

**SOUTH AFRICAN JUNIOR (UNDER 20)  
TOP 10 PERFORMANCE LIST**

**As at 30 October 2003**

**List Nr 5**

**Athletes of 19 and 18 (Born in 1984 & 1985) and the best of the other age groups**

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**JUNIO MEN**

100 metres

10.42	0.7	Leigh Julius	EP	25-03-85	1	Pretoria	05-Apr
10.53	2.0	Marthinus van der Vyver	BO	26-01-84	1	Heusden	29-Jun
10.57	0.7	Snyman Prinsloo	FS	22-05-84	2	Pretoria	05-Apr
10.58	1.2	Hannes Dreyer	CG	13-01-85	1s3	Pretoria	05-Apr
10.60	0.8	Emile Britz	CG	02-09-84	2r2	Roodepoort	28-Mar
10.62	0.7	Jean du Randt	CG	13-12-85	3	Pretoria	05-Apr
10.63	1.1	Christiaan Krone	CN	30-08-84	6	Potchefstroom	31-Jan
10.66	0.7	John-Andrew Kleynhans	GN	07-02-85	4	Pretoria	05-Apr
10.71	0.4	Ashwin du Preez	EP		2	Port Elizabeth	28-Mar
10.73	0.7	Brandon Buys	GN	01-03-84	5	Pretoria	05-Apr

10.76	1.5	Craig Hendricks	CG		1	Roodepoort	28-Mar
10.81	1.8	Sybrand van Dyk	GN	19-07-85	1h3	Pretoria	09-Mar

Wind

Hand

10.3	0.4	Snyman Prinsloo	FS	22-05-84	1	Port Elizabeth	28-Mar
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Hand (No wind reading)

10.2		Snyman Prinsloo	FS	22-05-84	1	Sasolburg	24-Jan
10.3		Louis van Zyl	FS	20-07-85	1	Bloemfontein	20-Jan

200 metres

20.49	-0.7	Leigh Julius	EP	25-03-85	1	Daegu	28-Aug
21.30	0.8	Snyman Prinsloo	FS	22-05-84	1	Port Elizabeth	29-Mar
21.43	-0.6	Jean du Randt	CG	13-12-85	1	Krugersdorp	11-Jan
21.49	hw	Hannes Dreyer	CG	13-01-85	1	Boksburg	15-Mar
21.50	-0.2	John-Andrew Kleynhans	GN	07-02-85	1	Pretoria	08-Mar
21.52	-0.5	Sylvester Abrahams	GN	22-04-84	2h1	Pretoria	06-Apr
21.69	-0.2	Brandon Buys	GN	01-03-84	2	Pretoria	08-Mar
21.70	0.9	Marthinus van der Vyver	BO	26-01-84	3	Parow	10-Jan
21.75	0.2	Sihle Mahlangu	KZ	20-10-85	2s2	Pretoria	06-Apr
21.75	1.8	Alex Shimburi	LM	01-01-85	1h7	Pretoria	06-Apr

NWR

21.51	0.2	Hannes Dreyer	CG	13-01-85	1s3	Pretoria	06-Apr
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Wind

21.10	5.2	Jean du Randt	CG	13-12-85	1	Germiston	18-Oct
21.50	5.2	Sylvester Abrahams	GN	22-04-84	2	Germiston	18-Oct

Hand

20.9	nwr	Snyman Prinsloo	FS	22-05-84	1	Bloemfontein	14-Feb
21.3	nwr	Louis van Zyl	FS	20-07-85	1	Bloemfontein	20-Jan
21.5	nwr	Willie Nortje	FS	31-01-85	1	Bloemfontein	05-Feb

Wind

21.0	5.5	Louis van Zyl	FS	20-07-85	1	Bloemfontein	03-Feb
21.1	5.5	Snyman Prinsloo	FS	22-05-84	1	Bloemfontein	03-Feb

hw = headwind

400 metres

47.12		Willie Nortje	FS	31-01-85	1	Pretoria	05-Apr
47.55		Sibusiso Sishi	KZ	22-06-85	1h2	Pretoria	05-Apr
47.61		Chris Gebhardt	GN	10-02-85	2	Pretoria	05-Apr
47.79		Bertus Odendaal	FS	06-02-85	2	Bloemfontein	14-Mar

48.00		Victor Makumbila	LM	08-01-86	1	Durban	13-Apr
48.01		Bongani Mgemane	FS	27-03-86	2	Durban	13-Apr
48.06		Collen Malungane	GN	28-07-84	2h1	Pretoria	05-Apr
48.07		Nico Oosthuizen	MP	28-12-84	1h4	Pretoria	05-Apr
48.26		Kenneth Hearn	WP	09-03-84	5	Pretoria	05-Apr
48.33		Sydney Mofologela	FS	31-01-85	1h1	Port Elizabeth	28-Mar
48.58		Gerhard Brand	GW	31-10-84	6	Pretoria	05-Apr
48.59		Jan van der Merwe	FS	16-03-84	5h	Port Elizabeth	25-Apr
48.87		Harry van Zyl	FS	21-08-85	3h	Pretoria	05-Apr
Hand							
46.8		Louis (LJ) van Zyl	FS	20-07-85	1	Bloemfontein	14-Feb
47.9	ht	Sydney Mofologela	FS	31-01-85	2	Rustenburg	30-Aug
800 metres							
1.46.25		Bonolo Maboa	CG	24-08-85	3	Roodepoort	28-Mar
1.48.01		Johnny Shuping	CN	10-09-84	5	Potchefstroom	08-Apr
1.49.48		Samson Ngoepe	LM	28-01-85	1	Port Elizabeth	29-Mar
1.49.87		Ryan Botha	CG	26-03-84	5	Germiston	14-Mar
1.50.36		Francois Pretorius	FS	11-02-84	3	Pretoria	06-Apr
1.51.12		Bongani Mgemane	FS	27-03-86	1	Durban	12-Apr
1.51.17		Sydney Mafologela	FS	31-01-85	3	Port Elizabeth	29-Mar
1.51.74		Peter van der Westhuizen	CG	21-12-84	2	Roodepoort	12-Feb
1.52.02		Francois Lotter	FS	18-01-84	5h	Port Elizabeth	25-Apr
1.52.14		Esau Mbatha	GN	02-12-86	2	Port Elizabeth	29-Mar
1:52.17		Chris Gebhardt	GN	10-02-85	4	Pretoria	06-Apr
1.52.20		Hennie Lamprecht	FS	03-01-85	2h	Pretoria	06-Apr
1500 metres							
3.41.32		Francois Pretorius	FS	11-02-84	3	Port Elizabeth	26-Apr
3.48.05		Isaac Mbuyase	CG	26-09-86	3	Sherbrooke	13-Jul
3.49.45		Peter van der Westhuizen	CG	21-12-84	1	Germiston	08-Mar
3.50.56		Samson Ngoepe	LM	28-01-85	1	Port Elizabeth	28-Mar
3.50.68		Bonolo Maboa	CG	24-08-85	2	Germiston	08-Mar
3.50.72		Hans-Jurie Muller	SWD	13-07-85	2	Port Elizabeth	28-Mar
3.51.85		Frans Mogodi	CG		4	Port Elizabeth	28-Mar
3.51.85		Ronny Mahlangu	MP	21-10-85	5	Port Elizabeth	28-Mar
3:52.74		Schalk Roestoff	FS	12-03-85	8	Port Elizabeth	26-Apr
3.54.16		Zolani Bhitane	WP	05-10-85	1	Bellville	14-Mar
3.54.40		Esau Mbatha	GN	02-12-86	2	Pretoria	07-Jun
5000 metres							
14.21.56		Zolani Bhitane	WP	05-10-85	18	Stellenbosch	14-Feb
14.27.21		Zolile Bhitane	TR	05-10-85	9	Port Elizabeth	26-Apr
14.34.55		Petrus Seeco	NW	25-03-84	2	Pretoria	06-Apr
14.35.53		Sello Mahase	CG		3	Pretoria	06-Apr
14.39.42		G Manyera	NC		1	Port Elizabeth	29-Mar
14.43.55		O Masire	NW		2	Port Elizabeth	29-Mar
14.43.74		Kagiso Motyale	NW	19-06-84	4	Pretoria	06-Apr
14.44.01		Nkosinoxolo Sonqibido	WP	16-10-86	1	Bellville	15-Mar
14.45.34		Andile Vumsindo	TR	07-07-85	3	Port Elizabeth	29-Mar
14.49.19		Tebogo Komane	CG	14-02-84	1	Germiston	08-Mar
14.50.81		Steven Mokoka	NW		5	Pretoria	06-Apr
10000 metres							
29.33.10		Petrus Seeco	NW	25-03-84	13	Port Elizabeth	25-Apr
31.09.45		Anthony Godongwana	WP	24-09-84	1	Bellville	13-Mar

