

**SOUTH AFRICAN JUNIOR (UNDER 20)
BEST PERFORMANCE LIST**

As at 4 May 2004

Athletes of 19&18 (born in 1985 & 1986)

Compiler: Gert le Roux (Tel/Fax: 012 346 4567; e-mail: gler@mweb.co.za)

JUNIOR MEN

| 100 metres | | 10.64 | | | | | |
|-------------------|------|-----------------------|----|----------|-----|---------------|--------|
| 10.32 | 0.2 | Leigh Julius | EP | 25-03-85 | 1 | Bloemfontein | 02-Apr |
| 10.53 | -1.0 | Sybrand van Dyk | GN | 19-07-85 | 1 | Pretoria | 06-Mar |
| 10.59 | 1.3 | Hannes Dreyer | GN | 13-01-85 | 1r2 | Pretoria | 10-Mar |
| 10.61 | -1.0 | Martin Botha | GN | | 2 | Pretoria | 06-Mar |
| 10.62 | 0.2 | Jean du Randt | CG | 13-12-85 | 2 | Bloemfontein | 02-Apr |
| 10.65 | -1.0 | Brenden Taljaard | GN | | 3 | Pretoria | 06-Mar |
| 10.67 | 0.8 | Ruan de Vries | GN | 01-02-86 | 1s1 | Germiston | 26-Mar |
| 10.67 | 0.2 | Hannes Dreyer | GN | 13-01-85 | 3 | Bloemfontein | 02-Apr |
| 10.69 | 0.8 | Alex Shivuri | LM | 01-01-85 | 1s2 | Germiston | 26-Mar |
| 10.76 | 0.8 | Nolan Lottering | EP | 20-06-86 | 2s1 | Germiston | 26-Mar |
| 10.77 | 0.8 | G Maasdorp | FS | | 1h2 | Sasolburg | 12-Mar |
| 10.79 | 0.8 | Nkosinathi Ndiwe | FS | | 2h2 | Sasolburg | 12-Mar |
| 10.81 | 0.0 | John-Andrew Kleynhans | GN | 07-02-85 | 4 | Potchefstroom | 13-Feb |
| NWI | | | | | | | |
| 10.74 | | Simisa Mamphego | FS | | 1 | Bloemfontein | 06-Feb |

| 200 Metres | | 21.54 | | | | | |
|-------------------|------|-----------------------|----|----------|-----|---------------|--------|
| 20.44 | 0.3 | Leigh Julius | EP | 250385 | 1 | Durban | 17-Apr |
| 21.33 | 0.8 | Louis van Zyl | FS | 20-07-85 | 6 | Potchefstroom | 13-Feb |
| 21.40 | 0.3 | Jean du Randt | CG | 13-12-85 | 2 | Bloemfontein | 02-Apr |
| 21.58 | 0.0 | Brian Maphanga | | | 2r2 | Potchefstroom | 13-Feb |
| 21.61 | 0.8 | John-Andrew Kleynhans | GN | 07-02-85 | 1 | Pretoria | 31-Jan |
| 21.65 | 0.7 | Hannes Dreyer | GN | 13-01-85 | 2r4 | Pretoria | 10-Mar |
| 21.70 | 0.3 | Alex Shivuri | LM | 01-01-85 | 3 | Bloemfontein | 02-Apr |
| 21.76 | 0.8 | Wouter le Roux | GN | 17-01-86 | 2 | Pretoria | 31-Jan |
| 21.76 | -0.6 | Sybrand van Dyk | GN | 19-07-85 | 1 | Pretoria | 05-Mar |
| 21.79 | 1.1 | Nolan Lottering | EP | 20-06-86 | 1h2 | Germiston | 27-Mar |
| 21.84 | -0.6 | Leslie J van Rensburg | GN | 02-02-85 | 2 | Pretoria | 05-Mar |
| 21.91 | 0.3 | Joel Nixon | KZ | 08-01-86 | 5 | Bloemfontein | 02-Apr |
| 21.91 | 0.3 | Sibusiso Sishi | KZ | 22-06-85 | 6 | Bloemfontein | 02-Apr |
| NWI | | | | | | | |
| 21.52 | | Wouter le Roux | GN | 17-01-86 | 1 | Pretoria | 27-Feb |
| 21.79 | | Rudolph Germishuys | MP | 25-03-86 | 1s1 | Germiston | 27-Mar |

| 400 metres | | 48.04 | | | | | |
|-------------------|--|-------------------|----|----------|---|--------------|--------|
| 46.41 | | LJ van Zyl | FS | 20-07-85 | 2 | Pretoria | 20-Feb |
| 46.59 | | Leigh Julius | EP | 25-03-85 | 3 | Secunda | 06-Feb |
| 46.73 | | Chris Gebhardt | GN | 10-02-85 | 1 | Pretoria | 20-Mar |
| 47.57 | | Wouter le Roux | GN | 17-01-86 | 2 | Bloemfontein | 02-Apr |
| 47.62 | | Sydney Mafologela | FS | 31-01-85 | 1 | Germiston | 26-Mar |

| | | | | | | |
|-------|------------------|----|----------|-----|---------------|--------|
| 47.71 | Fanus Botha | CN | 16-09-86 | 2 | Germiston | 26-Mar |
| 47.87 | Kabelo Moeng | GN | | 2r2 | Potchefstroom | 13-Feb |
| 47.91 | Collen Mathebula | GN | | 3 | Germiston | 26-Mar |
| 48.03 | Bonolo Maboa | CG | 24-08-85 | 1 | Germiston | 06-Mar |
| 48.13 | Simiso Mamphego | FS | | 4h3 | Germiston | 26-Mar |
| 48.17 | Sibusiso Sishi | KZ | 22-06-85 | 4 | Bloemfontein | 02-Apr |

800 metres 1 min 50.00 sec

| | | | | | | |
|---------|--------------------|----|----------|----|----------------|--------|
| 1:47.35 | Bonolo Maboa | CG | 24-08-85 | 3 | Potchefstroom | 13-Feb |
| 1:49.49 | Sydney Mafologela | FS | 31-01-85 | 2 | Bloemfontein | 02-Apr |
| 1:49.72 | Samson Ngoepe | LM | 28-01-85 | 9 | Pretoria | 20-Feb |
| 1:49.89 | Bongani Mgemane | FS | 27-03-86 | 3 | Bloemfontein | 02-Apr |
| 1:49.95 | Mthobisi Baloyi | CN | 26-02-85 | 3 | Potchefstroom | 16-Mar |
| 1:50.70 | Chris Gebhardt | GN | 10-02-85 | 10 | Potchefstroom | 13-Feb |
| 1:52.12 | Stefan Grobbelaar | CN | 27-08-86 | 5 | Bloemfontein | 02-Apr |
| 1:52.30 | h/t Isaac Mbuyase | CG | 26-09-86 | 1 | Krugersdorp | 10-Jan |
| 1:52.60 | Elroy Gelant | SW | 25-08-86 | 6 | Bloemfontein | 02-Apr |
| 1:53.03 | Garreth Maarman | BO | 19-03-86 | 1 | Stellenbosch | 06-Mar |
| 1:53.22 | Nathan Beukes | BO | 06-02-86 | 2 | Stellenbosch | 06-Mar |
| 1:53.66 | Paul Scholtz | NW | 23-10-86 | 1 | Roodepoort | 11-Feb |
| 1:53.81 | Michael Denysschen | EP | 25-02-85 | 1 | Port Elizabeth | 05-Mar |

