

## 2005 SOUTH AFRICAN SENIOR TOP TEN LIST

Compiled by Gert le Roux

As at 09-May-05

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(Qualifiers for the World Championships are printed in bold)

### MEN

Perf.	W/R	Athlete	Prov	DOB	Pos.	Venue	Date
<b>100m</b>							
World Champ. Qual. - 10.21							
10.27	-3.5	Morne Nagel	GN	230378	1	Stellenbosch	11-Mar
10.28	-3.5	Sherwin Vries	EP	220380	2	Stellenbosch	11-Mar
10.33	1.6	Leigh Julius	EP	250385	1s3	Johannesburg	22-Apr
10.35	0.3	Snyman Prinsloo	FS	220584	2	Krugersdorp	15-Jan
10.35	1.3	Jean du Randt	CG	131285	1s1	Johannesburg	22-Apr
10.41	2.0	Emile Britz	CG	020984	1r2	Krugersdorp	29-Jan
10.42	1.7	Xandre Strydom	GN	160583	1s2	Johannesburg	22-Apr
10.43	0.0	Lee-Roy Newton	KZ	191278	2	Oudtshoorn	05-Mar
10.49	-1.0	Christiaan Krone	CN	300884	1r2	Pretoria	18-Mar
10.53	0.0	Sergio Mullins	WP	120580	5	Oudtshoorn	05-Mar
10.53	1.6	Pierre Meintjies	CN	140586	2s3	Johannesburg	22-Apr
Wind							
10.32	2.2	Lee-Roy Newton	KZ	191278	1s1	Durban	15-Apr
10.34	2.5	Jean du Randt	CG	131285	1	Durban	16-Apr
10.39	5.2	Sergio Mullins	WP	120580	1	Parow	26-Feb
10.49	3.1	Dean Wicks	KZ	050583	3s2	Durban	15-Apr
<b>200m</b>							
WCQ - 20.59							
<b>20.35</b>	<b>-0.3</b>	<b>Morne Nagel</b>	<b>GN</b>	<b>230378</b>	<b>1</b>	<b>Stellenbosch</b>	<b>11-Mar</b>
<b>20.47</b>	<b>-0.3</b>	<b>Leigh Julius</b>	<b>EP</b>	<b>250385</b>	<b>2</b>	<b>Stellenbosch</b>	<b>11-Mar</b>
20.69	1.9	Jan van der Merwe	FS	160384	1	Bloemfontein	05-Feb
20.73	0.6	Sherwin Vries	EP	220380	2	Oudtshoorn	05-Mar
20.90	0.3	Jean du Randt	CG	131285	4	Pretoria	18-Mar
20.96	0.6	Marcus la Grange	WP	121277	3	Oudtshoorn	05-Mar
21.03	0.6	Snyman Prinsloo	FS	220584	4	Oudtshoorn	05-Mar
21.04	-0.3	Sergio Mullins	WP	120580	6	Stellenbosch	11-Mar
21.15	-0.3	Lee-Roy Newton	KZ	191278	7	Stellenbosch	11-Mar
21.25	0.0	Xandre Strydom	GN	160583	1r2	Potchefstroom	04-Feb
NWI							
21.21		LJ van Zyl	GN	200785	1	Roodepoort	22-Jan
Wind							
20.38	2.3	Leigh Julius	EP	250385	1	Durban	16-Apr
20.91	2.3	Snyman Prinsloo	FS	220584	2	Durban	16-Apr
21.01	3.3	Lee-Roy Newton	KZ	191278	1s2	Durban	15-Apr
Hand							
20.8		Xandre Strydom	GN	160583	1	Pretoria	12-Mar

<b>400m</b>							
							WCQ - 45.55
<b>45.42</b>		<b>Ofentse Mogawana</b>	<b>GN</b>	<b>200282</b>	<b>2</b>	<b>Pretoria</b>	<b>18-Mar</b>
45.71		Marcus la Grange	WP	121277	3	Pretoria	18-Mar
45.73		Jan van der Merwe	FS	160384	4	Pretoria	18-Mar
45.87		Hendrick Mokganyetsi	GN	070975	5	Pretoria	18-Mar
46.01		Chris Gebhardt	GN	100285	6	Pretoria	18-Mar
46.28		LJ van Zyl	GN	200785	1	Pretoria	30-Mar
46.64		Alwyn Myburgh	GN	131080	4	Bloemfontein	11-Feb
46.70		Ter de Villiers	BO	130782	4	Oudtshoorn	05-Mar
46.76		Ruben Majola	CG	280886	1	Germiston	01-Apr
46.83		Collen Mathebula	GN		1r2	Pretoria	18-Mar
46.95		Nico Oosthuizen	FS	281284	7	Pretoria	18-Mar

<b>800m</b>							
							WCQ - 1:45.40
<b>1:44.65</b>		<b>Mbulaeni Mulaudzi</b>	<b>VT</b>	<b>080980</b>	<b>1</b>	<b>Pretoria</b>	<b>18-Mar</b>
1:45.51		Hezekiel Sepeng	CN	300674	2	Durban	16-Apr
1:45.62		Werner Botha	GN	310178	2	Pretoria	18-Mar
1:46.78		Johan Cronje	FS	130482	1	Potchefstroom	04-Feb
1:46.87		Isaiah Nkuna	GN	050377	4	Durban	16-Apr
1:46.93		Johan Pretorius	CG	230982	4	Pretoria	18-Mar
1:46.98		Charles Jantjies	VT	210782	2	Potchefstroom	04-Feb
1:47.57		Bonolo Maboja	CG	240885	5	Pretoria	18-Mar
1:47.67		Shaun Abrahams	WP	040770	5	Durban	16-Apr
1:47.76		Gerrit Woest	GN	150379	6	Pretoria	18-Mar

<b>1500m</b>							
							WCQ - 3:36.20
3:39.90		Johan Cronje	FS	130482	1	Durban	18-Feb
3:40.23		Johan Pretorius	CG	230982	2	Durban	18-Feb
3:41.84		Ruben Ramolefi	CG	170778	2	Oudtshoorn	05-Mar
3:43.61		Francois Pretorius	FS	110284	3	Durban	18-Feb
3:43.62		Peter van der Westhuizen (GN)		211284	1rB	Stanford	26-Mar
3:43.92		Juan van Deventer	CG	260383	4	Durban	18-Feb
3:44.03		Lucky Hadebe (CG)		020180	5	Stanford	26-Mar
3:44.60		Heinrich Schultz	FS	030283	5	Durban	18-Feb
3:44.68		Samson Ngoepe	CG	280185	3	Durban	16-Apr
3:45.57		Isaac Mboyaza	CG	260986	4	Durban	16-Apr

