

2009 SOUTH AFRICAN JUNIOR AND YOUTH LISTS

Compiler: Danie Cornelius

danie@jumps.co.za

Under 20: Athletes 19 and 18 years old (born in 1990 & 1991) (JUNIORS)

Under 18 Athletes 17 and 16 years old (born in 1992 & 1993) (YOUTHS)

MEN

100 metres

Under 20

10.38	1.4	Waide Jooste	CG	24-07-91	1h1	Pretoria (Absa-Tuks)	27-Mar
10.39	1.4	Ethan Floris	BO	15-04-90	2h1	Pretoria (Absa-Tuks)	27-Mar
10.45	0.5	Patrick Vosloo	VT	02-05-90	1s2	Pretoria (Absa-Tuks)	27-Mar
10.47	1.4	Brent Stevens	WP	27-03-90	1s3	Pretoria (Absa-Tuks)	27-Mar
10.63	1.4	HW Stapelberg	BOR	25-02-91	2s3	Pretoria (Absa-Tuks)	27-Mar
10.64	1.4	Pieter Oosthuizen	KZ	13-05-90	3s3	Pretoria (Absa-Tuks)	27-Mar
10.65	1.5	Vincent Mpapane	MP	21-02-91	2s1	Pretoria (Absa-Tuks)	27-Mar
10.66	1.4	Clearance Khumalo	MP	16-11-91	1h2	Pretoria (Absa-Tuks)	27-Mar
10.67	1.4	Zipho Peta	CN		4s3	Pretoria (Absa-Tuks)	27-Mar
10.68	1.5	Magomotsi Sekaba	FS	16-02-90	2s1	Pretoria (Absa-Tuks)	27-Mar

Wind

10.58	2.2	Tsepo Ghotsokoane	FS		1h3	Pretoria (Absa-Tuks)	27-Mar
-------	-----	-------------------	----	--	-----	----------------------	--------

Under 18

10.53	1.2	Gideon Trotter	FS	03-03-92	1s2	Pretoria (Absa-Tuks)	13-Jun
10.54	-0.7	Richmond Collins	GN	04-05-92	1s1	Pretoria (Absa-Tuks)	13-Jun
10.64	1.3	Sean de Klerk	FS	28-01-92	1s3	Pretoria (Absa-Tuks)	27-Mar
10.81	0.4	Junai Smerdon	KZ	11-12-92	1	Bloemfontein	10-Oct
10.83	1.2	Angus Julies	FS	24-02-94	1	Bloemfontein	10-Oct
10.90	0.3	Quinton Hitge	KZ	24-03-92	1	Bloemfontein	10-Oct
10.94	0.4	Waldie van Dalen	GN		2	Bloemfontein	10-Oct
10.96	-0.7	Themba Mngqibsa	CG	29-09-92	3	Pretoria (Absa-Tuks)	27-Mar
10.99	-0.7	Jaco van Rooyen	CG		4	Pretoria (Absa-Tuks)	27-Mar
11.00	0.4	Jacques de Swardt	GN	12-08-92	3	Bloemfontein	28-Mar
11.02	-0.7	Zuben Baartman	EP	23-04-93	5	Pretoria (Absa-Tuks)	27-Mar

Wind

10.50	2.6	Richmond Collins	GN	04-05-92	1	Pretoria (Absa-Tuks)	13-Jun
-------	-----	------------------	----	----------	---	----------------------	--------

200 metres

Under 20

21.09	-1.5	Patrick Vosloo	VT	02-05-90	1	Pretoria (Absa-Tuks)	28-Mar
21.24	-1.5	Brent Stevens	WP	27-03-90	2	Pretoria (Absa-Tuks)	28-Mar
21.46	1.7	Dean Swart	BO	04-04-91	2s2	Pretoria (Absa-Tuks)	28-Mar
21.79	0.9	Apelele Rasmeni	EC	15-04-91	1h1	Pretoria (Absa-Tuks)	28-Mar
21.80	1.5	Waide Jooste	CG	24-07-91	1h7	Pretoria (Absa-Tuks)	27-Mar
21.83	1.0	HW Stapelberg	BOR	25-02-91	1	Bloemfontein	24-Oct
21.88	1.2	Clearance Khumalo	MP		2s1	Pretoria (Absa-Tuks)	28-Mar
21.98	1.7	Curt Ruiters	WC	01-09-91	3s2	Pretoria (Absa-Tuks)	28-Mar
22.14	1.3	Manfred Titus	GW		2h4	Pretoria (Absa-Tuks)	28-Mar
22.18	1.3	Thapelo Ketlogetswe	CG	12-02-91	2h3	Pretoria (Absa-Tuks)	28-Mar

NWI

21.57		Waide Jooste	CG	24-07-91	2		Roodepoort	21-Mar
Wind								
21.61	2.2	Ethan Floris	BO	15-04-90	1s3		Stellenbosch	04-Apr
21.73	2.4	HW Stapelberg	BOR	25-02-91	1s3		Pretoria (Absa-Tuks)	28-Mar

Under 18

21.29	-1.5	Sean de Klerk	FS	28-01-92	1		Pretoria (Absa-Tuks)	28-Mar
21.30	-1.5	Mzwandile Quashani	BO	23-06-93	2		Pretoria (Absa-Tuks)	28-Mar
21.33	0.4	Richmond Collins	GN	04-05-92	1s3		Pretoria (Absa-Tuks)	28-Mar
21.52	-0.3	Anaso Jobodwana	Bor	30-07-92	2s1		Pretoria (Absa-Tuks)	28-Mar
21.55	0.4	Jacques de Swardt	GN	12-08-92	2s3		Pretoria (Absa-Tuks)	28-Mar
21.71	-0.4	Themba Mngqibsa	CG	29-09-92	2		Durban	07-Apr
21.79	0.4	Quinton Hitge	KZ	24-03-92	1		Bloemfontein	10-Oct
21.94	-1.5	Prince Makgato	MP	07-02-92	6		Pretoria (Absa-Tuks)	28-Mar
22.11	-0.4	Gideon Trotter	FS	03-03-92	4		Durban	07-Apr
22.15	0.8	Ruanco Pelser	GAU	24-01-94	1		Durban	07-Apr

NWI

21.59		Themba Mngqibisa	CG	29-09-92	1		Roodepoort	21-Mar
-------	--	------------------	----	----------	---	--	------------	--------

400 metres

Under 20

46.93		Thapelo Ketlogetswe	CG	12-02-91	1r2		Germiston	06-Mar
47.04		Pieter Marx	FS	24-01-91	1		Pretoria (Absa-Tuks)	27-Mar
47.37		Shaun de Jager	BOL	28-06-91	2		Pretoria (Absa-Tuks)	27-Mar
47.68		Thomas Jonda	FS	21-06-90	4		Pretoria (Absa-Tuks)	27-Mar
48.47		Lonwabo Majorman	BOR		5		Pretoria (Absa-Tuks)	27-Mar
48.70		Armand Fourie	GN	18-02-91	6		Pretoria (Absa-Tuks)	27-Mar
48.72		Altus Kotze	GN		3s2		Pretoria (Absa-Tuks)	27-Mar
48.73		Donald Mokwena	GN		1s1		Pretoria (Absa-Tuks)	27-Mar
49.38		Divan Raubenheimer	CG	29-05-91	3s1		Pretoria (Absa-Tuks)	27-Mar
49.46		Ryno de Lange	LIM	02-12-91	6		Durban	06-Apr

Under 18

46.69		Jacques de Swardt	GN	12-08-92	1		Roodepoort	21-Mar
48.07		Michael Kruger	VT	23-01-92	2		Pretoria (Absa-Tuks)	27-Mar
48.19		Petrus Coetzee	CN	27-11-92	3		Pretoria (Absa-Tuks)	27-Mar
48.33		Daniel Harrison	CG	21-05-92	4		Pretoria (Absa-Tuks)	27-Mar
48.65		Shaun van Wyk	CN	30-03-92	5		Pretoria (Absa-Tuks)	27-Mar
49.06		Junai Smerdon	KZ	11-12-92	2		Bloemfontein	10-Oct
49.08		Dwayne Andrews	CG	04-08-92	1h4		Roodepoort	21-Mar
49.14		Quinton Norris	CG	16-03-92	2h4		Roodepoort	21-Mar
49.29		Innocent Mashinini	VT		4		Roodepoort	21-Mar
49.35		Danie Malan	VT		6		Roodepoort	21-Mar