1500 metres 3 min 48.00 sec

| | | | | | | |
|---------|-------------------|----|----------|----|----------------|--------|
| 3:45.88 | Isaac Mbuyase | CG | 26-09-86 | 6 | Cape Town | 19-Mar |
| 3:47.08 | Bonolo Maboa | CG | 24-08-85 | 8 | Port Elizabeth | 12-Mar |
| 3:49.27 | Schalk Roestoff | FS | 12-03-85 | 1 | Sasolburg | 12-Mar |
| 3:50.28 | Samson Ngoepe | LM | 28-01-85 | 2 | Bloemfontein | 02-Apr |
| 3:50.74 | Thabang Mohale | FS | 29-11-86 | 2 | Sasolburg | 12-Mar |
| 3:51.12 | Ronnie Mahlangu | MP | 21-10-85 | 3 | Bloemfontein | 02-Apr |
| 3:51.62 | Elroy Gelant | SW | 25-08-86 | 4 | Bloemfontein | 02-Apr |
| 3:53.01 | Clint Lawrence | WP | 19-05-86 | 1 | Bellville | 12-Mar |
| 3:55.68 | Hans-Jurie Muller | BO | 13-07-85 | 10 | Cape Town | 19-Mar |
| 3:57.20 | ht Cedric Arendse | BO | 09-09-85 | 1 | Stellenbosch | 05-Mar |
| 3:57.40 | ht Nathan Beukes | BO | 06-02-86 | 2 | Stellenbosch | 05-Mar |
| 3:58.23 | Dicardo Jacobs | BO | 25-01-86 | 2 | Bellville | 12-Mar |
| 3:58.27 | Michael Tlhoru | FS | 24-02-85 | 2 | Bloemfontein | 13-Feb |

3000 metres 8min 15 00 sec

| | | | | | | |
|---------|---------------------|----|----------|-----|---------------|--------|
| 8.26.57 | Zolani Bhitane | WP | 05-10-85 | 12 | Potchefstroom | 13-Feb |
| 8.28.09 | Seun Moleshioa | MP | 27-04-86 | 10 | Secunda | 06-Feb |
| 8.31.00 | ht Mandla Maseko | GN | 12-09-85 | 6r2 | Potchefstroom | 13-Feb |
| 8.31.10 | ht Siyabonga Nkonde | KZ | 13-07-88 | 1 | Durban | 28-Feb |
| 8.44.20 | Andreas Mamba | KZ | 02-02-88 | 2 | Durban | 28-Feb |

5000 metres 14 min 15 sec

| | | | | | | |
|----------|-----------------------|----|----------|---|--------------|--------|
| 13.59.01 | Zolani Bhitane | TK | 05-10-85 | 5 | Cape Town | 19-Mar |
| 14.36.94 | Nkosinoxolo Sonqibido | WP | 16-10-86 | 2 | Cape Town | 14-Feb |
| 14.42.65 | Avunkile Ntongana | WP | 04-07-85 | 1 | Bloemfontein | 03-Apr |
| 14.46.42 | Dominique Khoza | CG | 16-10-86 | 2 | Bloemfontein | 03-Apr |

| | | | | | | | |
|----------|----|--------------------|----|----------|---|--------------|--------|
| 14:49.32 | | Michael Tlhor | FS | 24-02-85 | 1 | Bloemfontein | 27-Feb |
| 14:52.43 | | Seun Moleshioa | MP | 13-10-86 | 2 | Germiston | 27-Mar |
| 14:57.80 | ht | L Mohale | CG | | 1 | Germiston | 26-Feb |
| 15:01.49 | | Thabang Mohale | FS | 29-11-86 | 2 | Bloemfontein | 06-Feb |
| 15:07.40 | | K Sesing | FS | | 2 | Bloemfontein | 27-Feb |
| 15:07.90 | ht | Ettienne Plaatjies | WP | 25-09-86 | 1 | Oudtshoorn | 27-Feb |
| 15:23.38 | | Skhumbuzo Kharitsi | CG | 14-03-85 | 1 | Germiston | 05-Mar |
| 15:26.53 | | Roger Davids | WP | 04-01-86 | 2 | Bellville | 13-Mar |

10000 metres

30 min 30 sec

| | | | | | | | |
|----------|--|-----------------------|----|----------|---|--------------|--------|
| 30.03.86 | | Nkosinoxolo Sonqibido | WP | 16-10-86 | 1 | Bellville | 11-Mar |
| 30.12.66 | | Avunkile Ntongana | WP | 04-07-85 | 2 | Bellville | 11-Mar |
| 31.17.64 | | Roger Davids | WP | 04-01-86 | 3 | Bellville | 11-Mar |
| 32.08.86 | | Masibeko Mncedi | WP | 03-09-86 | 4 | Bellville | 11-Mar |
| 32.11.60 | | Thanduluntu Magqasa | WP | 24-12-85 | 5 | Bellville | 11-Mar |
| 32.19.07 | | Nkululo Zamisa | CG | | 3 | Bloemfontein | 02-Apr |
| 32:34.09 | | Gontse Maoto | GN | | 4 | Bloemfontein | 02-Apr |
| 32.42.89 | | P J van Rensburg | FS | | 1 | Sasolburg | 12-Mar |
| 32.47.06 | | Skhumbuzo Kharitsi | CG | 14-03-85 | 1 | Germiston | 06-Mar |
| 32.55.06 | | Thulane Mugamba | CG | 27-03-85 | 2 | Germiston | 06-Mar |
| 32.59.49 | | Don Ndlovu | CG | | 3 | Germiston | 06-Mar |

3000m Steeplec

9 min 10.00 sec

| | | | | | | | |
|---------|--|--------------------|----|----------|---|----------------|--------|
| 8:46.87 | | Mandla Maseko | GN | 12-09-85 | 6 | Port Elizabeth | 12-Mar |
| 8.52.51 | | Zolile Bhitane | TR | 05-10-85 | 7 | Cape Town | 19-Mar |
| 8:56.48 | | Stephen Mokoka | NW | 01-04-85 | 7 | Durban | 17-Apr |
| 9.11.06 | | Jan Mosailane | FS | 18-01-86 | 1 | Bloemfontein | 23-Feb |
| 9.12.43 | | Michael Tlhor | FS | 24-02-85 | 2 | Bloemfontein | 23-Feb |
| 9.15.62 | | Skhumbuzo Kharitsi | CG | 14-03-85 | 2 | Bloemfontein | 03-Apr |
| 9.17.14 | | Zolani Bhitane | WP | 05-10-85 | 1 | Bellville | 31-Jan |
| 9.20.92 | | Godfrey Ramokone | FS | | 3 | Bloemfontein | 23-Feb |
| 9.23.48 | | Dicardo Jacobs | BO | 25-01-86 | 1 | Bellville | 13-Mar |
| 9.30.66 | | Steve Nqola | GN | | 4 | Bloemfontein | 03-Apr |
| 9.35.91 | | Masibeko Mncedi | WP | 03-09-86 | 2 | Bellville | 13-Mar |
| 9.37.08 | | Heinrich Andrews | WP | | 3 | Bellville | 13-Mar |

110mHurdles

14.64 sec

| | | | | | | | |
|-------|------|------------------|----|----------|-----|--------------|--------|
| 14.19 | 0.4 | Ruan de Vries | GN | 01-02-86 | 1 | Bloemfontein | 02-Apr |
| 14.20 | 0.4 | Leon Fourie | CG | 15-01-86 | 2 | Bloemfontein | 02-Apr |
| 14.49 | 0.1 | Schalk Pienaar | BO | 29-01-85 | 1 | Stellenbosch | 05-Mar |
| 14.76 | 0.4 | Brendon Taljaard | GN | | 3 | Bloemfontein | 02-Apr |
| 15.26 | 0.7 | Lehann Fourie | GN | | 1 | Germiston | 02-Mar |
| 15.27 | 0.4 | Johan Koekemoer | CG | 24-12-85 | 4 | Bloemfontein | 02-Apr |
| 15.32 | 0.7 | Stefan Steyn | CG | | 2 | Germiston | 02-Mar |
| 15.42 | 1.1 | Clarence Axer | VT | 24-03-86 | 2h1 | Germiston | 26-Mar |
| 15.54 | 0.4 | Wim Scheepers | MP | 19-04-86 | 5 | Bloemfontein | 02-Apr |
| 15.63 | 0.7 | Freddie Kilian | VT | 29-01-86 | 3 | Germiston | 02-Mar |
| 15.71 | 0.3 | Petrus Combrinck | FS | | 1 | Sasolburg | 12-Mar |
| 15.81 | -0.2 | Rudi Ruthven | CG | 24-06-85 | 3 | Germiston | 06-Mar |

| | | | | | | | |
|-------|-----|---------------------|----|----------|-----|-----------|--------|
| Wind | | | | | | | |
| 15.04 | 2.6 | Pieter Bezuidenhout | MP | 01-01-85 | 2h2 | Germiston | 26-Mar |
| 15.51 | 2.6 | Wim Scheepers | MP | 19-04-86 | 3h2 | Germiston | 26-Mar |
| 15.59 | 2.6 | Wiseman Masuku | KZ | 19-02-86 | 4h2 | Germiston | 26-Mar |

