

SOUTH AFRICAN BEST PERFORMANCES 2008

YOUTH (U/18) BORN 1991/92/93/94

Compiled by Danie Cornelius

As on 16 July 2008

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MEN

100 METRES

10.60	1.6	Wayde Jooste	CG		1sf1	Pretoria(LC)	18-Apr
10.68	0.4	Themba Mngqibsa	CG		2	Pretoria(LC)	18-May
10.76	1.3	Curt Ruiters	BO	01-09-91	1h3	Pretoria(LC)	18-Apr
10.80	1.1	Eben Barnard	EC		2h1	Rustenburg	28-Mar
10.81	1.2	Roscoe Roos	WP		1sf3	Pretoria(LC)	18-Apr
10.83	1.3	Richmond Collins	GN		1	Rustenburg	28-Mar
10.83	1.6	Abednego Mamushi	MP		3sf1	Pretoria(LC)	18-Apr
10.86	1.0	Heathcliff Nyambiya	FS		2h2	Rustenburg	28-Mar
10.87	1.2	Hendrik Stapelberg	EC		2sf3	Pretoria(LC)	18-Apr
10.93	0.4	Simphiwe Nxumalo	MP		1h3	Pretoria(LC)	18-Apr

Hand

10.8	nwi	Jamba Ulengo	FS		1	Bloemfontein	19-Jan
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200 METRES

21.31	-0.4	Stefan Brits	CG	19-01-92	1h1	Germiston	05-Feb
21.37	-0.4	Waide Jooste	CG		2h1	Germiston	05-Feb
21.46	1.3	Apelele Rasmeni	EC		1	Rustenburg	29-Mar
21.63	1.3	Curt Ruiters	BO	01-09-91	3	Rustenburg	29-Mar
21.67		Themba Mngqibisa	VT		2	Germiston	07-Mar
21.68	1.3	Dean Swart	BO	04-04-91	5	Rustenburg	29-Mar
21.74		MC Kruger	VT		3	Germiston	07-Mar
21.93	0.9	Curt Ruiters	BO	01-09-91	2sf2	Rustenburg	29-Jan
21.93	1.3	Simphiwe Nxumalo	MP		6	Rustenburg	29-Mar

Wind

21.37	2.1	Apelele Rasmeni	EC		1	Pretoria(LC)	19-Apr
21.66	2.1	Dean Swart	BO	04-04-91	2	Pretoria(LC)	19-Apr

400 METRES

47.84		Dean Swart	BO	04-04-91	1	Pretoria(LC)	18-Apr
47.87		Senzo Blose	KZ		1	Rustenburg	28-Mar
48.20		Pieter Marx	FS		1	Bloemfontein	29-Feb
48.67		Armand Fourie	GN		3	Rustenburg	28-Mar
48.82		Daniel Harrison	GAU		4	Rustenburg	28-Mar
48.87		Anrich Visser	BO	24-02-91	5	Rustenburg	28-Mar
49.20		D Harrison	CG		1h1	Germiston	07-Mar
49.22		MC Kruger	VT		2h4	Germiston	07-Mar
49.25		Ryno de Lange	LIM		6	Rustenburg	28-Mar
49.27		Thabang Lebona	FS		1	Bloemfontein	07-Mar

800 METRES

1:53.17	Ryno de Lange	LIM	1	Rustenburg	29-Mar
1:54.03	Ratlale Mokone	FS	2	Rustenburg	29-Mar
1:55.02	Tebnogo Khanye	KZN	3	Pretoria(LC)	19-Apr
1:55.1	Jan Lubbe	CG	1	Germiston	05-Apr
1:55.15	Rynardt van Rensburg	FS	1	Bloemfontein	07-Mar
1:55.62	Mawande Hlongwe	TRA	4	Pretoria(LC)	19-Apr
1:55.68	Nichlolus Sethlalogile	NW	4	Rustenburg	29-Mar
1:55.87	Michael van Aswegen	CGA	1h4	Pretoria(LC)	19-Apr
1:55.97	Andrew Leeuw	CG	6	Rustenburg	29-Mar
1:56.02	Benjamin Molehe	FS	7	Rustenburg	29-Mar

1500 METRES

3:58.84	Rynardt van Rensburg	FS	1	Pretoria(LC)	19-Apr
3:59.48	Tebnogo Khanye	KZN	2	Pretoria(LC)	19-Apr
3:59.88	Tebogo Khayi	KZ	1	Rustenburg	28-Mar
4:00.43	Ivin Chuta	FS	1	Bloemfontein	07-Mar
4:00.55	Sphamandla Khulu	KZN	3	Pretoria(LC)	19-Apr
4:00.66	Ratlale Mokone	FS	2	Bloemfontein	07-Mar
4:01.14	M Molehe	FS	3	Bloemfontein	07-Mar
4:01.21	Vuyo Khuze	FS	4	Bloemfontein	07-Mar
4:01.54	Manfred Sejake	CG	2	Rustenburg	28-Mar
4:02.61	R Mangengene	CG	1	Germiston	07-Mar