<b>One Mile</b>							(ind - indoors)
4:03.56	ind	Peter van der Westhuizen	GN	211284	2	Lincoln, Neb	26-Feb
4:05.56	ind	Lucky Hadebe	CG	020180	6	Fayetteville	12-Feb

<b>3000m</b>							
8:03.13		Hendrick Ramaala	CG	020272	1	Potchefstroom	04-Feb
8:03.70		Ruben Ramolefi	CG	170778	3	Potchefstroom	04-Feb
8:08.74		Shadrack Hoff	GN	190573		Potchefstroom	04-Feb
8:09.42		Frank Lekwi	FS	060682	2	Pretoria	18-Mar

8.10.73	David Mokwana	CG	290779	3	Pretoria	18-Mar
8:11.41	Johan Pretorius	CG	230982	5	Potchefstroom	04-Feb
8.11.41	Enos Matelane	FS	110879	2	Bloemfontein	11-Feb
8:11.75	Zolile Bhitane	TR	051085	4	Pretoria	18-Mar
8:11.81	Juan van Deventer	CG	260383	6	Potchefstroom	04-Feb
8:12.21	Coolboy Ngamole	CG	270679	5	Pretoria	18-Mar

### 5000m

WCQ - 13:21.50

13:34.01	Shadrack Hoff	GN	190573	1	Durban	18-Feb
13:36.32	Hendrick Ramaala	CG	020272	2	Durban	18-Feb
13:40.56	Enos Matelane	FS	110879	3	Durban	18-Feb
13.56.14	Coolboy Ngamole	CG	270679	1	Durban	16-Apr
14:02.89	Sylvester Moleko	GN		4	Durban	18-Feb
14:07.12	David Mokwana	CG	290779	5	Durban	18-Feb
14:08.50	Avukile Ntongana	WP	040785	1	Cape Town	23-Mar
14:09.72	Lusapho April	Bor	240582	2	Durban	16-Apr
14:15.85	Marc Rodriques	(CG)	090282	23	Walnut	15-Apr
14:19.61	Zolile Bhitane	TR	051085	6	Durban	18-Feb

### 10000m

WCQ - 27:49.00

28.55.61	Coolboy Ngamole	CG	270679	1	Durban	15-Apr
28.59.64	Teddy Hutamo	CG	250369	2	Durban	15-Apr
29:01.21	Mbongeni Ngxazozo	WP	020280	3	Durban	15-Apr
29:06.60	Richard Mavuso	GN	300378	4	Durban	15-Apr
29:14.67	Thubulethu Phaku	KZ	041279	5	Durban	15-Apr
29:20.13	Hendrick Ramaala	CG	020272	1	Stellenbosch	11-Mar
29:20.30	Lindikaya Mthangayi	WP	040679	2	Stellenbosch	11-Mar
29:22.05	Stephen Mokoka	VT	010285	6	Durban	15-Apr
29:30.61	Mthetho Goxo	CG		7	Durban	15-Apr
29:37.39	Zongamele Dyubeni	BOR		8	Durban	15-Apr

### 3000m Steeplechase

WCQ - 8:24.60

8:24.74	Ruben Ramolefi	CG	170778	1	Durban	16-Apr
8:29.00	Emanuel Mkhabela	FS	190779	2	Durban	16-Apr
8:31.29	Petros Monyani	CG	290976	3	Durban	16-Apr
8:39.24	Sivuyile Dlongwana	TR	210881	2	Durban	18-Feb
8:45.63	Johannes Ndala	FS	141176	4	Durban	16-Apr
8:50.50	Jan Mosalane	FS		5	Durban	16-Apr
8:52.11	Thabo Mapogoshe	VT	200282	4	Durban	18-Feb
8:57.24	Sello Mahase	CG	241184	8	Durban	16-Apr
8:58.19	Steve Ngqola	GN	251287	9	Durban	16-Apr
8:58.54	Friedel Maans	WP	120182	1	Parow	29-Jan

### 110m Hurdles

WCQ - 13.55

13.64	1.3	Hennie Kotze	CN	040284	1	Potchefstroom	06-Apr
13.65	-0.1	Shaun Bownes	CN	241070	1	Potchefstroom	08-Feb
13.82	-0.8	Ruan de Vries	GN	010286	1	Potchefstroom	04-Feb
13.84	-0.8	Frikkie van Zyl	WP	300781	2	Potchefstroom	04-Feb

14.04	1.3	Janko Kotze	CG	030382	2	Potchefstroom	06-Apr
14.09	-0.8	Ryan Dowling	CN	150579	4	Potchefstroom	04-Feb
14.14	-1.7	Francois Potgieter	FS	240278	3	Durban	18-Feb
14.26	-2.1	Gustav Kukkuk	FS	201284	4	Bloemfontein	11-Feb
14.29	-0.8	Stefan Hanekom	GN	180780	5	Potchefstroom	04-Feb
14.35	-0.8	Bruce Bickell	MP	071081	7	Potchefstroom	04-Feb

#### Wind-assisted

13.77	2.5	Frikkie van Zyl	WP	300781	1	Durban	16-Apr
13.97	2.5	Janko Kotze	CG	030382	2	Durban	16-Apr
13.94	3.3	Ryan Dowling	CN	150579	1	Krugersdorp	29-Jan
14.32	2.2	Johan Koen	BO	130783	1r2	Durban	15-Apr

#### Hand

13.3	1.0	Frikkie van Zyl	WP	300781	1	Parow	29-Jan
13.6	1.2	Janko Kotze	CG	030382	1	Johannesburg	26-Feb