800 metres

Under 20

1:49.32		William Mothosola	FS	31-03-90	1		Pretoria (Absa-Tuks)	28-Mar
1:49.40		Retlale Mokone	FS	01-02-91	2		Pretoria (Absa-Tuks)	28-Mar
1:50.14		Andrew Roodt	CG	28-08-90	3		Pretoria (Absa-Tuks)	28-Mar
1:50.54		Marnus Koekemoer	GN	03-01-90	4		Pretoria (Absa-Tuks)	28-Mar
1:50.62		Hannes Naude	FS	14-03-90	10		Stellenbosch	14-Mar
1:51.1		Folavio Sehohle	CG	14-10-90	1		Naboomspruit	16-Oct
1:51.2		Jerry Motsau	CG	12-03-90	2		Naboomspruit	16-Oct

1:51.23	Michael du Toit	CG	09-03-91	5	Pretoria (Absa-Tuks)	28-Mar
1:51.26	Werner du Toit	CG	24-09-90	6	Pretoria (Absa-Tuks)	28-Mar
1:51.6	Henk Beukes	CG	06-02-90	1	Germiston	21-Feb

Under 18

1:51.52	Michael van Aswegen	CG	17-02-92	1	Pretoria (Absa-Tuks)	28-Mar
1:52.29	Rynardt van Rensburg	FS	23-03-92	2	Pretoria (Absa-Tuks)	13-Jun
1:52.74	Jacques de Swardt	GN	12-08-92	2	Durban	07-Apr
1:53.74	Kobus Marais	CG		3	Pretoria (Absa-Tuks)	28-Mar
1:54.27	Benjamin Molehe	FS	27-02-92	2	Bloemfontein	16-Feb
1:54.27	Hanno van Zyl	GN		4	Pretoria (Absa-Tuks)	28-Mar x
1:55.83	Leon Meyer	CG		2	Roodepoort	11-Feb
1:56.05	Lazurus Masilo	MP		5	Pretoria (Absa-Tuks)	28-Mar
1:56.47	Moletsane Mokhoantle	FS	25-03-92	5	Durban	07-Apr
1:56.84	Mphaka Mahlape	FS	07-05-92	3	Bloemfontein	16-Feb

1500 metres

Under 20

3:42.62	Windy Jonas	FS	11-03-90	5h2	Stellenbosch	13-Mar
3:45.8	Folavio Sehohle	VT	14-10-90	1	Naboomspruit	16-Oct
3:46.4	Jerry Motsau	CG	12-03-90	2	Naboomspruit	16-Oct
3:49.55	Retlale Mokone	FS	01-02-91	1	Pretoria (Absa-Tuks)	27-Mar
3:54.01	Thoriso Ratsela	CG	13-08-90	3	Pretoria (Absa-Tuks)	27-Mar
3:55.02	John Thipe	MP		3	Durban	06-Apr
3:55.55	Jerry Motsau	CG	12-03-90	4	Durban	06-Apr
3:57.15	Anele Faku	TRA	05-11-91	4	Pretoria (Absa-Tuks)	27-Mar
3:57.80	P Wildbees			3	Naboomspruit	16-Oct
4:00.87	Bheki Nkosi	MP	26-02-90	6	Durban	06-Apr

Under 18

3:53.40	Benjamin Molehe	FS	27-02-92	2	Pretoria (Absa-Tuks)	27-Mar
3:54.60	Siyabonga Derison	FS	04-09-92	1	Pretoria (Absa-Tuks)	27-Mar
3:57.6	Donney Danster	SW	22-02-92	1	Paarl	21-Mar
3:57.76	Michael van Aswegen	CG	17-02-92	1	Roodepoort	21-Mar
3:58.52	Monwabisi Cele	KZ	14-02-93	3	Pretoria (Absa-Tuks)	28-Mar
3:58.7	Jeremy Andreas	WP	28-02-92	2	Paarl	21-Mar
4:00.37	Fortress Nzima	CG	06-10-93	2	Roodepoort	21-Mar
4:02.63	Rynardt van Rensburg	FS	23-03-92	1	Bloemfontein	13-Feb
4:03.61	Olwethu Mhlaba	CG	12-08-92	4	Pretoria (Absa-Tuks)	28-Mar

3000m

Under 18

8:26.27	Mfumaneko Fadane	TR	11-12-92	1	Durban	07-Apr
8:28.13	Jeremy Andreas	WP	28-02-92	2	Durban	07-Apr
8:29.61	Zusiphe Mpiyakhe	TR	20-09-93	3	Durban	07-Apr
8:38.01	Sithembile Dondolo	CG	19-10-93	4	Durban	07-Apr
8:39.59	Siyabongo Derison	FS	04-09-92	5	Durban	07-Apr
8:40.1	Ignatius Davids	BO	10-02-92	2	Paarl	21-Mar
8:44.64	Armin Botha	CG	08-09-92	2	Roodepoort	21-Mar
8:44.76	Olwethu Mhlaba	CG	12-08-92	3	Roodepoort	21-Mar
8:44.95	L Thato	CG		4	Roodepoort	21-Mar
8:45.2	Luyanda Qolo	BO	07-03-92	3	Paarl	21-Mar

5000 metres

Under 20

14:21.52	Folavio Sehohle	FS	14-10-90	1	Durban	07-Apr
14:28.33	Joel Mmone	CNW	29-03-91	2	Durban	07-Apr
14:37.05	John Thiipe	MP		3	Durban	07-Apr
14:40.46	Collin Malaudzi	LIM		4	Durban	07-Apr
14:48.19	Sityhilo Diko	EC	10-09-91	5	Durban	07-Apr
14:48.32	Xolani Mngomezulu	MP		6	Durban	07-Apr
14:54.72	Thoriso Ratsela	CG	13-08-90	1	Pretoria (Absa-Tuks)	28-Mar
14:55.29	Thobane Ghagwe	KZ	04-08-91	2	Pretoria (Absa-Tuks)	28-Mar
15:04.81	Anele Faku	TRA	05-11-91	7	Durban	07-Apr
15:04.96	Abel Shabalala	FS	06-05-90	8	Durban	07-Apr

10 000 metres

Under 20

31:15.92	Senzo Nkosi	KZ	03-03-90	6	Bambous	31-Jul
32:25.65	Thobane Chagwe	KZ	04-08-91	2	Pretoria (Absa-Tuks)	27-Mar
32:46.58	Nhlanhla Sithole	CG		3	Pretoria (Absa-Tuks)	27-Mar
33:18.67	Valentine Maphisa	FS	14-02-90	4	Pretoria (Absa-Tuks)	27-Mar
33:40.03	Thato Malabtsi	CG		5	Pretoria (Absa-Tuks)	27-Mar
39:04.99	Bennet Molale	CG		6	Pretoria (Absa-Tuks)	27-Mar

3000 metres steeplechase

Under 20

9:05.82	William Mothosala	FS	31-03-90	1	Durban	07-Apr
9:08.24	Lucas Bothobutle	CN	01-01-91	2	Durban	07-Apr
9:11.00	Ratlale Mokone	FS	02-01-91	1	Bloemfontein	13-Feb
9:19.46	Thabiso Letaka	FS	08-06-90	3	Durban	07-Apr
9:29.41	Sprinkaan Simons	FS	09-04-90	3	Bloemfontein	13-Feb
9:34.17	Ruan Aspelng	NW		5	Durban	07-Apr
9:37.53	Samuel Setleelo	CNW	27-01-90	6	Durban	07-Apr
9:45.14	Simon Makaties	NC	27-02-90	7	Durban	07-Apr
9:47.40	Sifisiso Mncwango	CG	26-01-91	1	Roodepoort	21-Mar

2000 metres steeplechase

Under 18

5:43.3	Donnay Danster	SW	22-02-92	2	Oudtshoorn	18-Dec
5:53.01	Olwethu Mhlaba	CG	12-08-92	1	Pretoria (Absa-Tuks)	27-Mar
5:53.40	Benjamin Molehe	FS	27-02-92	2	Pretoria (Absa-Tuks)	27-Mar
5:58.72	Zusiphe Mpiyakhe	TR	20-09-93	2	Pretoria (Absa-Tuks)	27-Mar
5:58.8	Sidwell Mdzanga	WP	05-06-92	2	Paarl	21-Mar
6:02.66	Teboho Mabisele	FS	17-03-92	2	Bloemfontein	13-Feb
6:03.90	Thabang Sakwana	CG	28-05-92	2	Roodepoort	21-Mar
6:05.80	Joseph Tshibidzo	CG		3	Roodepoort	21-Mar
6:06.26	Seyabongi Derison	FS	04-09-92	3	Bloemfontein	13-Feb
6:06.52	T Majonaga	FS	09-05-93	4	Bloemfontein	13-Feb