3000 METRES

8:39.04	Vuvisile Tshaba	CG	1	Pretoria(LC)	18-Apr
8:40.78	Joel Monne	CNW	2	Pretoria(LC)	18-Apr
8:43.54	Mfumaneko Fadane	TRA	4	Pretoria(LC)	18-Apr
8:46.07	M Molehe	FS	1	Bloemfontein	07-Mar
8:47.51	Ruben Mangengenene	CG	1	Germiston	07-Mar
8:48.50	Lucas Bothoboile	NW	1	Rustenburg	29-Mar
8:49.41	Donney Danster	WC	2	Rustenburg	29-Mar
8:50.88	Taedi Mokone	FS	2	Bloemfontein	07-Mar
8:51.16	Jeremy Andrews	WP	3	Rustenburg	29-Mar
8:51.80	Ruben Magenene	CG	5	Pretoria(LC)	18-Apr
8:51.97	Johannes Molehe	FS	4	Rustenburg	29-Mar

2000m STEEPLECHASE

6:00.50	Sphamandla Nyembe	KZ	1	Rustenburg	28-Mar
6:00.74	Ratlale Mokone	FS	1	Pretoria(LC)	17-May
6:04.8	Olwetmu Mhlaba	CG	1	Germiston	05-Apr
6:06.75	Xola Bongoza	EC	3	Rustenburg	28-Mar
6:06.84	Michael du Toit	GAU	4	Rustenburg	28-Mar
6:06.90	Ruan Aspeling	NW	5	Rustenburg	28-Mar
6:06.98	Anele Faku	EC	6	Rustenburg	28-Mar
6:08.35	F Radebe	FS	2	Bloemfontein	07-Mar
6:09.3	Thabang Sakwana	CG	2	Germiston	05-Apr
6:11.01	Taedi Khoza	FS	2	Bloemfontein	29-Feb

110m HURDLES

13.75	1.1	(91.4cm)	Kobus Moolman	GN	1	Pretoria(LC)	18-Apr
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13.82	0.9	Abednego Mamushi	MP	19-09-91	1	Pretoria(LC)	18-May
13.94	1.2	Jaco Fourie	GN		1h1	Rustenburg	28-Mar
14.04	0.1	Werner Joubert	GN		2	Rustenburg	28-Mar
14.16	1.1	Driekus Viljoen	BO	19-04-91	4	Pretoria(LC)	18-Apr
14.26	1.1	Emanuel Paggis	FS		5	Pretoria(LC)	18-Apr
14.31	1.1	Albert Mans	CG		6	Pretoria(LC)	18-Apr
14.32	0.9	Gert Swanepoel	NW		2h2	Rustenburg	28-Mar
14.33	0.1	Ruaan van Wyk	BO	04-12-91	5	Rustenburg	28-Mar
14.39	0.9	Ian Schoonwinkel	NW		3h2	Rustenburg	28-Mar

400m HURDLES

(84cm)

52.14		Pieter Marx	FS		1	Rustenburg	29-Mar
52.40		Christo Hattingh	CG		2	Rustenburg	29-Mar
53.32		Gert Swanepoel	NW		3	Rustenburg	29-Mar
53.91		Layne Schaffers	WP		2	Pretoria(LC)	19-Apr
53.99		Albert Mans	CG		2	Pretoria	26-Feb
54.03		Jurie Moolman	GN		2	Germiston	07-Mar
54.14		Johan Fourie	LIM		1h3	Rustenburg	29-Mar
54.40		Sechaba Matshisa	FS		4	Pretoria(LC)	19-Apr
54.58		Shaun van Wyk	NW		7	Rustenburg	29-Mar
54.73		Stephanus van Staden	CG		4	Germiston	07-Mar