NWI

| | | | | | | | |
|-------|--|---------------------|----|----------|---|------------|--------|
| 14.87 | | Cameron Maritz | CG | | 2 | Roodepoort | 11-Feb |
| 15.36 | | Pieter Bezuidenhout | MP | 01-01-85 | 3 | Germiston | 26-Mar |
| 15.47 | | Wiseman Masuku | KZ | 19-02-86 | 4 | Germiston | 26-Mar |
| 15.55 | | Wim Scheepers | MP | 19-04-86 | 5 | Germiston | 26-Mar |

400m Hurdles

52.94 sec

| | | | | | | | |
|-------|--|-------------------|----|----------|---|--------------|--------|
| 49.45 | | Wouter le Roux | GN | 17-01-86 | 3 | Pretoria | 20-Feb |
| 49.71 | | LJ van Zyl | FS | 20-07-85 | 4 | Durban | 17-Apr |
| 52.55 | | Jeremy Julies | WP | 06-06-86 | 2 | Germiston | 27-Mar |
| 52.76 | | Vian Louw | GN | 18-06-86 | 3 | Bloemfontein | 03-Apr |
| 52.78 | | Frikkie Botha | GN | 21-03-85 | 4 | Bloemfontein | 03-Apr |
| 53.95 | | Fanus Botha | CN | 16-09-86 | 3 | Germiston | 27-Mar |
| 54.54 | | Johann Hanekom | BO | 03-12-86 | 1 | Stellenbosch | 09-Jan |
| 54.89 | | Wessel Oosthuizen | VT | 11-07-86 | 1 | Germiston | 02-Mar |
| 54.93 | | Adriaan Jacobs | FS | | 4 | Germiston | 27-Mar |
| 55.11 | | Cameron Maritz | CG | | 2 | Roodepoort | 11-Feb |
| 55.51 | | Naledi Mitane | VT | 14-05-86 | 6 | Bloemfontein | 03-Apr |
| 56.21 | | Leon Smit | GN | | 2 | Germiston | 02-Mar |
| 56.22 | | Johan Koekemoer | CG | | 1 | Germiston | 06-Mar |

High Jump

2.15m

| | | | | | | | |
|------|--|----------------------|----|----------|---|-----------------|--------|
| 2.20 | | Ramsay Carelse | WP | 30-10-85 | 1 | Durban | 17-Apr |
| 2.15 | | Fanie J van Rensburg | FS | 03-02-86 | 1 | Maputo | 29-Apr |
| 2.05 | | Wilmar Visagie | BO | 27-07-86 | 3 | Bloemfontein | 03-Apr |
| 2.04 | | Robern Pass | WP | 22-03-86 | 3 | Germiston | 26-Mar |
| 2.03 | | Leendert Haasbroek | GN | 28-05-86 | 1 | Bronkhorstspuit | 20-Feb |
| 2.00 | | Kenneth Jooste | FS | 13-01-86 | 2 | Bethlehem | 05-Mar |
| 2.00 | | Tinus de Bruin | NW | 07-02-86 | 4 | Bloemfontein | 03-Apr |
| 1.95 | | Marius de Beer | MP | 12-02-85 | | Pretoria | 20-Feb |
| 1.95 | | Marx Gertenbach | FS | | 1 | Bloemfontein | 21-Jan |
| 1.95 | | Leon Fourie | CG | 06-01-86 | 1 | Roodepoort | 11-Feb |
| 1.95 | | Marnus Truter | GN | | 1 | Pretoria | 27-Feb |
| 1.95 | | J Pretorius | GN | | 1 | Pretoria | 28-Feb |
| 1.95 | | Freddie Kilian | VT | 29-01-86 | 1 | Germiston | 02-Mar |
| 1.95 | | Rudi Ruthven | CG | 24-06-85 | 5 | Bloemfontein | 03-Apr |
| 1.95 | | Robin Rheeder | EP | 29-04-85 | 6 | Bloemfontein | 03-Apr |

Pole Vault

5.10m

| | | | | | | | |
|------|--|---------------------|----|----------|---|--------------|--------|
| 4.90 | | Brent Howell | WP | 23-06-86 | 1 | Bloemfontein | 03-Apr |
| 4.50 | | Petri Nienaber | GN | 27-02-85 | 3 | Pretoria | 10-Mar |
| 4.20 | | Herman van der Watt | FS | 28-04-86 | 2 | Bloemfontein | 03-Apr |
| 4.10 | | Waldo van Niekerk | EP | 21-02-85 | 3 | Bloemfontein | 03-Apr |
| 4.00 | | Clive Wessels | FS | 26-07-86 | 1 | Bloemfontein | 04-Mar |
| 4.00 | | George Terreblanche | FS | 06-01-86 | 5 | Bloemfontein | 03-Apr |

Long Jump**7.55m**

| | | | | | | | |
|-------|------|--------------------|-----|----------|----|-----------|--------|
| 7.95 | -0.1 | Khotso Mokoena | VT | 06-03-85 | 1 | Cape Town | 19-Mar |
| 7.68 | -0.7 | Regan Julius | BO | 15-04-86 | 1 | Paarl | 03-Mar |
| 7.61 | 1.0 | Pieter Smit | VT | 23-03-86 | 1 | Germiston | 26-Mar |
| 7.53 | -0.3 | Alrico Farmer | BO | 05-02-85 | 1 | Paarl | 07-Feb |
| 7.34 | 1.0 | Jan-Louis Snyman | CG | 01-03-86 | 2* | Germiston | 26-Mar |
| 7.31 | 1.4 | Gladstone Shabangu | LIM | | 3 | Germiston | 26-Mar |
| 7.29 | 1.5 | Simeon Mars | WP | 01-03-85 | 6 | Durban | 16-Apr |
| 7.14 | 1.2 | Jody van Niekerk | LIM | | 4 | Germiston | 26-Mar |
| 7.07 | 0.6 | Guillaume Barret | NW | 30-09-86 | 5 | Germiston | 26-Mar |
| 7.02 | -0.6 | Aubrey Sithole | GN | | 4 | Pretoria | 20-Mar |
| 6.95 | -0.2 | Walter Botha | CN | | 10 | Pretoria | 20-Feb |
| 6.95 | 1.7 | Leander Walters | FS | | 6 | Germiston | 26-Mar |
| Wind | | | | | | | |
| 7.55 | 2.9 | Jan-Louis Snyman | CG | 01-03-86 | 2 | Germiston | 26-Mar |
| 14.69 | 0.4 | Charles le Roux | MP | 08-05-85 | 7 | Durban | 17-Apr |
| NWI | | | | | | | |
| 7.08 | | Reinard Botha | GN | | 1 | Pretoria | 27-Feb |
| 7.06 | | Daniel Gibhart | CN | 13-06-86 | 2 | Germiston | 02-Mar |
| 6.95 | | Adewale Adejumo | KZ | 11-03-85 | 1 | Durban | 28-Feb |

Triple Jump**15.50m**

| | | | | | | | |
|-------|------|--------------------|-----|----------|---|--------------|--------|
| 16.96 | 1.7 | Khotso Mokoena | VT | 06-03-85 | 1 | Bloemfontein | 03-Apr |
| 15.80 | 0.4 | Simeon Mars | WP | 01-03-85 | 2 | Pretoria | 20-Feb |
| 14.64 | 0.4 | Charles le Roux | MP | 08-05-85 | 7 | Durban | 17-Apr |
| 14.60 | 1.0 | Philip Els | GP | | 1 | Germiston | 27-Mar |
| 14.50 | 1.0 | Kgopolo Makgate | CG | | 3 | Bloemfontein | 03-Apr |
| 14.44 | -1.2 | Robern Pass | WP | 22-03-86 | 2 | Germiston | 27-Mar |
| 14.14 | 0.0 | Giovanni Jacobs | WP | 16-10-86 | 4 | Germiston | 27-Mar |
| 14.10 | 1.3 | Leander Walters | FS | | 5 | Germiston | 27-Mar |
| 14.00 | 1.1 | Gladstone Shabangu | LIM | | 6 | Germiston | 27-Mar |
| 13.94 | -0.2 | Ben Cilliers | CG | | 7 | Germiston | 27-Mar |
| 13.74 | 0.5 | Wilmar Visagie | BO | 27-07-86 | 1 | Stellenbosch | 05-Mar |
| 13.74 | 0.3 | Jody van Niekerk | LIM | | 8 | Germiston | 27-Mar |

