

2007 SOUTH AFRICAN TOP 10 BEST PERFORMANCES

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Compiled by Gert le Roux
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As at 05-Sep-07

IAAF Entry Standards for Osaka appear next to each event
 (A *Qualifiers for Osaka are printed in bold*)

MEN

60 m

Indoors

6.60		Morne Nagel	GN	230278	1	Chemnitz	24-Feb
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100m

10.21 (A) and 10.28 (B)

10.25	1.5	Christiaan Krone	GN	300884	1	Durban	30-Mar
10.25	1.4	Leigh Julius	EP	250385	3	Rio-de-Janeiro	13-May
10.27	1.0	Sherwin Vries	EP	220380	1	Potchefstroom	02-Feb
10.32	1.0	Snyman Prinsloo	GN	220584	2	Potchefstroom	02-Feb
10.35	1.6	Hannes Dreyer	GN	130185	1s1	Durban	30-Mar
10.38	0.0	Morne Nagel	GN	230278	1	Stellenbosch	02-Mar
10.42	1.2	Brenden Clement	CG	140487	1r2	Secunda	26-Jan
10.42	-0.2	Kagisho Kumbane	FS	211188	1	Pretoria	13-Apr
10.43	1.5	Sergio Mullins	BO	120580	3s1	Durban	30-Mar
10.41	1.4	Lee-Roy Newton	KZ	191278	2r2	Dudelonge	16-Jun

Hand

10.0	nwi	Morne Nagel	GN	230278	1	Pretoria (LC)	16-Jan
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200m

20.59 (A) and 20.75 (B)

20.32	1.0	Morne Nagel	GN	230278	1	Pretoria	09-Mar
20.51	-0.2	Christiaan Krone	GN	300884	1	Warsaw	17-Jun
20.60	1.0	Sherwin Vries	EP	220380	2	Pretoria	09-Mar
20.65	0.4	Leigh Julius	EP	250385	1	Brazzaville	28-May
20.78	-0.7	Kagisho Kumbane	FS	211188	1	Bloemfontein	16-Feb
20.80	1.0	Snyman Prinsloo	GN	220584	5	Pretoria	09-Mar
20.90	1.0	Sergio Mullins	BO	120580	6	Pretoria	09-Mar
21.01	-1.5	Hannes Dreyer	GN	130185	1	Gent	15-Jul
21.17	0.7	Lee-Roy Newton	KZ	191278	4	Secunda	26-Jan
21.18	0.7	Brenden Clement	GN	140487	5	Secunda	26-Jan

Wind

20.39	2.6	Leigh Julius	EP	250385	1	Durban	31-Mar
20.68	2.6	Jan van der Merwe	GN	160384	2	Durban	31-Mar
20.79	4.2	Sergio Mullins	WP	120580	1s1	Durban	31-Mar
20.89	4.2	Hannes Dreyer	GN	130185	2s1	Durban	31-Mar
20.99	2.6	Thuso Mpuang	FS	010384	5	Durban	31-Mar
21.15	2.6	Willie de Beer	GN	140388	8	Durban	31-Mar

NWI

20.75		Kagisho Kumbane	FS	21-11-88	1	Gaborone	05-Apr
20.95		Jan van der Merwe	GN	160384	1	Pretoria (LC)	10-Mar
20.99		Thuso Mpuang	FS	010384	1h	Bloemfontein	23-Feb
21.07		Hannes Dreyer	GN	130185	2	Pretoria	23-Feb

21.18	Dean Swart	BO	040491	1	Maputo	10-Jun
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400m

45.55 & 45.95

46.31	Jan van der Merwe	GN	160384	1	Durban	17-Mar
46.31	Willie de Beer	GN	140388	3s3	Bangkok	09-Aug
46.37	Ruben Majola	CG	280886	1	Potchefstroom	02-Feb
46.37	Sidwell Mithi	CG	280185	2	Potchefstroom	02-Feb
46.56	Oscar Pistorius	GN	221186	2	Durban	17-Mar
46.62	Ockert Cilliers	CN	210481	3	Potchefstroom	02-Feb
46.65	Sibusiso Sishi	KZ	220685	4	Potchefstroom	02-Feb
46.75	Paul Gorries	EP	280281	4	Stellenbosch	02-Mar
46.87	Ofentse Mogawane	GN	200282	3	Kassel	06-Jun
46.90	Alwyn Myburgh	GN	131080	2	Sasolburg	23-Jan

Hand

45.9	LJ van Zyl	GN	200785	1r2	Pretoria	09-Mar
45.9	Ruben Majola	CG	280886	2	Pretoria	09-Mar
46.0	Oscar Pistorius	GN	221186	2r2	Pretoria	09-Mar
46.3	Mbulaeni Mulaudzi	CG	080980	2	Germiston	24-Feb
46.3	Jan van der Merwe	GN	160384	3	Pretoria	09-Mar
46.4	Pieter Smith	GN	030487	3r2	Pretoria	09-Mar

800m

1;45.40 & 1:46.60

1:43.74	Mbulaeni Mulaudzi	CG	080980	1	Monaco	25-Jul
1:46.99	Samson Ngoepe	CG	280185	2	Durban	17-Mar
1:47.92	Andre Olivier	CG	291289	1	Port Elizabeth	31-Mar
1:48.04	Juan van Deventer	CG	260383	1	Pretoria	09-Mar
1:48.12	Charles Jantjies	GN	210782	4	Durban	17-Mar
1:48.33	Bonolo Maboja	CG	240885	2	Pretoria	09-Mar
1:48.34	Johan Cronje	FS	130482	5	Noisy-le-Grand	12-Jun
1:48.69	Jan Masenamela	FS	160288	5	Durban	17-Mar
1:49.00	Mthobisi Baloyi	CN	260285	5	Pretoria	09-Mar
1:49.23	Elroy Gelant	VT	250886	5	Potchefstroom	02-Feb

1000m

2:15.86	Mbulaeni Mulaudzi	CG	080980	2	Stockholm	07-Aug
2:22.41	ind Peter van der Westhuizen	GN	211284		Ames	23-Feb
2:22.63	Juan van Deventer	CG	260383	1	Dudelonge	22-May

