius) 42.22

4x100m Relay

1 NIGERIA 40.36; 2 MAURITIUS 40.86; 3SOUTH AFRICA 41.01 ; 4 ETHIOPIA 42.26; 5 KENYA 42.31; 6 ZIMBABWE 43.83

4x400m Relay

1 NIGERIA 3:14.50; 2 GAMBIA 3:14.76; 3 ETHIOPIA 3:15.08; 4 MAURITIUS 3:16.92; 5 KENYA 3:18.21

WOMEN

100m (-1.1)

1 Thebogo Mamathu (South Africa) 11.98; 2 Tewgest Tamangnu Yuma (Ethiopia) 12.12; **3 Phillipa van der Merwe (South Africa) 12.16**; 4 Ese Brumme (Nigeria) 12.16; 5 Nkem Ezealah (Nigeria) 12.23; 6 Yvonne Nalishuwa (Zambia) 12.32; 7 Florianne Listette (Mauritius) 12.76; 8 Amelie Anthony (Mauritius) 13.09

200m (-3.5)

1 Nkiruka Uwakwe (Nigeria) 24.21; 2 Yuma Tegest Tamangnu (Ethiopia) 24.27; 3 Leungo Matlaku (Botswana) 24.62; **4 Phillipa van der Merwe (South Africa) 24.87**; 5 Yvonne Nalishuwa (Zambia) 25.38; **6 Stacey Welsch (South Africa) 25.49**; 7 Nikem Ezealah (Nigeria) 25.58; 8 Amelie Anthony (Mauritius) 26.42

400m

1 Ada Benjamin (Nigeria) 52.87; 2 Rita Ossai (Nigeria) 53.84; 3 Selam Tareke Abrhaley (Ethiopia) 54.88; 4 Alima Nakaayi (Uganda) 55.06; 5 Dihia haddar (Algeria) 55.50; 6 Christine Botlogetswe (Botswana) 56.72; 7 Mahlet Mulugeta (Ethiopia) 57.27; **8 Janet Seeliger (South Africa) 58.01**

100m Hurdles (-2.8)

1 Marthe Koala (Burkina Faso) 14.09; 2 Favour Efe (Nigeria) 14.53; **3 Mercia Venter (South Africa) 15.04**; 4 Dihia Haddar (Algeria) 15.04; 5 Tesho Konjit Gebremedhin (Ethiopia) 15.34; Jessica Marie (Mauritius) 16.18; Inga Melissa Warambwa (Zimbabwe) 18.84

400m Hurdles

1 Dihia Haddar (Algeria) 58.82; 2 Basha Meaza Kebede (Ethiopia) 1:01.21; 3 Daisy Akpofa (Nigeria) 1:01.34; 4 Favour Efe (Nigeria) 1:01.92; **5 Izelle Neuhoff (South Africa) 1:03.08**

800m

1 Alem Gereziher Gebremariam (Ethiopia) 2:03.78; 2 Agatha Jeruto Kimaswai (Kenya) 2:04.91; 3 Tigest Assefa Tessema (Ethiopia) 2:05.65; 4 Halima Nakaayi (Uganda) 2:06.59; 5 Abike Egbeniyi (Nigeria) 2:09.81; 6 Mary Joy Mudyiravanji (Zimbabwe) 2:14.24; 7 Amelia Domingos (Mozambique) 2:17.29; 8 Rachel Michel (Mauritius) 2:23.12; 9 Issa Babou (Senegal) 2:31.88

1500m

1 Dawit Biratu Seyaum (Ethiopia) 4:09.00; 2 Tigist Belay Gashaw (Ethiopia) 4:12.38; 3 Sheila Chepng'tich (Kenya) 4:13.15; 4 Aminat Olowora (Nigeria) 4:38.99; 5 Mary Joy Mudtira (Zimbabwe) 4:39.83

3000m

1 Tesfay Haftamnesh Haylu (Ethiopia) 9:32.33; 2 Shiela Chepng'etich (Kenya) 9:32.97; 3 Gidey Roman Berhe (Ethiopia) 9:36.41; 4 Mirian Gachunga Muthoni (Kenya) 9:49.58