#### NWI

14.04		Ryan Dowling	CG	150579	1	Roodepoort	22-Jan
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#### 400m Hurdles

WCQ - 49.20

<b>48.39</b>		<b>LJ (Louis) van Zyl</b>	<b>GN</b>	<b>200785</b>	<b>1</b>	<b>Durban</b>	<b>16-Apr</b>
<b>48.57</b>		<b>Llewellyn Herbert</b>	<b>GN</b>	<b>210777</b>	<b>2</b>	<b>Durban</b>	<b>16-Apr</b>
<b>48.70</b>		<b>Ter de Villiers</b>	<b>BO</b>	<b>130782</b>	<b>3</b>	<b>Durban</b>	<b>16-Apr</b>
<b>48.75</b>		<b>Alwyn Myburgh</b>	<b>GN</b>	<b>131080</b>	<b>1</b>	<b>Stellenbosch</b>	<b>11-Mar</b>
<b>48.98</b>		<b>Ockert Cilliers</b>	<b>CN</b>	<b>210481</b>	<b>1</b>	<b>Potchefstroom</b>	<b>04-Feb</b>
49.25		Wouter le Roux	GN	170186	3	Potchefstroom	04-Feb
49.51		Francois Malan	GN	110581	4	Bloemfontein	11-Feb
50.02		Pieter Koekemoer	KZ	120182	2	Johannesburg	23-Apr
51.08		Johann Hanekom	GN	031286	6	Bloemfontein	11-Feb
51.10		Marcus la Grange	WP	121277	1	Cape Town	23-Mar

#### High Jump

WCQ - 2.30

<b>2.38</b>		<b>Jacques Freitag</b>	<b>GN</b>	<b>110682</b>	<b>1</b>	<b>Oudtshoorn</b>	<b>05-Mar</b>
<b>2.30</b>		<b>Ramsay Carelse</b>	<b>WP</b>	<b>301085</b>	<b>2</b>	<b>Oudtshoorn</b>	<b>05-Mar</b>
2.20		Zieg Veenemans	MP	130583	2	Krugersdorp	15-Jan
2.14		Adrian Williams	WP	190582	1	Cape Town	23-Mar
2.10		Raymond Fletcher	CG	230180	4	Krugersdorp	15-Jan
2.10		Fanie van Rensburg	CN	030286	1	Potchefstroom	24-Jan
2.10		Leendert Haasbroek	GN	280586	1	Germiston	02-Apr
2.10		Sean Stone	WP	190588	1	Germiston	02-Apr
2.09		Jaco Joubert	MP	020980	1	Secunda	12-Mar
2.07		Francois Potgieter	FS	240278	1de	Durban	18-Feb

#### Pole Vault

WCQ - 5.75

5.50		Okkert Brits	BO	220873	1	Bloemfontein	11-Feb
5.30		Riaan Botha	GN	081170	1	Pretoria	12-Mar
5.20		Fanie Jacobs	WP	210476	2	Stellenbosch	11-Mar
5.02		Johann du Plessis	BO	260381	2	Pretoria	18-Mar
5.00		Brent Howell	WP	230686	1	Paarl	05-Mar
4.90		Pieter van Breda	BO	300184	1	Stellenbosch	19-Feb

4.80		Francois Coetzer	WP	131180	2	Stellenbosch	21-Jan
4.62		Wouter Lombaard	GN	080182	4	Pretoria	18-Mar
4.20		Francois Germishuys	BO	311087	1	Paarl	12-Mar
4.10		Sors Joubert	WP	240584	3	Cape Town	25-Jan

### Long Jump

WCQ - 8.20

<b>8.37</b>	<b>1.1</b>	<b>Godfrey Khotso Mokoena</b>	<b>VT</b>	<b>060385</b>	<b>1</b>	<b>Johannesburg</b>	<b>22-Apr</b>
8.05	0.8	Martin McClintock	CG	300675	1	Pretoria	18-Mar
7.85	0.8	Yaw Fosu-Amoah	GN	081081	3	Oudtshoorn	05-Mar
7.76	0.7	Francois Coetzee	CG	300775	2	Krugersdorp	15-Jan
7.59	0.5	Keenan Watson	BO	030388	1	Paarl	05-Mar
7.49	1.1	Calla Fourie	VT	021183	4	Johannesburg	22-Apr
7.31	0.6	Avishkar Ajooda	CG	080482	3	Pretoria	18-Mar
7.31	2.0	Pieter Smit	CG	230386	8	Durban	16-Apr
7.30	0.1	Nico Grimbeek	GN	110282	4	Potchefstroom	04-Feb
7.23	1.0	Kenny Jooste	FS	130186	5	Johannesburg	22-Apr
7.19	0.0	Willem Coertzen	CN	301282	5	Potchefstroom	04-Feb

Wind

8.25	3.3	Martin McClintock	CG	300675	2	Durban	15-Apr
7.85	2.2	Pieter Smit	CG	230386	1	Stellenbosch	11-Mar
7.63	2.5	Tiaan Pretorius	FS	050581	4	Durban	15-Apr
7.40	2.1	Avishkar Ajooda	CG	080482	5	Durban	15-Apr
7.37	2.2	Ethan Alexander	EP	270188	7	Durban	15-Apr
7.22	3.7	Driaan Cornelissen	WP	040882	1	Parow	26-Feb

### Triple Jump

WCQ - 17.10

(\* - best legal jump)

<b>17.25</b>	<b>1.3</b>	<b>Godfrey Mokoena</b>	<b>VT</b>	<b>060385</b>	<b>1</b>	<b>Durban</b>	<b>16-Apr</b>
15.60	0.7	Jason Kidza-Sewenyana	KZ	030182	1	Krugersdorp	15-Jan
15.12	0.7	Stefan van Heerden	FS	090984	4	Johannesburg	23-Apr
15.07	0.5	Adewale Adejumo	KZ	110385	5	Johannesburg	23-Apr
15.05	0.6	Adrian Williams	WP	190582	6	Johannesburg	23-Apr
15.02	1.1	Charles le Roux	MP	080585	3	Durban	18-Feb
14.79	1.1	Ethan Alexander	EP	270188	4	Durban	16-Apr
14.76	0.7	Isaac Ponu	CG	040681	5	Durban	16-Apr
14.72	1.8	Tumelo Thagane	CN	030784	1	Durban	16-Apr
14.70	1.1	Martin McClintock	CG	300675	7	Johannesburg	23-Apr

Wind

15.23	2.7	Elmarco Matthews	BO	280180	3	Durban	16-Apr
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### SHOT

WCQ - 20.50

19.89		Janus Robberts	LM	100379	1	Durban	15-Apr
19.25		Burger Lambrechts	GN	030473	2	Oudtshoorn	05-Mar
18.74		Roelie Potgieter	GN	200380	2	Stellenbosch	11-Mar
16.92		Kosie Barnard	GN	100185	4	Pretoria	18-Mar
16.61		Johannes van Wyk	GN	160380	1q	Johannesburg	23-Apr
16.53		Ross Jordaan	BO	290185	1	Cape Town	23-Mar
16.50		Donovan Snyman	GN	300586	1	Pretoria	29-Jan
16.00		Kobus van Zyl	EP	080155	1	Westbourne PE	15-Jan
15.97		Danie Bezuidenhout	GN	250285	4	Potchefstroom	04-Feb
15.70		Nico Loggenberg	GN	230276	5	Durban	15-Apr