1500m

3:36.60 & 3:39.00

3:37.58	Juan van Deventer	CG	260383	1	Rehlingen	25-May
3:37.67	Johan Cronje	FS	130482	9	Doha	11-May
3:41.17	Peter van der Westhuizen	GN	211284	3	Des Moines	26-May
3:43.13	Mthobisi Baloyi	CN	260285	3	Flanders	09-Jun
3:43.20	Elroy Gelant	VT	250886	5	Flanders	09-Jun
3:43.74	Tsamano Setone	CG	070587	3	Stellenbosch	02-Mar
3:43.75	Molefe Molefe	CG	270186	4	Stellenbosch	02-Mar
3:46.36	Dumisani Hlaselo	FS	080689	1	Windhoek	26-May
3:47.08	Isaac Mboyaza	CG	260986	7	Stellenbosch	02-Mar
3:47.63	Andre Olivier	CG	291289	1	Port Elizabeth	30-Mar

One Mile

(ind - indoors)

4:01.79	ind	Peter van der Westhuizen	GN	211284	1	Ames	08-Feb
4.11.4		Olegokeng Masire	CN	140982	1	Potchefstroom	30-Jan
4.14.5		Ettienne Plaatjies	CN	250987	1	Potchefstroom	30-Jan
4:14.95	ind	Jonny Shuping	CN	100984	1	Cedar Falls	27-Jan

3000m

8:03.28		Tsamano Setone	CG	070587	1	Potchefstroom	02-Feb
8:06.35		Mbongeni Ngxazozo	CN	020280	2	Potchefstroom	02-Feb
8:07.94		Ruben Ramolefi	CG	170778	3	Potchefstroom	2 fwb
8:09.09		Isaac Mboyaza	CG	260986	4	Potchefstroom	02-Feb
8:12.74		Motsamai Motone	VT	260678	5	Potchefstroom	02-Feb
8.14.64		Lukhanyo Mabinza			2	Pretoria	09-Mar
8:15.32		Stephen Mokoka	VT	010285	2	Secunda	26-Jan
8:16.22		Sonqibido Nkosinoxolo	WP	161086	6	Potchefstroom	02-Feb
8:17.45		Marcel Luther	CG	190288	3	Secunda	26-Jan
8.18.24		Themba Miya	CG		3	Pretoria	09-Mar

5000m

13:21.50 & 13:28.00

13:39.83		Boy Soke	FS	110283	12	Algiers	22-Jul
13:47.97		Motsamai Motone	VT	260678	1	Port Elizabeth	09-Feb
13:50.16		Tshamano Setone	CG	070587	3	Port Elizabeth	09-Feb
13:50.40		Mbongeni Ngxazozo	CN	020280	4	Port Elizabeth	09-Feb
13:58.02		Isaac Mboyaza	CG	260986	5	Port Elizabeth	09-Feb
13:59.64		Lusapho April	Bor	240582	2	Stellenbosch	02-Mar
14:04.27		Gladwin Mzazi	VT		4	Stellenbosch	02-Mar
14:07.59		Stephen Mokoka	VT	010285	6	Port Elizabeth	09-Feb
14:09.41		Cansas Nhlapo	CG	010188	5	Stellenbosch	02-Mar
14:11.0		Khayaletu Malhalima	EP		1	Westbourne (PE)	27-Jan

10000m

27:49.00 & 28:06.00

28:43.01		Coolboy Ngamole	CN	270679	10	Algiers	19-Jul
28:58.87		Motsamai Motone	VT	260678	2	Durban	16-Mar
29:02.46		Themba Miya	CG	260381	3	Durban	16-Mar
29:04.64		Stephen Mokoka	VT	310185	4	Durban	16-Mar
29:14.90		Olegokeng Masire	CN	140982	1	Potchefstroom	20-Jan
29:17.90		Gladwin Mzazi	VT	280888	2	Durban	30-Mar
29:19.90		Boy Soke	FS	110283	3	Durban	31-Mar
29:33.43		Jacob Molokoane	VT	030182	5	Durban	16-Mar
29:42.42		Thubalethu Phaku	KZ	041279	6	Durban	16-Mar
29:50.30		Sam Musi	CN	210581	3	Potchefstroom	20-Jan

3000m Steeplechase

8:24.60 & 8:32.00

8:20.18		Ruben Ramolefi	CG	170778	1	Stellenbosch	02-Mar
8:34.84		Emmanuel Mkhabela	FS	190779	2	Port Elizabeth	09-Feb
8.46.09		Lukhanya Mabinza	NW	090986	2	Durban	31-Mar
8.52.20		Alphonso Primo	BO	150282	3	Durban	16-Mar
8:53.90		Dicardo Jacobs	BO	250186	2	Stellenbosch	02-Mar

8:54.90		Thuso Phaswana	CG		3	Stellenbosch	02-Mar
8:55.79		Sello Mahase	CG	241184	4	Durban	16-Mar
8:57.06		Lesole Zim	FS		1	Port Elizabeth	31-Mar
9:01.72		Anthony Godongwana	WP	240984	5	Stellenbosch	02-Mar
9:03.13		Ettienne Plaatjies	CN	250987	2	Oudtshoorn	17-Feb

110m Hurdles

13.55 & 13.62

13.39	2.0	Shaun Bownes	CN	241070	1	Potchefstroom	19-May
13.67	2.0	Hennie Kotze	CN	040284	2	Potchefstroom	19-May
13.79	0.2	Ruan de Vries	GN	010286	1	Secunda	26-Jan
13.89	0.2	Frikkie van Zyl	WP	300781	2	Secunda	26-Jan
13.98	0.2	Gustav Kukuk	FS	201284	3	Secunda	26-Jan
14.27	-2.1	Martin de Bruto	CN	040782	3	Pretoria	09-Mar
14.27	0.3	Janko Kotze	CG	030382	2	Potchefstroom	26-Jan
14.40	0.8	Andre Storm	CG	120788	2	Durban	30-Mar
14.47	0.8	Louw Smit	BO	200288	4	Durban	30-Mar
14.54	0.2	Riaan Snyman	CN	230684	5	Secunda	26-Jan

Hand

13.8		Janko Kotze	CG	030382	2	Potchefstroom	20-Jan
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400m Hurdles

49.20 & 49.80

48.24		LJ van Zyl	GN	200785	1	Rome	13-Jul
48.64		Alwyn Myburgh	GN	131080	5	Athens	02-Jul
48.89		Ter de Villiers	BO	130782	1	Chambery, Fr	15-Jul
49.04		Pieter Koekemoer	KZ	120182	2	Durban	31-Mar
49.22		Ockert Cilliers	CN	210481	1	Pretoria	09-Mar
50.37		Wouter le Roux	GN	170186	1r3	Chambery, Fr	15-Jul
50.50		Johann Hanekom	GN	031286	4	Pretoria	09-Mar
50.84		Llewellyn Herbert	GN	210777	5	Potchefstroom	02-Feb
51.48		Hennie Kotze	CN	040284	5	Durban	31-Mar
51.74		Juan Bloem	GN	030288	1	Pretoria	14-Apr

