

**SOUTH AFRICAN YOUTH (UNDER 18) 2004
BEST PERFORMANCE LIST**

As at 4 May 2004

**Athletes of 17 & 16 (born in 1987 & 1988)
also the leading sub-youth (Under 16) athletes**

List Nr 2

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YOUTH BOYS

100 metres

10.74	0.7	Jeanre Rossouw	WP	05-02-88	1	Bloemfontein	02-Apr
10.76	0.7	Brenden Clement	GN	14-04-87	2	Bloemfontein	02-Apr
10.81	0.7	Lita Mayesiko	Bor		3	Bloemfontein	02-Apr
10.83	0.7	Jeremy Cyster	WP	10-05-87	4	Bloemfontein	02-Apr
10.88	0.7	Hubre Grootboom	EP	04-10-87	5	Bloemfontein	02-Apr
10.88	0.7	Euston Wesso	WP	15-07-89	6	Bloemfontein	02-Apr
10.99	0.6	Reginald Khoza	GN	06-05-87	3r4	Pretoria	28-Feb
10.99	0.7	Emilio Julius	EP	14-06-88	7	Bloemfontein	02-Apr
11.04	-1.4	Tshepo Moloto	CG		1	Pretoria	28-Feb
11.08	1.8	Anton Bruwer	CG		1	Germiston	02-Mar
11.12	1.8	Jaco Snyman	CG	17-04-87	2	Germiston	05-Mar
11.16	-1.6	K Kumbane	FS		1	Bloemfontein	13-Feb
11.19	-1.6	Louw Smit	BO	22-02-88	2	Bloemfontein	13-Feb

NWI

11.07		Hercules Venter	CG	23-02-87	1	Germiston	05-Mar
11.16		Andre Hattingh	GN		1	Pretoria	27-Feb
11.18		Werner Radloff	BO	23-06-87	1	Stellenbosch	06-Mar

Hand/NWI

10.5		Jeanre Rossouw	WP	05-02-88	1	Germiston	26-Mar
10.6		Brenden Clement	GN	14-04-87	2	Germiston	26-Mar
10.7		Jeremy Cyster	WP	10-05-87	3	Germiston	26-Mar
10.7		Paul Gey le Grange	NW	20-09-87	4	Germiston	26-Mar

200 Metres

21.61	0.7	Jeanre Rossouw	WP	05-02-88	1	Bloemfontein	03-Apr
21.63	-0.9	Ernst Hattingh	GN		1	Germiston	27-Mar
21.68	0.7	Brenden Clement	GN	14-04-87	2	Bloemfontein	02-Apr
21.74	0.7	Jeremy Cyster	WP	10-05-87	4	Bloemfontein	03-Apr
21.84	-0.9	Paul Gey le Grange	NW	20-09-87	3	Germiston	27-Mar
21.88	1.7	Hercules Venter	CG	23-02-87	2	Germiston	02-Mar
21.90	5.3	Raphael Jephta	WP	17-08-88	2r2	Bellville	31-Jan
21.95	0.7	Jody Solomons	WP	23-11-88	6	Bloemfontein	02-Apr
22.06	0.7	Johnny Stanley	GW	22-03-88	7	Bloemfontein	02-Apr
22.12	-0.9	Marvin Christians	WP	13-09-87	6	Germiston	27-Mar

Hand

21.90		Renier Louw	CG	22-02-88	1	Germiston	26-Feb
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400 metres

47.51		Ruaan Grobler	EP	22-05-87	1	Germiston	26-Mar
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48.25	Jacques de Kock	GW	19-02-87	2	Germiston	26-Mar
48.32	Marvin Christians	WP	13-09-87	3	Germiston	26-Mar
48.95	Pieter Botha	GN	16-04-88	1	Pretoria	06-Mar
48.95	Willie de Beer	GN		4	Germiston	26-Mar
49.14	Mthusi Kwadi	GN		1	Pretoria	20-Feb
49.23	Reinard Kruger	GN	23-03-87	1	Germiston	02-Mar
49.30	Pieter Smit	GN		2	Germiston	02-Mar
49.48	Tiaan Jacobs	FS		2h	Germiston	26-Mar
49.51	David Sibisi	GN		3	Pretoria	06-Mar
49.61	Chatlin Smith	BO	03-08-88	3	Bloemfontein	02-Apr
49.66	Renier Louw	CG	22-02-88	3h	Germiston	26-Mar
49.79	Angus Hattingh	CN	27-05-87	5	Germiston	26-Mar
Hand						
49.40	Mzomusa Gumede	KZ	25-08-87	1	Durban	28-Feb
49.50	Mxolisi Mavcela	KZ	22-01-88	2	Durban	28-Feb

800 metres

1:52.19	Erwin Schmidt	CG	23-04-87	1	Bloemfontein	03-Apr
1:52.21	Spruyt Adendorff	CN	07-06-87	1	Potchefstroom	03-Feb
1:52.27	Dirk Gouws	FS	24-02-88	1	Bloemfontein	27-Feb
1:52.70	Jan Masenamela	FS	16-02-88	2	Bloemfontein	27-Feb
1:53.40	Samuel Sepeng	CN	15-10-87	2	Bloemfontein	03-Apr
1:54.51	Warren Hendricks	BO	11-02-88	1	Bellville	13-Mar
1.54.98	Petrus Johnson	FS		3	Bloemfontein	03-Apr
1:55.20	ht Mzomusa Gumede	KZ	25-08-87	1	Durban	29-Feb
1:55.43	S Odendaal	CN		2	Potchefstroom	04-Mar
1:55.50	ht Siyabonga Zondi	KZ	22-01-88	2	Durban	29-Feb
1:55.87	Reinard Kruger	GN	23-03-87	1	Germiston	02-Mar
1:55.87	Siyaya Khoza	CG	12-06-87	3	Roodepoort	11-Feb
1:56.17	Chrisjan Ohloff	GN	22-04-87	4	Germiston	27-Mar