3000 Steeplechase

1 Weynshet Ansa Weldetn Sadik (Ethiopia) 9:59.46; 2 Marion Jepkonga Kibor (Kenya) 10:02.46; 3 Lina Cheruto (Kenya) 10:03.74; 4 Yeabsira Bitew Abera (Ethiopia) 10:35.00; 5 Fawde Sidi Madame (Morocco) 10:53.87

5000m

1 Sora Ruti Aga (Ethiopia) 16:00.98; 2 Lina Cheruto (Kenya) 16:04.34; 3 Ranata Alemitu Heroye (Ethiopia) 16:08.85; 4 Miriam Gachunga Muthoni (Kenya) 16:37.42

5000m Race Walk

1 Tiksa Askale Benti (Ethiopia) 25:30.90; **2 Anel Oosthuizen (South Africa) 25:39.44**; 3 Loveth Sarah Malagu (Nigeria) 26:16.53; 4 Tafes Alem Deresa (Ethiopia) 27:07.26; 5 Aniella Perrine (Mauritius) 34:07.95

Long Jump

1 Brume Ese (Nigeria) 5.33 (+2.6); 2 **Janet Seeliger (South Africa) 6.00 (+1.9)**; 3 Marthe Koala (Burkina Faso) 5.60 (+1.9); 4 Agatha Jeruto (Kenya) 5.58 (+3.6); 5 Amira Bendrif (Morocco) 5.39 (+2.3)

Triple Jump

1 Lerato Sechelle (Lesotho) 12.62 (+2.2); 2 Brume Ese (Nigeria) 12.52 (+1.9); 3 (Morocco) 12.15 (+2.4); 4 Jessica Marie (Mauritius) 12.08 (+2.6); 5 Rahel Kebede (Ethiopia) 11.82 (+2.1)

High Jump

1 Rhiziane Siba (Morocco) 1.75; 2 **Megan Wilke (South Africa) 1.60**; 3 Anna Milazar (Mauritius) 1.60; 4 Michelle Pretorius (Namibia) 1.60

Javelin

1 Megan Wilke (South Africa) 47.42; 2 El Sehily Seha Basse (Egypt) 47.29; **3 Zandri Bailey (South Africa) 46.36**; 4 Alemu Hiwot Girma (Ethiopia) 43.40; 5 Desaleh Mishamo Bareko (Ethiopia) 42.58; 6 Shania Vadamootoo (Madagascar) 29.60

Discus

12 Fadya El Kasaby (Egypt) 42.71; **2 Geraldine Duvenhage (South Africa) 42.00**; 3 Marie Helen Rose (Seychelles) 28.03; 4 Judith Aniefuna (Nigeria) 25.74; 5 Shania Vadamootoo (Mauritius) 23.92

Shot Put

1Lezaan Jordaan (South Africa) 15.07; **2 Geraldine Duvenhage (South Africa) 13.47**; 3 Judith Aniefuna (Nigeria) 13.05; 4 Fadya El Kasaby (Egypt) 12.97; 5 Marie Helen Rose (Seychelles) 10.98; 6 Joey Dantue (Mauritius) 10.14

Hammer

1 Aya Ebrahim Mohamed Adly (Egypt) 53.88; **2 Chene Margo Coetze (South Africa) 49.66**; 3 Yasmine Talbi (Algeria) 48.95; **4 Mieke Stander (South Africa) 48.49**; 5 Hafidha Menaa (Algeria) 46.36; 6 Melissa Arlanda (Mauritius) 46.10

4x100m Relay

1 NIGERIA 46.28; **2 SOUTH AFRICA 47.56**; MAURITIUS Disqualified

4x400m Relay

1 NIGERIA 3:37.93; 2 ETHIOPIA 3:42.18; **3 SOUTH AFRICA 3:57.78**; 4 MAURITIUS 4.01.09

Julia du Plessis Bronze Medal High Jump 8th IAAF Youth World Championships, Donetsk, Ukraine