**Discus**

		WCQ - 65.00				
61.01	Frantz Kruger	BO	220575	1	Durban	16-Apr
60.90	Hannes Hopley	NW	200181	1c2	Arlington	02-Apr
60.04	Johannes van Wyk	GN	160380	1q	Johannesburg	22-Apr
53.84	Chris Harmse	VT	310573	3	Durban	16-Apr
53.42	Marius Bester	CN	250585	1	Potchefstroom	06-Apr
51.68	Burger Lambrechts	GN	030473	2	Pretoria	30-Mar
50.97	Kobus van Zyl	EP	080155	1	Westbourne PE	22-Jan
50.65	Nico Loggenberg	GN	230276	4	Durban	15-Apr
50.27	Stefan Joubert	FS	230681	3	Bloemfontein	11-Feb
48.10	Roelie Potgieter	GN	200380	3	Johannesburg	22-Apr

**Hammer**

		WCQ - 78.65				
<b>80.63</b>	<b>Chris Harmse</b>	<b>VT</b>	<b>310573</b>	<b>1</b>	<b>Durban</b>	<b>15-Apr</b>
71.29	Werner Smit	BO	140984	2	Potchefstroom	04-Feb
61.57	Kristiaan Bekker	CG	160680	2	Pretoria	30-Mar
60.72	Johan Harmse	VT	210583	1	Johannesburg	23-Apr
51.67	Jaco Bruwer	BO	160586	2	Johannesburg	23-Apr
50.83	Burger Lambrechts	GN	030473	4	Pretoria	30-Mar
50.04	Bertus Furstenburg	CG	150186	1	Krugersdorp	15-Jan
49.65	Johan Kruger	WP	150487	3	Stellenbosch	11-Mar
49.58	Meyer Conradie	CN	j	3	Johannesburg	23-Apr
48.72	Jayde Wiggins	WP	050188	1	Cape Town	23-Mar

**Javelin**

		WCQ - 81.80				
80.03	Lohan Rautenbach	CN	060286	1	Durban	05-Mar
77.07	Hardus Pienaar	CN	100881	2	Potchefstroom	04-Feb
75.72	Willie Human	CN	080382	1	Johannesburg	23-Apr
74.74	Gerbrandt Grobler	CN	260183	2	Potchefstroom	04-Feb
74.00	Kobus Smit (GN)	(GN)	310383	1	Charlotte, NC	02-Apr
72.16	Tommie du Toit	CN	170882	6	Potchefstroom	04-Feb
71.48	Robert Oosthuizen	BO	230187	3	Durban	16-Apr
71.35	Brian Erasmus	CN	280280	3	Oudtshoorn	05-Mar
68.27	Frans Human	FS	100379	1	Bloemfontein	04-Mar
67.86	Dewald Nel	CN	100186	5	Johannesburg	23-Apr

**Decathlon**

		WCQ - 8.050 pts				
7 272	Francois Potgieter	FS	240278	1	Durban	15-16Apr
6 723	Terry Wepener	CG	080282	3	Johannesburg	22-23 Apr
6 664	Jannie Botha	FS	300378	1	Germiston	1-2 Apr
6 790	Sors Joubert	BO	240584	2	Johannesburg	22-23 Apr
6 586	Johan Koen	BO	130783	4	Johannesburg	22-23 Apr
6 326	Hanno Mattheus	CN	260284	3	Durban	15-16Apr
6 058	Calla Fourie	GN	021183	5	Durban	15-16Apr
5 732	Ruan Vorster	GN	150682	6	Durban	15-16Apr
5 678	Tinus de Bruin	NW	070286	1	Germiston	1-2 Apr
5 417	Cheslin McCree	WP		7	Johannesburg	22-23 Apr

**3000m Walk**

12:35.56	Pieter Vorster	WP	240584	1	Parow	15-Feb
12:45.04	Marc Mundell	GN	070783	1	Potchefstroom	04-Feb
12:54.80	Izak Nel	BO	100962	1	Paarl	05-Feb
12:54.93	Marius Appel	KZ	040584	2	Potchefstroom	04-Feb
13:08.28	Jacobus van Dyk	CN	210685	3	Potchefstroom	04-Feb
13:12.16	Thami Hlatswayo	GN	200782	2	Roodepoort	22-Jan
13:13.43	Thinus Esterhuizen	WP	181285	2	Parow	15-Feb
13:22.02	Nico Vorster	WP	061087	3	Parow	15-Feb
13:38.98	Wayne Snyman	CN	080385	4	Potchefstroom	04-Feb
13:52.06	Chris Britz	GN	011263	5	Potchefstroom	04-Feb

**5000m Walk**

21:23.40	Gideon Cillie	WP	250577	1	Parow	26-Feb
21:31.34	Marc Mundell	GN	070783	1	Durban	18-Feb
21:31.36	Thami Hlatswayo	GN	200782	1	Pretoria	12-Mar
21:51.58	Izak Nel	BO	100962	1	Cape Town	12-Feb
22:04.41	Jacobus van Dyk	CN	210685	2	Durban	18-Feb
22:04.46	Pieter Vorster	WP	240584	3	Cape Town	12-Feb
22:14.17	Marius Appel	KZ	040584	3	Durban	18-Feb
22:38.88	Werner Appel	KZ	120687	4	Durban	18-Feb
23:22.53	Thinus Esterhuizen	WP	181285	4	Cape Town	12-Feb
23:32.20	Stefano Kruger	WP	221182	3	Parow	26-Feb

**10000M Walk (Track)**

45:40.40	Marc Mundell	GN	070783	1	Pretoria	19-Mar
45:56.20	Thami Hlatswayo	GN	200782	2	Pretoria	19-Mar
47:35.30	Petri du Toit	EP	121286	1	Paarl	20-Mar
47:50.90	Werner Appel	KZ	120687	2	Paarl	20-Mar
48:14.90	Bendre Rathbone	EP	100287	3	Paarl	20-Mar
48:21.88	Danie Marais	FS	120575	1	Bloemfontein	05-Mar
48:28.14	Christiaan Wilson	FS	210486	1	Bloemfontein	05-Mar