HIGH JUMP

2.10		Heinrich Kuhn	WP		1	Pretoria(LC)	18-May
2.03		Andre Smith	VT	110592	1	Rustenburg	28-Mar
2.03		Christiaan Karl	MP		2	Rustenburg	28-Mar
2.01		Andre Fourie	EP		3	Pretoria(LC)	19-Apr
2.00		Wouter Faurie	GN	08-10-91	1	Germiston	07-Mar
1.99		Erik Schoeman	GN		4	Pretoria(LC)	19-Apr
1.95		Christiaan Hill	VT		4	Germiston	07-Mar
1.94		Shaun Owen	BO	13-02-92	7	Pretoria(LC)	19-Apr
1.93		Carl van Eerden	BO	20-02-92	3	Rustenburg	28-Mar
1.90		Wilhelm Grunow	FS		1	Bloemfontein	19-Jan
1.90		Raymond Minnaar	CG		1	Pretoria	26-Feb
1.90		Marikus Botes	LIM		q	Rustenburg	28-Mar
1.90		Jandre van Niekerk	NW		q	Rustenburg	28-Mar
1.90		Keegan Fourie	WC		q	Rustenburg	28-Mar

POLE VAULT

5.20		Cheyne Rahme	CG	230191	1	Pretoria(LC)	19-Apr
4.60		Ruaan van Wyk	BO	041291	3	Stellenbosch	01-Apr
4.60		Christiaan Norman	BO	16-05-91	2	Pretoria(LC)	19-Apr
4.20		Heinrich Odendaal	FS		4	Pretoria(LC)	19-Apr
4.00		Sebastian Wessels	FS	23-01-91	3	Rustenburg	29-Mar
3.90		Albert Korf	BO	u/16	1	Rustenburg	28-Mar
3.90		Henno Furstenburg	FS		4	Rustenburg	29-Mar
3.90		Phillip Oosthuizen	FS		5	Pretoria(LC)	19-Apr
3.80		Michael Ciliers	GAU	u/16	2	Rustenburg	28-Mar
3.70		JF Burger	FS		1	Bloemfontein	02-Feb
3.70		Stefan Jordaan	FS		3	Bloemfontein	07-Mar

LONG JUMP

7.74	-2.3	Stefan Brits	CG	19-01-92	1	Rustenburg	28-Mar
7.45	1.2	Dylon Cotter	CG	230891	2	Rustenburg	28-Mar
7.22	2.0	Apelele Rasmeni	EC		3	Rustenburg	28-Mar
7.06	-0.1	Rowhan Rode	WC		4	Rustenburg	28-Mar
6.93	1.0	Clint Jonhson	WC		5	Rustenburg	28-Mar
6.82	1.3	Fritz Helberg	GN	u/16	5	Pretoria(LC)	18-Apr
6.78		Heathcliff Nyimbiya	FS		1	Bloemfontein	29-Feb
6.73	1.3	Werner Robertse	CNW	u/16	6	Pretoria(LC)	18-Apr
6.71	-1.0	Keanu Roman	VT	u/16	2	Rustenburg	28-Mar
6.69	1.2	Brian Mashigo	MP		7	Rustenburg	29-Mar
6.67	1.0	Ofentse Mathabe	NW		8	Rustenburg	29-Mar

TRIPLE JUMP

15.56		Dylon Cotter	CG	23-08-91	1	Germiston	05-Apr
15.50	1.8	Apelele Rasmeni	EC		1	Rustenburg	29-Mar
14.64	1.6	Rushwahl Samaal	BO	25-09-91	3	Rustenburg	29-Mar
14.51	0.5	Ntokoza Mbokazi	CG	U/16	1	Rustenburg	29-Mar
14.20	1.7	Luvo Maniyonga	BOL	08-01-91	4	Pretoria(LC)	19-Apr
13.74	1.7	Duane Adams	EC		5	Rustenburg	29-Mar
13.73	1.7	Roedie Niemand	MP		6	Rustenburg	29-Mar
13.57		V Masiye	CG		2	Germiston	07-Mar
13.52	-0.3	Christiaan Lombard	FS		7	Rustenburg	29-Mar
13.42		D Breedt	CG		3	Germiston	07-Mar
13.41	0.3	Jone Jansen	FS		1	Bloemfontein	07-Mar

Wind

14.88	5.0	Ntokoza Mbokazi	CG	U/16	3	Pretoria(LC)	19-Apr
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SHOT PUT**(5kg)**

19.22		Donovan Stebbing	MP	02-02-92	1	Pretoria(LC)	18-Apr
18.55		Brynn-Peter Kemp	BO	18-01-91	1	Rustenburg	28-Mar
17.22		Schalk Mostert	BO	01-03-91	3	Rustenburg	28-Mar
16.84		Jason Erasmus	CG		1	Germiston	07-Mar
16.43		Petri Coetzee	FS		1	Bloemfontein	19-Jan
16.35		Shaun Lourens	CG		2	Germiston	07-Mar
16.14		Irne Herbst	GN	u/16	1	Pretoria	05-Apr
15.91		Dewald van Heerden	CG		1	Pretoria(LC)	09-Feb
15.88		Estiaan Klem	VT		3	Germiston	07-Mar
15.75		Adam van Heerden	BO	27-04-91	4	Rustenburg	28-Mar