High Jump

2.30m & 2.27m

2.23		Ramsay Carelse	WP	301085	1	Bellville	24-Feb
2.15		Zieg Veenemans	GN	130583	2	Stellenbosch	02-Mar
2.15		Hubert de Beer	LIM	031188	1	Pretoria	14-Apr
2.15		Jacques Freitag	GN	220682	7	Bydgoszcz	28-May
2.14		Willem Voight	SW	210290	6	Ostrava	14-Jul
2.13		Terry Wepener	CG	080282	dec	Stellenbosch	02-Mar
2.10		Leendert Haasbroek	GN	280586	1	Pretoria (LC)	16-Jan
2.10		Juan-Pierre van der Schyff	CN	100589	2	Potchefstroom	02-Feb
2.10		Raymond Fletcher	CG	230180	1	Germiston	25-Feb
2.10		Sean Stone	WP	190588	1	Bellville	10-Mar
2.10		Sanwaba Sulupha	CG		2	Durban	17-Mar
2.10		Heinrich Kuhn	WP	220191	1	Port Elizabeth	30-Mar

Pole Vault

5.70 & 5.60m

5.40		Okkert Brits	EP	220873	3	Nordemey	29-Jul
5.05		Cameron Nott	(BO)	270681	2	Alabama	24-Mar

5.02		Theo Beyers	BO	250380	1	Bellville	24-Mar
4.92		Cheyne Rahme	GN	230191	1	Pretoria	09-Mar
4.80		Riaan Botha	GN	081170	2	Pretoria	09-Mar
4.80		Jan (JG) Blignaut	FS	020288	4	Algiers	21-Jul
4.70		Eben Beukes	FS	090390	Q	Ostrava	13-Jul
4.60		Johann du Plessis	BO	260381	1	Durban	31-Mar
4.42		Terry Wepener	CG	080282	4	Pretoria	09-Mar
4.40		Francois Germishuys	BO	311087	1	Stellenbosch	24-Feb
4.40		Christiaan Norman	BO	160591	1	Stellenbosch	24-Feb
4.40		Gustav Munro	BO	140788	3	Durban	31-Mar
4.40		Jeff Puttergill	EP	050889	1	Port Elizabeth	30-Mar
4.40		Sebastiaan Wessels	FS	230191	1	Bloemfontein	27-Jan

Long Jump

(ind - indoors)

8.20 & 8.05m

8.34	-0.1	Khotso Mokoena	CN	060385	1	Pretoria	09-Mar
7.86	1.8	Yaw Fosu-Amoah	GN	081081	2	Durban	16-Mar
7.85	1.2	Keenan Watson	BO	030388	1	Durban	31-Mar
7.62	1.2	Martin McClintock	CG	300675	3	Durban	16-Mar
7.49	0.0	Regan Julius	BO	150486	4	Durban	16-Mar
7.67	1.2	Ethan Alexander	EP	270188	2	Pretoria	13-Apr
7.41	0.3	Elmarco Matthews	BO	280180	5	Durban	16-Mar
7.39	1.1	Charles le Roux	FS	080585	1	Bloemfontein	29-Jan
7.34	0.2	Jason Karolisin	EP	191289	1	Port Elizabeth	30-Mar
7.34	1.5	Juan du Randt	CG	131285	3	Durban	31-Mar

Triple Jump

(* - best legal jump)

17.10 & 16.70m

16.75	0.8	Khotso Mokoena	CN	060385	1	Secunda	26-Jan
16.30	-0.9	Tumelo Thagane	CN	030784	1	Pretoria	09-Mar
16.06	0.5	Jason Kidza-Sewenyana	KZ	030182	2*	Durban	17-Mar
15.37	0.9	Charles le Roux	FS	080585	3	Durban	17-Mar
15.16	1.8	Elmarco Matthews	BO	280180	4*	Durban	17-Mar
15.15	1.1	Zarck Visser	FS	u20	1	Pretoria	14-Apr
15.13	0.0	Boipelo Motlhathlego	GN	271190	Q	Ostrava	13-Jul
14.83	0.9	Dudley Adams	WP	u20	2	Pretoria	14-Apr
14.77	1.0	Mnqobi Mkhize	KZN		1	Gaberone	27-Apr
14.75	1.3	Whelan Fortuin	VT	210489	3	Pretoria	14-Apr

Wind

16.38	6.2	Jason Kidza-Sewenyana	KZ	030182	1	Durban	31-Mar
15.66	2.1	Charles le Roux	FS	080585	4	Durban	31-Mar

NWI

15.52		Riaan Arends	EP	310189	1	Port Elizabeth	31-Mar
15.15		Boipelo Motlhathlego	GN	271190	1	Maputo	09-Jun
14.90		Neo Marie	VT	050890	2	Maputo	09-Jun
14.62		Mnqobi Mkhize	KZ		1	Port Elizabeth	31-Mar

SHOT

20.30m & 19.70m

19.31		Janus Robberts	BO	100379	1	Pretoria	09-Mar
19.02		Roelie Potgieter	GN	200380	2	Algiers	19-Jul

17.83	JP Hoffman	GN	010588	3	Pretoria	09-Mar
16.95	Ross Jordaan	BO	290185		Stellenbosch	02-Mar
16.94	Donovan Snyman	GN	300586	2	Durban	31-Mar
16.86	Nico Grobler	GN	090988	2	Pretoria	23-Jun
16.52	Jaco Engelbrecht	CG	080387	1	Germiston	25-Feb
15.92	Johannes van Wyk	GN	160380	2q1	Durban	31-Mar
14.97	Nico Loggenberg	GN	230276	5	Pretoria	23-Feb
14.78	Ferdinand Gericke	CN	220687	1	Potchefstroom	20-Feb

DISCUS

64.50 & 62.50m

61.58	Hannes Hopley	CG	260181	1	Savona	26-Jun
59.12	Johannes van Wyk	GN	160380	1	Durban	17-Mar
55.46	Wynand Coetzee	GN	200284	1	Pretoria (LC)	10-Mar
54.92	Chris Harmse	FS	310573	2	Port Elizabeth	09-Feb
53.03	Stefan Joubert	FS	230681	3	Durban	17-Mar
52.88	Donovan Snyman	GN	300586	4	Durban	17-Mar
51.38	JP Hoffman	GN	010588	1	Pretoria (LC)	16-Jan
51.06	James Sinclair	GN	020686	7	Durban	17-Mar
50.97	Martin Moggee	EP	160387	8	Durban	17-Mar
50.71	Leon Verster	VT	141179	1	Germiston	27-Jan