**20000m Walk (Track)**

1h 34:50.00	Jacobus van Dyk	CN	210685	1	Potchefstroom	05-Mar
1h 40:37.78	Marc Mundell	GN	070783	1	Germiston	26-Mar
1h 40:58.71	Wayne Snyman	CN	080385	2	Potchefstroom	05-Mar
1h 42:29.97	Thami Hlatswayo	GN	200782	2	Germiston	26-Mar

**20 km Walk (Road)**

	WCQ - 1h23:00					
1:34:19	Marc Mundell	GN	070783	1	Johannesburg	23-Apr
1:35:06	Thami Hlatswayo	GN	200782	2	Johannesburg	23-Apr
1:36:48	Gideon Cillie	WP	250577	1	Parow	19-Mar
1:37:26	Isak Nel	BO	100962	2	Parow	19-Mar
1:37:59	Jacobus van Dyk	CN	210685	3	Johannesburg	23-Apr
1:38:09	Pieter Vorster	WP	240584	3	Parow	19-Mar
1:38:19	Wayne Snyman	CN	080385	2	Durban	16-Apr
1:39:17	Werner Appel	KZ	120687	3	Durban	16-Apr
1:39:35	Thinus Esterhuizen	WP	181285	4	Johannesburg	23-Apr

1:41:29 Thapelo Mangole CG 170577 4 Durban 16-Apr

## WOMEN

### 100m

WCQ - 11.30

<b>11.07</b>	<b>1.6</b>	<b>Geraldine Pillay</b>	<b>GN</b>	<b>250877</b>	<b>1</b>	<b>Durban</b>	<b>16-Apr</b>
11.36	0.1	Janice Josephs	WP	310382	2	Pretoria	18-Mar
11.43	1.2	Wendy Seegers	CG	280276	1	Johannesburg	22-Apr
11.64	0.6	Estie Wittstock	CG	150980	1	Potchefstroom	06-Apr
11.71	-1.5	Heide Seyerling	EP	190876	1	Durban	18-Feb
11.71	1.2	Cindy Stewart	WP	141185	2	Johannesburg	22-Apr
11.71	1.2	Ilze Jordaan	GN	200979	3	Johannesburg	22-Apr
11.79	1.2	Thandi Vilakazi	CG		4	Johannesburg	22-Apr
11.86	1.2	Elmie Hugo	FS	130783	5	Johannesburg	22-Apr
12.00	1.6	Kerryn Hulsen	KZ	051074	5	Durban	16-Apr
12.00	1.6	Isabel le Roux	SW	230187	6	Durban	16-Apr

### Wind

11.41	3.6	Janice Josephs	BO	310382	1	Parow	26-Feb
11.76	2.4	Dominique Koster	CG	030177	1	Krugersdorp	29-Jan
11.90	2.6	Kerryn Hulsen	KZ	051074	3h3	Durban	15-Apr
11.92	2.3	Isabel le Roux	SW	230187	2h3	Durban	15-Apr
11.96	2.3	Christy Coetzee	CG	240589	3h2	Durban	15-Apr

### NWI

11.98 Dominique Koster CG 030177 1 Roodepoort 22-Jan

### 200m

WCQ - 22.97

<b>22.78</b>	<b>1.8</b>	<b>Geraldine Pillay</b>	<b>GN</b>	<b>250877</b>	<b>1</b>	<b>Durban</b>	<b>16-Apr</b>
23.17	-0.3	Janice Josephs	WP	310382	2	Pretoria	18-Mar
23.38	-1.9	Heide Seyerling	EP	190876	2	Bloemfontein	11-Feb
23.48	1.8	Adri Schoeman	GN	130770	2	Durban	16-Apr
23.58	1.8	Estie Wittstock	CG	150980	1	Durban	16-Apr
23.76	1.0	Isabel le Roux	SW	230187	1	Germiston	02-Apr
24.04	-0.3	Ilze Jordaan	GN	200979	3	Pretoria	18-Mar
24.05	1.8	Cindy Stewart	WP	141185	5	Durban	16-Apr
24.10	1.8	Shona Hutchinson	KZ	300174	6	Durban	16-Apr
24.13	1.8	Kerryn Hulsen	KZ	051074	7	Durban	16-Apr

### Wind

23.64	2.6	Ilze Jordaan	GN	200979	1	Johannesburg	23-Apr
23.77	2.6	Cindy Stewart	WP	141185	2	Johannesburg	23-Apr
23.89	2.6	Amanda Kotze	GN	260286	3	Johannesburg	23-Apr
24.05	2.6	Shona Hutchinson	KZ	300174	2h3	Durban	15-Apr
24.12	2.6	Elmie Hugo	FS	130783	4	Johannesburg	23-Apr

### 400m

WCQ - 51.50

<b>51.47</b>		<b>Heide Seyerling</b>	<b>EP</b>	<b>190876</b>	<b>1</b>	<b>Durban</b>	<b>16-Apr</b>
52.21		Estie Wittstock	CG	150980	2	Durban	16-Apr
52.84		Surita Febbraio	CG	271273	2	Oudtshoorn	05-Mar
53.15		Amanda Kotze	GN	260286	3	Pretoria	18-Mar
53.31		Adri Schoeman	GN	130770	3	Durban	16-Apr
54.23		Dominique Koster	CG	030177	5	Durban	16-Apr
54.64		Melodi van der Merwe	GN	281178	3	Germiston	26-Mar



54.70		Arista Hefer	CG	120987	1	Windhoek	09-Apr
54.94		Elmie Hugo	FS	130783	5	Pretoria	18-Mar
55.16		Benje Swart	WP	201284	3h2	Durban	15-Apr

### 800m

WCQ - 2:00.00

2:04.23		Lebogang D-R Phalula	CG	091283	1	Durban	16-Apr
2:04.63		Lisa van der Merwe	GN	300779	2	Durban	16-Apr
2:04.68		Mari-Louise Romijn	GN	190277	1	Pretoria	18-Mar
2:05.03		Lebo Dinah Phalula	CG	091283	3	Durban	16-Apr
2:05.40		Marlene Breytenbach	GN	040182	2	Pretoria	18-Mar
2:06.36		Lindi Berowski	CG	090282	3	Germiston	26-Mar
2:07.19		Angela Wagner	GN	190188	3	Potchefstroom	04-Feb
2:07.40		Juanee Pekelharing	CN	080382	4	Durban	18-Feb
2:08.08		Chantal Breet	CG	260480	4	Germiston	26-Mar
2:09.59		Nicole Marais	BO	230284	5	Pretoria	18-Mar