31.15.99		Zolile Bhitane	TR	05-10-85	1	Pretoria	05-Apr
31.16.83		Jan Mokwena	CG	27-11-84	2	Pretoria	05-Apr
31.41.89		Nkulele Samisa	CG		3	Pretoria	05-Apr
32.45.44		Thandu (Nelson) Magqasa	WP	24-12-85	4	Pretoria	05-Apr
32.50.31		Mashibekho Mncedi	WP		2	Bellville	13-Mar
33.37.00	hand	Quinten Kearns	WP	01-04-87	3	Parow	14-Jan
34.23.92		C Ruthven	CN		1	Potchefstroom	05-Mar
35.45.04		J van Heerden	CN		2	Potchefstroom	05-Mar

#### 3000m Steeplechase

8.42.86		Anthony Godongwana	WP	24-09-84	2	Port Elizabeth	28-Feb
8.43.26		Mandla Maseko	NW	12-09-85	3	Port Elizabeth	28-Feb
8.55.50		Petrus Seeco	NW	25-03-84	7	Port Elizabeth	26-Apr
9.01.09		Zolile Bhitane	TR	05-10-85	10	Port Elizabeth	26-Apr
9.04.72		Steven Mokoka	NWN		1	Port Elizabeth	28-Mar
9.08.37		Sello Mahashe	CG	06-11-84	3	Port Elizabeth	28-Mar
9.13.41		Skhumbuzo Kharitsi	CG	u20	15	Port Elizabeth	26-Apr
9.17.30		Jonas Monaheng	CN	04-05-84	1	Potchefstroom	06-Mar
9.22.24		Jan Makoena	CG	27-11-84	3	Pretoria	06-Apr
9.27.39		Kobus Marais	FS	05-10-84	21	Port Elizabeth	26-Apr

#### 110m Hurdles (1.067m)

14.30	1.0	Hennie Kotze	CN	04-02-84	1	Pretoria	05-Apr
14.49	0.3	Gustav Kukuk	FS	20-12-84	1h2	Pretoria	05-Apr
14.65	0.3	Marthinus van der Vyver	BO	26-01-84	2h2	Pretoria	05-Apr
14.68	1.0	Riaan Snyman	CN	23-06-84	2	Pretoria	05-Apr
14.88	0.0	Pieter van der Merwe	FS	09-05-84	1h	Bloemfontein	14-Mar
15.05	1.0	William James	GN	14-09-84	4	Pretoria	05-Apr
15.08	-1.0	Jaco Breytenbach	CG	18-05-84	2h1	Pretoria	05-Apr
15.18	-1.0	Morne Combrinck	CG	30-03-84	3h1	Pretoria	05-Apr
15.22	0.0	Dirk Ruppig	FS	01-01-84	2h	Bloemfontein	14-Mar
15.23	-0.4	Arnold de Beer	GN		1	Germiston	28-Feb
15.24	-1.2	Sifudi Tebogo	GN	15-01-84	1	Pretoria	09-Mar
15.25	0.5	Rudi Ruthven	CG	24-06-85	2	Port Elizabeth	28-Mar

#### No wind information

14.07		Marthinus van der Vyver	BO	26-01-84	1	Paarl	08-Mar
15.16		Morne Combrinck	CG	30-03-84	1	Boksburg	15-Mar

#### 400m Hurdles (91.4cm)

49.22		Louis (LJ) van Zyl	FS	20-07-85	3	Durban	11-Apr
51.16		Dieter Viljoen	GN	21-02-84	2	Pretoria	06-Apr
52.21		Johann Hanekom	BO	03-12-86	3	Pretoria	06-Apr
52.42		Jan van der Merwe	FS	16-03-84	4	Pretoria	06-Apr
53.22		Vian Louw	LM	18-06-86	1	Port Elizabeth	29-Mar
53.30		Tumelo Thagane	VT	03-07-84	1	Boksburg	15-Mar
53.44		Franco Cloete	CN	22-03-85	2	Roodepoort	12-Feb
53.74		Siphiwe Mtshali	CG	10-06-84	2h3	Pretoria	06-Apr
53.99		Retief Barnard	CG	09-05-84	2	Germiston	08-Mar
53.99		Wilhelm Mouton	FS	02-02-84	3h3	Pretoria	06-Apr

#### High Jump

2.16		Ramsay Carelse	WP	30-10-85	1	Port Elizabeth	29-Mar
2.10		Claud Botes	GN	17-06-85	1	Johannesburg	07-Feb
2.08		Henry Haarhoff	CG	08-06-85	1	Johannesburg	14-Feb
2.05		Marius de Beer	MP	12-02-85	1	Secunda	18-Jan
2.05		Reagan Boois	WP	10-03-85	1	Parow	01-Mar
2.05		Edrecht Daniels	SWD	01-06-84	2	Port Elizabeth	29-Mar
2.05		Freddie Kilian	VT	29-01-86	1	Port Elizabeth	29-Mar