Now a Finnish citizen

66.54	Frantz Kruger	BO	220575	1	Eurajoki	13-Jun
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Hammer

78.50 & 74.00m

76.73	Chris Harmse	FS	310573	1	Algiers	21-Jul
65.25	Kristiaan Bekker	CG	160680	1	Germiston	25-Feb
61.18	Johan Harmse	VT	210583	4	Sasolburg	23-Jan
59.90	Ricardo Meiring	EP	120974	2	Durban	16-Mar
58.69	Clinton Williams	EP	030888	2	Port Elizabeth	09-Feb
54.67	Johan Kruger	BO	150487	1	Bellville	24-Mar
54.13	Vincent Meiring	GN	240465	2	Pretoria	10-Feb
53.50	Jayde Wiggins	WP	050188	2	Bellville	24-Mar
52.86	Meyer Conradie	CN	150786	3	Durban	30-Mar
51.55	Heinrich Gonzales	BO	100288	2	Durban	30-Mar

Javelin

81.00 & 77.80m

84.52	Robert Oosthuizen	BO	230187	6	Osaka	02-Sep
82.96	Hardus Pienaar	GN	100881	1	Oudtshoorn	17-Feb
80.27	Gerbrandt Grobler	CN	260183	5	Dessau	25-May
78.03	Tommie du Toit	CN	170882	2	Potchefstroom	02-Feb
77.68	Brian Erasmus	CN	280280	3	Potchefstroom	02-Feb
75.02	Willie Human	CN	080382	2	Potchefstroom	20-Feb
72.78	Ferney Kitshoff	CN	300188	1	Pretoria	14-Apr
69.00	Frans Human	FS	100379	1	Bloemfontein	24-Jan
68.41	Andrea Floudiotis	GN	280285	1	Pretoria	23-Feb
67.83	Tobie Holtzhausen	CN	250587	5	Potchefstroom	20 frb

Decathlon

8000 & 7700 pts

7 176	Terence Wepener	CG	080282	1	Durban	30/31Mar
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6 173	Hanno Mattheus	CN		2	Durban	30/31Mar
5 478	Dean Clarke	GN		3	Durban	30/31Mar
5 296	Nikki Claassen	CG		4	Durban	30/31Mar
4 810	Danie Eyssen	FS		5	Durban	30/31Mar

4x100m Relay

39.05	South Africa			6h1	Osaka	31-Aug
39.20	South African Students			2	Bangkok	09-Aug
40.26	Central Gauteng	CG		1	Durban	17-Mar
40.30	KwaZulu Natal	KZ		2	Durban	17-Mar
40.55	Gauteng North	GN		3	Durban	17-Mar
40.61	South African Juniors			1	Ouagadougou	10-Aug
40.69	Univ Johannesburg	CG		1	Durban	30-Mar
40.93	Pretoria Univ (Tuks A2)	GN		2	Durban	30-Mar
41.34	Pretoria Univ (Tuks A1)	GN		3	Durban	30-Mar
41.36	Eastern Province	EP		4	Durban	17-Mar
41.52	Central North West	CN		5	Durban	17-Mar
41.80	Nelson Mandela Met Univ	EP		4	Durban	30-Mar

4x400m Relay

3:06.44	South African Students			4	Bangkok	14-Aug
3:08.01	South Africa			2h1	Algiers	21-Jul
3:08.52	Gauteng North	GN		1	Durban	17-Mar
3:08.69	Central Gauteng	CG		2	Durban	17-Mar
3:09.60	ht Pretoria Univ (Tuks A1)	GN		1	Durban	31-Mar
3:10.60	ht Univ Johannesburg	CG		2	Durban	31-Mar
3:10.71	KwaZulu Natal	KZ		3	Durban	17-Mar
3:11.57	Western Province	WP		4	Durban	17-Mar
3:16.00	ht Univ Johannesburg B	CG		3	Durban	31-Mar
3:16.02	Gautemg North u/20	GN		1	Pretoria	13-Apr
3:16.71	Free State	FS		5	Durban	17-Mar
3:16.90	ht North West Univ	CN		4	Durban	31-Mar

3000m Walk

12:27.35	Werner Appel	CG	120687	1	Pretoria	09-Mar
12:30.98	Thami Hlatswayo	GN	200782	2	Pretoria	09-Mar
12:31.08	Marc Mundell	GN	070783	5	Potchefstroom	02-Feb
12:56.40	Sipho Mahlangu	GN	160683	4	Pretoria	09-Mar
13:06.58	Jaco Appel	CN	050484	5	Pretoria	09-Mar
13:21.64	Jacobus van Dyk	CN	210685	6	Pretoria	09-Mar
13:30.00	Pieter Vorster	WP	240584	1	Athlone	23-Jan
13:32.39	Thinus Esterhuizen	CN	181285	7	Pretoria	09-Mar
13:43.80	Nico Vorster	WP	261087	2	Athlone	23-Jan
13:48.39	Dewald Bekker	GN	150390	10	Potchefstroom	02-Feb

5000m Walk

21:57.47	Werner Appel	CG	120687	1	Bellville	03-Apr
22:20.02	Gideon Cillie	WP	250577	2	Bellville	03-Apr

22:51.58	Pieter Vorster	WP	240584	1	Bellville	03-Feb
23:39.58	Thinus Esterhuizen	CN	181285	3	Bellville	03-Apr
23:45.4	Dewald Bekker	GN	150390	1	Pretoria	17-Mar
23:59.3	Andre Bekker	GN	250288	2	Pretoria	17-Feb
24:03.65	Armond Nel	WP	190890	2	Bellville	03-Feb
24:16.98	Joseph (Essie) Esterhuizen	WP	041159	4	Bellville	03-Apr
24:30.6	Chris Britz	GN	011263	1	Pretoria	17-Feb
24:47.68	Nico Vorster	WP	261087	5	Bellville	03-Apr

10000m Walk

47:38.2	Thami Hlatswayo	GN	200782	1	Pretoria	23-Feb
47:57.42	Lewis Modise	FS	230888	1	Pretoria	14-Apr
47:59.85	Brian Clough	FS	090390	1	Bloemfontein	23-Mar
47:59.95	Gert Smith	FS	091089	1	Bloemfontein	24-Mar
48:10.95	Dewald Bekker	GN	150390	1	Pretoria	14-Apr
48:12.15	Andre Bekker	GN	250288	2	Pretoria	14-Apr
49:24.00	Professor Cele	KZ	041288	1	Port Elizabeth	31-Mar
49:37.10	Armond Nel	WP	190890	2	Pretoria	14-Apr
49:52.16	Hendrik Botha	VT	080888	4	Pretoria	14-Apr
50:17.32	Leon Geel	CN	u18	3	Pretoria	14-Apr