### 1500m

WCQ - 4:05.80

4:18.46		Lebogang Phalula	CG	091283	1	Stellenbosch	11-Mar
4:18.99		Dinah Lebo Phalula	CG	091283	1	Durban	16-Apr
4:20.10		Marlene Breytenbach	GN	040182	3	Durban	16-Apr
4:20.26		Lisa van der Merwe	GN	300779	4	Durban	16-Apr
4:25.51		Nicole Marais	BO	230284	5	Durban	16-Apr
4:26.69		Rika Feuth	CG	110182	6	Durban	16-Apr
4:27.18		Rene Kalmer	FS	031180	6	Stellenbosch	11-Mar
4:28.19		Karin van Rooyen (MP)	(MP)	030380	4	Gainesville	24-Mar
4:30.40	h/t	Mapaseka Makhanya	CG	090485	1	Johannesburg	22-Apr
4:31.22		Christine Kalmer	FS	100286	7	Durban	16-Apr

### 3000m

09:28.72		Ronel Thomas	GN	190172	1	Pretoria	18-Mar
09:29.21		Tebogo Masehla	CG	061079	2	Pretoria	18-Mar
09:33.96		Lebogang Phalula	CG	091283	1	Potchefstroom	04-Feb
09:37.49		Poppy Mlambo	CG	071280	2	Potchefstroom	04-Feb
09:37.59		Lena Lotter	WP	020888	1	Parow	19-Mar
09:42.39		Minette Bell	CN	050478	5	Potchefstroom	04-Feb
09:47.61		Lisa van der Merwe	GN	300779	6	Potchefstroom	04-Feb
09:47.62		Praxedis Dim	CG	151289	1	Germiston	01-Apr
09:50.66	in	Karin van Rooyen (MP)	(MP)	030380	2	Nampa	26-Feb
09:50.94		Ezbé Strydom	CN	270381	3	Pretoria	18-Mar
09:50.94		Christine Kalmer	FS	100286	1	Germiston	01-Apr

### 5000 metres

WCQ - 15:08.70

16:10.92		Poppy Mlambo	CG	071280	1	Durban	15-Apr
16:19.49		Ronel Thomas	GN	190172	2	Durban	15-Apr
16:21.41		Irvette van Blerk	CG	050787	3	Durban	15-Apr
16:32.72		Lena Lotter	WP	020888	4	Durban	15-Apr
16:42.46		Simangele Mabuza	CG	220882	5	Durban	15-Apr
16:48.81		Minette Bell	CN	050478	1	Potchefstroom	15-Mar
16:50.34	in	Karin van Rooyen (MP)	(MP)	030380	1	Nampa, USA	25-Feb
16:53.3		Tebogo Masehla	CG	061079	2	Stellenbosch	11-Mar

17:01.17		Christine Kalmer	FS	100286	6	Durban	15-Apr
17:09.27		Rika Feuth	CG	110182	7	Durban	15-Apr

### 10000m

WCQ - 31:40.00

33:39.07		Karin van Rooyen	(MP)	030380	6	Walnut	15-Apr
33:46.23		Poppy Mlambo	CG	071280	1	Durban	16-Apr
35:22.33		Irvette van Blerk	CG	050787	2	Durban	16-Apr
36:15.31		Simangele Mabuza	CG	220882	3	Durban	16-Apr
37:43.07	mx	Ezbe Strydom	CN	270381	1	Potchefstroom	15-Mar

### 3000m Steeplechase

WCQ - 9:50.00

10:17.68		Tebogo Masehla	CG	061079	1	Durban	16-Apr
10:20.72		Nolene Conrad	WP	260785	2	Durban	16-Apr
10:37.22		Abongile Leratholi	FS	060789	3	Durban	16-Apr
10:42.86		Andrea Horak	GN	301283	4	Durban	16-Apr
10:59.60	h/t	Poppy Mlambo	CG	071280	4	Johannesburg	22-Apr
11:04.11		Mapaseka Makhanya	CG	090485	5	Durban	16-Apr
11:09.00	h/t	Minette Bell	CN	050478	5	Johannesburg	22-Apr
11:20.06		Myrette Filmalter	FS	100181	7	Durban	16-Apr
11:49.73		Phulani Mosome	CN	170488	1	Germiston	02-Apr
11:53.65		Maricia Krige	CN	250985	1	Potchefstroom	15-Mar

### 100m Hurdles

WCQ - 12.96

13.66	0.1	Janice Josephs	BO	310382	1hp	Salo, ITA	07-May
13.81	0.3	Justine Robbeson	CG	150585	2	Krugersdorp	15-Jan
13.97	1.8	Suné Labuschagne	GN	060884	2	Durban	16-Apr
14.09	1.8	Christine Ras	CG	040286	4	Durban	16-Apr
14.09	1.8	Chantelle Terblanche	WP	100785	3	Durban	16-Apr
14.14	1.0	Monique Balsamo	BO	170984	1	Parow	29-Jan
14.14	1.8	Carla Fick	CG	130584	5	Durban	16-Apr
14.37	1.8	Jackie Kriel	FS	270886	6	Durban	16-Apr
14.45	1.5	Marika Walters	BO	120287	1h2	Germiston	01-Apr
14.60	1.0	Karen Koeslag	WP	010778	2	Parow	29-Jan

### Wind

14.09	3.1	Carla Fick	CG	130584	2h2	Durban	16-Apr
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### NWI

14.54		René van der Merwe	GN	150686	1	Pretoria	05-Mar
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### Hand

13.5	0.0	Janet Wienand	CN	150585	1	Johannesburg	22-Apr
13.5	0.9	Suné Labuschagne	GN	060884	1h2	Johannesburg	22-Apr
13.7	0.0	Chantelle Terblanche	WP	100785	3	Johannesburg	22-Apr
13.9	0.0	Jackie Kriel	FS	270886	5	Johannesburg	22-Apr
14.2	0.0	Nicci Herbst	GN	270886	6	Johannesburg	22-Apr