Shot**6kg****17.90m**

| | | | | | | | |
|-------|--|---------------------|----|----------|---|--------------|--------|
| 18.36 | | Kosie Barnard | MP | 10-01-85 | 1 | Piet Retief | 14-Feb |
| 17.91 | | Daniel Meiring | GN | 27-09-85 | 1 | Germiston | 26-Mar |
| 17.48 | | Stefan Reinecke | MP | 07-02-86 | 2 | Bethal | 04-Feb |
| 17.44 | | Ross Jordaan | BO | 29-01-85 | 2 | Bloemfontein | 02-Apr |
| 17.24 | | Donovan Snyman | GN | 30-05-86 | 3 | Bloemfontein | 02-Apr |
| 17.06 | | Danie Bezuidenhout | GN | 25-02-85 | 4 | Bloemfontein | 02-Apr |
| 16.85 | | Gareth Brown | KZ | 07-02-85 | 5 | Bloemfontein | 02-Apr |
| 16.12 | | Barend J van Vuuren | GN | 08-09-86 | 2 | Roodepoort | 11-Feb |
| 15.99 | | Francois Slabbert | MP | 03-05-85 | 7 | Bloemfontein | 02-Apr |
| 15.42 | | James Sinclair | MP | 02-06-86 | 6 | Germiston | 26-Mar |
| 15.39 | | Van Zyl Ackerman | CN | 26-02-86 | 7 | Germiston | 26-Mar |
| 15.37 | | Fanie le Roux | CG | 23-02-86 | 3 | Roodepoort | 20-Feb |

7.26kg
 14.15 Ross Jordaan BO 29-01-85 4 Cape Town 19-Mar

Discus 1.75kg 56.00m
 55.05 Donovan Snyman GN 30-05-86 1 Germiston 27-Mar
 52.94 Uwe Sauer VT 23-01-86 2 Bloemfontein 03-Apr
 51.43 Stefan Reinecke MP 07-02-86 3 Bloemfontein 03-Apr
 50.23 James Sinclair MP 02-06-86 4 Bloemfontein 03-Apr
 50.08 Gerrit Badenhorst FS 06-11-85 4 Germiston 27-Mar
 49.90 Marius Bester CN 25-05-85 5 Bloemfontein 03-Apr
 48.56 Francois Slabbert MP 03-05-85 7 Bloemfontein 03-Apr
 48.45 Conrad Terblanche SW 01-07-86 1 Oudtshoorn 27-Feb
 46.28 Fanie le Roux CG 23-02-86 1 Roodepoort 20-Feb
 45.92 Pieter Badenhorst FS 04-09-85 8 Bloemfontein 03-Apr
 45.81 Barend J van Vuuren GN 08-09-86 2 Roodepoort 11-Feb
 44.78 Daniel Meiring GN 27-09-85 2 Roodepoort 20-Feb
 43.77 Ross Jordaan BO 29-01-85 1 Cape Town 14-Feb

Hammer 6kg 67.50m
 59.37 Jaco Bruwer BO 16-05-86 1 Germiston 27-Mar
 55.56 Charl Bekker EP 04-02-86 1 Port Elizabeth 17-Jan
 51.92 Meyer Conradie CN 22-02-85 3 Germiston 27-Mar
 51.26 Marthinus de Wet SW 20-01-86 4 Germiston 27-Mar
 51.06 Gerrit Thirion FS 12-04-86 3 Bloemfontein 03-Apr
 46.97 Bertus Furstenburg CG 15-01-86 6 Germiston 27-Mar
 42.80 Estiaan Boshoff SW 26-05-86 2 Oudtshoorn 27-Feb
 42.23 Andre Wessels FS 1 Bloemfontein 19-Feb
 37.82 Anton van der Merwe NW 1 Potchefstroom 27-Jan
 35.89 E Minnaar FS 3 Sasolburg 12-Mar
 35.68 P Jordaan BO 3 Stellenbosch 05-Mar

7.26kg
 46.18 Jacobus Kruger WP 15-04-87 3 Cape Town 19-Mar
 42.47 Bertus Furstenburg CG 15-01-86 5 Pretoria 31-Jan

Javelin 800g 66.50m
 69.72 Raldu Potgieter SW 03-04-86 1 Oudtshoorn 27-Feb
 69.44 Lohan Rautenbach CN 06-02-86 1 Bloemfontein 03-Apr
 65.43 Rohan Vermeulen GN 11-03-85 Q Bloemfontein 03-Apr
 65.00 Dewald Nel MP 10-01-86 2 Germiston 26-Mar
 63.24 Jaco Nel FS 22-09-86 1 Bloemfontein 13-Feb
 63.12 Andrew Grant-Smith WP 02-04-86 4 Bloemfontein 03-Apr
 61.06 Andre Roberts GN 1 Pretoria 05-Mar
 60.34 Heyns Engelbrecht NW 04-04-86 5 Germiston 26-Mar
 60.25 Stephan du Toit CN 12-01-86 6 Bloemfontein 03-Apr
 60.21 Neville Lotz CN 07-04-85 7 Bloemfontein 03-Apr
 58.94 Glen Kruger GN 1 Germiston 02-Mar
 58.73 Marthinus Oosthuizen GN 24-01-85 3 Pretoria 05-Mar
 58.60 Matthew Dobson KZ *****86 1 Pretoria (Men) 07-Feb

Decathlon

5 386 Tinus de Bruin NW 070286 8 Durban 16/17 Apr

4x100m

41.53 Gauteng Schools GP 1 Germiston 26-Mar
 41.54 Gauteng North GN 1 Bloemfontein 03-Apr
 41.83 Eastern Cape Schools EC 2 Germiston 26-Mar
 41.89 Limpopo Schools LIM 3 Germiston 26-Mar
 42.06 Eastern Province EP 2 Bloemfontein 03-Apr
 42.21 Free State Schools FS 4 Germiston 26-Mar

4x400m

3:10.85 Free State FS 1 Bloemfontein 03-Apr
 3:11.50 Gauteng North GN 2 Bloemfontein 03-Apr
 3:12.32 Central Gauteng CG 3 Bloemfontein 03-Apr

5000m Walk

22:56.33 Jacobus van Dyk CN 21-06-85 1 Potchefstroom 16-Mar
 29:43.50 ht Theo Potgieter SW 02-05-86 1 Oudtshoorn 27-Feb
 25:39.61 Flip van Niekerk CN 3 Potchefstroom 16-Mar

10000m Walk**44 min 05.00 sec**

44:06.36 Thinus Esterhuizen WP 18-12-85 1 Cape Town 13-Feb
 49:06.00 Petri du Toit EP 14-12-86 1 Port Elizabeth 06-Mar
 49:30.14 Pierre de Villiers CG 18-08-85 2 Bloemfontein 03-Apr
 49:52.95 Jacobus van Dyk CN 21-06-85 3 Bloemfontein 03-Apr
 50:17.60 Johannes (JC) Visser BO 25-07-85 1 Stellenbosch 05-Mar
 50:37.00 Francois Myburgh EP 27-07-86 2 Port Elizabeth 06-Mar
 50:49.76 Christiaan Wilson FS 21-04-86 1 Germiston 27-Mar
 51:52.34 Nico Vorster WP 26-10-87 1 Bellville 13-Mar
 52:16.87 Gillis du Toit CN 11-08-86 5 Bloemfontein 03-Apr
 52:22.67 Nick Forbes WP 04-12-46 5 Cape Town 13-Feb
 52:30.15 D Seekoei FS 1 Sasolburg 12-Mar
 52:58.10 Florico Fielies BO 21-11-86 2 Stellenbosch 05-Mar

20km Walk

01:37:53 SAR Thinus Esterhuizen WP 18-12-85 Youngsfield 31-Jan

JUNIOR WOMEN**Athletes 19 and 18 years (1985 & 1986)****100 metres****11.94 sec**