110 metres hurdles

Under 20 (99.5 cm)

13.91	-0.3	Cornel Fredericks	BO	03-03-90	1	Pretoria (Absa-Tuks)	27-Mar
14.05	-0.3	Kobus Moolman	GN	08-01-91	2	Pretoria (Absa-Tuks)	27-Mar

14.18	-0.3	Gary Morris	BOL	08-01-90	3	Pretoria (Absa-Tuks)	27-Mar
14.24	-0.3	Francois Vermaak	MP	20-01-90	4	Pretoria (Absa-Tuks)	27-Mar
14.44	1.1	Werner Joubert	GN	06-01-91	1h2	Pretoria (Absa-Tuks)	27-Mar
14.54	-0.3	Eduan Nel	CG	20-12-90	6	Pretoria (Absa-Tuks)	27-Mar
14.61	-0.3	Ian Schoonwinkel	NW	18-06-91	7	Pretoria (Absa-Tuks)	27-Mar
14.62	1.1	Pieter Koch	GN		2h2	Pretoria (Absa-Tuks)	27-Mar
14.81	1.1	Francois Retief	BO	30-01-91	3h2	Pretoria (Absa-Tuks)	27-Mar
14.82	-0.3	Ruaan van Wyk	BO	04-12-91	8	Pretoria (Absa-Tuks)	27-Mar

Wind

14.23	2.8	Ian Schoonwinkel	NW	18-06-91	2h1	Pretoria (Absa-Tuks)	27-Mar
14.36	2.8	Eduan Nel	CG	20-12-90	3h1	Pretoria (Absa-Tuks)	27-Mar
14.57	nwi	Christiaan Oberholzer	VT	04-03-91	3	Roodepoort	21-Mar

NWI

14.43	2.2	Ruaan van Wyk	WC	04-12-91	2h3	Pretoria (Absa-Tuks)	27-Mar
14.45	2.3	Drikus Viljoen	BO	19-04-91	2h4	Pretoria (Absa-Tuks)	27-Mar
14.52	2.8	Oockert Groenewald	LIM	19-09-91	4h1	Pretoria (Absa-Tuks)	27-Mar
14.54	2.4	Rohan du Toit	EP		2h5	Pretoria (Absa-Tuks)	27-Mar
14.57	2.4	Leboni Mkatini	CG		3h5	Pretoria (Absa-Tuks)	27-Mar
14.62	2.4	Christiaan Oberholzer	VT	04-03-91	4h5	Pretoria (Absa-Tuks)	27-Mar
14.63	2.8	Edu Steyn	CN		5h1	Pretoria (Absa-Tuks)	27-Mar

Under 18 (91.4 cm)

13.84	1.4	Hannes Greyling	CN	18-02-92	1	Pretoria (Absa-Tuks)	13-Jun
13.88	1.4	Werner Pretorius	GN	26-01-92	2	Pretoria (Absa-Tuks)	13-Jun
13.90	-0.7	Layne Scheffers	WP	16-03-92	1	Pretoria (Absa-Tuks)	27-Mar
13.98	1.8	Emmanuel Paggis	FS	06-08-92	2h1	Pretoria (Absa-Tuks)	27-Mar
14.19	0.6	Phillip Booyesen	GN		2	Bloemfontein	10-Oct
14.23	-0.7	Albert Smit	BO	20-01-92	4	Pretoria (Absa-Tuks)	27-Mar
14.25	-0.7	Roaan Grobler	CN	26-11-92	4h1	Pretoria (Absa-Tuks)	27-Mar
14.31	0.7	Wade Ford	NW	23-06-23	1h3	Pretoria (Absa-Tuks)	27-Mar
14.44	1.1	Werner Joubert	GN		1h2	Pretoria (Absa-Tuks)	27-Mar
14.50	1.8	Jonty Fitzgerald	CG		5h1	Pretoria (Absa-Tuks)	27-Mar

NWI

14.22		Albert Smit	BO	20-01-92	1	Bloemfontein	16-Feb
14.27		Kyle Vorster	CG	18-03-92	1	Roodepoort	21-Mar

Wind

13.85	2.6	Werner Pretorius			1h2	Pretoria (Absa-Tuks)	27-Mar
14.02	2.6	Albert Smit			2h4	Pretoria (Absa-Tuks)	27-Mar

400 metres hurdles

Under 20 (91.4 cm)

49.93		Cornel Fredericks	BO	03-03-90	4	Belgrade	10-Jul
51.23		Neil de Beer	GN	27-11-90	2	Pretoria (Absa-Tuks)	28-Mar
51.97		Thabiso Kekana	KZ	21-01-90	3	Pretoria (Absa-Tuks)	28-Mar
52.55		Albert Mans	GN		1	Johannesburg	21-Feb
53.28		Neil le Roux	BO	22-03-90	3h2	Pretoria (Absa-Tuks)	28-Mar
53.43		Godwin van Vuuren	CG		1h3	Pretoria (Absa-Tuks)	28-Mar
53.47		Oockert Groenewald	LIM	19-09-91	3	Durban	07-Apr
53.67		Pieter Marx	FS	24-01-91	4	Durban	07-Apr
53.71		PC Beneke	FS	18-07-90	2h1	Pretoria (Absa-Tuks)	28-Mar
53.95		Jurie Moolman	GN	08-01-91	2	Roodepoort	21-Mar

Under 18 (84 cm)

52.75	Shaun van Wyk	CN	30-03-92	1	Pretoria (Absa-Tuks)	28-Mar
52.84	Layne Scheffers	WP	16-03-92	2	Pretoria (Absa-Tuks)	28-Mar
53.33	JT Myburgh	GN	04-01-92	1h4	Pretoria (Absa-Tuks)	28-Mar
53.47	Quinton Norris	CG	16-03-92	1h2	Pretoria (Absa-Tuks)	28-Mar
53.57	Taariq Solomons	WP	22-08-93	3	Pretoria (Absa-Tuks)	28-Mar
53.89	Phillip Booyesen	GN		4	Pretoria (Absa-Tuks)	28-Mar
54.10	Pierre van Staden	GN	20-02-92	2	Roodepoort	21-Mar
54.28	Graig Fortuin	FS		1	Bloemfontein	13-Feb
54.50	AJJ Coetzee	EP	11-09-92	1h1	Pretoria (Absa-Tuks)	28-Mar
54.50	Bernard Pretorius	GN		3h4	Pretoria (Absa-Tuks)	28-Mar

High jump**Under 20**

2.15	Ruan Claassen	VT	26-03-90	1	Pretoria (Absa-Tuks)	28-Mar
2.10	Willem Voigt	CN	21-02-90	2	Pretoria (Absa-Tuks)	28-Mar
2.10	Keagan Fourie	SW	07-09-91	2	Oudtshoorn	18-Dec
2.05	Heinrich Kuhn	WP	22-01-91	1	Paarl	21-Mar
2.05	Pieter Streicher	MP	07-02-90	3	Pretoria (Absa-Tuks)	28-Mar
2.03	Robert Hill	CG	15-01-91	1	Johannesburg	21-Feb
2.00	Wouter Faurie	GN	08-10-91	4	Pretoria (Absa-Tuks)	28-Mar
2.00	Muntingh Hamman	GN	07-03-90	5	Pretoria (Absa-Tuks)	28-Mar
2.00	Solomon Tauriri	CG	13-12-90	5	Stellenbosch	04-Apr
2.00	Steve Fourie	EC	26-02-91	2q	Durban	07-Apr