2.05		Rudi Ruthven	CG	24-06-85	3	Pretoria	05-Apr
2.00		Johann Hanekom	BO	03-12-86	1	Bloemfontein	14-Feb
2.00		Robern Pass	WP	22-03-86	1	Bloemfontein	14-Feb
2.00		Leon Fourie	CG	06-01-86	1	Germiston	28-Feb
2.00		Ian Swanepoel	MP	08-02-85	2	Pretoria	01-Feb
2.00		Thabang Thamage	NWN	22-02-84	4	Pretoria	05-Apr
2.00		Jaco Naude	CG	u20	5	Pretoria	05-Apr

#### Pole Vault

4.80		Pieter van Breda	BO	30-01-84	3	Stellenbosch	14-Mar
4.70		Brent Howell	FS	23-06-86	1	Port Elizabeth	28-Mar
4.50		Petri Nienaber	GN	27-02-85	4	Pretoria	15-Mar
4.30		Ebbie van Rooyen	FS	22-07-85	1	Bloemfontein	15-Mar
4.20		Waldo van Niekerk	EP	21-01-85	4	Pretoria	05-Apr
4.10		Dale Emslie	EP	19-03-84	3	Port Elizabeth	29-Mar
3.98		Herman van der Watt	FS	28-04-86	1	Bethlehem	22-Feb
3.90		Rossouw Muller	FS	22-04-85	2	Bethlehem	01-Mar
3.80		Tiaan Strydom	FS	06-03-86	2	Bethlehem	01-Mar
3.80		D Alberts	EC	28-01-86	2	Port Elizabeth	28-Mar

#### Long Jump

\* - 2nd best jump

7.84	1.3	Godfrey Mokoena	VT	06-03-85	1	Potchefstroom	31-Jan
7.42	0.4	Simeon Mars	WP	01-03-85	1*	Port Elizabeth	28-Mar
7.23	-1.3	Regan Julius	BO	15-04-86	1	Durban	13-Apr
7.20		Hennie Kotze	CN	04-02-84	2	Potchefstroom	14-Mar
7.20	1.0	Cedric Mkhize	KZ	07-03-85	3	Port Elizabeth	28-Mar
7.22	1.9	Tumelo Thagane	VT	03-07-84	2	Port Elizabeth	28-Mar
7.10	-0.3	Tiaan du Plooy	CG		3	Pretoria	06-Apr
7.10	-0.9	Jan-Louis Snyman	CG	01-03-86	2	Durban	13-Apr
7.09	-2.1	Jacques Laubscher	MP	04-07-87	3	Durban	13-Apr

#### Wind

7.49		Tumelo Thagane	VT	03-07-84	1	Sasolburg	03-Mar
7.42	2.1	Simeon Mars	WP	01-03-85	1	Port Elizabeth	28-Mar
7.17	2.4	Hershelle Cloete	NWC	29-03-85	4	Port Elizabeth	28-Mar

#### Triple Jump

16.28	0.3	Godfrey Mokoena	VT	06-03-85	2	Abuja	11-Oct
15.86	1.3	Simeon Mars	WP	01-03-85	4	Durban	07-Mar
14.54	0.4	Tumelo Thagane	VT	03-07-84	3	Pretoria	05-Apr
14.41	1.9	Yanga Madaza	FS	10-12-85	1	Bloemfontein	15-Mar
14.38	0.1	Patrick de Wet	BO	13-04-84	4	Pretoria	05-Apr
14.23	-0.4	Cedric Mkhize	KZ	07-03-85	5	Pretoria	05-Apr
14.22	0.6	Louis Potgieter	FS	20-03-84	3q1	Pretoria	05-Apr
14.09	-0.2	Kgopolo Makgate	CG		5q1	Pretoria	05-Apr
14.03	-0.3	Blessing Vilakazi	KZ		7	Pretoria	05-Apr
14.02	-0.1	Stefan van Heerden	FS	09-09-84	8	Pretoria	05-Apr

#### Wind

15.93	2.2	Simeon Mars	WP	01-03-85	1	Port Elizabeth	26-Apr
14.80		Tumelo Thagane	VT	03-07-84	1	Germiston	18-Oct
14.38	nwr	Cedric Mkhize	KZ	07-03-85	4	Port Elizabeth	29-Mar
14.26		Mogomotsi Motuba	Bor	14-01-85	1	East London	15-Mar

#### Shot 6kg

17.85		Ross Jordaan	EP	29-01-85	1	Rustenburg	30-Aug
16.87		Daniel Meiring	GN	27-09-85	1	Pretoria	06-Apr
16.17		Kosie Barnard	MP	10-01-85	2	Rustenburg	30-Aug
16.07		Gareth Brown	KZ	07-02-85	2	Pretoria	06-Apr
16.06		Marius Bester	CG		2	Roodepoort	12-Feb

16.02		Morne Combrinck	VT	30-03-84	1	Boksburg	15-Mar
15.68		Gerrit Badenhorst	FS	06-11-85	1	Bethlehem	28-Feb
15.63		Danie Bezuidenhout	MP	25-02-85	2	Pretoria (Menlo)	01-Feb
15.21		Pierre Spies	GN	08-06-85	3	Pretoria	06-Apr
15.15		Francois Slabbert	GN	03-05-85	2	Germiston	28-Feb

Discus 1.75kg

55.13		Pierre Spies	GN	08-06-85	1	Middelburg(MP)	21-Feb
51.44		Gerrit Badenhorst	FS	06-11-85	2	Pretoria	06-Apr
48.56		Ross Jordaan	EP	29-01-85	1	East London	15-Mar
47.92		Francois Slabbert	GN	03-05-85	2	Pretoria	01-Mar
46.68		Petrus Badenhorst	FS	04-09-85	3	Pretoria	06-Apr
46.39		Gareth Brown	KZ	07-02-85	1	Durban	15-Feb
45.51		Michael Graham	KZ	01-07-85	2	Durban	15-Feb
45.36		W Kruger	CG		2	Germiston	28-Feb
44.50		Morne Combrinck	VT	30-03-84	5	Pretoria	06-Apr
44.21		Marius Bester	CG		1	Boksburg	15-Mar