11.85 0.5 Cindy Stewart WP 14-11-85 1 Bloemfontein 02-Apr
 12.06 0.5 Melissa le Roux CG 08-02-85 2 Bloemfontein 02-Apr
 12.17 0.5 Marguerite Venter MP 20-11-86 3 Bloemfontein 02-Apr
 12.18 0.5 Thandi Mngwevu CG 28-05-86 4 Bloemfontein 02-Apr
 12.28 0.1 Elke Coetzee CG 1h1 Germiston 26-Mar
 12.32 0.5 Ilanie Kruger CG 16-02-85 5 Bloemfontein 02-Apr
 12.42 -1.0 Corlia Swart GN 26-05-86 1 Pretoria 06-Mar

| | | | | | | | |
|-------|------|----------------------|----|----------|-----|--------------|--------|
| 12.44 | 0.5 | Lindi van Dyk | GN | 11-03-86 | 6 | Bloemfontein | 02-Apr |
| 12.50 | -2.2 | Corne van der Merwe | MP | 02-05-86 | 3h1 | Bloemfontein | 02-Apr |
| 12.51 | 1.0 | Christine Ras | CG | 04-02-86 | 2h2 | Germiston | 26-Mar |
| 12.54 | -3.0 | Tyla Smit | KZ | 13-03-86 | 4h2 | Bloemfontein | 02-Apr |
| 12.59 | -2.2 | Leigh Koen | EP | 01-05-85 | 4h1 | Bloemfontein | 02-Apr |
| 12.60 | -0.5 | Chantelle Terblanche | WP | 10-07-85 | 2 | Bellville | 12-Mar |
| 12.60 | 0.5 | Karlien Clasen | EP | 19-03-86 | 8 | Bloemfontein | 02-Apr |
| 12.60 | -2.2 | Drené du Plessis | SW | 23-12-86 | 5h1 | Bloemfontein | 02-Apr |

Wind

| | | | | | | | |
|-------|-----|--------------------|----|----------|-----|--------------|--------|
| 12.29 | 4.0 | Lindi van Dyk | GN | 11-03-86 | 2h3 | Bloemfontein | 02-Apr |
| 12.41 | 4.0 | Karlien Clasen | EP | 19-03-86 | 3h3 | Bloemfontein | 02-Apr |
| 12.47 | 4.0 | Gerda van der Walt | NW | 12-08-86 | 4h3 | Bloemfontein | 02-Apr |
| 12.49 | 4.0 | Tasquane Hufkie | EP | 26-10-85 | 5h3 | Bloemfontein | 02-Apr |

NWI

| | | | | | | | |
|-------|--|--------------|----|----------|---|-----------|--------|
| 12.20 | | Elke Coetzee | CG | | 1 | Germiston | 26-Mar |
| 12.30 | | Corlia Swart | GN | 26-05-86 | 3 | Germiston | 26-Mar |
| 12.51 | | Amanda Kotze | CG | 26-02-86 | 2 | Germiston | 05-Mar |

200 metres

24.44 sec

| | | | | | | | |
|-------|------|-----------------------|----|----------|-----|---------------|--------|
| 24.08 | 0.2 | Amanda Kotze | CG | 26-02-86 | 1 | Bloemfontein | 03-Apr |
| 24.39 | 0.2 | Gaileen vd Westhuizen | EP | 14-05-86 | 2 | Bloemfontein | 03-Apr |
| 24.90 | 1.0 | Marguerite Venter | MP | 20-11-86 | 1r2 | Potchefstroom | 13-Feb |
| 24.93 | 0.2 | Melissa le Roux | CG | 08-02-85 | 3 | Bloemfontein | 03-Apr |
| 24.99 | -0.8 | Christine Ras | CG | 02-04-86 | 3 | Germiston | 27-Mar |
| 25.10 | -0.8 | Corlia Swart | GN | 26-05-86 | 4 | Germiston | 27-Mar |
| 25.31 | 0.0 | Thandi Mgwevu | CG | 28-05-86 | 3r2 | Potchefstroom | 13-Feb |
| 25.42 | -0.8 | Elke Coetzee | CG | | 5 | Germiston | 27-Mar |
| 25.59 | 0.0 | Justine Robbeson | CG | 15-05-85 | 5r2 | Potchefstroom | 13-Feb |
| 25.60 | 0.2 | Ilanie Kruger | CG | 16-02-85 | 6 | Bloemfontein | 03-Apr |
| 25.62 | 1.3 | Rone Reynecke | CN | 26-02-86 | 2 | Germiston | 02-Mar |
| 25.66 | 0.2 | Gerda van der Walt | NW | 12-08-86 | 7 | Bloemfontein | 03-Apr |

400 metres

54.64 sec

| | | | | | | | |
|-------|--|-------------------------|----|----------|-----|---------------|--------|
| 54.59 | | Amanda Kotze | CG | 26-02-86 | 2 | Germiston | 20-Mar |
| 55.73 | | Lizelle Pretorius | CN | 07-06-85 | 1 | Potchefstroom | 16-Mar |
| 55.81 | | Gaileen vd Westhuizen | EP | 14-05-86 | 1h1 | Bloemfontein | 03-Apr |
| 56.00 | | Tihanna Vorster | BO | 26-03-85 | 4 | Bloemfontein | 03-Apr |
| 56.22 | | Rone Reynecke | CN | 26-02-86 | 2 | Germiston | 26-Mar |
| 56.46 | | Claudia York | GN | 04-08-85 | 1 | Pretoria | 06-Mar |
| 56.83 | | Rae-Dawn Sandilands | NW | 25-04-86 | 3 | Germiston | 26-Mar |
| 57.18 | | Janet Wienand | CN | 15-05-85 | 2r2 | Potchefstroom | 13-Feb |
| 57.34 | | Lorraine van der Schyff | SW | 19-03-86 | 4 | Germiston | 26-Mar |
| 57.57 | | Rozanne vd Westhuizen | CG | 24-04-86 | 1 | Roodepoort | 13-Feb |
| 57.62 | | Jacoba Theunissen | GN | | 2 | Pretoria | 06-Mar |
| 57.67 | | Licinda Liebenberg | CG | 27-06-86 | 1 | Germiston | 02-Mar |

Hand

| | | | | | | | |
|------|----|-------------------------|----|----------|---|-----------|--------|
| 57.2 | ht | Linda van den Biggelaar | CG | 15-06-86 | 1 | Germiston | 26-Feb |
|------|----|-------------------------|----|----------|---|-----------|--------|

800 metres

2 min 08.00 sec

| | | | | | | | |
|---------|----|-------------------------|----|----------|---|----------------|--------|
| 2:06.80 | | Chanelle Olivier | CG | 15-09-86 | 3 | Secunda | 06-Feb |
| 2:06.92 | | Claudia York | GN | 04-08-85 | 3 | Port Elizabeth | 12-Mar |
| 2:08.51 | | Rozanne vd Westhuizen | CG | 24-04-86 | 8 | Durban | 17-Apr |
| 2:11.53 | | Mapaseka Makhanya | CG | 09-04-85 | 9 | Pretoria | 20-Feb |
| 2:12.50 | | Lizelle Pretorius | CN | 07-06-85 | 3 | Bloemfontein | 03-Apr |
| 2:12.63 | | Roné Reynecke | CN | 26-02-86 | 4 | Bloemfontein | 03-Apr |
| 2:14.49 | | Lynelle Coetzee | CG | 26-07-85 | 5 | Bloemfontein | 03-Apr |
| 2:15.77 | | Linda van den Biggelaar | CG | 15-06-86 | 3 | Germiston | 02-Mar |
| 2:16.40 | ht | Evelyn Julius | BO | | 1 | Paarl | 07-Feb |
| 2:16.90 | | Erika van Zyl | FS | | 6 | Bloemfontein | 03-Apr |