DISCUS**(1.5kg)**

60.51		Dewald van Heerden	CG	04-04-91	1	Pretoria(LC)	09-Feb
53.99		Brynn-Peter Kemp	BO	18-01-91	1	Pretoria(LC)	19-Apr
52.04		Charles Burger	FS		3	Rustenburg	29-Mar
51.65		Charl Grobler	FS		2	Pretoria(LC)	19-Apr
50.14		Shaun Lourens	GAU		1	Germiston	05-Apr
49.32		Pierre Coetzee	FS		3	Pretoria(LC)	19-Apr
47.21		Estiaan Klem	VT		2	Germiston	05-Apr

46.94	Romana da Costa	WC		6	Rustenburg	29-Mar
46.69	Donovan Stebbing	MP	02-02-92	4	Pretoria(LC)	19-Apr
45.73	Basie Jordaan	CG		3	Germiston	05-Apr

HAMMER THROW

(5kg)

62.37	TJB van Niekerk	NW		1	Rustenburg	29-Mar
59.18	Lodewalt Venter	EC		1	Pretoria(LC)	17-May
57.74	Rudolf Roodt	FS	04-06-91	3	Rustenburg	29-Mar
56.65	Donovan Stebbing	MP	02-02-92	3	Pretoria(LC)	18-Apr
55.33	Gerhard Lotz	EC		4	Rustenburg	29-Mar
54.48	Spyker Serfontein	FS	08-03-91	4	Pretoria(LC)	18-Apr
52.73	Gideon de Villiers	EC		6	Rustenburg	29-Mar
51.24	Phillip Marx	SWD	17-01-91	1	Oudtshoorn	16-Feb
51.16	Hannes Carstens	WC	31-08-91	7	Rustenburg	29-Mar

JAVELIN

(700g)

74.99	Corne Barnardo	SWD	10-06-91	1	Pretoria(LC)	19-Apr
72.72	Ettiene Grassmann	EP	28-12-91	1	Germiston	02-May
67.07	Dean Goosen	VT	10192	2	Rustenburg	28-Mar
66.73	Alex Jacobs	GN		2	Pretoria(LC)	19-Apr
66.31	D Lindsay	CG		1	Germiston	07-Mar
65.31	Jonathan Crichton	GAU		3	Rustenburg	28-Mar
63.45	Jacques Cronje	GN		4	Pretoria(LC)	19-Apr
62.57	Charl Willemse	FS		1	Bloemfontein	07-Mar
62.23	Steyn Kriel	CNW		5	Pretoria(LC)	19-Apr
61.41	Derick van Wyk	VT		5	Germiston	07-Mar

RELAY 4 X 100m

41.87	South African Schools			1	Germiston	02-May
42.13	Mpumalanga			1	Rustenburg	28-Mar
42.22	Gauteng			2	Rustenburg	28-Mar
42.25	Eastern Cape			3	Rustenburg	28-Mar
42.33	Central Gauteng			1	Pretoria(LC)	18-Apr
42.47	Western Cape			4	Rustenburg	28-Mar
42.75	Mpumalanga			2	Pretoria(LC)	18-Apr
42.93	Boland			3	Pretoria(LC)	18-Apr
43.46	Western Province			5	Pretoria(LC)	18-Apr
43.68	AHS	GN		2	Pretoria(LC)	09-Feb

3000m WALK (TRACK)

12:59.32	Gert Smith	FS	140789	3	Potchefstroom	01-Feb
13:02.81	Dewald Bekker	GN	150390	4	Potchefstroom	01-Feb

5000m WALK (TRACK)

22:54.36	Dewald Bekker	GN	150390	2	Germiston	22-Feb
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10000m WALK (TRACK)

53:25.11	Manqoba Khubeka	KZN		1	Pretoria(LC)	19-Apr
53:28.79	Andile Walaza	KZ		1	Rustenburg	29-Mar
53:29.59	Jacques Faurie	NW		2	Rustenburg	29-Mar

53:40.9		Ruan Wessels	FS		2	Pretoria(LC)	19-Apr
53:55.43		SJ Wilson	FS		1	Bloemfontein	07-Mar
54:40.41		Stephan Nieuwoudt	BO	25-08-92	3	Rustenburg	29-Mar
54:54.59		Hebrew-John Morgendal	WC		4	Rustenburg	29-Mar
54:58.12		Reginald Hufkie	EC		3	Pretoria(LC)	19-Apr
55:18.86		K Lelala	FS		2	Bloemfontein	07-Mar
55:25.77		Elroy Bester	WC		6	Rustenburg	29-Mar