Hammer 7.26kg

71.02		Werner Smit	WP	14-09-84	1	Parow	19-Feb
42.14		Pieter Badenhorst	FS	14-02-87	2	Bloemfontein	28-Jan

Hammer 6kg

81.04		Werner Smit	WP	14-09-84	1	Bellville	29-Mar
58.86		Christo le Roux	SWD	28-03-85	1	Oudtshoorn	28-Feb
55.17		Jaco Claassen	FS	18-10-84	2	Pretoria	05-Apr
54.36		Wiehan Hamman	MP	12-01-85	1	Secunda	08-Mar
53.01		Juan-Pierre Koen	EP	23-01-85	1	Port Elizabeth	29-Mar
49.25		Theo van Huyssteen	WP	22-05-85	2	Port Elizabeth	29-Mar
45.66		Bertus Furstenburg	CG	15-01-86	1	Krugersdorp	11-Jan
45.15		Rudolph Steenkamp	SWD	23-05-85	2	George	19-Feb
44.56		Petrus Badenhorst	FS	04-09-85	4	Pretoria	06-Apr
40.75		Marius Bester	CG		2	Krugersdorp	11-Jan

Javelin 800gm

71.80		Raldu Potgieter	SWD	03-04-86	1	Oudtshoorn	17-Oct
70.75		Wimpie du Plessis	CN	23-07-84	6	Potchefstroom	15-Apr
66.05		Marthinus Oosthuizen	MP	24-01-85	1	Pretoria	01-Feb
65.41		Neville Lotz	SWD	07-04-85	1	Port Eizabeth	28-Mar
64.70		Lohan Rautenbach	CN	06-02-86	1	Potchefstroom	19-Feb
64.58		Nico Liebenberg	GN	31-10-84	2	Pretoria	05-Apr
63.33		Werner Pienaar	CN	18-09-84	1	Potchefstroom	07-Mar
62.72		Rohan Vermeulen	VT	11-03-85	1	Boksburg	15-Mar
61.96		Rudi Fick	LM	15-02-85	1	Naboomspruit	24-Jan
61.17		Morne Venter	CG		1	Germiston	18-Oct
61.10		Andrea Floudiotis	GN	28-02-85	1	Bloemfontein	14-Feb
61.09		Henry du Plessis	FS	16-05-85	4	Port Eizabeth	28-Mar

Decathlon

5 575		Sors Joubert	Bol		1	Pretoria	5/6 Apr
							11.71 - 5.96 - 8.99 - 1.81 - 51.85; 16.73 - 25.58 - 2.40 - 41.78 - 4:25.48
4 887		Heine van Dyk	WP	30-03-85	2	Pretoria	5/6 Apr
							11.35 - 6.08 - 10.37 - 1.60 - 52.28; 18.04 - 27.82 - 2.30 - 37.36 - 5:59.10

4x100m

41.33		KwaZulu Natal			1	Pretoria	06-Apr
41.76		Gauteng North			2	Pretoria	06-Apr
41.81		Boland			3	Pretoria	06-Apr

42.01		Free State		2h	Pretoria	05-Apr
	C Pienaar, P Grobler, W Nortje, S Prinsloo					
42.57		E Cape Schools u18		1	Port Elizabeth	29-Mar
42.58		WP Schools u18		2	Port Elizabeth	29-Mar
42.58		Central NW		5	Pretoria	06-Apr
42.68		Boland Schools u18		3	Port Elizabeth	29-Mar
42.71		WP Schools		2	Port Elizabeth	28-Mar
42.80		Eastern Province u18		1	Durban	13-Apr
42.84		Gauteng Schools u18		4	Port Elizabeth	29-Mar

#### 4x400m

3.13.97		Gauteng North		1	Pretoria	06-Apr
3.15.10		KwaZulu Natal		2	Pretoria	06-Apr
3.15.13		Free State		3	Pretoria	06-Apr
	B Odendaal, H van Zyl, H Lamprecht, W Nortje					
3.15.16		Central Gauteng B		4	Pretoria	06-Apr
3.15.26		Free State Schools		1	Port Elizabeth	29-Mar
	S Mafologela, H Lamprecht, B Mgemane, W Nortje					
3.18.05		Gauteng Schools		2	Port Elizabeth	29-Mar
3.18.23		Eastern Cape Schools		3	Port Elizabeth	29-Mar
3.21.64		NW Province Schools		4	Port Elizabeth	29-Mar
3.22.00		Limpopo Schools		5	Port Elizabeth	29-Mar
3.22.43		Boland Schools		6	Port Elizabeth	29-Mar

#### 10000m Walk

46.17.58		Thinus Esterhuizen	WP 18-12-85	1	Bellville	15-Mar
47.20.34		Pieter Vorster	WP 24-05-84	2	Bellville	15-Mar
47.30.40		Jacobus van Dyk	CN 21-06-85	1	Potchefstroom	06-Mar
47.46.83		Johannes (JC) Visser	EP 25-07-85	2	Port Elizabeth	29-Mar
47.51.73		Sihle Shange	KZ 27-12-84	2	Pretoria	05-Apr
47.54.29		Wayne Snyman	FS 08-03-85	3	Pretoria	05-Apr
50.20.81		Pierre de Villiers	CG 18-08-85	6	Pretoria	05-Apr
50.20.81		Abraham Mbhele	KZ 23-11-87	7	Pretoria	05-Apr
51:55.9		Christiaan Wilson	FS 21-04-86	1	Bloemfontein	15-Mar
52.15.05		Petri du Toit	EP 14-12-86	1	Durban	12-Apr

### JUNIOR WOMEN Athletes 19 and 18 years (born in 1984 & 1985) ; and younger

#### 100 metres

11.89	1.0	Chantelle Terblanche	WP 10-07-85	1s1	Pretoria	05-Apr
11.90	-0.9	Carla Fick	CG 13-05-84	1	Germiston	01-Mar
11.96	0.1	Vicky van Os	CG 09-08-84	2	Pretoria	05-Apr
11.99	1.0	Cindy Stewart	WP 14-11-85	2s1	Pretoria	05-Apr
12.06	1.0	Lizelle Kleinhans	BO 12-06-84	3s1	Pretoria	05-Apr
12.08	0.2	Cherese Jones	GN 05-12-85	2s2	Pretoria	05-Apr
12.11	1.0	Melissa le Roux	CG 08-02-85	4	Pretoria	05-Apr
12.12	1.0	Amanda Kotze	CG 26-02-86	5s1	Pretoria	05-Apr
12.26	0.2	Monique Coetzee	CG o18	4s2	Pretoria	05-Apr
12.28	1.2	Lindi van Dyk	GN 11-03-86	1h2	Pretoria	09-Mar
12.30	0.2	Elene Taljaard	GN 12-03-84	5s2	Pretoria	05-Apr
12.39	-1.5	Maritza Venter	FS 09-08-84	1h	Bloemfontein	14-Mar

#### No wind information

12.16		Isabelle le Roux	SWD 23-01-87	1s	Port Elizabeth	28-Mar
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#### Wind assisted

12.13	2.5	Stacey Gardiner	BO 27-05-88	1	Durban	13-Apr
12.25	2.1	Monique Coetzee	CG	3h4	Pretoria	05-Apr