Under 18

2.03	Rikus Kok	MP	01-05-92	1	Durban	07-Apr
2.00	Wayde van Niekerk	FS	15-07-92	1	Bloemfontein	27-Feb
2.00	Clyde Ruiters	WP	15-01-94	2	Pretoria (Absa-Tuks)	27-Mar
2.00	Shane Blows	WP	19-01-92	1	Pretoria (Absa-Tuks)	28-Mar
2.00	Sarel Prinsloo	CN	26-05-93	3	Pretoria (Absa-Tuks)	28-Mar
2.00	Damien Johnson	WP		2	Bloemfontein	10-Oct
1.98	Tiro Mosete	NW		2	Durban	07-Apr
1.96	Craig Canham	KZ	05-06-93	1	Bloemfontein	10-Oct
1.95	Carel van Eeden	BO		1	Bloemfontein	16-Feb
1.95	Shawn Owen	BO	13-02-92	3	Pretoria (Absa-Tuks)	28-Mar
1.95	Llewellyn Scrooby	GN	30-08-93	5	Pretoria (Absa-Tuks)	28 amr
1.95	Andre Smit	CG	11-05-92	6	Pretoria (Absa-Tuks)	28-Mar

not KZ

Pole vault**Under 20**

5.30	Cheyne Rahme	CG	23-01-91	1	Bambous	01-Aug
4.71	Christian Norman	BO	16-05-91	1	Bloemfontein	16-Feb
4.70	Ruaan van Wyk	BO	04-12-91	4	Stellenbosch	13-Mar
4.70	Eben Beukes	CG	09-03-90	1	Stellenbosch	03-Apr
4.50	Sebastiaan Wessels	FS	23-01-91	2	Bloemfontein	16-Feb
4.20	Francois Burger	BO	11-01-90	5	Stellenbosch	27-Feb
4.10	Jan-Louis Nienaber	BO	27-01-90	6	Pretoria (Absa-Tuks)	27-Mar
4.00	Phillip Oosthuizen	FS	06-09-91	5	Bloemfontein	09-Feb
4.00	Heinrich Odendaal	FS	28-01-91	3	Bloemfontein	16-Feb
3.80	Henno Furstenburg	FS	04-12-91	4	Bloemfontein	16-Feb

3.80 Stefan Jordaan FS 13-05-91 3 Durban 06-Apr

Under 18

4.50 Albert Korf WP 20-12-93 1 Pretoria (Absa-Tuks) 27-Mar
4.40 JF Burger FS 21-05-92 1 Pretoria (Absa-Tuks) 27-Mar
4.20 Michael Cilliers GN 25-04-93 3 Pretoria (Absa-Tuks) 27-Mar
3.90 **Samuel Pellissier** **BO** **2** **Paarl** **21-Mar**
3.80 Armandt Lotter FS 13-07-94 1 Durban 06-Apr
3.80 **Jaun Swart** **BO** **1** **Bloemfontein** **10-Oct**
3.70 Jarik Jansen FS 16-02-93 2 Bloemfontein 09-Feb
3.50 Jan-Hendrik Mouton FS 25-07-94 2 Durban 06-Apr
3.40 Nico Naude FS 2 Bloemfontein 16-Feb
3.40 **Ben van der Westhuizen** **BO** **3** **Paarl** **21-Mar**

Long jump

Under 20

7.65 **1.9** **Luvo Maniyonga** **BO** **18-11-91** **1** **Gaborone** **30-May**
7.54 1.6 Dylan Cotter CG 23-08-91 1q1 Pretoria (Absa-Tuks) 27-Mar
7.15 0.2 Banile Manikela MP 06-05-91 1 Durban 06-Apr
6.94 1.2 Edwill Okkers WC 15-07-91 2 Durban 06-Apr
6.83 **-0.2** **Rushwahi Samaai** **BO** **25-09-91** **3** **Pretoria (Absa-Tuks)** **27-Mar**
6.82 -0.5 Sibulele Minya BOR 4 Pretoria (Absa-Tuks) 27-Mar
6.79 -0.2 Brian Mashigo MP 17-08-91 5 Pretoria (Absa-Tuks) 27-Mar
6.75 -0.1 Wiaan Fourie FS 09-02-91 6 Pretoria (Absa-Tuks) 27-Mar

NWI

6.88 Richard King 1 Roodepoort 11-Feb
6.85 K Masiye CG 11-02-91 1 Roodepoort 21-Mar
6.82 Sheldon Jacobs GN 02-03-91 2 Roodepoort 21-Mar

Wind

7.47 2.1 Dylan Cotter CG 23-08-91 4 Bambous 30-Jul

Under 18

7.58 **1.0** **Stefan Brits** **BO** **19-01-92** **1q** **Bressanone** **08-Jul**
7.42 **1.1** **Lionel Abrahams** **BO** **17-09-92** **1** **Pretoria (Absa-Tuks)** **27-Mar**
7.11 0.6 Rudi Niemand MP 04-08-92 2 Pretoria (Absa-Tuks) 27-Mar
6.97 1.4 Andile Mtshali KZ 22-04-92 3 Pretoria (Absa-Tuks) 27-Mar
6.96 0.2 Rowhan Rhode WP 13-02-92 5 Pretoria (Absa-Tuks) 27-Mar
6.94 0.7 Sergio Peterson EP 01-08-94 6 Pretoria (Absa-Tuks) 27-Mar
6.93 0.6 Quinton Higte KZ 24-03-93 7 Pretoria (Absa-Tuks) 27-Mar
6.87 1.6 Anekan Akpabio MP 09-05-93 1q2 Pretoria (Absa-Tuks) 27-Mar
6.81 1.3 Jone Jansen FS 20-01-92 1 Bloemfontein 13-Feb
6.74 -3.5 Clint Johnson WP 2 Durban 07-Apr
6.71 -0.3 Heinrich Olmesdahl GN 1 Bloemfontein 10-Oct

Wind

6.97 2.1 Mpho Maphuta GN 21-01-93 4 Pretoria (Absa-Tuks) 27-Mar

NWI

7.54 **Lionel Abrahams** **BO** **04-04-92** **1** **Worcester** **21-Feb**
7.17 Frits Helberg GN 12-04-93 1 Roodepoort 11-Feb
7.12 Francois Coetzee MP u17 1 Germiston 03-Mar

Triple jump

Under 20

16.07	0.0	Boipelo Motlathlego	GN	27-11-90	1	Pretoria (Absa-Tuks)	28-Mar
15.67	0.8	Apelele Rasmeni	EC	15-04-91	1	Durban	07-Apr
15.55	1.4	Luvo Maniyonga	BO	18-11-91	2	Stellenbosch	14-Mar
15.36	0.3	Dylon Cotter	CG	23-08-91	1	Germiston	28-Feb
15.17	0.4	Reneilwe Aphane	GN	24-08-90	3	Germiston	06-Mar
14.95	-0.4	Neo Marie	CG	05-08-90	1	Pretoria	31-Oct
14.48	0.0	Christiaan Lombard	FS	29-03-91	1	Bloemfontein	14-Feb
14.38	-0.3	Rushwahl Samaai	BO	25-09-91	1	Bloemfontein	16-Feb
14.35	0.4	Marcelle Jonkerman	EP	16-05-90	5	Pretoria (Absa-Tuks)	28-Mar

Under 18

14.75	2.0	Lezlo Bramwill	Bor	25-03-92	1	Pretoria (Absa-Tuks)	28-Mar
14.47	1.3	Andile Mtshali	KZ	22-04-92	2	Pretoria (Absa-Tuks)	28-Mar
14.45	1.1	John Josephs	WP		3	Pretoria (Absa-Tuks)	28-Mar
14.34	0.5	Rudi Niemand	MP	04-08-92	3	Durban	07-Apr
14.34	1.1	Rowhan Rhode	WP	13-02-92	2	Durban	07-Apr
14.22	0.2	D Jantjies	Bor		4	Pretoria (Absa-Tuks)	28-Mar
14.16	nwi	Phillip Kemp	FS	u16	1	Bloemfontein	16-Feb
14.15	0.4	Duane Adams	EP	03-02-92	5	Durban	07-Apr
14.14	1.1	Carlisle Jordaan	Bor	20-09-92	6	Pretoria (Absa-Tuks)	28-Mar
13.90	1.6	Andre Steyn	WP	14-04-92	6	Durban	07-Apr

Shot

Under 20 (6 kg)

18.68		Stephan Brink	NW	11-09-90	1	Pretoria (Absa-Tuks)	28-Mar
17.82		Ryno van Winkel	CG	22-02-90	2	Pretoria (Absa-Tuks)	28-Mar
16.09		Jayson Smith	NW	12-05-90	3	Pretoria (Absa-Tuks)	28-Mar
16.08		Schalk Mostert	BO		1	Paarl	21-Mar
15.80		Werner Hugo	VT	19-02-90	1	Roodepoort	21-Mar
15.77		Adam van Heerden	BO		1	Durban	07-Apr
15.75		Thys van Wyk	FS	27-02-90	4	Pretoria (Absa-Tuks)	28-Mar
15.43		Russel Tucker	CG		5	Pretoria (Absa-Tuks)	28-Mar
15.22		Estiaan Klem	VT	29-01-91	1	Roodepoort	11-Feb
15.07		Jason Erasmus	CG	03-06-91	2	Roodepoort	21-Mar