20 km Walk (Road)

1:23:00 & 1:24.30

1:27:26	Marc Mundell	GN	070783	1	Youngsfield, CT	12-May
1:32:41	Werner Appel	CG	120687	2	Youngsfield, CT	12-May
1:33:21	Thami Hlatswayo	GN	200782	1	Durban	17-Mar
1:36:23	Ross McDonald	WP	040373	1	Bellville	24-Feb
1:37:04	Gideon Cillie	CG	120687	3	Youngsfield, CT	12-May
1:38:35	Pieter Vorster	WP	240584	2	Bellville	27-Jan
1:38:49	Wayne Snyman	CN	080385	4	Youngsfield, CT	12-May
1:39:04	Thinus Esterhuizen	CN	181285	8	Durban	17-Mar
1:39:08	Jacobus van Dyk	CN	210685	4	Durban	17-Mar
1:39:29	Nhlanhla Khanyile	KZ		5	Durban	17-Mar

20km Track Walk

1:33:21	Thami Hlatswayo	GN	200782	1	Durban	17-Mar
1:34:29	Marc Mundell	GN	070783	2	Durban	17-Mar
1:34:52	Werner Appel	CG	120687	3	Durban	17-Mar
1:36:23	Ross McDonald	WP	040373	1	Bellville	24-Feb
1:38:35	Pieter Vorster	WP	240584	2	Bellville	27-Jan
1:39:03	Thinus Esterhuizen	CN	181285	3	Durban	30-Mar
1:39:08	Jacobus van Dyk	CN	210685	4	Durban	17-Mar
1:39:29	Nhlanhla Khanyile	KZ		5	Durban	17-Mar
1:40:03	Pieter Vorster	WP	240584	4	Durban	30-Mar
1:41:09	Sipho Mahlangu	GN	160683	6	Durban	17-Mar

50km Road Walk

5:10:31	Thabiso Tsagane	CG		1	Oudtshoorn	07-Jul
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WOMEN**100m**

11.30 & 11.40

11.27	0.6	Constance Mkenku	FS	300689	2	Algiers	19-Jul
11.35	0.7	Geraldine Pillay	WP	250877	3r2	Oslo	15-Jun
11.55	0.6	Cindy Stewart	WP	141185	1	Durban	30-Mar
11.67	0.6	Thandiwe Vilakazi	CN	221185	2	Durban	30-Mar
11.77	0.6	Christine Ras	CG	040286	3	Durban	30-Mar
11.84	0.4	Estie Wittstock	CG	150980	1	Sasolburg	23-Jan
11.88	1.9	Alyssa Conley	CG	140690	1	Port Elizabeth	30-Mar
11.92	1.2	Michelle Andrew	CG	080482	2	Secunda	26-Jan
11.95	-0.8	Bevan Smith	CG	130791	2	Pretoria	13-Apr
11.98	1.2	Thandi Mngwevu	CN	280586	3	Secunda	26-Jan

Wind

11.86	2.5	Bevan Smith	CG	130791	1h4	Pretoria	13-Apr
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Hand

11.6	1.4	Christine Ras	CG	040286	1	Germiston	24-Feb
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200m

23.10 & 23.30

23.27	0.0	Geraldine Pillay	WP	250877	3	Belem	20-May
23.43	1.2	Constance Mkenku	FS	300689	1	Windhoek	26-May
23.67	-1.8	Cindy Stewart	EP	141185	1	Durban	17-Mar
23.85	-1.3	Alyssa Conley	CG	270491	3s2	Ostrava	14-Jul
23.91	0.6	Estie Wittstock	CG	150980	1	Secunda	26-Jan
23.96	1.3	Bevan Smith	CG	130791	1	Pretoria	14-Apr
24.40	0.6	Michelle Andrew	CG	080482	2	Secunda	26-Jan
24.54	-0.3	Heide Seyerling	EP	190876	3	Port Elizabeth	09-Feb
24.54	1.8	Celeste Rietels	WP	140190	1	Bellville	24-Mar
24.54	1.6	Thandiwe Vilakazi	CN	221185	2s3	Durban	31-Mar

Hand

24.0	1.7	Michelle Andrew	CG	080482	1	Germiston	24-Feb
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Wind

23.38	2.1	Amanda Kotze	GN	260286	1	Durban	31-Mar
23.38	2.1	Cindy Stewart	EP	141185	2	Durban	31-Mar
23.77	2.1	Christine Ras	CG	040286	3	Durban	31-Mar
24.30	2.1	Michelle Andrew	CG	080482	4	Durban	31-Mar
24.48	2.6	Arista Hefer	CN	120987	2s1	Durban	31-Mar
24.49	2.1	Thandiwe Vilakazi	CN	221185	5	Durban	31-Mar

NWI

23.58		Alyssa Conley	CG	270491	1	Maputo	10-Jun
23.87		Janice Josephs	BO	310382	hep	Stellenbosch	02-Mar
24.00		Rachael Nachula	GN		1	Pretoria (LC)	10-Mar
24.33		Amanda Kotze	GN	260286	2	Pretoria (LC)	10-Mar

400m

51.50 & 52.30

52.48		Tsholofelo Selemela	NW	120986	2h4	Algiers	18-Jul
52.53		Estie Wittstock	CG	150980	1	Gaborone	05-May
52.76		Amanda Kotze	GN	260286	3h1	Algiers	18-Jul
54.37		Tihanna Vorster	BO	280385	2	Durban	16-Mar
54.77		Alet van Wyk	WP	111185	3	Durban	16-Mar

55.23	Eugenie Wicksell	GN	010989	1	Germiston	10-Mar
55.50	Benje Swart	WP	201284	3	Durban	30-Mar
55.59	Monique Maree	GN	310889	2	Germiston	10-Mar
56.00	Arista Hefer	CN	120987	4	Durban	30-Mar
56.08	Chantelle Terblanche	WP	100785	1	Bellville	17-Feb

800m

2:00.00 & 2:01.30

2:04.61	Lebogang D-R Phalula	CG	091283	1	Oudtshoorn	17-Feb
2:05.6	Mapaseka Makhanya	CG	090485	1	Durban	31-Mar
2:05.97	Rene Kalmer	CG	031180	2	Oudtshoorn	17-Feb
2:07.22	Nicole Marais	BO	230284	4	Oudtshoorn	17-Feb
2:07.74	Lebo Phalula	CG	091283	3	Durban	17-Mar
2:08.09	Tsholofelo Selemela	NW	120986	2	Secunda	26-Jan
2:08.2	Chanelle Olivier	CG	150986	2	Durban	31-Mar
2:08.64	Marlene Breytenbach	GN	040182	3	Potchefstroom	02-Feb
2:08.76	Precious Mnisi	MP	010390	1	Port Elizabeth	30-Mar
2:08.8	Anelda Pypers	CG	150491	1	Germiston	24-Mar