1500 metres

4 min 25.00 sec

| | | | | | | | |
|---------|--|---------------------|----|----------|----|---------------|--------|
| 4:22.40 | | Nicolene van Rooyen | CG | 09-08-85 | 1 | Durban | 17-Apr |
| 4:25.04 | | Chanelle Olivier | CG | 15-09-86 | 4 | Potchefstroom | 13-Feb |
| 4:29.76 | | Este de Jager | FS | 21-09-85 | 7 | Potchefstroom | 13-Feb |
| 4:23.90 | | Christine Kalmer | CG | 10-02-86 | 5 | Durban | 17-Apr |
| 4:36.24 | | Mapaseka Makhanya | CG | 09-04-85 | 3 | Bloemfontein | 02-Apr |
| 4.40.53 | | Annah Moeketsi | FS | 25-09-85 | 2 | Germiston | 26-Mar |
| 4.41.03 | | Erika van Zyl | FS | | 1 | Sasolburg | 12-Mar |
| 4:41.62 | | Leandre van Dyk | GN | 13-10-86 | 3 | Germiston | 26-Mar |
| 4:42.51 | | Simangele Mabuza | CG | | 17 | Potchefstroom | 13-Feb |
| 4:44.19 | | Lynelle Coetzee | CG | 26-07-85 | 5 | Bloemfontein | 02-Apr |
| 4:45.0 | | Nolene Conrad | WP | 26-07-85 | 1 | Parow | 03-Feb |
| 4:46.97 | | Zintle Xiniwe | WP | 23-10-86 | 1 | Bellville | 12-Mar |

3000m

9 min 30.00 sec

| | | | | | | | |
|----------|--|---------------------|----|----------|----|--------------|--------|
| 09:41.82 | | Nicolene van Rooyen | CG | 09-03-85 | 1 | Bloemfontein | 02-Apr |
| 09:46.62 | | Chanelle Olivier | CG | 15-09-86 | 8 | Pretoria | 20-Feb |
| 09:49.42 | | Christine Kalmer | CG | 10-02-86 | 2 | Bloemfontein | 02-Apr |
| 09:55.10 | | Marelise Retief | GN | 22-11-85 | 11 | Pretoria | 20-Feb |
| 09:56.10 | | Esté de Jager | FS | 21-09-85 | 9 | Secunda | 06-Feb |
| 10.00.12 | | Christine Kalmer | CG | 10-02-86 | 13 | Pretoria | 20-Feb |
| 10.10.73 | | Zintle Xiniwe | WP | 23-10-86 | 3 | Bloemfontein | 02-Apr |
| 10.19.69 | | Rochelle Moses | CG | 08-12-86 | 4 | Bloemfontein | 02-Apr |
| 10.32.84 | | Leandre van Dyk | GN | 13-10-86 | 2 | Pretoria | 05-Mar |
| 10.40.21 | | Sibongile Gwala | GN | | 3 | Pretoria | 05-Mar |

5000 metres

16 min 30.00 sec

| | | | | | | | |
|----------|--|-------------------|----|----------|---|--------------|--------|
| 16.33.35 | | Irvette van Blerk | CG | 05-07-87 | 4 | Durban | 16-Apr |
| 16.50.47 | | Christine Kalmer | CG | 10-02-86 | 5 | Durban | 16-Apr |
| 17.07.66 | | Zintle Xiniwe | WP | 23-10-86 | 1 | Bloemfontein | 03-Apr |
| 17.36.82 | | Masello Moekoa | FS | 05-09-88 | 2 | Bloemfontein | 03-Apr |
| 17:36.87 | | Rochelle Moses | CG | 08-12-86 | 3 | Bloemfontein | 03-Apr |
| 17.49.44 | | Marelise Retief | GN | 22-11-85 | 2 | Pretoria | 10-Mar |
| 17.54.57 | | Maricia Krige | CN | 25-09-85 | 4 | Bloemfontein | 03-Apr |
| 18.17.19 | | Mpho Mphelane | CG | | 5 | Bloemfontein | 03-Apr |
| 18:27.55 | | Alae Brand | WP | 10-08-85 | 2 | Bellville | 13-Mar |
| 18:39.83 | | Sibongile Gwala | GN | 24-06-84 | 6 | Bloemfontein | 03-Apr |
| 19.13.07 | | Thelelile Selela | CG | 05-10-88 | 3 | Germiston | 06-Mar |

10000 metres

| | | | | | | |
|----------|-------------------|----|----------|---|--------|--------|
| 34.19.94 | Irvette van Blerk | CG | 05-07-87 | 2 | Durban | 17-Apr |
|----------|-------------------|----|----------|---|--------|--------|

3000m Steeplec**11 min 45.00 sec**

| | | | | | | | |
|----------|--------------------|----------------|----------|----------|--------------|--------------|--------|
| 10.35.17 | Masello Moekoa | FS | 05-09-88 | 2 | Durban | 17-Apr | |
| 11.02.38 | Nolene Conrad | WP | 26-07-85 | 5 | Durban | 17-Apr | |
| 11.22.75 | Abongile Lerotholi | FS | 06-07-89 | 2 | Bloemfontein | 23-Feb | |
| 11.27.00 | ht | Annah Moeketsi | FS | 25-09-85 | 2 | Bloemfontein | 04-Mar |
| 11.35.98 | Mapaseka Makhanya | CG | 09-04-85 | 2 | Bloemfontein | 03-Apr | |
| 11.38.56 | Molerato Segotso | CG | 25-05-85 | 3 | Bloemfontein | 03-Apr | |
| 12.38.90 | Izelle van Antwerp | CN | 07-06-87 | 5 | Bloemfontein | 03-Apr | |

2000m Steeplechase

| | | | | | | | |
|---------|-------------------|-----------------|----------|----------|-----------|--------|--------|
| 7.25.91 | Nolene Conrad | WP | 26-07-85 | 1 | Bellville | 11-Mar | |
| 7.37.36 | Mapaseka Makhanya | CG | 09-04-85 | 1 | Germiston | 05-Mar | |
| 7.41.33 | Nicole Conrad | WP | | 2 | Bellville | 11-Mar | |
| 7.51.18 | Molerato Segotso | CG | 25-05-85 | 2 | Germiston | 05-Mar | |
| 7.47.82 | Hannelie Pekeur | WP | | 3 | Bellville | 11-Mar | |
| 8.00.30 | Janine Witbooi | WP | | 4 | Bellville | 11-Mar | |
| 8.05.93 | Yolandi September | WP | | 5 | Bellville | 11-Mar | |
| 8.32.01 | Nadine Rottier | WP | | 6 | Bellville | 11-Mar | |
| 8.35.90 | ht | Bongiwe Ndebele | KZ | 05-06-86 | 1 | Durban | 28-Feb |

100m Hurdles**14.14 sec****(84 cm)**

| | | | | | | | |
|-------|-----|--------------------|-----|----------|-----|--------------|--------|
| 13.86 | 0.9 | Justine Robbeson | CN | 15-05-85 | 2hp | Durban | 16-Apr |
| 14.05 | 1.9 | Jackie Kriel | FS | 27-08-86 | 1 | Bloemfontein | 02-Apr |
| 14.24 | 1.9 | Christine Ras | CG | 04-02-86 | 2 | Bloemfontein | 02-Apr |
| 14.48 | 1.9 | René van der Merwe | LIM | 15-06-86 | 3 | Bloemfontein | 02-Apr |
| 14.80 | 1.9 | Sandra Howard | CG | 18-04-86 | 4 | Bloemfontein | 02-Apr |
| 14.81 | 1.9 | Arline Muller | CG | 03-12-86 | 5 | Bloemfontein | 02-Apr |
| 14.93 | 0.3 | Licinda Liebenberg | CG | 27-06-86 | 7 | Pretoria | 20-Feb |
| 15.09 | 1.9 | Mariska Meintjies | VT | | 6 | Bloemfontein | 02-Apr |
| 15.41 | 1.9 | Edna Engelbrecht | GN | | 7 | Bloemfontein | 02-Apr |
| 15.67 | 1.9 | Bernice Bierman | MP | 01-04-86 | 8 | Bloemfontein | 02-Apr |
| 15.79 | 1.8 | Simoné Cronje | NW | 07-02-86 | 5 | Germiston | 26-Mar |
| NWI | | | | | | | |
| 14.58 | | Arline Muller | CG | 03-12-86 | 1 | Germiston | 06-Mar |
| Wind | | | | | | | |
| 14.79 | 2.2 | Arline Muller | CG | 03-12-86 | 1 | Germiston | 02-Mar |