Under 18 (5 kg)

20.37		Frans Schutte	MP	10-03-93	3	Bressanone	11-Jul
19.75		Donovan Stebbing	MP	02-02-92	5	Bressanone	11-Jul
17.86		Johann Rautenbach	GN	28-02-92	3	Pretoria (Absa-Tuks)	27-Mar
17.05		Charl Grobler	FS	23-05-92	1	Bloemfontein	10-Oct
16.67		Irne Herbst	GN		2	Roodepoort	11-Feb
16.64		Pierre Coetzee	FS	25-01-92	4	Pretoria (Absa-Tuks)	27-Mar
16.59		Constand van Rooyen	CG	25-01-92	5	Pretoria (Absa-Tuks)	27-Mar
16.44		Dewald Els	LIM	17-02-92	6	Pretoria (Absa-Tuks)	27-Mar
15.96		Carlisle van der Walt	VT	23-05-92	2	Roodepoort	21-Mar

Discus

Under 20 (1.75 kg)

58.91		Dewald van Heerden	CG	04-04-91	1	Bambous	02-Aug
53.58		Leon Verster	GN	02-07-90	2	Pretoria (Absa-Tuks)	27-Mar
48.76		Jayson Smith	NW	12-05-90	3	Pretoria (Absa-Tuks)	27-Mar

48.50	Ryno van Winkel	CG	22-02-90	4	Pretoria (Absa-Tuks)	27-Mar
47.05	Russel Tucker	CG		5	Pretoria (Absa-Tuks)	27-Mar
47.01	Ruan Murrey	NW		2	Durban	07-Apr
46.98	Ricus Roux	FS	16-02-90	6	Pretoria (Absa-Tuks)	27-Mar
46.64	Jaco Havenga	CG		7	Pretoria (Absa-Tuks)	27-Mar
45.97	Basie Jordaan	CG	22-10-91	3	Durban	07-Apr
45.72	Adam van Heerden	BO		4	Durban	07-Apr

Under 18 (1.5 kg)

58.04	Charl Grobler	FS	23-05-92	1	Pretoria (Absa-Tuks)	13-Jun
57.29	Frans Schutte	MP	10-03-93	1	Durban	07-Apr
56.64	Charles Burger	FS	21-05-92	1	Pretoria (Absa-Tuks)	28-Mar
52.59	Johny Botha	CG	23-05-92	2	Durban	07-Apr
52.58	Donovan Stebbing	MP	02-02-92	3	Durban	07-Apr
48.96	Ernst du Toit	BO	07-02-92	4	Durban	07-Apr
48.86	Irne Herbst	GN		1	Pretoria(WK)	06-Feb
48.68	Pierre Coetzee	FS	25-01-92	6	Pretoria (Absa-Tuks)	28-Mar
48.54	Anool Pienaar	KZ	25-01-92	5	Durban	07-Apr
48.15	Leroux Bodenstein	GN	02-04-92	6	Durban	07-Apr

Hammer Throw

Under 20 (6 kg)

64.28	Micqel le Roux	WP	26-03-90	1	Pretoria (Absa-Tuks)	27-Mar
60.55	Lodewalt Venter	EC	22-07-91	1	Bloemfontein	24-Oct
58.53	Gideon de Villiers	EP	26-09-91	2	Bloemfontein	24-Oct
55.93	TJB van Niekerk	NW	04-01-91	2	Durban	07-Apr
51.01	Phillip Marx	SWD	17-01-91	5	Pretoria (Absa-Tuks)	27-Mar
49.82	Vincent van Rensburg	GN	07-09-90	6	Pretoria (Absa-Tuks)	27-Mar
49.58	Luan Retief	BOL	29-12-91	1	Paarl	21-Mar
48.55	Rudolf Roodt	FS	04-06-91	1	Bloemfontein	13-Feb
48.22	Spyker Serfontein	FS	08-03-91	7	Pretoria (Absa-Tuks)	27-Mar
48.15	Eghard Basson	EC		5	Durban	07-Apr

Under 18 (5 kg)

58.66	Donovan Stebbing	MP	02-02-92	1	Pretoria (Absa-Tuks)	28-Mar
57.13	Stiaan Minnie	EP	08-06-93	2	Pretoria (Absa-Tuks)	28-Mar
56.09	Ruan Meyer	NW	23-03-92	3	Pretoria (Absa-Tuks)	28-Mar
56.09	Tiaan Naude	WP	23-04-92	2	Durban	07-Apr
55.37	Gerhard Lotz	EP	04-02-92	3	Durban	07-Apr
55.24	Renaldo Frechou	BO	04-03-92	1	Paarl	21-Mar
54.91	Robert Janse van Rensburg	FS	13-06-93	4	Pretoria (Absa-Tuks)	28-Mar
51.94	Guilherme R de Franca	VT	23-08-93	1	Roodepoort	21-Mar
51.28	Tertius Bruwer	BO	23-04-92	3	Paarl	21-Mar
50.95	Francois Minnaar	CN	12-12-92	6	Durban	07-Apr

JAVELIN

Under 20 (800 g)

78.58	Ulrich Damon	WP	23-10-90	1	Potchefstroom	13-Oct
67.40	Rocco van Rooyen	WP	23-12-92	3	Stellenbosch	11-Dec
66.78	Charl Willemse	FS	04-02-91	1	Bloemfontein	16-Feb
65.59	Rudo Klopper	FS	17-09-90	4	Potchefstroom	07-Oct
65.24	Steyn Kriel	CN	18-04-91	2	Pretoria (Absa-Tuks)	28-Mar

64.05	Jason Henning	GN	13-08-90	3	Pretoria (Absa-Tuks)	28-Mar
61.90	Alex Jacobs	GN		4	Pretoria (Absa-Tuks)	28-Mar
60.98	Daniel Zimmerman	NW	18-11-91	1	Durban	06-Apr
59.98	Russel Tucker	CG	11-04-90	5	Pretoria (Absa-Tuks)	28-Mar
59.77	Jonathan Crichton	CG		1	Roodepoort	21-Mar
58.10	Renier de Villiers	MP	25-09-91	4	Durban	06-Apr

Under 18 (700 g)

75.92	Rocco van Rooyen	WP	23-12-92	1	Paarl	21-Mar
72.44	Dean Goosen	VT	01-01-92	1	Durban	06-Apr
68.04	Chad Herman	EP	25-05-92	2	Durban	06-Apr
65.90	Cameron Wright	WP	08-04-92	3	Pretoria (Absa-Tuks)	27-Mar
64.75	Malan Snyman	GN	20-01-92	2	Roodepoort	21-Mar
62.46	Juan Freyer	MP	11-05-93	4	Pretoria (Absa-Tuks)	27-Mar
61.60	Dylan Jacobs	GN		1	Bloemfontein	10-Oct
61.40	Ruan Erasmus	CN	09-03-93	5	Pretoria (Absa-Tuks)	27-Mar
60.19	Toni Jantjies	GN		1	Roodepoort	11-Feb
60.08	Braam Venter	GN		1	Bloemfontein	10-Oct

Decathlon

Under 20

6 400	Gert Swanepoel	CN	20-03-91	1	Bambous	30-31/7
						11.53 (-1.0), 6.31 (0.1), 10.89, 1.74, 49.64; 15.18 .69, 3.30, 45.48, 4:28.75
6 359	Willem le Roux	BO	11-06-90	2	Bambous	30-31/7
						11.77 (-1.0), 6.40 (0.9), 13.59, 1.83, 54.03; 17.85 (-0.7), 34.35, 3.80, 58.49, 4:48.86