1500m

4:06.50 & 4:10.00

4:12.38	Rene Kalmer	CG	031180	6	Algiers	22-Jul
4:14.46	Lebogang Phalula	CG	091283	1	Port Elizabeth	09-Feb
4:17.28	Mapaseka Makhanya	CG	090485	3	Stellenbosch	02-Mar
4:17.67	Dinah Lebo Phalula	CG	091283	4	Stellenbosch	02-Mar
4:18.73	Marlene Breytenbach	GN	040182	4	Port Elizabeth	09-Feb
4:19.40	Violet Raseboya	CG	190286	5	Stellenbosch	02-Mar
4:21.02	Juanee Cilliers	CN	080382	8	Uden, Ned	Aug
4:22.29	Nicolene van Rooyen	CG	090885	4	Durban	17-Mar
4:24.81	Nicole Marais	BO	230284	9	Stellenbosch	02-Mar
4:26.75	Christine Kalmer	CG	100286	8r2	Walnut	13-Apr

3000m

(ind - indoors)

8:58.67	Rene Kalmer	CG	031180	1	Pretoria	09-Mar
9:10.62	ind Christine Kalmer	CG	100286	3	New York	03-Feb
9:25.74	Tebogo Masehla	CG	061079	2	Pretoria	09-Mar
9:33.16	Juanee Cilliers	CN	080382	3	Utrecht	10-Aug
9:39.50	Catherine Nkosi			3	Pretoria	09-Mar
9:41.51	Irvette van Blerk	CG	050787	4	Pretoria	09-Mar
9:42.29	Ezbe Strydom	GN	270381	2	Potchefstroom	02-Feb
9:46.01	Nicolene van Rooyen	CG	090885	3	Potchefstroom	02-Feb
9:41.93	Maxine Heine-Wacker	CG	270490	1	Port Elizabeth	31-Mar
9:52.30	Poppy Mlambo	CG	071280	5	Pretoria	09-Mar
9:54.00	Patience Khumalo	VT	081188	6	Pretoria	09-Mar

5000 metres

15:08.70 & 15:24.00

15:35.0	Rene Kalmer	CG	031180	1	Durban	16-Mar
15:58.47	Zintle Xiniwe	WP	231086	1	Port Elizabeth	09-Feb
16:27.31	Christine Kalmer	CG	100286	6	Columbia	25-May
16:31.5	Poppy Mlambo	CG	071280	3	Durban	16-Mar
16:33.37	Irvette van Blerk	CG	050787	2	Port Elizabeth	09-Feb

16:34.84		Ronel Thomas	GN	190172	3	Port Elizabeth	09-Feb
16:35.9		Thozama April	WP	021185	4	Durban	16-Mar
16:36.4		Tannith Maxwell	KZ	020675	5	Durban	16-Mar
16:44.01		Ezbe Strydom	GN	270381	1	Durban	30-Mar
16:47.46		Nicolene van Rooyen	CG	090885	4	Durban	30-Mar

10000 metres

31:40.00 & 32:00.00

35:20.07		Poppy Mlambo	CG	071280	1	Durban	17-Mar
37:13.85		Simangele Mabuza	VT	220882	2	Durban	17-Mar
41:15.73		Elizabeth Phaka	CG		3	Durban	17-Mar

3000m Steeplechase

9:48.00 & 9:58.00

9:55.11		Tebogo Masehla	CG	061079	5	Algiers	20-Jul
10:14.63		Thandi Malindi	FS	100787	1	Bloemfontein	24-Feb
10:32.44		Nolene Conrad	WP	260785	2	Stellenbosch	02-Mar
10:48.72		Pulane Mosome	CN	170488	3	Stellenbosch	02-Mar
10:49.84		Myrette Filmatter	GN	100181	4	Durban	30-Mar
11:14.19		Ashley Schnetler	CG	020691	1	Pretoria	14-Apr
11:16.53		Allita Malebatso	FS	061085	2	Bloemfontein	24-Feb
11:17.15		Juanee Cilliers	CN	080382	6	Durban	30-Mar
11:17.23		Vuyokazi Mabude	TR	190789	2	Pretoria	14-Apr
11:23.13		Destiny Tities	WP	080589	5	Stellenbosch	02-Mar

100m Hurdles

12.96 & 13.11

13.46	1.2	Janice Josephs	BO	310382	hep	Stellenbosch	02-Mar
13.64	1.7	Suné Labuschagne	GN	060884	1	Durban	30-Mar
13.79	0.7	Claudia Viljoen	GN	010589	1	Pretoria	13-Apr
13.80	1.7	Christine Ras	CG	040286	2	Durban	30-Mar
13.88	0.7	Wenda Theron	GN	300688	2	Pretoria	13-Apr
14.13	0.7	Elminette Beckmann	FS	140689	3	Pretoria	13-Apr
14.28	1.7	Erika Kleynhans	GN	160888	4	Durban	30-Mar
14.29	0.7	Jana Theron	VT	270289	4	Pretoria	13-Apr
14.53	1.7	Marika Walters	BO	120287	5	Durban	30-Mar
14.63	1.7	Licinda Liebenberg	GN	270686	3h2	Durban	30-Mar

Hand

14.1	nwi	Marika Walters	BO	120287	1	Stellenbosch	24-Feb
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400m Hurdles

55.60 & 56.50

56.53		Janet Wienand	CN	150585	3	Lucerne	28-Jun
57.04		Amanda Kotze	GN	260286	2	Neerpelt, BEL	02-Jun
58.64		Licinda Liebenberg	GN	270686	2	Durban	31-Mar
59.71		Chantelle Terblanche	WP	100785	3	Durban	31-Mar
59.83		Marli Spies	MP	30-08-90	1	Pretoria	14-Apr
60.17		Mariska Meintjies	VT	110186	4	Durban	17-Mar
60.21		Anneri Ebersohn	FS	09-08-90	2	Pretoria	14-Apr
61.08		Carla Hugo	GN	200788	1	Pretoria	14-Apr
61.16		Mariska van Driel	GN	270488	2	Sasolburg	23-Jan
62.57		Jana Theron	VT	270289	2	Pretoria	14-Apr