1500 metres

3:55.74	Jan Masenamela	FS	16-02-88	1	Bloemfontein	03-Apr
3:57.44	Gurswin Jones	SW	05-01-87	2	Bloemfontein	03-Apr
3:58.97	Rowan Prins	BO	31-10-87	3	Bloemfontein	03-Apr
3:59.84	Abraham Khumalo	CG		4	Bloemfontein	03-Apr
3:59.87	Tshamano Setone	CG	07-05-87	1	Germiston	05-Mar
4.02.42	Siyabonga Nkonde	KZ	13-07-88	5	Bloemfontein	03-Apr
4:03.41	Steve Nqola	GN		1	Pretoria	06-Mar
4:04.13	Moses Mielies	FS		1	Sasolburg	12-Mar
4.05.57	Kaylem Coetzee	Bor	20-07-87	6	Bloemfontein	03-Apr
4.06.41	Tokelo Putsoenyane	FS		7	Bloemfontein	03-Apr
4:06.51	Thapelo Shaokane	GN		2	Pretoria	06-Mar
4:06.93	T Pitso	GP		1	Germiston	26-Mar
4:07.39	Gabriel Molema	GN		3	Pretoria	06-Mar
4:07.50	Siyaya Khoza	CG	12-06-87	1	Roodepoort	11-Feb

3000 metres

8.18.65	Tshamano Setone	CG	07-05-87	8	Secunda	06-Feb
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8:40.17	Patrick Magadla	WP	16-04-87	1	Bellville	11-Mar
8.40.32	Shaun Zuzani	WP		1	Bellville	11-Mar
8:42.72	Quintin Kearns	WP	01-04-87	2	Bellville	11-Mar
8:43.55	Dumiso Hlaselo	MP	08-06-89	3	Bloemfontein	02-Apr
8:45.76	Francois Homan	CG		4	Bloemfontein	02-Apr
8:47.44	Tokelo Putsoenyane	FS		2	Germiston	27-Mar
8:49.38	Elvis Tattas	FS		6	Bloemfontein	02-Apr
8:51.57	L Mpambani	EC	14-07-87	4	Germiston	27-Mar
8.51.62	Mark Viljoen	MP	21-09-87	7	Bloemfontein	02-Apr
8:52.60	Nkosivele Ntantiso	TR	01-04-87	8	Bloemfontein	02-Apr
9:06.12	Sandile Zibula	CG		2	Roodepoort	11-Feb
9:06.63	Thabo Dire	NW	13-02-88	7	Germiston	27-Mar
8:32.30h	Gurswin Jones	SW	05-01-87	1	Oudtshoorn	27-Feb

2000m Steeplechase

5.52.74	Siyaya Khoza	CG	12-06-87	1	Bloemfontein	03-Apr
5.55.61	Patrick Magadla	WP	16-04-87	1	Bellville	11-Mar
5.56.65	Basil Mazibuzi	CG	04-12-87	3	Bloemfontein	03-Apr
5.57.26	Thapelo Shakoane	GN		4	Bloemfontein	03-Apr
6.00.12	Steve Nqola	GN		1	Pretoria	05-Mar
6:00.30	Jan Masanamela	FS	22-08-85	3	Germiston	26-Mar
6.04.75	Tshepo Motsehela	FS		5	Bloemfontein	03-Apr
6.05.10	Dewayne Mouries	BO	28-02-88	1	Stellenbosch	06-Mar
6.06.21	Sipho Phala	WP		2	Bellville	11-Mar
6.07.00	Henrico Rooi	BO	07-12-88	2	Stellenbosch	06-Mar
6.07.18	Tom Lusaseni	WP	12-08-88	3	Bellville	11-Mar
6.12.33	J de Wet	FS		6	Bloemfontein	03-Apr
6.12.47	Moses Mieli	FS		2	Sasolburg	12-Mar

110mHurdles (91.4cm)

13.70	1.8	Hercules Venter	CG	23-03-87	1	Bloemfontein	02-Apr
13.76	1.8	Reinard Strydom	FS	29-07-87	2	Bloemfontein	02-Apr
13.84	0.4	Andre Hattingh	GN		1	Germiston	26-Mar
13.97	0.4	Louw Smit	BO	22-02-88	3	Germiston	26-Mar
14.10	-0.6	Jacques de Kock	GW	19-02-87	1	Sasolburg	12-Mar
14.11	1.8	Danie Booyens	EP	03-04-88	4	Bloemfontein	02-Apr
14.19	1.8	Wiekus Jonck	CG	18-03-88	1	Germiston	02-Mar
14.20	1.8	Roelof Steyn	FS		5	Bloemfontein	02-Apr
14.27	0.4	Llewellyn Adonis	BO	21-02-87	5	Germiston	26-Mar
14.36	0.7	Ernst Hattingh	GN		2	Germiston	02-Mar
14.42	-0.6	Tiaan Steyn	FS		3	Sasolburg	12-Mar
14.42	1.8	Jaco Roux	BO	23-08-87	6	Bloemfontein	02-Apr
14.47	1.8	Vanil Bhagwande	KZ	10-05-87	7	Bloemfontein	02-Apr
NWI							
14.42		Mark Bender	GN		2	Pretoria	27-Feb

400m Hurdles (84.0cm)

52.00		Jacques de Kock	GW	19-02-87	1	Germiston	27-Mar
52.87		Andre Hattingh	GN		2	Germiston	27-Mar

53.22		Pieter Botha	GN	16-04-88	1	Pretoria	05-Mar
53.43		Wiekus Jonck	CG	18-03-88	3	Bloemfontein	03-Apr
53.73		Synod Ledwaba	LIM		3	Germiston	27-Mar
53.91		Anton Bouwer	CG	16-02-87	3	Bloemfontein	03-Apr
54.00		Tiaan Jacobs	FS		4	Bloemfontein	03-Apr
54.31		E Mbhele	KZ	08-03-88	2h1	Germiston	27-Mar
54.32		Barend Wessels	BO	20-04-87	7	Bloemfontein	03-Apr
54.58		Reinhardt Kruger	GN		1	Germiston	02-Mar
54.78		Franco Snyman	NW		2	Germiston	02-Mar
54.97		Juan Bloem	GN		3	Pretoria	05-Mar
55.77		Daniel Kekana	GN	12-04-87	1	Pretoria	28-Feb