WOMEN

100 METRES

11.94	1.5	Alyssa Conley	CG	270491	1h2	Pretoria(LC)	18-Apr
12.01	1.6	Melissa Hewitt	BO	20-05-91	1sf1	Pretoria(LC)	18-Mar
12.03	1.6	Arlene Gowar	EC		2sf1	Pretoria(LC)	18-Apr
12.04	1.7	Bevin Smith	CG	13-07-91	1sf3	Pretoria(LC)	18-Apr
12.07	1.3	Marizelle Swart	MP		2sf2	Rustenburg	28-Mar
12.21	1.7	Samatha Bouer	CGA		2sf3	Pretoria(LC)	18-Apr
12.24	0.6	Zanri van der Merwe	GN		1	Rustenburg	28-Mar
12.25		Anika van Huyssteen	GN	05-05-91	1	Pretoria	26-Feb
12.26	1.3	Amy Abel	WP		3sf2	Rustenburg	28-Mar
12.27	1.7	Katelyn Palframan	KZN	180392	3sf3	Pretoria(LC)	18-Apr
12.37	1.3	Sandri Vorster	NW		4sf2	Rustenburg	28-Mar

200 METRES

24.17		Bevin Smith	CG	13-07-91	1	Germiston	07-Mar
24.22	2.0	Alyssa Conley	CG	270491	3	Germiston	22-Feb
24.31	1.6	Imgard Bensusan	CG		1	Rustenburg	29-Mar
24.48	2.0	Ansulet Potgieter	FS		1sf1	Pretoria(LC)	19-Apr
24.61	1.9	Melissa Hewitt	BO	20-05-91	2h3	Pretoria(LC)	19-Apr
24.82		Samantha Bouer	CG		1	Germiston	07-Mar
24.83		Simone Lubbe	GN		2	Germiston	07-Mar
24.91	1.5	Marizelle Swart	MP		2sf2	Rustenburg	29-Mar
25.03		Elizabeth Louw	WP	220691	1	Bellville	08-Feb
25.07		Zanri van der Merwe	GN		3	Germiston	07-Mar

Wind

24.15	2.6	Imgard Bensusan	CG		1	Pretoria(LC)	18-May
24.47	2.6	Ansulet Potgieter	FS		2	Pretoria(LC)	18-May

400 METRES

54.91		Sonja van der Merwe	WP	19-05-92	1	Pretoria(LC)	18-Apr
55.11		Anika van Huyssteen	GN	05-05-91	1	Rustenburg	28-Mar
55.25		Justine Palframan	KZ	41193	1	Pretoria(LC)	18-May
56.22		Monique Vosloo	CG	260891	2	Rustenburg	28-Mar
56.52		Lize-Ann Steyn	EC	u/16	1	Rustenburg	28-Mar
56.80		Sunel Jacobs	BO	190193	2	Rustenburg	28-Mar
56.81		P Obisi	CG		3	Rustenburg	28-Mar
56.81		Anri Steyn	CG		4	Rustenburg	28-Mar
56.93		Elizabeth Louw	WP	220691	4	Rustenburg	28-Mar
57.06		Thato Makhafola	GAU	u/16	5	Rustenburg	28-Mar

800 METRES

2:08.00	Caster Semenya	LIM		1	Pretoria(LC)	18-May
2:10.46	Anuschka Nice	CG	260891	2	Rustenburg	29-Mar
2:11.34	Elandrie Drotsky	MP		3	Rustenburg	29-Mar
2:11.94	Marelize Jordaan	WP		2	Pretoria(LC)	19-Apr
2:12.20	Lebohang Dlamini	FS		1	Bloemfontein	07-Mar
2:12.64	Happiness Mkhize	KZN		3	Pretoria(LC)	19-Apr
2:13.07	Masabata Masooane	VT		1	Germiston	07-Mar
2:13.42	Felicia Mofokeng	FS	u/15	1	Bloemfontein	07-Mar
2:13.63	Lize-Ann Steyn	EC	u/16	1	Rustenburg	29-Mar
2:13.87	Lindi Pretorius	CG		5	Pretoria(LC)	19-Apr

1500 METERS

4:33.25	Caster Semenya	LIM		1	Rustenburg	28-Mar
4:34.15	Masabata Mosoane	VT		2	Pretoria(LC)	18-Apr
4:35.89	Dominique Scott	BO	24-06-92	2	Rustenburg	28-Mar
4:35.90	Lebohang Dlamini	FS		1	Bloemfontein	29-Feb
4:36.99	Baby Mokone	FS		3	Rustenburg	28-Mar
4:40.19	Anelda Pypers	CG	15-04-91	1	Pretoria(LC)	09-Feb
4:40.59	Mamphela Sibanda	CGA		3	Pretoria(LC)	18-Apr
4:41.4	Natanya Luther	CG	25-01-91	1	Durban	18-Jan
4:41.91	Madeleine Pretorius	NW		5	Rustenburg	28-Mar
4:43.13	Letitia Saayman	GN		2	Germiston	07-Mar