High Jump

1.95 & 1.92m

1.93	Anika Smit	CN	260586	1	Potchefstroom	20-Feb
1.89	Marcoleen Pretorius	VT	250789	1	Port Elizabeth	30-Mar
1.83	René van der Merwe	GN	150686	3	Algiers	19-Jul
1.80	Tillanie Neethling	GN	180188	1	Sasolburg	23-Jan
1.80	Marizca Gertenbach	MP	201082	1	Pretoria	23-Feb
1.80	Marna Fourie	WP	220487	1	Bellville	24-Feb
1.80	Tertia Stander	GN	150686	5	Durban	17-Mar
1.75	Louise Dreyer	CN	260586	2	Potchefstroom	02-Feb
1.75	Elizabeth Lotz	GN	130381	3	Pretoria	10-Feb
1.75	Lindi Roux	WP	170684	6	Stellenbosch	02-Mar
1.75	Marike Prinsloo	FS	220389	1	Bloemfontein	24-Mar
1.75	Janette Siebert	FS	130189	2	Bloemfontein	24-Mar

Pole Vault

4.45 & 4.30m

4.00	Samantha Dodd	WP	130879	1	Bellville	24-Mar
3.90	Lindi Roux	WP	170684	1	Bellville	17-Feb
3.70	Eva Thornton	EP	180368	2	Stellenbosch	02-Mar
3.60	Honorata Saar	GN	310182	1	Pretoria (LC)	10-Mar
3.60	Sylma Jordaan	WP	030185	3	Bellville	24-Mar
3.60	Leanne Viviers	BO	231188	2	Bellville	17-Feb
3.50	Janita Stander	BO	020290	1	Port Elizabeth	30-Mar
3.42	Ida-Marie Ehlers	GN	280975	1	Pretoria	23-Feb
3.40	Liesl Viljoen	GN	060977	2	Pretoria (LC)	10-Mar
3.40	Anel Jansen	EP	241086	3	Durban	31-Mar

Long Jump

(* - best legal jump)

6.70 & 6.60m

6.93	1.6	Karin Mey	GN	310583	1	Bad Langensalza	07-Jul
6.79	0.1	Janice Josephs	BO	310382	1	Algiers	21-Jul
6.15	-3.2	Christy Coetzee	CG	240589	1	Port Elizabeth	30-Mar
6.09	1.0	Charlene Henning	FS	220985	1	Secunda	26-Jan
5.85	0.3	Celeste Rietels	WC	140190	1	Pretoria	13-Apr
5.80	0.5	Nicholeen McLaren	MP	100590	2	Pretoria	13-Apr
5.77	0.0	Danielle Fourie	CG	110690	1	Libanon	24-Feb
5.76	-1.7	Patience Ntshingila	CG		2	Port Elizabeth	30-Mar
5.76	1.0	Bianca Erasmus	CG		2	Pretoria	13-Apr
5.69	0.3	Marni Stevens	CG	300589	3	Pretoria	13-Apr

Wind

6.84	4.2	Karin Mey	GN	310583	1	Durban	31-Mar
5.87	4.0	Justine Robbeson	CN	150585	2	Durban	31-Mar
5.85	3.3	Islarie Wessels	CN	020887	3	Durban	31-Mar
5.82	5.0	Leandie Maritz	CG	250287	4	Durban	31-Mar

NWI

5.93		Patience Ntshingila	CG		2	Germiston	10-Mar
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Triple Jump

(* - best legal jump)

14.20 & 14.00m

12.63	1.2	Charlene Henning	FS	220985	1	Potchefstroom	02-Feb
12.36	1.6	Arlie Muller	CN	031286	1	Durban	17-Mar
12.21	1.7	Cindy Peters	CG	120284	2	Durban	30-Mar

12.11	-1.0	Kelly Kingwell	Bor		1	Gaborone	27-Apr
11.98	0.7	Marike Steyn	FS	100187	3	Durban	30-Mar
11.95	0.1	Rozanne Oeschger	GN	110891	1	Pretoria	14-Apr
11.93	1.7	Michelle Cornelius	GN	140989	1	Pretoria	14-Apr
11.93	1.5	Hannelie Kotze	LIM	220290	2	Pretoria	14-Apr
11.92	1.8	Danielle Fourie	CG	110690	1	Roodepoort	27-Feb
11.79	0.7	Eliz-Mari Prinsloo	GN	090788	2	Potchefstroom	02-Feb
11.79	1.3	Matsi Dikotla	CG		4	Durban	30-Mar

Shot

18.30 & 17.30m

16.87		Simoné du Toit	CG	270988	1	Durban	16-Mar
16.29		Veronica Abrahamse	KZ	180880	2	Durban	16-Mar
15.52		Maranelle Basson (Du Toit)	WP	311278	1	Bellville	24-Feb
13.46		Bianca van Rooyen	CG	280188	4	Durban	16-Mar
13.33		Sonnika Knoetze	CN	180887	1	Potchefstroom	21-Mar
13.16		Elzaan Mostert	WP	060190	1	Pretoria	13-Apr
13.15		Justine Robbeson	CN	150585	3	Durban	31-Mar
12.95		Line Barnard	BO	300889	3	Pretoria	14-Apr
12.75		Les-Lee Thompson	MP	150289	1	Port Elizabeth	31-Mar
12.60		Tanya Treurnicht	CG	040184	1	Johannesburg	03-Feb

Discus

61.00 & 59.00m

64.87		Elizna Naude	FS	140978	1	Stellenbosch	02-Mar
51.12		Simoné du Toit	CG	270988	5	Algiers	21-Jul
47.36		Magdel Venter	FS	011085	3	Durban	17-Mar
45.92		Maryke Oberholzer	LM	271189	3	Secunda	26-Jan
45.70		Lindie Liebenberg	Bor	220291	1	Maputo	10-Jun
44.20		Monique Froneman	WP	140984	3	Stellenbosch	02-Mar
43.50		Suriette Botha	GN	180292	1	Maputo	10-Jun
43.49		Henriette Loggenberg	MP	020588	2	Durban	31-Mar
43.45		Veronica Abrahamse	KZ	180880	4	Durban	17-Mar
43.24		Karin Furstenburg	FS	120389	1	Port Elizabeth	30-Mar

Hammer

69.50 & 67.00m

49.50		Karin le Roux	BO	260387	1	Durban	30-Mar
48.24		Marizette Badenhorst	FS	070690	1	Port Elizabeth	30-Mar
47.15		Jolene van Zyl	FS	050188	2	Durban	16-Mar
46.99		Tanya Treurnicht	CG	040184	1	Johannesburg	03-Feb
44.63		Nadia Botha	FS	070891	2	Pretoria	13-Apr
42.98		Nanette Stapelberg	FS	110790	3	Port Elizabeth	30-Mar
41.45		Anneke Louw	EP	110391	3	Pretoria	13-Apr
41.38		Simone Viviers	EP	110692	4	Pretoria	13-Apr
40.72		Marilize Coetzee	WP	271276	1	Bellville	24-Feb
39.92		Carin van Aardt	MP	220289	1	Port Elizabeth	30-Mar