High Jump

2.05		Christo Wasserman	EP	21-07-87	1	Cradock	21-Feb
2.05		Maurice Fischer	BO	10-01-88	1	Bloemfontein	03-Apr
2.03		Reinhard Strydom	FS	29-07-87	1	Bloemfontein	13-Feb
2.00		Michael de Beer	MP	30-12-87	1	Pretoria	28-Feb
2.00		EM Langenhoven	GW	02-07-88	3	Bloemfontein	03-Apr
2.00		Sean Stone	WP	19-05-88	2	Bloemfontein	03-Apr
1.98		Allan Syce	WP	21-10-88	3	Germiston	27-Mar
1.96		Hadley Visser	BO	13-02-87	1	Oudtshoorn	31-Jan
1.95		Ruan van der Walt	GN		2	Pretoria	28-Feb
1.95		W Breytenbach	CG		1	Germiston	26-Feb
1.95		I van der Vyver	CN		1	Potchefstroom	04-Mar
1.95		Eugene Cohn	CN	26-02-88	1	Potchefstroom	04-Mar
1.95		Brandon Marron	BO	14-05-88	1	Stellenbosch	05-Mar

Pole Vault

4.20		Francois Germishuys	BO	31-10-87	1	Bloemfontein	03-Apr
4.00		JG Blignaut	FS	02-02-88	1	Bethlehem	28-Feb
4.10		Ian Kucharski	BO	25-04-87	3	Bloemfontein	03-Apr
4.10		Gerhard Marx	FS	09-07-87	2	Bloemfontein	03-Apr
3.70		Craig le Roux	EP	16-01-87	1	Port Elizabeth	05-Mar
3.60		Gustav Munro	EP	14-07-88	1	Port Elizabeth	18-Feb
3.40		M Fowler	EC		6	Germiston	26-Mar
3.20		B Newton	FS		2	Sasolburg	12-Mar
3.10		Blair Venters	EP		2	Port Elizabeth	05-Mar
3.00		R Jordaan	FS		2	Sasolburg	12-Mar

Long Jump

6.67	1.7	Kyle Kok	WC	13-01-88	7	Germiston	26-Mar
6.70	2.0	Charl Koopman	GW	05-01-87	6	Germiston	26-Mar
6.76	0.8	Martin Pretorius	FS		5	Germiston	26-Mar
6.77	0.4	Nevin Farmer	SW	04-04-87	2*	Germiston	26-Mar
7.04	1.3	Willven Louw	GW	02-03-88	4	Germiston	26-Mar
7.28	0.8	Keenan Watson	BO	03-03-88	1	Stellenbosch	05-Mar
7.30	0.4	Jacques Laubscher	MP	04-07-87	1	Germiston	26-Mar

NWI

6.95		Brenden Clement	GN	14-04-87	1	Germiston	02-Mar
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6.81		O'Brien Titus	BO		3	Stellenbosch	06-Mar
6.80		Prakash Devenhuis	VT	27-11-87	4	Bloemfontein	02-Apr
6.74		Ethan Alexander	EP	27-01-88	5	Bloemfontein	02-Apr
6.65		Gideon Kriel	CG	15-04-87	6	Bloemfontein	02-Apr
6.62		Anton Harmse	CG	01-02-87	1	Germiston	06-Mar
Wind							
7.06	2.2	Nevin Farmer	SW	04-04-87	2	Germiston	26-Mar
6.68	3.9	Anton Harmse	CG	01-02-87		Roodepoort	11-Feb

Triple Jump

13.00	1.2	Eshwyn Fortuin	BO		5	Stellenbosch	06-Mar
13.05	-1.1	Reginald Stringer	BO		4	Stellenbosch	06-Mar
13.47	1.4	Ephraim Marsh	BO		2	Stellenbosch	06-Mar
13.48	1.3	Joseph Mokoena	VT	24-02-87	8	Bloemfontein	03-Apr
13.55	-4.3	N Mokotedi	GN		2	Bloemfontein	13-Feb
13.59	1.5	Anton Harmse	CG	01-02-87	5	Bloemfontein	03-Apr
14.43	-3.7	Keenan Watson	BO	03-03-88	1	Bloemfontein	13-Feb

NWI

13.77		E van Heerden	CG		1	Roodepoort	11-Feb
13.48		Anton Harmse	CG	01-02-87	1	Germiston	05-Mar
13.47		Ethan Alexander	EP	27-01-88	1	Port Elizabeth	06-Mar
13.18		Dino Frost	CG		2	Germiston	05-Mar
13.05		Ruaan du Plooy	EP	28-05-88	2	Port Elizabeth	06-Mar
13.01		Nellis Bothma	EP	20-01-87	3	Port Elizabeth	06-Mar

Wind

14.50	3.9	Alex Terblanche	MP	03-05-88	1	Bloemfontein	03-Apr
13.74	2.8	Aviwe Simakuhle	Bor		2	Bloemfontein	03-Apr
13.68	4.1	Sandy Sithole	GN		3	Bloemfontein	03-Apr
13.67	4.3	Thabang Moponyane	LIM		4	Bloemfontein	03-Apr
13.56	2.6	Warren van Schanke	EP	05-07-87	6	Bloemfontein	03-Apr
13.50	4.2	Nellis Bothma	EP	20-01-87	7	Bloemfontein	03-Apr
13.40	3.5	Emile Behr	BO		3	Stellenbosch	06-Mar

Shot

5kg

20.15		JP (Jan) Hoffman	GN	01-05-88	1	Bloemfontein	02-Apr
17.38		Jaco Engelbrecht	CG	08-03-87	1	Germiston	05-Mar
17.33		Jaco Jonker	GN	21-01-87	2	Germiston	26-Mar
16.97		Martin Moggee	EP	16-03-87	3	Bloemfontein	02-Apr
16.76		Louis Botha	LIM	28-01-88	5	Bloemfontein	02-Apr
16.61		Carl Devenier	CG		1	Roodepoort	20-Feb
16.59		Robert Slabbert	GN	08-02-87	1	Germiston	02-Mar
16.50		Heinz Sauer	VT	08-06-88	3	Roodepoort	11-Feb
15.99		Ferdinand Gericke	MP	22-06-87	6	Bloemfontein	02-Apr
15.93		H Roodt	NW		4	Roodepoort	11-Feb
15.61		Jan Venter	LIM		7	Bloemfontein	02-Apr
15.60		Ben Venter	FS		4g2	Bloemfontein	02-Apr
15.52		O Kruger	GN		3	Roodepoort	20-Feb
15.39		Kevin Dolley	WP	30-08-87	5	Germiston	26-Mar
15.37		Morne van der Merwe	NW	04-12-87	6g2	Bloemfontein	02-Apr