#### 200 metres

23.84	-2.3	Amanda Kotze	CG 26-02-86	1	Pretoria	17-May
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24.34	-1.3	Vicky van Os	CG	09-08-84	1	Pretoria	06-Apr
24.67	-1.3	Tihanna Vorster	GN	28-03-85	3	Pretoria	06-Apr
24.71	-1.3	Melissa le Roux	CG	08-02-85	4	Pretoria	06-Apr
24.78	1.1	Cindy Stewart	WP	14-11-85	1	Port Elizabeth	29-Mar
24.81	0.7	Melissa le Roux	CG	08-02-85	1	Krugersdorp	11-Oct
24.83	-0.1	Justine Robbeson	CG	15-05-85	1	Port Elizabeth	26-Apr
24.86	0.7	Cherese Jones	GN	05-12-85	1	Pretoria	08-Mar
24.92	1.2	Lindi van Dyk	GN	11-03-86	1	Pretoria	08-Mar
24.92	1.1	Isabelle le Roux	SWD	23-01-87	2	Port Elizabeth	28-Mar
24.95	-0.1	Arista Hefer	CG	12-09-87	1s1	Durban	12-Apr
24.98	1.2	Christine Ras	CG	04-02-86	2	Roodepoort	12-Feb
extra							
25.10	-1.3	Lizelle Kleinhans	BO	12-06-84	6	Pretoria	06-Apr
25.08	-1.6	Carla Fick	CG	13-05-84	4s1	Pretoria	06-Apr
Wind							
24.80	5.3	Thandi Mgwevu	CG	28-05-86	1	Germiston	18-Oct
24.48	5.9	Melissa le Roux	CG	08-02-85	1	Germiston	18-Oct
400 metres							
54.12		Tihanna Vorster	GN	28-03-85	6	Durban	11-Apr
55.15		Amanda Kotze	CG	26-02-86	1	Durban	13-Apr
55.36		Lorraine van der Schyff	SWD	19-03-86	2	Durban	13-Apr
55.57		Lindiwe Mdlalose	GN	09-06-85	2	Pretoria	09-Mar
55.64		Sanrie Geldenhuis	GN	13-09-84	2	Pretoria	05-Apr
56.13		Karabo Hlongwane	GN	26-08-84	2h1	Pretoria	05-Apr
56.17		Chantelle Terblanche	WP	10-07-85	1	Bellville	21-Mar
56.32		Phillipa Kirschner	CG	04-01-88	1	Durban	13-Apr
56.40		Rozanne van der Westhuizen	CG	24-04-86	3	Durban	13-Apr
56.52		Alet van Wyk	WP	11-11-85	1	Bellville	14-Mar
56.54		Claudia York	GN	04-08-85	2	Roodepoort	12-Feb
56.98		Lizelle Pretorius	CG		5	Pretoria	05-Apr
800 metres							
2.09.10		Rozanne van der Westhuizen	CG	24-04-86	1	Durban	12-Apr
2.08.86		Angela Wagner	GN	19-01-88	1	Pretoria	17-May
2.10.89		Irvette van Blerk	CG	05-07-87	2	Germiston	14-Mar
2.11.19		Chanelle Olivier	CG	15-09-86	5	Germiston	24-Jan
2.11.28		Claudia York	GN	04-08-85	1	Port Elizabeth	29-Mar
2.11.40		Recinda Hanekom	CG	17-11-88	1	Johannesburg	28-Feb
2.11.86		Bianca Ré	GN	13-03-87	1	Port Elizabeth	29-Mar
2.11.91		Mapaseka Makhanya	CG	09-04-85	2	Port Elizabeth	29-Mar
2.12.10		Lynelle Coetzee	CG	26-07-85	1	Johannesburg	28-Feb
2.12.48		Leona Stemmet	FS	19-07-84	6h1	Port Elizabeth	25-Apr
2.12.59		Claire Munnick	FS	31-08-84	6h	Port Elizabeth	25-Apr
2.12.95		Nicole Marais	Bol	23-02-84	3	Pretoria	06-Apr
2.14.02		Nicolene van Rooyen	CG	09-03-85	6	Pretoria	06-Apr
2.14.10	h/t	Esté de Jager	FS	21-09-85	1	Bloemfontein	03-Feb
2.15.15		Lynelle Coetzee	CG	26-07-85	7	Pretoria	06-Apr
2.15.64		Annah Moeketsi	FS	25-09-85	2	Bloemfontein	03-Feb
2.15.65		Marelize de Klerk	FS	13-11-85	2h	Port Elizabeth	29-Mar
1500 metres							
4.17.49		Irvette van Blerk	CG	05-07-87	3	Durban	07-Mar
4.22.19		Christine Kalmer	CG	10-02-86	2	Durban	02-May
4.25.27		Nicolene van Rooyen	CG	09-03-85	5	Port Elizabeth	26-Apr
4.25.28		Chanelle Olivier	CG	15-09-86	7	Stellenbosch	14-Feb