Wind assisted

6 660	Le Roux			1	Pretoria (Absa-Tuks)	27-28/3
						11.65 (2.2), 6.60 (8.1), 13.13, 1.85, 51.36; 16.12 (0.3), 36.33, 3.60, 57.40, 4:52.38
5 977	Nardus Greyling	FS		3	Pretoria (Absa-Tuks)	27-28/3
						11.33 (2.2), 6.01 (6.5), 11.23, 1.70, 51.59; 15.39 (0.3), 30.11, 3.30, 43.78, 5:00.88
5 530	Ruan van Zyl	CN		4	Pretoria (Absa-Tuks)	27-28/3
						11,71 (2.2), 6.05 (6.7), 10.82, 1.73, 53.07; 15.54 (0.3), 31.13, xxx, 50.88, 4:58.66
5 028	Heino Furstenburg	VS		5	Pretoria (Absa-Tuks)	27-28/3
						11.75 (2.2), 5.88 (7.8), 8.45, 1.40, 53.70; 16.78 (0.3), 36.76, 3.90, 39.61, 5:44.73)

Octathlon

Under 18

5 343	Gerhard Volschenk	MP	12-05-92	1	Pretoria (Absa-Tuks)	27-28/3
						11.40, 6.30, 11.53, 51.66; 15.00, 1.84, 42.80, 3:06.29
5 227	Danie Malan	VT		2	Pretoria (Absa-Tuks)	27-28/3
						11.31, 6.32, 11.86, 50.03; 19.20, 1.81, 50.18, 2:54.11
4 786	Willi le Roux	VT		3	Pretoria (Absa-Tuks)	27-28/3
4 408	Jaco Pieters	LIM		4	Pretoria (Absa-Tuks)	27-28/3
4 073	Awie Vermeulen	VT		5	Pretoria (Absa-Tuks)	27-28/3

4 x 100 metres relay

Under 20

41.18	Boland A			1	Pretoria (Absa-Tuks)	28-Mar
41.20	Western Cape			1	Durban	07-Apr
41.33	SA Jnr Team			2	Bambous	01-Aug
41.66	Free State			2	Durban	07-Apr
42.10	Mpumalanga			2	Pretoria (Absa-Tuks)	28-Mar

42.16	Free State	3	Pretoria (Absa-Tuks)	28-Mar
42.56	Border A	4	Pretoria (Absa-Tuks)	28-Mar
42.76	Eastern Cape	3	Durban	07-Apr
42.88	Gauteng North	5	Pretoria (Absa-Tuks)	28-Mar
42.99	Western Province	6	Pretoria (Absa-Tuks)	28-Mar

Under 18

41.88	Gauteng North	1	Pretoria (Absa-Tuks)	28-Mar
42.45	Central Gauteng	2	Pretoria (Absa-Tuks)	28-Mar
42.52	Free State	3	Pretoria (Absa-Tuks)	28-Mar
42.57	Boland A	4	Pretoria (Absa-Tuks)	28-Mar
43.19	Boland B	5	Pretoria (Absa-Tuks)	28-Mar
43.22	Kwazulu Natal	6	Pretoria (Absa-Tuks)	28-Mar
43.39	Vaal Triangle	7	Pretoria (Absa-Tuks)	28-Mar
43.30	Eastern Province	8	Pretoria (Absa-Tuks)	28-Mar
43.31	Mpumalanga	9	Pretoria (Absa-Tuks)	28-Mar

4 x 400 metres relay

Under 20

3:11.93	Boland	1	Pretoria (Absa-Tuks)	28-Mar
3:12.84	Gauteng	1	Durban	07-Apr
3:13.95	SA Jnr Team	2	Bambous	02-Aug
3:14.10	Free State	2	Pretoria (Absa-Tuks)	28-Mar
3:14.64	Western Cape	2	Durban	07-Apr
3:15.68	Gauteng North	3	Pretoria (Absa-Tuks)	28-Mar
3:16.61	Free State	3	Durban	07-Apr
3:19.60	Central Gauteng	4	Pretoria (Absa-Tuks)	28-Apr
3:20.30	Mpumalanga	4	Durban	07-Apr
3:21.57	Kwazulu Natal	5	Pretoria (Absa-Tuks)	28-Mar

5000 metres walk

Under 20

21:38.24	Dewald Bekker	GN	15-03-90	2	Germiston	06-Mar
----------	---------------	----	----------	---	-----------	--------

10000 metres walk

Under 20

45:55.70	Dewald Bekker	GN	15-03-90	1	Pretoria (Absa-Tuks)	28-Mar
47:14.6	Armond Nel	WP	20-08-90	2	Pretoria (Absa-Tuks)	28-Mar
50:45.60	Jacques Faurie	NW		3	Pretoria (Absa-Tuks)	28-Mar
1h 03.0	Hebrew Morgendal	WC	22-09-91	2	Durban	07-Apr
1h 16.0	Johannes Ngonela	FS	03-11-91	3	Durban	07-Apr

Under 18

48:08.20	Ruan Wessels	FS	29-01-92	1	Durban	07-Apr
48:32.80	Reginald Hufkie	EC	28-04-92	2	Durban	07-Apr
49:11.00	Manqoba Kubheka	KZ	08-01-92	3	Durban	07-Apr
50:24.79	Naywin Blaauw	EC	20-06-93	2	Pretoria (Absa-Tuks)	28-Mar
51:22.00	Enver Rhodas	WP	11-12-92	4	Durban	07-Apr

20 km Road Walk

Under 20

01:41:15	Armond Nel	WP	20-08-90	2	Bellville	21-Feb
----------	------------	----	----------	---	-----------	--------

WOMEN**100 metres****Under 20**

11.89	-0.5	Melissa Hewitt	BO	20-05-91	1	Pretoria (Absa-Tuks)	27-Mar
11.92	0.5	Alyssa Conley	CG	27-04-91	1s1	Pretoria (Absa-Tuks)	27-Mar
12.05	1.8	Arlene Gowar	EP	26-08-91	1h5	Pretoria (Absa-Tuks)	27-Mar
12.15	0.5	Celeste Rietels	WP	14-01-90	2s1	Pretoria (Absa-Tuks)	27-Mar
12.24	0.5	Zaskia Struwig	EP	21-07-91	3s1	Pretoria (Absa-Tuks)	27-Mar
12.26	0.8	Rorisang Ramonnye	CN	31-12-90	2h2	Pretoria (Absa-Tuks)	14-Feb
12.27	0.7	Lynette Morgan	WP	19-11-91	2s2	Pretoria (Absa-Tuks)	27-Mar
12.32	1.3	Elzaan Lynch	KZ	29-10-91	3h2	Pretoria (Absa-Tuks)	27-Mar
12.37	1.2	Cherie Strydom	FS	08-01-91	1h4	Pretoria (Absa-Tuks)	27-Mar
12.38	0.7	Jeanine Pieterse	NW		3s2	Pretoria (Absa-Tuks)	27-Mar

Wind

11.81	3.2	Alyssa Conley	CG	27-04-91	1h1	Pretoria (Absa-Tuks)	27-Mar
12.03	3.2	Zaskia Struwig	EP	21-07-91	2h1	Pretoria (Absa-Tuks)	27-Mar
12.18	3.2	Lynette Morgan	WP	19-11-91	3h1	Pretoria (Absa-Tuks)	27-Mar
12.22	2.8	Imgard Bensusan	CG	24-01-91	4	Germiston	14-Feb

Hand

11.6	nwi	Alyssa Conley	CG	27-04-91	1	Germiston	21-Feb
------	-----	---------------	----	----------	---	-----------	--------

Under 18

11.83	1.8	Chante van Tonder	CG	25-09-93	1	Germiston	28-Nov
12.00	1.3	Maryke Brits	BO	25-02-94	3h3	Stellenbosch	13-Mar
12.19	0.6	Elizmarie Kriel	FS	11-02-94	1s2	Pretoria (Absa-Tuks)	27-Mar
11.89	0.7	Justine Palframan	KZ	04-11-93	1	Bloemfontein	10-Oct
12.05	1.9	Jade Thiele	CG	10-10-92	1	Pretoria (Absa-Tuks)	13-Jun
12.05	1.9	Zanri van der Merwe	GN	14-05-93	2	Pretoria (Absa-Tuks)	13-Jun
12.21	0.6	Sanmarie Malan	CG	16-01-92	2sf2	Pretoria (Absa-Tuks)	27-Mar
12.22	0.6	Amanda Nagel	VT	18-02-94	2sf1	Pretoria (Absa-Tuks)	27-Mar
12.26	1.8	Liezel Hechter	CN	22-03-94	1h1	Pretoria (Absa-Tuks)	27-Mar
12.27	1.8	Simone Lubbe	GN		2sf3	Pretoria (Absa-Tuks)	27-Mar
12.27	nwi	Phillipa van der Merwe	NC	07-01-94	1h1	Durban	06-Apr