15.34	Robert Schaaf	BO	22-01-87	1	Stellenbosch	06-Mar
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Discus 1.5kg

55.70	Martin Moggee	EP	16-03-87	1	Humansdorp	30-Jan
54.61	Ben Venter	FS		1	Bloemfontein	03-Apr
53.70	JP (Jan) Hoffman	GN	01-05-88	1	Germiston	27-Mar
51.50	Hannes Grobler	CN	30-09-87	3	Bloemfontein	03-Apr
50.23	JP Jacobs	MP	02-09-87	4	Bloemfontein	03-Apr
50.09	Jaco Jonker	GN	21-01-87	1	Pretoria	21-Feb
49.80	Sewes Oosthuizen	FS		5	Bloemfontein	03-Apr
49.75	Jaco Engelbrecht	CG	08-03-87	1	Germiston	06-Mar
48.73	M Heyman	GN		1	Roodepoort	20-Feb
48.58	Louis Botha	LIM	28-01-88	5	Germiston	27-Mar
48.19	Jan Venter	LIM		8	Bloemfontein	03-Apr
47.10	Morne van der Merwe	NW	04-12-87	6	Germiston	27-Mar
46.91	Pieter van Deventer	NW	09-02-88	11	Bloemfontein	03-Apr
46.64	Ferdinand Gericke	MP	22-06-87	12	Bloemfontein	03-Apr
46.34	W van Niekerk	GN		1	Roodepoort	14-Feb
45.59	Jacobus Muller	VT	10-03-87	2	Germiston	02-Mar

Hammer 5kg

61.06	Heinrich Gonzales	BO	10-02-88	1	Germiston	27-Mar
60.66	Pieter Badenhorst	FS	14-02-87	2	Germiston	27-Mar
60.35	Johan Kruger	BO	15-04-87	2	Germiston	27-Mar
54.84	Jacques Senekal	EP	02-06-88	4	Germiston	27-Mar
53.32	Clinton Williams	EP	03-08-88	4	Bloemfontein	02-Apr
52.74	Jayde Wiggins	WP	05-01-88	6	Bloemfontein	02-Apr
51.47	Ben Venter	FS		7	Bloemfontein	02-Apr
50.76	Johan Moller	SW	27-04-88	5	Germiston	27-Mar
49.57	Jean Rossouw	BO	06-04-88	3	Stellenbosch	05-Mar
49.53	Karl Johnstone	Bor	09-08-87	8	Germiston	27-Mar
49.09	Wessel Botha	WP	21-01-88	9	Germiston	27-Mar

Javelin 700gm

69.95	Noel Meyer	CN	20-04-88	1	Potchefstroom	16-Mar
69.33	Martin Gouws	VT	26-05-87	1	Bloemfontein	03-Apr
67.43	Wesley MacEwan	CG		1q1	Bloemfontein	03-Apr
66.94	Tobie Holtzhausen	GW	25-05-87	3	Bloemfontein	03-Apr
64.94	Hein Verhoef	CG	20-05-87	4	Bloemfontein	03-Apr
64.54	Nicholas Georgiou	SW	17-08-87	3	Germiston	26-Mar
63.47	Ryan Olivier	SW	02-08-88	5	Germiston	26-Mar
61.55	Erik le Roux	FS		6	Germiston	26-Mar
60.02	Nico Brewis	EP	07-07-87	1	Port Elizabeth	06-Mar
59.77	Quinton Nieuwenhuis	NW	09-01-88	7	Bloemfontein	03-Apr
59.21	Johan Botha	CG		3	Germiston	06-Mar
59.17	Gerrit-Jan van Velze	GN		2	Germiston	02-Mar
59.11	Christo Bosch	MP	16-02-88	5q	Germiston	26-Mar
58.66	Jacques du Preez	BO		4q2	Bloemfontein	03-Apr
57.87	Beyers Broodryk	NW		3	Roodepoort	11-Feb

57.75		Arnoldus de Jager	SW	02-01-87	2	Oudtshoorn	27-Feb
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Octathlon

5 266		J van Rensburg	CN		1	Bloemfontein	2/3 Apr
4 602		Hennie Badenhorst	FS		2	Bloemfontein	2/3 Apr
4 208		Sydney Clarence	NW	02-11-87	3	Bloemfontein	2/3 Apr
4 059		Dudley Adams	WP		1	Bellville	11/12Mar
3 961		Eltino Samuels	WP		2	Bellville	11/12Mar
3 711		JP Botha	FS		4	Bloemfontein	2/3 Apr
3 517		Felix Tremain	CG	05-01-88	5	Bloemfontein	2/3 Apr
3 244		Winston Pelston	WP		3	Bellville	11/12Mar

4 x 100m

42.22		Western Province	WP		1	Bloemfontein	03-Apr
42.71		Eastern Province	EP		2	Bloemfontein	03-Apr
42.78		Boland	BO		3	Bloemfontein	03-Apr
42.84		KZ Natal	KZ		4	Bloemfontein	03-Apr
43.11		Gauteng North	GN		5	Bloemfontein	03-Apr

1000m Medley Relay (100, 200, 300, 400m)

1:57.61		Gauteng North	GN		1	Bloemfontein	03-Apr
1:57.94		North West North	NW		2	Bloemfontein	03-Apr
1:57.95		Eastern Province	EP		3	Bloemfontein	03-Apr
1:59.56		Central Gauteng	CG		4	Bloemfontein	03-Apr
2:00.58		Free State	FS		5	Bloemfontein	03-Apr

10000m Walk

49:19.00		Kevin Eagleton	EP	15-09-88	1	Port Elizabeth	06-Mar
51:41.00		Bendre Rathbone	EP	10-02-87	2	Port Elizabeth	06-Mar
51:59.24		Werner Appel	KZ	12-06-87	1	Bloemfontein	03-Apr
53:15.00		Clifford Friend	CG		1	Germiston	06-Mar
53:31.90	ht	Dirk Koegelenberg	BO	08-10-87	1	Stellenbosch	05-Mar
53:54.00		Thami Hadebe	KZ	10-03-88	2	Durban	28-Feb
54:07.00		Wade Fraser	KZ	18-10-88	2	Durban	28-Feb
54:25.50	ht	Chan Cleophas	BO	02-09-87	2	Stellenbosch	05-Mar
55:16.00	ht	Andre Nortier	BO	31-05-88	5	Stellenbosch	05-Mar
56:29.88		Andre Bekker	VT	25-05-88	3	Bloemfontein	03-Apr