3000 METRES

9:51.33	Sylvia Tshetlanyone	CG	20-04-93	1	Germiston	02-May
10:03.67	Baby Mokone	FS		2	Rustenburg	29-Mar
10:08.83	Dominique Scott	BO	24-06-92	3	Rustenburg	29-Mar
10:14.06	Nandhipa Dywili	TRA		3	Pretoria(LC)	18-Apr
10:23.5	Thato Makhafola	CG		2	Germiston	05-Apr
10:23.99	Ashleigh Schnetler	CG		2	Germiston	07-Mar
10:26.95	Madeleine Pretorius	NW		4	Rustenburg	29-Mar
10:32.37	Amukholani Baloyi	CG		3	Germiston	07-Mar
10:35.96	Angelique Faasen	VT		4	Germiston	07-Mar
10:38.74	Linda Hanekom	WP		7	Rustenburg	29-Mar

100m HURDLES

(76.2cm)

13.68	0.8	Ansulet Potgieter	FS	27-04-91	1	Pretoria(LC)	18-Apr
14.02	0.8	Imgard Bensusan	CG		2	Pretoria(LC)	18-Apr
14.19	-1.2	Maryke Brits	CG	u/15	1	Germiston	05-Apr
14.29	1.0	Karli Gey van Pittius	BO	10-07-91	2h2	Rustenburg	28-Mar
14.59	1.6	Mihandra Dorfling	FS		1	Bloemfontein	07-Mar
14.60	0.8	Elbe Rothman	FS		2h1	Rustenburg	28-Mar
14.64	1.0	Sussana v d Merwe	NC		3h2	Rustenburg	28-Mar
14.65	0.8	Chane Naude	GAU		3h1	Rustenburg	28-Mar
14.66	1.0	Jean-Marie Seenekal	BO	11-12-92	4h2	Rustenburg	28-Mar
14.80	0.1	Anke Viljoen	GN		1	Pretoria	05-Apr

400m HURDLES

(76.2cm)

61.74	Marion-Ann Duvenhage	NW		1	Rustenburg	29-Mar
62.44	Ulrike Rautenbach	NW		2	Rustenburg	29-Mar
62.87	Megan Goddard	WP		1	Pretoria(LC)	18-May
63.82	Danelle Greef	VT		4	Rustenburg	29-Mar
64.11	Jean-Marie Seenekal	BO	11-12-92	5	Rustenburg	29-Mar
64.19	A Kamfer	NW		3h1	Rustenburg	29-Mar
64.24	Sumarie Klaasen	BO	06-01-92	4h2	Rustenburg	29-Mar
64.43	Lize-Mari J van Rensburg	GN	u/17	2	Germiston	07-Mar
64.61	Lariska Botha	FS		4	Pretoria(LC)	19-Apr
65.03	Luzaan Rautenbach	GN		3	Germiston	07-Mar
65.05	M Pienaar	GN		4	Germiston	07-Mar

HIGH JUMP

1.73	Chaney Linder	CG		1	Rustenburg	29-Mar
1.70	Shannon Freeman	CG		2	Rustenburg	29-Mar
1.70	Chancey Linder	CG		1	Germiston	05-Apr
1.67	Francis Seeliger	GN	u/15	1	University of JHB	15-Feb
1.65	Loraine Snyman	CG		1	Pretoria(LC)	09-Feb
1.65	Tiffany Hattingh	VT		3	Germiston	07-Mar
1.65	June Roelofse	GN		2	Pretoria	05-Apr
1.65	Bronwyn Campbell	BO	12-11-91	2	Pretoria	19-Apr
1.65	Valentina de Rocha	WP		4	Pretoria(LC)	19-Apr
1.60	Zehanca Prinsloo	CG	07-10-91	1	Pretoria	26-Feb
1.60	Rochelle Olivier	FS		1	Bloemfontein	07-Mar
1.60	Inge Viljoen	GN		2	Germiston	07-Mar
1.60	Evette Riekert	GN		4	Germiston	07-Mar
1.60	Zehanca Prinsloo	CG	07-10-91	5	Germiston	07-Mar
1.60	Salome van Heerden	CNW		5	Pretoria(LC)	19-Apr
1.60	Francis Pieters	MP		6	Pretoria(LC)	19-Apr
1.60	Danica Mitchell	NWN		7	Pretoria(LC)	19-Apr
1.60	Remina Stephan	BO	31-05-92	8	Pretoria(LC)	19-Apr