### 400m Hurdles

WCQ - 55.60

<b>54.60</b>		<b>Surita Febbraio</b>	<b>CG</b>	<b>271273</b>	<b>1</b>	<b>Durban</b>	<b>16-Apr</b>
57.41		Janet Wienand	CN	150585	2	Durban	16-Apr
58.69		Chantelle Terblanche	WP	100785	3	Durban	16-Apr
58.78		Shona Hutchinson	KZ	300174	4	Durban	16-Apr

59.77		Mariska van Driel	GN	270488	5	Durban	16-Apr
60.54		Janine Visser	CG	090687	6	Durban	16-Apr
60.59		Juanee Pekelharing	CN	080382	2	Potchefstroom	08-Feb
60.85		Carla Hugo	GN	200788	1	Roodepoort	09-Feb
61.25		Licinda Liebenberg	CG	270686	2	Potchefstroom	04-Feb
61.37		Monique Balsamo	BO	170984	2	Johannesburg	23-Apr
Hand							
60.9		Monique Balsamo	BO	170984	3	Stellenbosch	11-Mar

### High Jump

WCQ - 1.95

1.86		Marizca Gertenbach	CN	201082	1	Durban	18-Feb
1.85		Anika Smit	CN	260586	1	Potchefstroom	29-Jan
1.80		Nicolize Steyn	GN	280581	3	Potchefstroom	04-Feb
1.80		René van der Merwe	GN	150686	4	Potchefstroom	04-Feb
1.80		Dianie Wondergem	CN	020382	2	Durban	18-Feb
1.80		Louise Dreyer	CN	170684	1	Potchefstroom	05-Mar
1.77		Marcoleen Pretorius	VT	250789	1	Germiston	01-Mar
1.77		Marna Fourie	WP	220487	1	Cape Town	23-Mar
1.75		Dinah Heymans	FS	020267	5	Bloemfontein	11-Feb
1.75		Tillanie Neethling	VT	180188	2	Paarl	20-Mar

### Pole Vault

WCQ - 4.45

4.02		Lindie Roux	BO	170684	1	Durban	15-Apr
3.92		Annelie van Wyk	WP	280584	2	Durban	15-Apr
3.92		Samantha Dodd	WP	130879	3	Durban	15-Apr
3.85		Marne van der Burgh	BO	030185	1	Johannesburg	23-Apr
3.62		Eva Thornton	EP	180368	5	Durban	15-Apr
3.60		Leanne Viviers	WP	231188	1	Parow	29-Jan
3.60		Retha du Plessis	BO	150583	4	Potchefstroom	04-Feb
3.55		Lisa-Marie Rorich	BO	060684	2	Johannesburg	23-Apr
3.50		Nicola Loots	BO	270989	1	Paarl	12-Mar
3.42		Honorata Saar	GN	310182	6	Durban	15-Apr
3.42		Carien Louw	GN	060977	7	Durban	15-Apr

### Long Jump

WCQ - 6.75

(\* - best legal jump)

6.41	1.4	Delia Visser	CN	090483	1	Johannesburg	23-Apr
6.27	1.9	Janice Josephs	WP	310382	1*	Durban	15-Apr
6.24	1.7	Karin Mey	GN	310583	2	Durban	15-Apr
6.11	-0.6	Justine Robbeson	CG	150585	2	Krugersdorp	15-Jan
6.16	1.1	Charlene Henning	FS	220985	3	Johannesburg	23-Apr
6.03	1.4	Leandie Maritz	CG	250287	1	Paarl	19-Mar
5.98	-0.2	Lindi van Dyk	GN	110386	1	Pretoria	29-Jan
5.97	1.0	Maira Steyn	GN	280383	4	Pretoria	18-Mar
5.88	0.7	Christy Coetzee	CG	240589	1	Roodepoort	09-Feb
5.71	-1.4	Michelle Berowsky-Adams	WP	150578	1	Parow	29-Jan
Wind							
6.39	4.1	Delia Visser	CN	090483	1	Krugersdorp	15-Jan
6.38	5.1	Janice Josephs	WP	310382	1	Durban	15-Apr
6.24	5.2	Justine Robbeson	CG	150585	3	Durban	15-Apr

6.20	2.9	Charlene Henning	FS	220985	4	Durban	15-Apr
6.00	2.8	Lindi van Dyk	GN	110386	5	Durban	15-Apr
5.75	4.9	Michelle Berowsky-Adams	WP	150578	9	Durban	15-Apr

### Triple Jump

WCQ - 14.30

12.62	1.7	Charlene Henning	FS	220985	1	Johannesburg	22-Apr
12.40	0.8	Delia Visser	CN	090483	2	Johannesburg	22-Apr
12.36	1.2	Mariana Banting	FS	040381	3	Johannesburg	22-Apr
12.11	1.7	Moira Steyn	GN	260383	3	Durban	16-Apr
12.07	2.0	Cindy Peters	WP	120284	4*	Durban	16-Apr
11.92	0.2	Arlene Muller	CG	031286	1	Germiston	02-Apr
11.74	0.2	Rochelle van der Merwe	EP	150287	2	Germiston	02-Apr
11.67	1.3	Yolande Meijer	CG	100783	7	Johannesburg	22-Apr
11.64	1.6	Inkie Tulleken	SWD	110290	1q	Germiston	02-Apr
11.53	0.9	Eliz-Mari Prinsloo	GN	090788	2*	Germiston	02-Apr
Wind							
12.08	2.9	Cindy Peters	WP	120284	4	Durban	16-Apr
12.06	2.1	Arlene Muller	CG	031286	5	Durban	16-Apr
11.70	2.7	Charmain Barnard	GN	021168	6	Durban	16-Apr

### Shot

WCQ - 18.55

16.51		Marli Knoetze	LM	021087	1	Germiston	01-Apr
16.04		Simoné du Toit	CG	270988	2	Durban	15-Apr
13.74		Mariska van Zyl	EP	060382	1	Port Elizabeth	25-Feb
13.52		Elene Taljaard	GN	120384	1	Pretoria	19-Mar
13.21		Magdel Venter	MP	011085	2	Johannesburg	22-Apr
13.11		Bianca van Rooyen	CG	280188	1	Krugersdorp	18-Feb
13.01		Sonnika Knoetze	CN	180887	1	Paarl	20-Mar
12.88		Tanya Treurnicht	CG	040184	1	Germiston	26-Mar
12.68		Ursula Fourie	GN	300187	2	Germiston	01-Apr
12.68		Janice Josephs	WP	310382	9hp	Salo, ITA	07-May