YOUTH GIRLS Athletes of 17 and 16 Born 1987 & 1988

100 metres

11.91	0.9	Isabelle le Roux	SW	23-01-87	1h3	Bloemfontein	02-Apr
12.15	0.2	Alyssa Conley	GP		1h2	Germiston	26-Mar
12.16	0.7	Christy Coetzee	CG	24-05-89	1h1	Germiston	26-Mar
12.22	0.9	Greshan Adriaanse	BO	03-07-87	2h3	Bloemfontein	02-Apr
12.23	0.7	Claudine J van Rensburg	GN	26-10-89	2h1	Germiston	26-Mar
12.33	1.5	Nikki Kriel	KZ		2h1	Bloemfontein	02-Apr
12.34	-1.3	Danita Fourie	FS		1h2	Bloemfontein	02-Apr
12.42	0.9	Precious Rampedi	GN		3s2	Pretoria	06-Mar
12.48	-1.0	Mariska van Driel	GN	27-04-88	1	Pretoria	06-Mar

12.48	1.5	Nicolene Bezuidenhout	GN		3h1	Bloemfontein	02-Apr
12.56	1.8	Lichiel Piek	NW		1	Germiston	02-Mar

NWI

12.34		Mariska van Driel	GN	27-04-88	2	Germiston	26-Mar
12.39		Nicole Loesch	BO	11-10-87	3	Germiston	26-Mar

Wind

11.89	2.1	Isabelle le Roux	SW	23-01-87	1	Bloemfontein	02-Apr
12.08	2.1	Christy Coetzee	CG	24-05-89	2	Bloemfontein	02-Apr
12.28	2.1	Danita Fourie	FS		3	Bloemfontein	02-Apr
12.29	2.1	Precious Rampedi	GN		4	Bloemfontein	02-Apr

200 metres

23.94	2.0	Isabelle le Roux	SW	23-01-87	1	Bloemfontein	03-Apr
24.69	2.0	Wenda Theron	BO	30-07-88	2	Bloemfontein	03-Apr
24.73	2.0	Christy Coetzee	CG	24-05-89	3	Bloemfontein	03-Apr
25.09	0.9	Claudine J van Rensburg	GN	26-10-89	1h3	Pretoria	05-Mar
25.10	2.0	Precious Rampedi	GN		4	Bloemfontein	03-Apr
25.15	2.0	Ilze Pretorius	CN	25-03-88	5	Bloemfontein	03-Apr
25.29	-2.9	Nicolene Bezuidenhout	GN		1	Pretoria	05-Mar
25.29	1.2	Colleen Lesch	BO	12-03-87	1h2	Germiston	27-Mar
25.40	2.0	Danita Fourie	FS		6	Bloemfontein	03-Apr
25.43	0.9	Elsje Krantz	FS		3h1	Germiston	27-Mar
25.44	2.0	Lorinda v Loggerenberg	GN		7	Bloemfontein	03-Apr
25.49	0.9	Elizabeth Msiza	GN	22-07-89	2h3	Pretoria	05-Mar

400 metres

57.47		Natasha Marais	EP	15-07-87	2	Bloemfontein	02-Apr
55.30		Angela Wagner	GN	19-01-88	1h1	Bloemfontein	02-Apr
56.73		Colleen Lesch	BO	12-03-87	1	Stellenbosch	26-Mar
56.80		Chirelee Jansen	CN	13-05-89	1	Germiston	26-Mar
56.86		Juliette van Deventer	GN		2	Germiston	26-Mar
56.94		Eugenie Wicksell	GN		2	Germiston	26-Mar
57.06		Carla Hugo	GN		3	Pretoria	06-Mar
57.06		Izelle van der Merwe	CG		3	Germiston	26-Mar
57.56		Chantelle van Heerden	LIM	18-04-87	3	Germiston	26-Mar
57.65		F Bochogi	GP		4	Germiston	26-Mar
58.16		Rochelle Bezuidenhout	CG		1h1	Germiston	26-Mar
58.28		Carlyn Derbyshire	SW	020187	3h2	Germiston	26-Mar

800 metres

2:05.49		Angela Wagner	GN	19-01-88	2	Pretoria	20-Feb
2:11.70		Recinda Hanekom	CG	17-11-88	1	Germiston	27-Mar
2:11.80		Bianca Ré	CG	13-03-87	2	Germiston	27-Mar
2:13.20	ht	Anuschka Nice	CG	26-08-91	1	Roodepoort	05-Mar
2:13.30	ht	Isobel Bekker	FS	16-01-90	1	Bethlehem	05-Mar
2:14.21		Chantelle van Heerden	LIM	18-04-87	3	Germiston	27-Mar
2:14.29		Nandi Meyer	CG	11-03-90	2	Germiston	05-Mar
2:14.98		Nanet Grobbelaar	GN	02-06-88	1	Pretoria	27-Feb
2:14.98		Chirelee Jansen	CN	13-05-89	1	Potchefstroom	04-Mar

2.15.25		Fanette Fourie	CG	08-11-89	2	Germiston	27-Mar
2:15.67		Juliette van Deventer	GN		2	Pretoria	27-Feb

1500 metres

4.29.92		Nanet Grobbelaar	GN	02-06-88	1	Bloemfontein	03-Apr
4:31.9		Angela Wagner	GN	19-01-88	3	Germiston	17-Jan
4:31.95		Recinda Hanekom	CG	17-11-88	2	Bloemfontein	03-Apr
4:35.62		Irvette van Blerk	CG	05-07-87	1	Roodepoort	11-Feb
4:38.40	ht	Anuschka Nice	CG	26-08-91	1	Germiston	13-Mar
4:41.50		Bianca Ré	GN	13-03-87	6	Bloemfontein	03-Apr
4.41.95		Maryke Rossouw	CG	30-03-88	2	Germiston	02-Mar
4:42.68		Masello Moekoa	FS	05-09-88	1	Sasolburg	12-Mar
4.42.71		Fanette Fourie	CG	08-11-89	2	Germiston	06-Mar
4.43.95		Nandi Meyer	GP		1	Germiston	26-Mar
4.44.08		Ruani van der Merwe	CG			Germiston	28-Feb
4:44.60	ht	Khumbudzo Magadani	LIM	02-03-88	2	Germiston	26-Mar
4:45.11		Monique du Plessis	CG	20-11-87	3	Roodepoort	11-Feb
4:46.12		Anel Moelich	WP	26-02-87	1	Bellville	12-Mar
4.46.58		Kholiswa Zondwayo	TR	10-02-90	1h2	Bloemfontein	02-Apr