Hand

11.8		Jade Thiele	CG	10-10-92	1	Germiston	21-Feb
------	--	-------------	----	----------	---	-----------	--------

200 metres**Under 20**

24.36	0.3	Alyssa Conley	CG	27-04-91	3	Stellenbosch	04-Apr
24.60	-1.1	Rorisang Ramonnye	CN	31-12-90	2	Pretoria (Absa-Tuks)	28-Mar
24.68	-1.1	Melissa Hewitt	BO	20-05-91	3	Pretoria (Absa-Tuks)	28-Mar
24.83	-0.5	Anneri Ebersohn	FS	09-08-90	2	Pretoria (Absa-Tuks)	30-Jan
24.98	-1.1	Arlene Gowar	EC	26-08-91	4	Pretoria (Absa-Tuks)	28-Mar
25.16	0.6	Sharon Pattison	NW	04-08-91	2	Durban	07-Apr
25.28	-1.1	Lynnette Morgan	WP	19-11-91	5	Pretoria (Absa-Tuks)	28-Mar
25.33	-1.1	Elzette Louw	WP	22-06-91	6	Pretoria (Absa-Tuks)	28-Mar
25.39	-1.1	Monique Vosloo	CG	26-08-91	7	Pretoria (Absa-Tuks)	28-Mar
25.43	0.6	Ansulet Potgieter	FS	27-04-91	4	Durban	07-Apr

NWI

24.12		Imgard Bensusan	CG	24-01-91	1	Roodepoort	21-Mar
-------	--	-----------------	----	----------	---	------------	--------

Hand

24.5	0.2	Rorisang Ramonnye	CN	31-12-90	1	Roodepoort	10-Jan
------	-----	-------------------	----	----------	---	------------	--------

Under 18

23.90	1.0	Justine Palframan	KZ	04-11-93	1	Pretoria (Absa-Tuks)	28-Mar
24.44	1.6	Chanel Fourie	CG	25-05-92	1	Germiston	28-Nov
24.71	1.0	Sonja van der Merwe	WP	19-05-92	2	Pretoria (Absa-Tuks)	28-Mar
24.82	1.0	Zanri van der Merwe	GN	14-05-93	3	Pretoria (Absa-Tuks)	28-Mar
24.86	0.4	Rikenette Steenkamp	GN	16-10-92	3	Durban	07-Apr
24.86	1.4	Jade Thiele	CG	10-10-92	1sf1	Pretoria (Absa-Tuks)	28-Mar
24.90	-0.1	Stacey Welsh	WC	20-07-94	1h1	Durban	07-Apr
24.92	0.4	Chante van Tonder	GN	25-05-93	4	Durban	07-Apr
25.05	0.6	Anri Steyn	CG	30-09-93	1h3	Pretoria (Absa-Tuks)	28-Mar
25.32	0.5	Amanda Nagel	VT	18-02-94	2sf2	Pretoria (Absa-Tuks)	28-Mar
25.39	0.8	Kate Palframan	KZ	18-03-92	1	Bloemfontein	10-Oct

NWI

24.55		Zanri van der Merwe	GN	14-05-93	1	Roodepoort	21-Mar
24.58		Simone Lubbe	GN	05-10-93	2	Roodepoort	21-Mar
24.73		Rikenette Steenkamp	GN	16-10-92	3	Roodepoort	21-Mar
24.76		Chante van Tonder	GN	25-05-93	4	Roodepoort	21-Mar
24.76		Amanda Nagel	VT	18-02-94	1	Germiston	23-Mar
25.06	nwi	Stephanie Wicksell	GN	06-05-94	2	Germiston	23-Mar
25.14	nwi	Tebogo Mamathu	CG	27-05-94	3	Germiston	23-Mar
25.20	-0.1	Michanne Wessels	FS	17-01-94	2h1	Durban	07-Apr
25.30	-2.3	Phillipa van der Merwe	NC	07-01-94	3	Durban	07-Apr

400 metres**Under 20**

54.54		Rorisang Ramonnye	NW	03-11-90	5	Stellenbosch	14-Mar
55.20		Anuschka Nice	CG	26-08-91	2	Pretoria (Absa-Tuks)	27-Mar
55.77		Anneri Ebersohn	FS	09-08-90	1	Bloemfontein	14-Feb
55.96		Doné Vermaak	GN	17-12-90	4	Stellenbosch	03-Apr
56.78		Monique Vosloo	CG	26-08-91	4	Pretoria (Absa-Tuks)	27-Mar
56.90		Lizeri Erasmus	GN	19-05-91	5	Pretoria (Absa-Tuks)	27-Mar
56.91		Janine Pieters	NW		2	Durban	07-Apr
57.25		Ilse Liebenberg	BOL	30-03-90	6	Pretoria (Absa-Tuks)	27-Mar
57.51		Elzette Louw	WP	22-06-91	3	Durban	07-Apr

Under 18

53.29		Anri Steyn	CG	30-09-93	1	Pretoria (Absa-Tuks)	27-Mar
53.72		Justine Palframan	KZ	04-11-93	2	Pretoria (Absa-Tuks)	27-Mar
54.90		Sonja van der Merwe	WP	19-05-92	3	Pretoria (Absa-Tuks)	27-Mar
56.15		Stephanie Wicksell	GN	06-05-94	4	Pretoria (Absa-Tuks)	27-Mar
56.24		Chanel Fourie	CG	25-05-92	2	Roodepoort	21-Mar
56.92		Izelle Neuhoff	VT	03-05-94	1h1	Roodepoort	21-Mar
57.32		Lea Steyn	EP	23-05-92	7	Pretoria (Absa-Tuks)	27-Mar
57.44		Charlize Jonker	CG	27-08-94	2	Roodepoort	21-Mar
57.60		Thato Makhofolo	CG	10-04-94	1	Germiston	24-Jan
57.89		Suretha Muller	VT	22-05-92	8	Pretoria (Absa-Tuks)	27-Mar
57.89		Liezel Scholtz	LIM	20-02-95	1h2	Durban	07-Apr

800 metres

Under 20

1:55.45	Caster Semenya	GN	07-01-91	1	Berlin	19-Aug
2:05.17	Anuschka Nice	CG	26-08-91	3	Germiston	06-Mar
2:07.36	Doné Vermaak	GN	17-12-90	2	Stellenbosch	27-Feb
2:10.5	Anelda Pypers	CG	15-04-91	2	Germiston	28-Feb
2:11.78	Megan Williams	CG	28-12-90	2	Roodepoort	21-Mar
2:11.90	Elandrie Drotsky	MP	25-04-91	1	Durban	06-Apr
2:14.66	Natanya Luther	CG	25-01-91	3	Durban	06-Apr
2:16.92	Matshediso Masedi	FS	09-09-91	7	Pretoria (Absa-Tuks)	28-Mar
2:18.14	Adri Meyer	WP	07-04-91	8	Pretoria (Absa-Tuks)	28-Mar
2:18.95	Mieke Grabe	NW		6	Durban	06-Apr

Under 18

2:09.61	Felicia Mofokeng	FS	14-10-94	1	Pretoria (Absa-Tuks)	28-Mar
2:10.29	Masabata Motoane	GN	31-01-93	2	Pretoria (Absa-Tuks)	28-Mar
2:10.30	Happiness Mkhize	KZ	15-12-92	3	Pretoria (Absa-Tuks)	28-Mar
2:10.90	Anri Steyn	CG	30-09-93	1	Durban	07-Apr
2:11.00	Marlise Jordaan	WP	02-03-92	4	Stellenbosch	27-Feb
2:11.26	Rizani van Aswegen	VT	16-06-92	4	Pretoria (Absa-Tuks)	28-Mar
2:11.76	Lebohang Dlamini	FS	01-10-93	3	Durban	07-Apr
2:12.4	Danelle Prinsloo	FS	27-03-92	1h3	Pretoria (Absa-Tuks)	27-Mar
2:13.12	Lize-Ann Steyn	EP	02-05-93	5	Durban	07-Apr
2:13.13	Annica Coetzee	EP	10-02-92	4h2	Pretoria (Absa-Tuks)	28-Mar
2:13.8	Heleen Malan	BO	04-12-92	2	Paarl	21-Mar
2:13.8	Elaine Smith	MP	08-01-92	3h2	Pretoria (Absa-Tuks)	27-Mar