### Discus

WCQ - 62.00

<b>63.17</b>		<b>Elizna Naude</b>	<b>FS</b>	<b>140978</b>	<b>1</b>	<b>Bloemfontein</b>	<b>04-Mar</b>
52.72		Simoné du Toit	CG	270988	1	Germiston	05-Mar
47.87		Mariska van Zyl	EP	060382	1	Port Elizabeth	26-Feb
47.53		Marli Knoetze	LM	021087	1	Polokwane	18-Feb
47.02		Magdel Venter	MP	011085	2	Pretoria	18-Mar
46.80		Elene Taljaard	GN	120384	1	Pretoria	19-Mar
45.62		Tanya Bloem	GN	230782	4	Durban	16-Apr
44.20		Maryke Oberholzer	LM	271189	2	Germiston	02-Apr
44.10		Henriette Loggenberg	MP	020588	3	Germiston	02-Apr
42.35		Ursula Fourie	GN	300187	1	Pretoria	05-Mar

### Hammer

WCQ - 69.50

50.43		Marilize Coetzee	WP	271276	1	Durban	15-Apr
48.26		Tanya Treurnicht	CG	040184	2	Durban	15-Apr
47.22		Karen Snyman	GN	170485	3	Durban	15-Apr
46.64		Karin le Roux	WP	260387	4	Durban	15-Apr
45.22		Tanya Weyers	CN	120385	1	Johannesburg	22-Apr

44.82	Ingrid Doubell	FS	021182	1	Bloemfontein	05-Mar
44.71	Sané du Preez	FS	040383	2	Johannesburg	22-Apr
43.51	Marizette Badenhorst	FS	070690	1	Germiston	01-Apr
42.50	Suzanne Fourie	EP	190385	1	Port Elizabeth	19-Mar
42.22	Jolene van Zyl	FS	050188	2	Germiston	01-Apr

### Javelin

WCQ - 62.00

57.92	Ynthie Coetzee	GN	110688	1	Durban	16-Apr
57.08	Sunette Viljoen	CN	061083	1	Potchefstroom	15-Mar
54.32	Justine Robbeson	CG	150585	2	Durban	16-Apr
51.75	Linda Smit	CN	150885	3	Durban	16-Apr
49.90	Elizna Labuschagne	CN	170685	2	Potchefstroom	15-Mar
48.04	Anzel van der Schyff	LIM	190387	5	Durban	16-Apr
47.20	Sonnika Knoetze	CN	180887	4	Potchefstroom	15-Mar
46.68	Gerlize de Klerk	GN	230389	4	Potchefstroom	04-Feb
46.11	Nicole Nel	BO	160987	1q	Paarl	20-Mar
45.80	Riatha Jacobs	CN	090586	1	Germiston	01-Apr

### 3000m Walk

13:19.50	Nicolene Cronje	CG	160683	1	Potchefstroom	04-Feb
14:11.3	Suzanne Erasmus	CN	280985	1	Potchefstroom	15-Feb
14:31.0	Handri Botha	CN	250286	2	Potchefstroom	15-Feb
15:39.95	Nomsa Buthelezi	CG	121081	4	Potchefstroom	04-Feb
15:50.00	Michelle Hopkins	CG	091188	5	Potchefstroom	04-Feb

### Heptathlon

5 958	Janice Josephs	BO	310382	2	Salo', ITA	7-8 May
4 423	Louise Dreyer	CN	170684	1	Johannesburg	22-23 Apr
3 767	Leandre du Plooy	CG	060284	2	Johannesburg	22-23 Apr
3 354	Helen-Joan Lombaard	FS	150585	3	Johannesburg	22-23 Apr

### 5000m Walk

22:50.60	Nicolene Cronje	CG	160683	1	Stellenbosch	11-Mar
26:27.5	Michelle Hopkins	CG	091188	1	Paarl	20-Mar
26:41.8	Gwen Smeeton	WP	060267	1	Parow	26-Feb
27:44.7	Susan Groenewald	BO	200290	1	Paarl	12-Mar
27:45.1	Anandi Coetzee	WP	140690	1	Kuilsrivier	26-Feb
27:46.2	Amorette van Daalen	WP	271088	1	Kuilsrivier	26-Feb
28:22.20	Michelle Hopkins	CG	091188	2	Pretoria	29-Jan
28:25.9	Jo-Anne Williams	BO	100289	2	Paarl	20-Mar
28:47.91	Lindi Cronje	VT	011188	2	Germiston	01-Apr
29:00.6	N Schultz	WC		3	Paarl	20-Mar

### 10000m Walk (Track)

47.32.54	Nicolene Cronje	CG	160683	1	Pretoria	19-Mar
51.24.21	Handri Botha	CN	250286	1	Potchefstroom	05-Mar
51.39.50	Natalie Fourie	WP	100682	1	Cape Town	29-Jan
54.37.30	Gwen Smeeton	WP	060261	2	Cape Town	29-Jan
56:11.72	Nomsa Buthelezi	CG	121081	1	Germiston	05-Feb

56:50.11	Karen-Marie Becker	GN	070782	3	Pretoria	19-Mar
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**10km Walk (Road)**

51:19	Suzanne Erasmus	CN	280985	1	Johannesburg	23-Apr
51:55	Handri Botha	CN	250286	2	Johannesburg	23-Apr
52:49	Brenda Nooy	CG	270453	1	Parow	19-Mar
56:14	Barbara Nell	CG	231054	2	Parow	19-Mar
59:13	Karen-Marie Becker	GN	070782	3	Johannesburg	23-Apr

**20km Walk (Road) -----WCQ - 1:33.30**

1:42:52	Nicolene Cronje	CG	160683	1	Durban	16-Apr
1:44:55	Suzanne Erasmus	CN	280985	2	Durban	16-Apr
1:50:57	Brenda Nooy	CG	270453	3	Durban	16-Apr
1:59:35	Nomsa Buthelezi	CG	121081	4	Durban	16-Apr
2:01:47	Leone van Schalkwyk	CG		5	Durban	16-Apr
2:05:35	Trudi Carstens	WP	080362	1	Parow	19-Mar
2:08:00	Karen-Marie Becker	GN	070782	6	Durban	16-Apr

**20000m Walk (Track)**

1h 42:25.0	Nicolene Cronje	CG	160683	1	Germiston	26-Mar
1h 46:12.03	Suzanne Erasmus	CN	280985	1	Potchefstroom	05-Mar
1h 57:00.0	Brenda Nooy	CG	270453	2	Germiston	26-Mar

ends