3000m

09:40.64		Irvette van Blerk	CG	05-07-87	6	Pretoria	20-Feb
10:01.09		Praxides Dim	CG	15-12-89	2	Bloemfontein	02-Apr
10.05.94		Lusanda Bomvana	TR	25-10-90	3	Bloemfontein	02-Apr
10.18.19		Grace Mossop	CG	u16	2	Germiston	27-Mar
10.19.00	ht	Dorette Pyper	WP	23-10-88	1	Bellville	13-Mar
10.19.51		Ntombizodwa Ncongwane	MP	21-08-88	4	Bloemfontein	02-Apr
10.19.56		Tinette Burger	FS		5	Bloemfontein	02-Apr
10:20.64		Maryke Rossouw	CG	30-03-88	2	Germiston	06-Mar
10.25.20		Nanet Grobbelaar	GN	02-06-88	1	Pretoria	27-Feb
10.25.67		Odri de Klerk	CG	u16	1	Germiston	06-Mar
10.28.64		Michelle Potgieter	GN		1	Pretoria	05-Mar
10.30.30	ht	Slindile Myeni	KZ	04-05-90	2	Durban	29-Feb
10.32.18		Bomkazi Mtangayi	TR	26-09-88	6	Bloemfontein	02-Apr
10.34.44		Ntanganedzeni Muvhango	LIM	14-05-87	3	Germiston	27-Mar
10.38.20	ht	Thembelihle Zulu	KZ	30-08-87	1	Durban	29-Feb

2000m Steeplechase

7.57.40	ht	IlzeMari Maritz	EP		1	Port Elizabeth	05-Mar
7.53.04		Puzane Mosome	CG		1	Germiston	05-Mar

100m Hurdles (76.2cm)

13.85	0.7	Mariska van Driel	GN	27-04-88	1	Germiston	26-Mar
14.27	0.7	Erika Kleynhans	MP	16-08-88	2	Germiston	26-Mar
14.28	0.7	Janine Visser	BO	03-09-87	3	Germiston	26-Mar
14.51	1.4	Wenda Theron	BO	30-07-88	2h1	Germiston	26-Mar
14.53	0.7	Erika Steyn	MP	15-05-87	4	Germiston	26-Mar
14.62	0.7	Nicolene Bezuidenhout	GN	10-02-87	5	Germiston	26-Mar
14.75	-0.6	Elminette Beckmann	FS		1	Bloemfontein	23-Feb

14.78	0.7	Nathalie Barnard	FS	13-06-87	6	Germiston	26-Mar
14.95	-0.6	Beulah van As	FS	29-10-89	2	Bloemfontein	23-Feb
15.00	1.6	Jeanine Haasbroek	CG	09-06-87	1	Germiston	02-Mar
15.17	0.8	Charlotte Redelinghuys	GN		2	Pretoria	06-Mar
15.25	1.1	Alicia van der Merwe	CG	17-03-88	1	Germiston	06-Mar
NWI							
14.74		Charlotte Redelinghuys	GN		2	Pretoria	27-Feb
Wind							
13.74	2.1	Mariska van Driel	GN	27-04-88	1	Bloemfontein	02-Apr
14.23	2.3	Janine Visser	BO	03-09-87	1h2	Germiston	26-Mar
14.27	2.1	Wenda Theron	BO	30-07-88	2	Bloemfontein	02-Apr
14.33	2.3	Erika Steyn	MP	15-05-87	2h2	Germiston	26-Mar
14.42	2.1	Charlotte Redelinghuys	GN		3	Bloemfontein	02-Apr
14.93	2.9	Heike Kotze	GN		2	Germiston	02-Mar
14.98	2.1	Gretha Nel	KZ	13-05-88	6	Bloemfontein	02-Apr
15.10	2.1	Sandrie van Staden	MP	16-05-88	7	Bloemfontein	02-Apr

400mH

(76.2cm)

60.42		Mariska van Driel	GN	27-04-88	1	Pretoria	27-Feb
62.53		Carla Hugo	GN		2	Pretoria	05-Mar
63.68		Edna Engelbrecht	GN		1	Pretoria	27-Feb
64.29		Rochelle Bezuidenhout	CG	12-12-87	1	Germiston	02-Mar
64.36		Nerina Kruger	CG	31-07-87	1	Germiston	06-Mar
64.46		Shaney Gevers	CG	28-09-87	1h2	Bloemfontein	03-Apr
64.86		Danika Myburgh	GN		2	Pretoria	27-Feb
65.36		Nathalie Barnard	FS	13-06-87	4	Germiston	26-Mar
65.70		Yolande Muller	EP	13-06-87	3	Bloemfontein	03-Apr
65.89		Mirinda van der Merwe	GN	15-04-88	3	Pretoria	27-Feb
66.41		Karien Roodt	CG		3	Germiston	06-Mar
66.66		Chanaix Nice	CG	26-02-88	1	Germiston	02-Mar
66.69		Zanelle van Tonder	CG		4	Germiston	06-Mar
Hand							
63.4		Nerina Kruger	CG	31-07-87	1	Johannesburg	27-Feb
64.8		Yolande Muller	EP	13-06-87	1	Port Elizabeth	05-Mar

High Jump

1.73		Marcoleen Pretorius	VT	25-07-89	2	Roodepoort	14-Feb
1.72		Elbe van der Merwe	FS	08-01-88	1	Bloemfontein	06-Feb
1.71		Marike Prinsloo	FS	22-03-89	1	Bloemfontein	13-Feb
1.71		Carina du Preez	CG	18-09-89	2	Roodepoort	14-Feb
1.70		Rozanne du Toit	CG	29-06-87	1	Roodepoort	20-Feb
1.70		Tillanie Neethling	VT	18-01-88	1	Vereeniging	27-Feb
1.70		Lenca Lombaard	BO	17-01-87	2	Germiston	27-Mar
1.70		Tertia Stander	CG	25-05-88	2	Bloemfontein	03-Apr
1.70		Somarlie du Plessis	BO	15-06-87	3	Bloemfontein	03-Apr
1.68		Marna Fourie	WP	22-04-87	1	Paarl	07-Feb
1.66		Janette Siebert	FS	13-01-89	1	Bloemfontein	27-Feb
1.65		Charlotte Redelinghuys	GN		4	Bloemfontein	03-Apr
1.65		Melissa Mengel	MP	03-03-88	5	Bloemfontein	03-Apr