POLE VAULT

3.00	Tarhirah Kozain	BO	13-04-93	1	Pretoria(LC)	19-Apr
2.90	Jeannie van Dyk	EC		2	Pretoria(LC)	19-Apr
2.80	Sarese de Villiers	FS		1	Rustenburg	29-Mar
2.71	Elana Els	FS		1	Bloemfontein	07-Mar
2.70	Jaette Smit	WC	u/16	2	Rustenburg	28-Mar
2.40	Janie Bezuidenhout	FS		2	Bloemfontein	07-Mar
2.40	Jessica Galloway	BO	08-08-92	4	Rustenburg	29-Mar
2.25	R Brink	CG		1	Germiston	07-Mar

LONG JUMP

5.99	Lynique Prinsloo	CG		3	Germiston	05-Apr
5.91	0.1 Monja Goosen	GN		2	Pretoria(LC)	18-Apr
5.90	Maryke Brits	CG	u/15	1	Rustenburg	28-Mar
5.85	Zanri van der Merwe	GN	u/16	2	Rustenburg	28-Mar
5.80	Jadri Fourie	CNW	07-05-91	3	Rustenburg	28-Mar
5.80	Kelly Kingwell	EP	22-01-91	4	Rustenburg	28-Mar
5.63	Chane Burger	CG	21-01-91	1	Germiston	05-Apr

5.58		Rozanne Oeschger	GN	11-08-91	5	Rustenburg	28-Mar
5.32		Cathrine Loubser	BO	05-08-93	3	Rustenburg	28-Mar
5.32	2.0	Tersia Tobias	EP		8	Pretoria(LC)	18-Apr
Wind							
5.86	2.5	Jadri Fourie	CNW		1	Pretoria(LC)	18-Apr
5.84	3.4	Kelly Kingwell	EP		2	Pretoria(LC)	18-Apr
5.79	4.1	Chane Burger	CGA		3	Pretoria(LC)	18-Apr
5.52	3.4	Mieneke Prins	WP		5	Pretoria(LC)	18-Apr

TRIPLE JUMP

11.96	0.4	Kelly Kingwell	EP	22-01-91	1	Pretoria(LC)	18-May
11.71*	1.6	Chanet v d Berg	NW		2	Pretoria(LC)	19-Apr
11.66	1.9	Monja Goosen	GN		2	Rustenburg	29-Mar
11.62		Rozanne Oeschger	GN	11-08-91	1	Germiston	07-Mar
11.59	0.4	Anke Viljoen	GN		1	Pretoria	05-Apr
11.46		Danelle Erwee	FS		1	Bloemfontein	29-Feb
11.12	0.4	Cathrine Loubser	BO	05-08-93	1	Rustenburg	29-Mar
11.10	0.8	Natasha Jansen	MP		6	Rustenburg	29-Mar
11.08		Hannelore Dagutat	GN	02-10-93	1	Germiston	07-Mar
11.08		Valentine da Rocia	WC		2	Rustenburg	29-Mar

Wind

12.15	4.1	Kelly Kingwell	EP		1	Pretoria(LC)	19-Apr
12.02	3.2	Monja Goosen	GN		1	Germiston	02-May
11.82	2.1	Chanet v d Berg	NW		1	Rustenburg	29-Mar
11.59	2.6	Danelle Erwee	FS	u/16	3	Pretoria(LC)	19-Apr
11.37	4.1	Luchelle Prinsloo	CNW		4	Pretoria(LC)	19-Apr
11.31	5.3	Hannelore Dagutat	GN	u/16	6	Pretoria(LC)	19-Apr

* Best Legal Jump in Competition

SHOT PUT

(4kg)

13.36		Carien Dreyer	GN	11-01-92	1	Germiston	02-May
13.28		Alannah Crafford	NW		2	Germiston	02-May
12.71		Nanke Supra	VT		1	Sasolburg	04-Apr
12.48		Gezelle Barnard	EC		3	Rustenburg	28-Mar
12.40		Sonia Smuts	CG	05-10-91	1	Germiston	07-Mar
12.24		Lindie Liebenberg	EC		5	Pretoria(LC)	18-Apr
11.83		Yolandi-Mari Bothma	CG	u/16	1	Pretoria	26-Feb
11.56		Johleen Booysen	SWD		1	Bellville	08-Mar
11.56		Bianca Scanavino	BO	20-10-92	6	Rustenburg	28-Mar
11.50		Yolandi Mare	CG		6	Pretoria(LC)	18-Apr
11.46		Siriette Botha	GN	u/16	1	Pretoria(LC)	09-Feb