Javelin

61.00 & 59.00m

62.51		Justine Robbeson	CN	150585	1	Potchefstroom	02-Feb
58.39		Sunette Viljoen	CN	061083	5	Bangkok	14-Aug
56.55		Tazmin Brits	CN	080191	1	Maputo	10-Jun

52.45		Leanke Steyn	FS	301090	1	Port Elizabeth	31-Mar
52.22		Gerlize de Klerk	GN	230389	1	Pretoria	13-Apr
50.99		Linda Smit	CN	150885	3	Potchefstroom	02-Feb
50.13		Anzel van der Scvhyff	GN	190387	3	Durban	30-Mar
48.89		Rencia Fourie	GN	010290	3	Port Elizabeth	31-Mar
48.54		Sonnika Knoetze	CN	180887	3	Potchefstroom	07-Apr
47.84		Mariska Botes	CG	061187	5	Durban	30-Mar

Heptathlon

6000 & 5800 pts

5 099	**	Janice Josephs	BO	310382	1	Stellenbosch	2/3 Mar
4 318		Mariska Meintjies	VT	110186	2	Stellenbosch	2/3 Mar
3 952		Louise Dreyer	CN	260586	1	Durban	30/31mar

** - only six events

4x100m Relay

46.30		Tuks A	GN		1	Durban	30-Mar
46.75		Central Gauteng	CG		1	Durban	17-Mar
47.14		Univ. Johannesburg	CG		2	Durban	30-Mar
47.50		Central Gauteng u/18	CG		1	Pretoria	13-Apr
47.64		Gauteng North	GN		2	Durban	17-Mar
47.86		Gauteng North A (u20)	GN		1	Pretoria	13-Apr
48.00		North West Univ. (PUK A)	CN		3	Durban	30-Mar
48.15		Nelson Mandela Met. Univ	EP		4	Durban	30-Mar
48.22		SA Youth (u18) Team			1	Maputo	10-Jun
48.33		KwaZulu Natal	KZ		3	Durban	17-Mar

4x400m Relay

3:33.62		South Africa			2	Algiers	22-Jul
		Estie Wittstock, Amanda Kotze, Tihanna Vorster,				Tsholofelo Selemela	
3:41.41		Gauteng North	GN		1	Durban	17-Mar
3:44.34		Western Province	WP		2	Durban	17-Mar
3:46.50	ht	Tuks A (Prtetoria Univ)	GN		1	Durban	31-Mar
3:53.52		Central Gauteng	CG		3	Durban	17-Mar
3:55.20	ht	North West Univ. (PUK A)	CN		2	Durban	31-Mar
3:57.50	ht	Univ. Johannesburg	CG		3	Durban	31-Mar
3:57.54		Gauteng North u/20	GN		1	Pretoria	13-Apr
3:59.20	ht	Free State Univ	FS		4	Durban	31-Mar
3:59.44		Central North West u/20	CN		2	Pretoria	13-Apr

3000m Walk (Track)

13:16.25		Nicolene Cronje	CG	160683	1	Pretoria	09-Mar
14:50.34		Nomsa Buthelezi	CG	120181	2	Pretoria	09-Mar
15:15.49		Suzanne Erasmus	CN	260985	2	Potchefstroom	02-Feb
15:59.69		Michelle Hopkins	CG	091188	3	Pretoria	09-Mar
16:20.90		Gwen Smeeton	WP	060267	1	Vygieskraal (CT)	23-Jan

5000m Walk (Track)

26:00.06		Ruzanne Harris	BO	290185	1	Bellville	03-Feb
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27:31.91		Natalie Fourie	WP	190682	2	Bellville	03-Feb
27:39.04		Suzanne Liebenberg	CN	u18	1	Port Elizabeth	31-Mar
27:41.46		Inge Kotze	BO	u16	2	Port Elizabeth	31-Mar
28:02.24		Corli Swart	FS	050391	1	Pretoria	13-Apr
28:11.36		Melissa de Jager	NW	u18	2	Port Elizabeth	31-Mar
28:22.18		Sumarie Maree	NW	u18	3	Port Elizabeth	31-Mar
28:41.62		Karlien Doubell	BO	010187	3	Bellville	03-Feb
28:47.93		Margie Conradie	KZ	u18	4	Pretoria	13-Apr
28:54.31		Janri de Klerk	Bor	u18	5	Pretoria	13-Apr

10000m Walk (Track)

52:46.00	ht	Ruzanne Harris	BO	290185	1	Durban	30-Mar
53:06.50		Jo-Ann Williams	BO	100289	1	Stellenbosch	01-Feb
56:09.70	ht	Michelle Hopkins	CG	091188	2	Durban	30-Mar
57:34.40	ht	Karlien Doubell	BO	010187	1	Stellenbosch	24-Feb
58:26.26		Anke Ingram	FS	280589	1	Bloemfontein	24-Mar
59:56.49		Amorette van Daalen	WP	270288	1	Bellville	08-Mar
1h4:10.16		Karla de Klerk	Bor		3	Pretoria	13-Apr
1h5:05.60	ht	Riandi Booyens	CG	120488	3	Durban	30-Mar
1h6:07.57		Zanelle Wanda	KZ		5	Pretoria	13-Apr
1h8:00.31		Paulinah Hlahane	FS	060489	6	Pretoria	13-Apr

10km Walk (Road)

48:40		Nicolene Cronje	CG	160683	5	Zaniemysl, POL	28-Apr
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20km Walk (Road)

1:33.30 & 1:38.00

1:41:28		Nicolene Cronje	CG	160683	1	Durban	17-Mar
1:45:48		Ruzanne Harris	BO	290185	1	Youngsfield, CT	12-May
1:51:52		Nomsa Buthelezi	CG	120181	2	Germiston	24-Feb
1:54:14		Natalie Fourie	WP	190682	1	Bellville	27-Jan
1:59:40		Gwen Smeeton	WP	060261	3	Bellville	27-Jan
2:03:52		Babongile Memela	KZ		5	Durban	17-Mar
2:06:06		Erdine Burger	WP	311256	4	Bellville	27-Jan
2:06:34		Khethiwe Mamela	KZ		6	Durban	17-Mar

ends