1.65		René du Toit	EP	08-01-88	6	Bloemfontein	03-Apr
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Pole Vault

3.71		Leanne Viviers	WP	23-11-88	1	Germiston	26-Mar
3.71		Nicole Loesch	BO	11-10-87	2	Germiston	26-Mar
3.00		Nerine Smith	FS	23-06-87	3	Germiston	26-Mar
3.00		Marni Ingram	FS	15-10-87	4	Germiston	26-Mar
3.00		Eugenie Burger	FS	10-06-88	5	Germiston	26-Mar
3.00		Yolandi Stemmet	WP	08-08-88	6	Germiston	26-Mar
3.00		Carmen-Ann Lombard	FS	06-04-88	3	Bloemfontein	02-Apr
2.80		Mandie Venter	WP	01-01-89	1	Bellville	11-Mar
2.80		Janneke Wolmarans	EP	25-06-88	6	Bloemfontein	02-Apr
2.60		Caroline Rousseau	FS		8	Bloemfontein	02-Apr
2.60		Mariska Groenewald	FS		8	Bloemfontein	02-Apr

Long Jump

5.73	0.2	Wenda Theron	BO	30-07-88	1	Stellenbosch	06-Mar
5.64	-0.5	Carla Marais	VT	10-12-87	1	Germiston	27-Mar
5.60	0.2	Marike Steyn	LIM	10-01-87	2	Germiston	27-Mar
5.54	0.3	Alicia de Jager	FS		4	Germiston	27-Mar
5.44	0.0	Eliz-Mari Prinsloo	GN	09-07-88	1	Pretoria	28-Feb
5.37	-0.8	Marisa Jansen	LM		1	Roodepoort	11-Feb
NWI							
5.54		Christy Coetzee	CG	24-05-89	1	Roodepoort	20-Feb
5.49		Nerina Kruger	CG	31-07-87	1	Roodepoort	20-Feb
5.49		Eliz-Mari Prinsloo	GN	09-07-88	4	Bloemfontein	02-Apr
5.46		Leanne Botha	CG	06-04-88	1	Roodepoort	14-Feb
5.45		Nerina Kruger	CG	31-07-87	5	Bloemfontein	02-Apr
5.44		Leandie Maritz	CG	25-02-87	6	Bloemfontein	02-Apr
5.40		Beninca Botha	CG	07-04-87	7	Bloemfontein	02-Apr
5.39		Bianca Erasmus	GN	u16	1	Roodepoort	11-Feb
5.37		Rochelle van der Merwe	EP	15-02-87	8	Bloemfontein	02-Apr
5.36		Gretha Nel	KZ	13-05-88	1	Durban	28-Feb
Wind							
5.48	3.7	Nerina Kruger	CG	31-07-87	1q1	Bloemfontein	02-Apr

Triple Jump

11.83	1.7	Carla Marais	VT	10-12-87	1	Bloemfontein	03-Apr
11.55	1.1	Rochelle van der Merwe	EP	15-02-87	2	Germiston	26-Mar
11.10	1.4	Marike Steyn	LIM	10-01-87	3	Germiston	26-Mar
11.03	1.4	C Willemse	GP		4	Germiston	26-Mar
10.99	1.7	Patecia Martheze	GP		5	Germiston	26-Mar
10.91	-0.6	L van der Merwe	KZ	03-08-88	6	Germiston	26-Mar
10.80	1.5	Valencia Enslin	MP	07-03-88	6	Bloemfontein	03-Apr
10.66	1.3	Gretha Nel	KZ	13-05-88	7	Germiston	26-Mar
10.64	0.8	Matsie Dikotla	LIM		8	Germiston	26-Mar
10.58	0.4	Jacomien van der Merwe	FS		9	Bloemfontein	03-Apr
NWI							
11.23		Marike Steyn	LIM	10-01-87	2q1	Bloemfontein	03-Apr

11.22		L van der Merwe	KZ	03-08-88	2q2	Bloemfontein	03-Apr
10.86		Matsie Dikotla	LIM		3q2	Bloemfontein	03-Apr
10.81		Michelle Cornelius	GN	14-09-89	1	Germiston	02-Mar
10.79		Gretha Nel	KZ	13-05-88	3q1	Bloemfontein	03-Apr
10.58		Valencia Enslin	MP	07-03-88	4q1	Bloemfontein	03-Apr
10.58		Jacomien van der Merwe	FS		5q1	Bloemfontein	03-Apr
10.58		Maryke Vos	CN		4q2	Bloemfontein	03-Apr

Wind

11.37	2.1	Marike Steyn	LIM	10-01-87	3	Bloemfontein	02-Apr
11.30	3.1	Michelle Cornelius	GN	14-09-89	4	Bloemfontein	03-Apr
11.21	2.5	L van der Merwe	KZ	03-08-88	5	Bloemfontein	03-Apr
10.77	2.1	Gretha Nel	KZ	13-05-88	7	Bloemfontein	03-Apr
10.59	2.2	Maryke Vos	CN		8	Bloemfontein	03-Apr

Shot (4kg)

14.50m

15.28		Simoné du Toit	CG	27-09-88	1	Bloemfontein	02-Apr
15.09		Marli Knoetze	LIM	02-10-87	1	Germiston	26-Mar
13.33		Sonika Knoetze	CN	18-08-87	3	Germiston	26-Mar
12.94		Elizka van der Merwe	WP	22-06-87	3	Bloemfontein	02-Apr
12.56		Ursula Fourie	GN	30-01-87	1	Pretoria (MP)	13-Feb
12.21		Rene de Beer	NW	08-02-90	1	Germiston	02-Mar
11.91		Kiki Peenz	GN	19-06-88	1	Germiston	02-Mar
11.74		Lindy-Lee Kellerman	WP	19-02-87	2	Bellville	12-Mar
11.71		Chantel du Plessis	CG		2	Germiston	26-Feb
11.68		Jo-Marie Carstens	NWC	14-10-88	5	Germiston	26-Mar
11.65		Elzaan Mostert	WP		1	Bellville	11-Mar