4.26.58		Recinda Hanekom	CG	17-11-88	1	Port Elizabeth	28-Mar
4.27.80		Nicole Marais	BO	23-02-84	9	Stellenbosch	14-Feb
4.29.51		Zintle Xiniwe	WP	23-10-86	2	Port Elizabeth	28-Mar
4.31.13		Lynelle Blignaut	CG	28-02-85	11	Stellenbosch	14-Feb
4.31.13		Manape Modika	LM	14-03-88	2	Port Elizabeth	28-Mar
4.31.88		Esté de Jager	FS	21-09-85	1	Port Elizabeth	28-Mar
extra							
4.34.25		Mapaseka Makhanya	CG	09-04-85	2	Pretoria	05-Apr
4.41.01		Charlene de Nysschen	CG		4	Pretoria	05-Apr
4.42.67		Annah Moeketsi	FS	25-09-85	1	Pretoria	05-Apr
3000 metres							
09:33.23		Irvette van Blerk	CG	05-07-87	1	Roodepoort	12-Feb
09:42.14		Zintle Xiniwe	WP	23-10-86	1	Port Elizabeth	29-Mar
09:45.17		Christine Kalmer	CG	10-02-86	2	Port Elizabeth	29-Mar
09:50.72		Praxedis Dim	CG	15-12-89	3	Port Elizabeth	29-Mar
09:52.82		Manape Modika	LM	14-03-88	4	Port Elizabeth	28-Mar
09:51.70	h/t	Esté de Jager	FS	21-09-85	1	Bloemfontein	20-Feb
10:01.25		Amandie Pansegrouw	NW	u18	4	Durban	12-Apr
10:03.63		Marelise Retief	CG	25-11-85	2	Port Elizabeth	29-Mar
10:05.31		Lynelle Blignaut	CG	28-02-85	7	Germiston	24-Jan
10:05.31		Christelle Arnold	CG	03-01-86	8	Germiston	24-Jan
5000 metres							
17:11.63		Marelise Retief	CG	25-11-85	5	Port Elizabeth	25-Apr
17:23.81		Zintle Xiniwe	WP	23-10-86	1	Pretoria	06-Apr
17:38.01		Lynelle Blignaut	CG	28-02-85	1	Germiston	08-Mar
18:17.85		Sandra-Mari Steenkamp	WP	31-08-85	1	Bellville	15-Mar
18:34.60		Alyssa Rebelo	CG	23-04-87	5	Germiston	22-Feb
18:35.24		Matshadiso Thelejane	WP	29-04-84	2	Bellville	15-Mar
18:38.39		Christelle Arnold	CG	03-01-86	3	Germiston	08-Mar
18:39.90		Charity Ramothwala	LM	27-04-84	3	Pretoria	06-Apr
19:17.95		Malerato Segotso	CG		4	Germiston	08-Mar
19:47.59		Engela Molapo	LM	08-07-86	4	Pretoria	06-Apr
2000m Steeplechase							
7.10.57		Mapaseka Makhanya	CG	09-04-85	1	Pretoria	06-Apr
7.18.06		Annah Moeketsi	FS	25-09-85	2	Pretoria	06-Apr
7.21.45		Nolene Conrad	WP	26-07-85	3	Pretoria	06-Apr
7.26.21		Sandra-Mari Steenkamp	WP	31-08-85	1	Bellville	13-Mar
7.31.88		Malerato Segotso	CG		4	Pretoria	06-Apr
7.53.64		Hanneli Pekeur	WP		2	Bellville	13-Mar
8.00.90	hand	A Oosthuizen	CN		2	Potchefstroom	06-Mar
8.00.92		Jannine Witbooi	WP	31-08-86	3	Bellville	13-Mar
8.02.95		Anke Uys	CN		6	Pretoria	06-Apr
8.07.29		Lesedi Matjila	GN	05-04-86	1	Pretoria	08-Mar
8.16.39		Marika van Rooyen	FS		7	Pretoria	06-Apr
3000m Steeplechase							
11.11.97		Nolene Conrad	WP	26-07-85	4	Port Elizabeth	26-Apr
11.32.75		Anna Moeketsi	FS	25-09-85	5	Port Elizabeth	26-Apr
11.33.59		Mapaseka Makhanya	CG	09-04-85	6	Port Elizabeth	26-Apr
100m Hurdles (84.0 cm)							
13.83	1.8	Justine Robbeson	CG	15-05-85	2h	Abuja	13-Oct
13.86	0.6	Carla Fick	CG	13-05-84	1	Germiston	18-Jan
13.97	1.5	Monique Balsamo	BO	17-09-84	1	Pretoria	05-Apr
14.04	1.5	Chantelle Terblanche	WP	10-07-85	3	Pretoria	05-Apr
14.08	0.8	Marné van der Burgh	BO	03-03-85	2	Port Elizabeth	28-Mar



14.12	1.5	Sune Labuschagne	GN	06-08-84	5	Pretoria	05-Apr
14.61	0.8	Janet Wienand	FS	15-05-85	4	Port Elizabeth	28-Mar
14.68	0.2	Janine Visser	BO	03-09-87	3h2	Pretoria	05-Apr
14.70	1.5	Celeste Dartnall	CG	28-03-84	5	Potchefstroom	31-Jan
14.93	0.2	Lynette Fourie	EP	01-10-85	5h1	Pretoria	05-Apr

Doubt whether timing was fully electronic

13.78	-0.5	Justine Robbeson	CG	150585	1	Germiston	0803
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Hand Timing

13.9		Janet Wienand	FS	15-05-85	1	Bloemfontein	14-Mar
14.5	ht	Diaan Jooste	FS	14-06-85	1	Bloemfontein	14-Feb

400m Hurdles

58.83		Janet Wienand	FS	15-05-85	1	Bloemfontein	15-Mar
58.84		Chantelle Terblanche	WP	10-07-85	1	Pretoria	06-Apr
59.19		Monique Balsamo	BO	17-09-84	2	Pretoria	06-Apr
60.06		Carla Coetzee	GN	21-06-84	3	Bloemfontein	07-Feb
61.42		Ilna Kruidenier	MP	19-01-86	4	Pretoria	06-Apr
61.52		Lucinda Liebenberg	CG	27-06-86	1	Boksburg	15-Mar
62.22		Jackie Kriel	FS	27-08-86	1	Durban	12-Apr
62.91		Lynette Fourie	EP	01-10-85	3	Port Elizabeth	29-Mar
63.04		Ané de Beer	MP	09-09-85	4	Port Elizabeth	29-Mar
63.29		Elene Taljaard	GN	12-03-84	6	Pretoria	06-Apr

Hand

63.0	ht	Suzanne Chinner	FS	06-10-86	1	Bloemfontein	14-Feb
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High Jump

1.86		Anika Smit	CG	26-05-86	1	Krugersdorp	18-Feb
1.80		Tanya Joubert	NW	04-07-86	3	Potchefstroom	31-Jan
1.78		Justine Robbeson	CG	15-05-85	2hеп	Abuja	13-Oct
1.75		Ciska Landsberg	NW	04-12-84	1	Germiston	28-Feb
1.75		Marné van der Burgh	BO	03-03-85	1	Port Elizabeth	29-Mar
1.75		Louise Dreyer	GN	26-05-86	1	Pretoria	08-Mar
1.75		Marika Prinsloo	FS	22-03-89	1	Bethlehem	28-Feb
1.75		Rene van der Merwe	LM	15-06-86	2	Pretoria	06-Apr
1.73		Elbe van der Merwe	FS	08-01-88	2	Bloemfontein	14-Mar
1.73		Elsje Human	MP	04-03-85	1	Secunda	08-Mar
1.70		Marinda Bruwer	GN	24-06-86	1	Germiston	28-Feb
1.70		Carina du Preez	CG	18-09-89	1	Johannesburg	28-Feb
1.70		Tillanie Neethling	VT	18-01-88	1	Boksburg	15-Mar
1.70		Tanya Jantzen	GN	15-07-86	2	Boksburg	15-Mar
1.70		Karliën Wessels	BO	02-05-85	2	Port Elizabeth	29-Mar
1.70		Laetitia de Beer	MP	02-02-86	3	Port Elizabeth	29-Mar
1.70		Lenca Lombaard	BO	17-01-87	5	Port Elizabeth	29-Mar
1.70		Lindie Roux	BO	17-06-84	5	Pretoria	06-Apr