400mH**60.04 sec****(76.2cm)**

| | | | | | | | |
|-------|--|----------------------|----|----------|-----|--------------|--------|
| 59.95 | | Janet Wienand | CN | 150585 | 1h1 | Cape Town | 24-Apr |
| 60.24 | | Chantelle Terblanche | WP | 10-07-85 | 5 | Durban | 17-Apr |
| 60.25 | | Licinda Liebenberg | CG | 27-06-86 | 1 | Pretoria | 20-Feb |
| 60.93 | | Jackie Kriel | FS | 27-08-86 | 4 | Bloemfontein | 03-Apr |
| 61.06 | | Rae-Dawn Sandilands | NW | 25-04-86 | 7 | Durban | 17-Apr |
| 61.17 | | Ilna Kruidenier | MP | 19-01-86 | 2 | Germiston | 27-Mar |
| 61.22 | | Catherine Hustler | EP | 20-03-86 | 3 | Germiston | 27-Mar |

| | | | | | | | |
|-------|--|-------------------|----|----------|-----|------------|--------|
| 62.53 | | Monique Theron | BO | 16-04-86 | 5 | Germiston | 27-Mar |
| 62.96 | | Jeanette Odendaal | MP | 22-12-86 | 1h2 | Standerton | 20-Feb |
| 63.79 | | Bonnie Ras | GN | 16-12-86 | 2 | Pretoria | 27-Feb |
| 63.80 | | Kim de Wit | BO | 26-10-86 | 6 | Germiston | 27-Mar |

High Jump

1.82m

| | | | | | | | |
|------|--|---------------------|----|----------|-----|--------------|--------|
| 1.82 | | Anika Smit | NW | 26-05-86 | 1 | Bloemfontein | 03-Apr |
| 1.77 | | René van der Merwe | LM | 15-06-86 | 1 | Centurion | 20-Feb |
| 1.73 | | Marinda Bruwer | GN | 24-06-86 | 2 | Germiston | 27-Mar |
| 1.73 | | Louise Dreyer | GN | 26-05-86 | 3 | Germiston | 27-Mar |
| 1.73 | | Justine Robbeson | CG | 15-05-85 | 1hp | Bloemfontein | 03-Apr |
| 1.70 | | Tanya Joubert | NW | 04-07-86 | 2 | Roodepoort | 11-Feb |
| 1.70 | | Elsje Human | GN | 04-03-85 | 1 | Pretoria | 28-Feb |
| 1.67 | | Karli Wessels | BO | 02-05-85 | 1 | Stellenbosch | 21-Feb |
| 1.65 | | Tanya Jantzen | GN | 15-07-86 | 7 | Pretoria | 20-Feb |
| 1.75 | | Marne van der Burgh | BO | 03-01-86 | 2 | Bloemfontein | 03-Apr |
| 1.65 | | Laetitia de Beer | MP | 02-02-86 | 5 | Bloemfontein | 03-Apr |
| 1.61 | | Lourene van Tonder | FS | 06-06-86 | 1 | Bloemfontein | 06-Feb |

Pole Vault

3.90m

| | | | | | | | |
|------|--|---------------------|----|----------|---|--------------|--------|
| 3.70 | | Marne van der Burgh | BO | 03-01-86 | 4 | Durban | 16-Apr |
| 3.40 | | Anel Jansen | EP | 24-10-86 | 2 | Bloemfontein | 02-Apr |
| 3.10 | | Amor Adendorff | EP | 20-09-86 | 3 | Bloemfontein | 02-Apr |
| 3.00 | | Lisa Laubscher | BO | 28-05-86 | 2 | Germiston | 26-Mar |
| 3.00 | | Annemarie Bekker | FS | 08-03-85 | 4 | Bloemfontein | 02-Apr |
| 3.00 | | Helen-Joan Lombard | FS | 15-05-85 | 4 | Bloemfontein | 02-Apr |
| 2.50 | | Lianda Kramer | FS | 13-09-86 | 4 | Germiston | 26-Mar |

Long Jump

6.15m

*best legal jump

| | | | | | | | |
|------|------|----------------------|-----|----------|-----|---------------|--------|
| 5.95 | 1.2 | Justine Robbeson | CN | 15-05-85 | 1hp | Bloemfontein | 03-Apr |
| 5.84 | 0.1 | Lindi van Dyk | GN | 11-03-86 | 1 | Bloemfontein | 02-Apr |
| 5.80 | 1.1 | Mariaan Booyesen | CG | 20-06-86 | 2 | Bloemfontein | 02-Apr |
| 5.57 | 0.2 | Julie Bouwer | LIM | 26-05-86 | 2 | Germiston | 27-Mar |
| 5.53 | -0.3 | Charne Nel | CN | 26-01-86 | 3 | Germiston | 27-Mar |
| 5.46 | -0.2 | Marelize Cornelissen | WP | 24-09-86 | 4 | Germiston | 27-Mar |
| 5.45 | -0.9 | Janine Smith | CG | | 1 | Krugersdorp | 14-Feb |
| 5.44 | 0.4 | Martell Schoeman | EP | 29-01-86 | 5 | Germiston | 27-Mar |
| NWI | | | | | | | |
| 5.63 | | Sandra Howard | CG | 18-04-86 | 1 | Germiston | 06-Mar |
| 5.54 | | Taelia Burkett | CG | 26-06-86 | 1 | Kermpton Park | 17-Feb |
| 5.54 | | Sandra Howard | CG | 18-04-86 | 1 | Germiston | 02-Mar |
| 5.65 | | Charne Nel | CN | 26-01-86 | 3 | Bloemfontein | 02-Apr |
| 5.45 | | Anika Smit | NW | 26-05-86 | 2 | Germiston | 02-Mar |
| 5.43 | | E Burger | GN | | 1 | Roodepoort | 20-Feb |
| Wind | | | | | | | |
| 6.13 | 4.9 | Justine Robbeson | CN | 15-05-85 | 2hp | Durban | 17-Apr |
| 5.87 | 5.1 | Mariaan Booyesen | CG | 20-06-86 | 1 | Roodepoort | 11-Feb |
| 5.66 | 3.5 | Marilize Cornelissen | WP | 24-09-86 | 1 | Bellville | 13-Mar |

| Triple Jump | | 12.90m | | * - best legal jump | | | |
|--------------------|------|--------------------|----|---------------------|----|--------------|--------|
| 12.30 | 0.5 | Arline Muller | CG | 03-12-86 | 1 | Bloemfontein | 03-Apr |
| 12.10 | 1.7 | Charlene Henning | FS | 22-09-85 | 3 | Durban | 17-Apr |
| 12.06 | 0.4 | Martell Schoeman | EP | 29-01-86 | 2 | Bloemfontein | 03-Apr |
| 11.83 | 1.7 | Carla Marais | VT | 10-12-87 | 1 | Bloemfontein | 03-Apr |
| 11.81 | 0.1 | Charne Nel | CN | 26-01-86 | *6 | Durban | 17-Apr |
| 11.68 | 0.4 | Christi de Jager | CG | 10-01-86 | 1 | Florida | 27-Jan |
| 11.58 | 2.0 | Daret Kriel | FS | | 4 | Germiston | 26-Mar |
| 11.42 | *0.2 | Mariaan Booyen | CG | 20-06-86 | 2 | Roodepoort | 11-Feb |
| 11.11 | 0.7 | Sinovia Morris | FS | | 6 | Germiston | 26-Mar |
| 11.04 | *0.0 | Hanri van der Watt | CG | | 4 | Roodepoort | 11-Feb |

Wind

| | | | | | | | |
|-------|-----|----------------|----|----------|---|-----------|--------|
| 12.06 | 2.1 | Charne Nel | CN | 26-01-86 | 2 | Germiston | 26-Mar |
| 11.33 | 2.2 | Sinovia Morris | FS | | 6 | Germiston | 26-Mar |

NWI

| | | | | | | | |
|-------|--|--------------------|----|----------|---|--------------|--------|
| 11.46 | | Mariaan Booyen | CG | 20-06-86 | 2 | Germiston | 02-Mar |
| 11.22 | | Hanri van der Watt | CG | | 1 | Kempton Park | 17-Feb |

Shot (4kg)