Discus (1kg)

51.63		Marli Knoetze	LIM	02-10-87	1	Bloemfontein	03-Apr
45.54		Simoné du Toit	CG	27-09-88	1	Germiston	26-Feb
42.45		Henriette Loggenberg	MP	02-05-88	3	Bloemfontein	03-Apr
39.94		Ursula Fourie	GN	30-01-87	1	Pretoria	31-Jan
40.32		Nicky Bouwer	CG		5	Bloemfontein	03-Apr
38.35		Karin Furstenburg	FS	120389	1	Bloemfontein	13-Feb
37.83		Amore Kotze	MP	05-06-89	1	Pretoria (Men)	07-Feb
37.40		Ynthie Coetzee	NW	11-06-88	5	Roodepoort	11-Feb
41.11		Nicolene Schwartz	GN	15-11-87	4	Bloemfontein	03-Apr
37.01		Kiki Peenz	GN	19-06-88	1	Germiston	02-Mar
37.05		Maryke Oberholzer	LIM		7	Bloemfontein	03-Apr

Hammer (4kg)

44.58		Karin le Roux	BO	26-03-87	1	Germiston	27-Mar
44.30		Danel de Jager	VT	29-07-87	1	Sasolburg	03-Mar
42.44		Elizka van der Merwe	WP	22-06-87	1	Bellville	11-Mar
38.59		Marizette Badenhorst	FS		4	Germiston	27-Mar
38.29		Nicolene Schwartz	GN	15-11-87	4	Bloemfontein	02-Apr
37.75		Bertha Naude	FS	24-04-87	5	Germiston	27-Mar
33.31		Lozahn du Preez	CN		5	Bloemfontein	02-Apr
32.96		Lezanne Muller	FS	18-06-88	6	Germiston	27-Mar

30.36	Jolandie Groenewald	WP	24-03-87	6	Bloemfontein	02-Apr
27.15	Vicky Wagenaar	CG		7	Bloemfontein	02-Apr

Javelin (600gm)

46.43	Anzel van der Schyff	LIM	19-03-87	1	Naboomspruit	27-Feb
45.06	Aneen Groenewald	WP	06-03-87	2	Germiston	27-Mar
44.66	Gerlize de Klerk	GN	23-03-89	1	Pretoria	05-Mar
44.45	Melissa Fourie	VT	30-08-87	2	Bloemfontein	02-Apr
43.96	Ynthie Coetzee	NW	11-06-88	1	Germiston	02-Mar
43.83	Nicole Nel	BO	16-09-87	1	Stellenbosch	05-Mar
43.43	L Vos	EP		1q	Germiston	27-Feb
42.77	Sonnika Knoetze	CN	18-08-87	1	Germiston	02-Mar
42.16	Gizelle J van Rensburg	FS	11-04-88	1	Bethlehem	05-Mar
42.05	Lizelle Jacobs	SW	05-05-88	4	Bloemfontein	02-Apr
42.00	Mariska Botes	VT	06-11-87	5	Bloemfontein	02-Apr
41.00	Tasmin Brits	CN	08-01-91	1	Potchefstroom	28-Feb
40.68	Rencia Fourie	GN	u15	1	Germiston	02-Mar
40.25	Heloise Labuschagne	FS	10-05-88	1	Sasolburg	12-Mar
40.09	S Ruthven	FS		2	Sasolburg	27-Feb

Heptathlon

3 819	Alisa van der Merwe	CG	17-03-88	1	Bloemfontein	2/3 Apr
3 570	Mirinda van der Merwe	GN	15-04-88	2	Bloemfontein	2/3 Apr
3 383	Aneret Viljoen	GN		3	Bloemfontein	2/3 Apr
3 086	Liza Swanepoel	NW	13-11-88	4	Bloemfontein	2/3 Apr
3 020	Magda Lamprecht	GN		3	Pretoria	5-6 mar
2 502	Amandie Pansegrouw	NW	19-04-87	5	Bloemfontein	2/3 Apr

4 x 100m

48.18	Boland	BO		1	Bloemfontein	03-Apr
49.16	Central Gauteng	CG		2	Bloemfontein	03-Apr
49.38	KwaZulu Natal	KZ		3	Bloemfontein	03-Apr
50.52	Gauteng North	GN		4	Bloemfontein	03-Apr
51.01	Free State	FS		5	Bloemfontein	03-Apr

1000m Medley Relay (100, 200, 300, 400m)

2:15.02	Gauteng North	GN		1	Bloemfontein	03-Apr
2:16.48	Boland	BO		2	Bloemfontein	03-Apr
2:19.38	Eastern Province	EP		3	Bloemfontein	03-Apr
2:20.57	Free State	FS		4	Bloemfontein	03-Apr
2:27.11	Mpumalanga	MP		5	Bloemfontein	03-Apr
2:27.23	KZ Natal	KZ		6	Bloemfontein	03-Apr
2:28.45	Central Gauteng	CG		7	Bloemfontein	03-Apr

5000m Walk

28.43.54	Anandi Coetzee	WP	14-06-90	1	Bellville	13-Mar
28:50.20 ht	Rianda Booyens	CN	12-04-88	1	Bloemfontein	02-Apr
29:00.60 ht	Karlien Doubell	EP	01-01-87	2	Bloemfontein	02-Apr
29:03.40 ht	Elana Louw	FS		3	Bloemfontein	02-Apr

29.11.40	ht	Debbie Carmichael	CG	17-07-87	4	Bloemfontein	02-Apr
29.16.90		Mariska Coetzee	BO	06-08-90	1	Stellenbosch	05-Mar
30.00.00		Jocelyn de Klerk	FS	03-06-88	5	Bloemfontein	02-Apr
30:13.40	ht	Robyn-Lee Grobler	EP	03-07-87	6	Bloemfontein	02-Apr
30.14.20		Susan Groenewald	BO	20-03-90	2	Stellenbosch	05-Mar
30.21.70	ht	Jeanine Joubert	EP	03-01-88	7	Bloemfontein	02-Apr
30.22.10	ht	Mariaan Rossouw	WP	23-10-87	8	Bloemfontein	02-Apr
30.32.80		Wilma Groenewald	BO	20-03-90	3	Stellenbosch	09-Jan
30:49.17		Karlien Doubell	EP	01-01-87	2	Port Elizabeth	27-Jan

Ends