Pole Vault

4.00		Annelie van Wyk	WP	28-05-84	1	Bellville	15-Mar
3.50		Leanne Viviers	WP	23-11-88	1	Port Elizabeth	29-Mar
3.50		Sylma Jordaan	WP	03-01-85	2	Pretoria	05-Apr
3.40		Corrie Doubell	BO	14-12-84	3	Stellenbosch	22-Feb
3.40		Lindie Roux	BO	17-06-84	2	Stellenbosch	22-Feb
3.40		Nicole Loesch	WP	11-10-87	3	Pretoria	05-Apr
3.30		Lila-Marie Rorich	BO	06-06-84	4	Pretoria	05-Apr
3.10		Amanda Venter	WP	01-01-89	7	Parow	01-Feb
3.03		Nerine Smith	FS	23-06-86	1	Bethlehem	28-Feb
3.00		Annemarie Bekker	FS	08-03-85	1	Bloemfontein	14-Feb
3.00		Hanza Loesch	GN	05-08-84	1	Pretoria	09-Mar
3.00		Anel Jansen	EP	24-10-86	1	East London	15-Mar
3.00		Lisa Laubscher	BO	28-05-86	3	Port Elizabeth	29-Mar

3.00		Amore Adendorff	EP	20-09-86	2	Durban	13-Apr
2.93		Helen-Joan Lombard	FS	15-05-85	1	Bloemfontein	14-Mar

Long Jump h/w - headwind

6.14	hw	Lindi van Dyk	GN	11-03-86	1	Boksburg	15-Mar
6.12	1.4	Justine Robbeson	CG	15-05-85	1	Germiston	24-Jan
5.85	2.0	Danielle Olivier	BO	16-04-84	1	Parow	01-Feb
5.80	hw	Leandie Maritz	CG	25-02-87	2	Boksburg	15-Mar
5.78	-1.3	Charlene Henning	FS	22-09-85	2	Port Elizabeth	29-Mar
5.68	-0.1	Cindy Stewart	BO	14-11-85	3	Port Elizabeth	29-Mar
5.60	-1.4	Nana Adom	KZ	13-03-85	4	Port Elizabeth	29-Mar
5.55	0.2	Sandra Howard	CG	18-04-86	1	Germiston	28-Feb
5.54	-0.9	Wenda Theron	BO	30-07-88	1	Durban	12-Apr
5.53	0.2	Carla Marais	VT	10-12-87	1	Germiston	25-Jan
5.53	-0.6	Taelia Burkett	CG	26-06-86	3	Port Elizabeth	29-Mar
No wind reading							
5.76		Janine Schutte	CG		1	Germiston	28-Feb
5.62		Christy Coetzee	CG	24-05-89	1	Johannesburg	28-Feb
5.57		Leane Botha	CG	06-04-88	1	Roodepoort	14-Feb
Wind-assisted							
6.14	2.9	Justine Robbeson	CG	15-05-85	1	Potchefstroom	31-Jan

Triple Jump hw = headwind

12.16	-0.7	Charlene Henning	FS	22-09-85	1	Bloemfontein	14-Feb
12.04	-1.2	Rumande Petersen	WP	26-05-85	2	Pretoria	06-Apr
11.81	1.5	Christi de Jager	CG	10-01-86	2	Germiston	22-Feb
11.70	hw	Arline Muller	CG	03-12-86	1	Boksburg	15-Mar
11.52	-0.3	Leandie Maritz	CG	25-02-87	2	Durban	13-Apr
11.52	-0.1	Charne Nel	CN	20-01-86	1	Durban	13-Apr
11.48	1.1	Mariaan Booyesen	CG	20-06-86	1	Johannesburg	28-Feb
11.47	-0.1	Therese Lombard	GN	13-03-84	1	Pretoria	08-Mar
11.34	-0.5	Leamarie Gouws	MP	24-12-84	1	Roodepoort	12-Feb
11.33	hw	Hanri van der Watt	CG	u18	3	Boksburg	15-Mar
11.23	-0.9	Retha van den Berg	MP	25-03-85	3	Pretoria	06-Apr
No wind reading							
12.17		Charlene Henning	FS	22-09-85	1	Port Elizabeth	28-Mar
11.36		Corne Pietersen	WP		2	Port Elizabeth	28-Mar
11.27		Mardi Smit	GW	17-05-86	3	Port Elizabeth	28-Mar
11.26		Retha van den Berg	MP	25-03-85	3	Port Elizabeth	28-Mar
11.24		Martell Schoeman	EP	29-01-86	1	East London	15-Mar

Shot (4kg)

15.21		Marli Knoetze	NP	02-10-87	1	Louis Trichardt	28-Jan
14.84		Simoné du Toit	CG	27-09-88	1	Pretoria	07-Jun
14.10		Juanita Roets	GN	11-10-85	1	Pretoria	18-Jan
13.62		Tanya Treurnicht	CG	04-01-84	1	Germiston	18-Oct
13.54		Magdel Venter	MP	01-10-85	1	Pretoria (MP)	01-Feb
13.14		Claudia Basson	WP	04-01-85	4	Pretoria	06-Apr
12.71		Charlet Louw	MP	21-12-85	2	Ermelo	22-Feb
12.41		Anelda Smith	CN	07-08-86	2	Durban	12-Apr
12.38		Elizka van der Merwe	WP	22-06-87	2	Port Elizabeth	28-Mar
12.29		Bianca van Rooyen	CG	28-01-88	2	Port Elizabeth	29-Mar
12.23		Elene Taljaard	GN	12-03-84	2	Germiston	18-Oct
12.11		Ita van Niekerk	BO		6	Pretoria	06-Apr
11.90		Anesta van Wyk	FS	06-05-85	1	Bloemfontein	03-Feb
11.60		Roche Zaaiman	EP	26-11-85	5	Port Elizabeth	29-Mar

Discus (1kg)

50.75	Magdel Venter	MP	01-10-85	1	Ermelo	21-Jan
47.04	Simoné du Toit	CG	27-09-88	1	Middelburg (MP)	21-Feb
47.02	Marli Knoetze	LM	02-10-87	1	Polokwane	05-Feb
41.27	Charlet Louw	MP	21-12-85	1	Nelspruit	09-Feb
41.24	Monique Froneman	WP	14-09-84	1	Bellville	15-Mar
39.52	Nicolene Schwartz	GN	15-11-87	1	Boksburg	15-Mar
39.30	Amanda Mynhardt	CN	09-01-86	1	Bloemfontein	14-Feb
38.81	Tanya Treurnicht	CG	04-01-84	1	Germiston	18-Oct
38.61	Ursula Fourie	GN	30-01-87	2	Port Elizabeth	28-Mar
37.95	Roche Zaaiman	EP	26-11-85	1	East London	15-Mar
37.95	Anelda Smith	CN	07-08-86	4	Port Elizabeth	28-Mar

37.44	Claudia Basson	WP	04-01-85	3	Port Elizabeth	28-Mar
36.92	Justine Robbeson	CG	15-05-85	1	Springs	23-Jan
36.52	Kiki Peenz	GN		1	Pretoria	09-Mar
36.26	Tanya Weyers	SW	12-03-85	1	Oudtshoorn	07-Mar
36.08	Cornel Muller	FS	25-05-85	1	Bethlehem	22-Feb