14.50m

| | | | | | | | |
|-------|--|-------------------|----|----------|-----|--------------|--------|
| 13.14 | | Magdel Venter | MP | 01-10-85 | 1 | Bloemfontein | 18-Feb |
| 13.10 | | Bianca van Rooyen | CG | | 1 | Germiston | 26-Mar |
| 12.95 | | Anelda Smith | CN | 07-08-86 | 2 | Germiston | 26-Mar |
| 12.27 | | Justine Robbeson | CG | 15-05-85 | 2hp | Durban | 16-Apr |
| 12.16 | | Karin Snyman | GN | | 3 | Bloemfontein | 02-Apr |
| 12.00 | | Amanda Mynhardt | CN | 09-01-86 | 3 | Bloemfontein | 02-Apr |
| 11.11 | | G Leon | BO | | 1 | Stellenbosch | 05-Mar |
| 11.04 | | Chrizelda Young | SW | | 3 | Germiston | 26-Mar |

Discus (1kg)

47.00m

| | | | | | | | |
|-------|--|--------------------|----|----------|---|---------------|--------|
| 48.17 | | Magdel Venter | FS | 01-10-85 | 2 | Cape Town | 19-Mar |
| 42.60 | | Amanda Mynhardt | CN | 09-01-86 | 2 | Bloemfontein | 03-Apr |
| 41.98 | | Anelda Smith | CN | 07-08-86 | 3 | Bloemfontein | 03-Apr |
| 36.50 | | Simoné van Heerden | GN | | 1 | Roodepoort | 14-Feb |
| 36.19 | | Tineke van Zyl | WP | | 8 | Cape Town | 19-Mar |
| 35.97 | | Tanya Weyers | CN | 12-03-85 | 1 | Potchefstroom | 11-Feb |
| 30.49 | | Karin Snyman | GN | | 4 | Bloemfontein | 03-Apr |

Hammer (4kg)

56.00m

| | | | | | | | |
|-------|--|--------------------|----|----------|---|----------------|--------|
| 46.03 | | Tanya Weyers | CN | 12-03-85 | 1 | Bloemfontein | 02-Apr |
| 41.80 | | Karin Muller | FS | 13-01-86 | 1 | Sasolburg | 13-Mar |
| 41.05 | | Anje Crocker | BO | 25-11-85 | 2 | Bloemfontein | 02-Apr |
| 38.38 | | Suzaan Fourie | EP | 19-03-85 | 1 | Port Elizabeth | 05-Mar |
| 32.12 | | Margaretha Cloete | BO | | 2 | Stellenbosch | 06-Mar |
| 29.48 | | Jolandi Groenewald | WP | | 2 | Oudtshoorn | 31-Jan |
| 28.88 | | M Schreuder | BO | | 3 | Stellenbosch | 06-Mar |
| 28.66 | | Natasja du Preez | FS | | 5 | Bloemfontein | 02-Apr |
| 25.41 | | Vicky Wagenaar | CG | | 1 | Germiston | 05-Mar |

Javelin (600g)

49.50m

| | | | | | | |
|-------|------------------------|----|----------|-----|---------------|--------|
| 50.80 | Justine Robbeson | CG | 15-05-85 | 1hp | Bloemfontein | 03-Apr |
| 48.53 | Elizna Labuschagne | CN | 17-06-85 | 2 | Potchefstroom | 16-Mar |
| 45.32 | Ananda van Schalkwyk | FS | 08-04-86 | 1 | Bloemfontein | 13-Feb |
| 44.40 | Riatha Jacobs | SW | 09-05-86 | 2 | Bloemfontein | 02-Apr |
| 43.60 | Linda Smit | FS | 15-08-85 | 2 | Potchefstroom | 24-Jan |
| 41.95 | Mart-Mari Archer | FS | 12-05-85 | 4 | Bloemfontein | 02-Apr |
| 41.74 | Odette Olivier | BO | 08-09-86 | 1 | Stellenbosch | 06-Mar |
| 41.67 | Rihanna Steenkamp | BO | 07-07-80 | 1 | Stellenbosch | 21-Feb |
| 41.67 | Abigail Erasmus | BO | 18-09-86 | 3 | Germiston | 27-Mar |
| 41.24 | Liesel van Tonder | KZ | | 4 | Germiston | 27-Mar |
| 39.54 | Chantelle van der Berg | GP | | 5 | Germiston | 27-Mar |
| 37.74 | Tarien Venter | MP | 25-07-86 | 8 | Bloemfontein | 02-Apr |

Heptathlon **5 275 pts**

| | | | | | | |
|-------|---------------------|----|----------|---|--------------|-----------|
| 5 721 | Justine Robbeson | CG | 15-05-85 | 2 | Durban | 16/17 Apr |
| 4 154 | | | | | | |
| 3 450 | Marinda Bruwer | GN | 24-06-86 | 2 | Bloemfontein | 2/3 Apr |
| | Christelle Conradie | GN | | 2 | Pretoria | 5/6 Mar |

4x100

| | | | | | | |
|-------|---------------------|--|--|-----|--------------|--------|
| 48.12 | Gauteng Schools | | | 1 | Germiston | 27-Mar |
| 48.80 | Estern Cape Schools | | | 2 | Germiston | 27-Mar |
| 49.07 | Eastern Province | | | 1 | Bloemfontein | 03-Apr |
| 49.42 | Free State | | | 2 | Bloemfontein | 03-Apr |
| 49.59 | Boland | | | 3 | Bloemfontein | 03-Apr |
| 49.68 | Free State Schools | | | 3 | Germiston | 27-Mar |
| 49.91 | Mpumalanga Schools | | | 3h1 | Germiston | 27-Mar |
| 50.20 | NWN | | | 4 | Bloemfontein | 03-Apr |
| 50.52 | Mpumalanga | | | 5 | Bloemfontein | 03-Apr |

4x400

| | | | | | | |
|---------|--------------------|--|--|---|--------------|--------|
| 3.53.10 | Gauteng Schools | | | 1 | Germiston | 27-Mar |
| 3.56.22 | Gauteng B Schools | | | 2 | Germiston | 27-Mar |
| 3.59.38 | Free State Schools | | | 3 | Germiston | 27-Mar |
| 3.47.37 | Central Gauteng | | | 1 | Bloemfontein | 03-Apr |
| 4.01.62 | Eastern Province | | | 2 | Bloemfontein | 03-Apr |

5000m Walk

| | | | | | | |
|----------|------------------|----|----------|---|----------------|--------|
| 25.57.02 | Handrie Botha | CN | 25-02-86 | 1 | Potchefstroom | 16-Mar |
| 27.41.17 | Suzana Erasmus | CN | 28-09-85 | 2 | Potchefstroom | 16-Mar |
| 30:39.19 | Jenifer Peterson | EP | 02-03-86 | 1 | Port Elizabeth | 27-Jan |

10000m Walk **50min 55.00 sec**

| | | | | | | |
|-------------|------------------|----|----------|---|--------------|--------|
| 55.37.70 ht | Ruzanne Harris | BO | 29-01-85 | 1 | Stellenbosch | 05-Mar |
| 55.38.30 | Liza Jacobs | FS | 07-01-85 | 1 | Sasolburg | 12-Mar |
| 53.32.35 | Handrie Botha | CN | 25-02-86 | 1 | Bloemfontein | 02-Apr |
| 59.49.90 | Jenifer Peterson | EP | 02-03-86 | 2 | Germiston | 26-Mar |
| 55.22.72 | Suzana Erasmus | CN | 28-09-85 | 2 | Bloemfontein | 02-Apr |
| 1h 01:58.23 | Annemi Wolmarans | EP | 13-04-86 | 6 | Bloemfontein | 02-Apr |

| | | | | | | |
|---------------|--------------------|----|----------|---|--------------|--------|
| 1h 03 49.36 | D Engelbrecht | FS | | 2 | Sasolburg | 12-Mar |
| 1h 04:03.5 ht | S Lesch | BO | | 2 | Stellenbosch | 05-Mar |
| 1h 04:29.35 | Donne Woodford | WP | 15-10-86 | 5 | Germiston | 26-Mar |
| 1h 05:05.37 | M Tladi | FS | | 3 | Sasolburg | 12-Mar |
| 1h 05:12.70 | Debbie Engelbrecht | FS | | 6 | Germiston | 26-Mar |

20km Walk

| | | | | | | |
|----------|----------------|----|----------|---|-------------|--------|
| 02:13:51 | Donne Woodford | WP | 15-10-86 | 7 | Youngsfield | 31-Jan |
|----------|----------------|----|----------|---|-------------|--------|

ENDS