DISCUS

(1kg)

46.70		Lindie Liebenberg	EC	22-02-91	1	Rustenburg	29-Mar
45.24		Carien Dreyer	GN	11-01-92	1	Pretoria(LC)	18-May
44.88		Suriette Botha	GN	u/17	1	Pretoria(LC)	19-Apr
41.86		Simone Meyer	KZ	u/16	1	Rustenburg	28-Mar
41.45		Danelle Willemse	MP	u/16	2	Rustenburg	28-Mar
40.35		Alme Coetzee	FS		4	Rustenburg	29-Mar

40.31	Yolanie Uys	CNW		4	Pretoria(LC)	19-Apr
39.78	Este van Staden	AGW		6	Pretoria(LC)	19-Apr
39.47	Magda Erasmus	NW		5	Rustenburg	29-Mar
39.33	Melinda Marais	NW		7	Pretoria(LC)	19-Apr

HAMMER

UNDER 18 (4kg)

50.60	Nadia Botha	FS	07-08-91	1	Pretoria(LC)	18-Apr
48.53	Anneke Louw	EC		1	Rustenburg	28-Mar
46.21	Simone Viviers	EC		2	Pretoria(LC)	18-Apr
44.58	Annemie Smith	SWD		1	Oudsthoorn	16-Feb
43.73	Magdaleen Louw	EP		4	Pretoria(LC)	18-Apr
38.53	Angeline de Franca	AVT	19-04-91	1	Sasolburg	07-Mar
37.67	M Potgieter	NW		5	Rustenburg	28-Mar
36.75	Marinda Louw	FS		2	Bloemfontein	07-Mar

JAVELIN

UNDER 18 (600g)

57.55	Tazmin Brits	CN	080191	1	Pretoria(LC)	18-Apr
48.72	Gezelle Barnard	EC		2	Germiston	02-May
43.88	Liezel de Swart	NWN		2	Pretoria(LC)	18-Apr
42.84	Leandri Swiegers	GAU	u/16	1	Rustenburg	28-Mar
42.64	Allanah Crafford	NW		3	Rustenburg	29-Mar
42.53	Alma du Plessis	MP		3	Pretoria(LC)	18-Apr
42.22	Liesel de Swardt	NW		4	Rustenburg	29-Mar
42.20	Shadin v d Merwe	GN	251192	5	Rustenburg	29-Mar
41.01	Marie-Lena Joubert	BO	12-03-92	6	Rustenburg	29-Mar
40.57	Janika Kotze	FS	u/16	2	Rustenburg	28-Mar
40.40	Ilze Holzkamp	VT		1	Germiston	07-Mar

PENTATHLON

3918	Mia Janse van Rensburg	AVT		1	Pretoria(LC)	18/19-Apr
3758	Sasha Lee Ludick	GN		2	Pretoria(LC)	18/19-Apr
3702	Joanne Beziudenhout	NWN		3	Pretoria(LC)	18/19-Apr
2675	Leandri Brits	CNW		4	Pretoria(LC)	18/10-Apr

4 x 100m RELAY

47.02	Gauteng			1	Rustenburg	28-Mar
47.20	SA Schools			1	Germiston	02-May
47.46	Free State			2	Rustenburg	28-Mar
47.80	Western Cape			3	Rustenburg	28-Mar
48.90	Gauteng u/16			1	Rustenburg	28-Mar
49.13	Mpumalanga			4	Rustenburg	28-Mar
49.31	North West			5	Rustenburg	28-Mar
49.45	Kwazulu Natal			1	Pretoria(LC)	18-Apr
49.55	Central Gauteng			2	Pretoria(LC)	18-Apr
49.56	Eastern Cape			6	Rustenburg	28-Mar

5000m WALK

26:00.35	Corli Swart	FS	05-03-91	1	Rustenburg	28-Mar
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27:51.25	Melissa de Jager	NW		2	Rustenburg	28-Mar
28:08.45	Zelda Schultz	WC		3	Rustenburg	28-Mar
28:13.55	Inge Kotze	BO	21-11-92	3	Pretoria(LC)	18-Apr
28:19.06	Janri de Klerk	EC		4	Rustenburg	28-Mar
28:41.26	Sumarie Maree	NW		5	Rustenburg	28-Mar
28:57.24	Larisha Erasmus	CNW		4	Pretoria(LC)	18-Apr
29:10.31	Beunette vd Merwe	NWN		6	Pretoria(LC)	18-Apr
29:16.40	J Meiring	FS		1	Bloemfontein	07-Mar
29:17.22	M Beneke	FS		2	Bloemfontein	07-Mar

end