#### Hammer (4kg)

47.70	Tanya Treurnicht	CG	04-01-84	1	Germiston	18-Oct
42.84	Anje Crocker	B	25-11-85	1	Port Elizabeth	28-Mar
42.55	Tanya Weyers	SWD	12-03-85	2	Pretoria	05-Apr
41.90	Danel de Jager	VT	14-02-87	3	Pretoria	05-Apr
40.91	Claud du Toit	BO	21-09-84	4	Pretoria	05-Apr
40.71	Michelle Terblanche	EP	19-04-86	2	Durban	13-Apr
40.39	Karin Muller	FS	13-01-86	1	Potchefstroom	22-Oct
40.03	Elizka van der Merwe	WP	22-06-87	1	Bellville	13-Mar
39.44	Karen le Roux	WP	26-03-87	3	Durban	13-Apr
38.00	Suzaan Fourie	EP	19-03-85	1	East London	15-Mar
33.54	Annerette le Grange	WP	13-12-84	3	Port Elizabeth	28-Mar
28.23	Lize-May Wessels	FS	21-12-84	3	Bloemfontein	14-Mar

#### Javelin (600gm)

50.10	Justine Robbeson	CG	15-05-85	1	Springs	23-Jan
45.65	Ananda van Schalkwyk	FS	08-04-86	1	Bloemfontein	08-Feb
45.14	Ynthie Coetzee	NW	11-06-88	1	Port Elizabeth	29-Mar
45.46	Linda Smit	FS	15-08-85	1	Sasolburg	22-Feb
44.27	Anzel van der Schyff	LM	19-03-87	1	Durban	13-Apr
44.04	Aneen Groenewald	BO	06-03-87	1q	Port Elizabeth	29-Mar
43.90	Elizna Labuschagne	CN	17-06-85	2	Port Elizabeth	29-Mar
43.67	Anezel Zijlstra	SW	07-06-87	2	Durban	13-Apr
43.23	Petra-Ann Drake	LM	21-11-86	1q	Durban	13-Apr
42.83	Abigail Erasmus	BO	18-09-86	2q	Port Elizabeth	29-Mar
42.00	Mart-Mari Archer	FS	12-05-85	5	Bloemfontein	07-Feb
40.85	Riana Rossouw	FS	02-09-84	1	Bloemfontein	24-Jan
38.90	Lezanda Hefer	FS	21-02-85	5	Port Elizabeth	29-Mar
38.56	Madelein Terblanche	FS	30-04-85	3	Bloemfontein	15-Mar
37.64	Cornel Muller	FS	25-05-85	3	Bethlehem	01-Mar

#### Heptathlon

5 761	Justine Robbeson	CG	15-05-85	1	Port Elizabeth	25/26-4
	13.90, 1.73, 11.44, 24.96; 5.89, 48.00, 2:34.83					
3 918	Juanita Roets	GN	11-10-85	2	Pretoria	5/6 Apr
	17.36, 1.42, 11.76, 27.97; 4.51, 33.44, , 2:39.64					
3 804	Olivia Olivier	MW	15-01-85	3	Pretoria	5/6 Apr
	17.15, 1.45, 9.07, 27.18, 5.08, 22.21, 2:39.27					

4x100m						
46.89	Boland u20	BO		1	Pretoria	06-Apr
47.15	Western Province u20	WP		2	Pretoria	06-Apr
47.33	Central Gauteng u20	CG		3	Pretoria	06-Apr
47.77	Gauteng North u20	GN		4	Pretoria	06-Apr
48.48	Central Gauteng B u20	CG		5	Pretoria	06-Apr
48.50	Central Gauteng u18	CG		1	Durban	13-Apr
48.55	Gauteng Schools u18	Gau		1	Port Elizabeth	29-Mar
48.66	Gauteng North u18	GN		3	Durban	13-Apr
48.91	Eastern Cape Schools u18	EC		2	Port Elizabeth	29-Mar
49.40	Free State u20	FS		6	Pretoria	06-Apr
4x400m						
3.44.73	Gauteng North u20	GN		2	Pretoria	06-Apr
3.50.10	Central Gauteng u20	CG		3	Pretoria	06-Apr
3.50.24	Gauteng Schools u20			1	Port Elizabeth	29-Mar
`	Lizelle Pretorius, Claudia York, Ohna Visser, Tihanna Vorster					
3.55.56	Free State Schools u20			2	Port Elizabeth	29-Mar
	M Kritzinger, S Chinner, E de Jager, J Wienand					
4.00.06	Boland Schools u20			3	Port Elizabeth	29-Mar
4.00.38	Central Gauteng B u20	CG		3	Pretoria	06-Apr
5000m Walk						
26.52.94	Siziwe Mangele	KZ	29-03-86	1	Durban	13-Apr
27:01.06	Ruzanne Harris	WP	29-01-85	2	Bellville	22-Feb
28:12.00	Yzette de Abreu	CN	30-06-86	1	Port Elizabeth	29-Mar
28:30.00	Karlien Doubell	EP	01-01-85	1	East London	15-Mar

28:33.15	Jennifer Peterson	EC	02-03-86	2	East London	15-Mar
29:00.00	Robyn-Lee Grobler	EP	03-07-87	3	East London	15-Mar
29:03.12	Handri Botha	CN	25-02-86	3	Durban	13-Apr
29:26.89	Elizma Snyman	FS	u18	4	Durban	13-Apr
30:02.01	Debbie Carmichael	CG	17-07-87	6	Durban	13-Apr
30:21.80	Donne Woodford	WP	15-10-86	1	Bellville	15-Mar

10000m Walk

55:06.50	Ruzanne Harris	WP	29-01-85	1	Bellville	15-Mar
55:31.38	Liza Jacobs	FS	07-01-85	1	Port Elizabeth	28-Mar
58:06.03	Taryn Mundell	KZ	21-06-85	3	Port Elizabeth	28-Mar
1h 00:57.5	Jahnine de Wet	FS	17-01-84	2	Bloemfontein	15-Mar
1h 01:36	F van Niekerk	CN	u18	1	Potchefstroom	06-Mar
1h 01:37.83	Siziwe Mangele	KZ	29-03-86	4	Port Elizabeth	28-Mar
1h 01:11.23	Suzanne Erasmus	CN		4	Pretoria	05-Apr
1h 03:20.64	Laurette Malherbe	FS	21-09-85	6	Port Elizabeth	28-Mar
1h 04:30.45	Michelle Waterson	WP		2	Bellville	15-Mar
1h 05:17.57	Juanita Nell	CN	07-01-85	6	Pretoria	05-Apr
1h 05:42.26	Sulique Dedekind	GP	07-09-85	7	Port Elizabeth	28-Mar