1500 metres

xxxx

Under 20

4:08.01	Caster Semenya	LIM	07-01-91	1	Bambous	02-Aug
4:22.1	Carlyn Fischer	GN	27-09-90	1	Pretoria (Absa-Tuks)	21-Feb
4:30.50	Natanya Luther	KZ	25-01-91	1h1	Durban	06-Apr
4:31.08	Anuschka Nice	CG	26-08-91	1	Johannesburg	21-Feb
4:32.0	Anelda Pypers	CG	15-04-91	1	Germiston	14-Feb
4:36.17	Carlyn Fischer	FS	27-09-90	3	Pretoria (Absa-Tuks)	28-Mar
4:44.43	Ashley Schnetler	CG	02-06-91	2	Durban	07-Apr
4:46.41	Elene Lourens	BO		5	Pretoria (Absa-Tuks)	28-Mar
4:47.16	Estie Bester	GAU	20-05-90	3	Durban	07-Apr
4:49.18	Relandi Liggett	CG	04-06-91	4	Durban	07-Apr

Under 18

4:28.69	Dominique Scott	BO	23-04-93	6	Stellenbosch	14-Mar
4:34.52	Marlise Jordaan	WP	02-03-92	1	Bellville	21-Feb
4:36.50	Mampielo Sibanda	CG	05-02-93	1	Pretoria (Absa-Tuks)	27-Jan
4:36.66	Felicia Mofokeng	FS	14-10-94	3	Pretoria (Absa-Tuks)	27-Mar
4:36.88	Marinda Nel	GN		4	Pretoria (Absa-Tuks)	27-Mar
4:36.90	Sylvia Tsetlanyane	CG	20-04-93	2	Durban	07-Apr
4:37.6	Lebohang Dlamini	FS	01-10-93	3	Durban	06-Apr
4:38.54	Thato Makhafola	GAU	10-04-94	2	Durban	08-Apr
4:38.70	Baby Mokone	FS	20-02-93	4	Durban	07-Apr
4:39.85	Bianca van Niekerk	CG	09-07-94	6	Pretoria (Absa-Tuks)	28-Mar

3000 metres

Under 20

10:06.42	Maxine Heine-Wacker	CG	27-04-90	9	Pretoria (Absa-Tuks)	30-Jan
10:10.5	Carlyn Fischer	GN	27-09-90	1	Pretoria (Absa-Tuks)	27-Mar
10:10.91	Lusanda Bomvana	TR	25-10-91	1	Durban	06-Apr
10:11.23	Alta Phiri	CN	26-09-90	2	Durban	06-Apr
10:15.99	Mamolholo Dlamini	FS	30-12-91	3	Durban	06-Apr
10:16.50	Ashley Schnetler	CG	02-06-91	4	Durban	06-Apr
10:28.1	Nadia Hechter	CG		1	Germiston	21-Feb
10:36.2	Thineke Fourie	WP	11-11-91	1	Paarl	21-Mar
10:42.92	Ramuelo Muhau	LIM		5	Durban	06-Apr
10:46.45	K Tlaikani	VT		1	Roodepoort	21-Mar

Under 18

9:42.64	Sylvia Tsetlanyane	CG	20-04-93	1	Durban	07-Apr
9:45.28	Dominique Scott	BO	23-04-93	2	Durban	07-Apr
9:47.32	Mampielo Sibanda	CG	05-02-93	3	Durban	07-Apr
9:52.33	Baby Mokone	FS	20-02-93	4	Durban	07-Apr
9:55.10	Anneke Gildenhuis	CG	03-04-93	5	Durban	07-Apr
10:05.36	Lorissa Breedt	NW	06-07-92	6	Durban	07-Apr
10:06.58	Thato Makhafola	CG	10-04-94	3	Pretoria (Absa-Tuks)	28-Mar
10:09.10	Annica Coetzee	EP	10-02-92	7	Durban	07-Apr
10:11.95	Chante Venter	CG	23-07-94	1	Roodepoort	21-Mar
10:21.46	B van Muller	NW		9	Durban	07-Apr

5000 metres

Under 20

17:26.17	Elene Lourens	BO	03-08-90	1	Bellville	21-Mar
17:44.55	Carlyn Fischer	GN	27-09-90	5	Stellenbosch	04-Apr
18:47.87	Nadia Hecter	CG		2	Pretoria (Absa-Tuks)	27-Mar
19:11.74	Angelique Faasen	GN		3	Pretoria (Absa-Tuks)	27-Mar

3000 metres steeplechase

Under 20

11:38.78	Caroline Marandela	CG	30-09-93	1	Pretoria (Absa-Tuks)	28-Mar
11:51.19	Amokelani Baloyi	CG	12-02-93	2	Pretoria (Absa-Tuks)	28-Mar
11:56.44	Angelique Faasen	GN		3	Pretoria (Absa-Tuks)	28-Mar
12:12.41	Lee-Anne Olivier	WP		6	Stellenbosch	03-Apr
12:17.90	Ailene Bezuidenhout	GN		4	Pretoria (Absa-Tuks)	28-Mar

100 metres hurdles

Under 20 (84 cm)

14.15	-0.4	Irmgard Bensusan	CG	24-01-91	3	Germiston	06-Mar
14.51	0.0	Ansulet Potgieter	FS	27-04-91	1	Bloemfontein	14-Feb
15.36	-1.0	Karli Gey van Pittius	BO	10-07-91	1	Pretoria (Absa-Tuks)	27-Mar
15.38	-1.0	Zanne-Marie Pienaar	GN		2	Pretoria (Absa-Tuks)	27-Mar
15.56	-1.0	Mia Janse van Rensburg	VT	27-03-91	3	Pretoria (Absa-Tuks)	27-Mar
16.17	-1.0	Leana Claasens	MP		4	Pretoria (Absa-Tuks)	27-Mar
16.50	-1.0	Cherise du Buisson	CG		5	Pretoria (Absa-Tuks)	27-Mar
16.59	-1.0	Shimonde Saayman	CN		6	Pretoria (Absa-Tuks)	27-Mar

Hand

13.9	nwi	Irmgard Bensusan	CG	24-01-91	5	Germiston	28-Feb
------	-----	------------------	----	----------	---	-----------	--------

Under 18 (76.2 cm)

13.61	1.2	Rikenette Steenjamp	GN	16-10-92	3sf1	Bressanone	09-Jul
14.05	1.1	Maryke Brits	BO	25-02-94	1h2	Pretoria (Absa-Tuks)	27-Mar
14.29	1.1	Jean-Marie Senekal	BO	11-12-92	2h2	Pretoria (Absa-Tuks)	27-Mar
14.30	-1.1	Mihandra Dorfling	FS	15-06-92	2	Pretoria (Absa-Tuks)	27-Mar
14.52	-1.1	Ane Killian	VT	22-01-92	5	Pretoria (Absa-Tuks)	27-Mar
14.54	1.9	Kayla Gilbert	CG	05-01-93	1h4	Pretoria (Absa-Tuks)	27-Mar
14.66	-1.1	Lariska Botha	FS	09-07-93	6	Pretoria (Absa-Tuks)	27-Mar
14.66	-1.1	Marion-Ann Duvenhage	NW	22-01-92	7	Pretoria (Absa-Tuks)	27-Mar
14.76	1.1	Martha Diamond	CG	16-05-94	5h3	Pretoria (Absa-Tuks)	27-Mar
14.88	1.9	Jean-Amie Wilbers	GN		3h4	Pretoria (Absa-Tuks)	27-Mar

400 metres hurdles

Under 20 (76.2 cm)

60.22		Anneri Ebersohn	FS	09-08-90	6	Stellenbosch	27-Feb
62.13		Andrea Strauss	CN	15-09-91	1	Pretoria (Absa-Tuks)	28-Mar
62.60		Sanlie van de Brink	LIM	03-05-91	2	Durban	07-Apr
62.91		Alix Moreillon	WP	23-02-91	3	Durban	07-Apr
63.63		Megan Goddard	WC	26-03-91	4	Durban	07-Apr
63.95		Mariesa de Winnaar	FS	19-08-91	1	Bloemfontein	27-Feb
64.02		Danelle Greeff	VT	18-12-91	3	Pretoria (Absa-Tuks)	28-Mar
64.27		Alicia Steyn	WP	19-11-90	4	Pretoria (Absa-Tuks)	28-Mar
65.13		Claudeen Els	CN	30-10-90	3h1	Pretoria (Absa-Tuks)	28-Mar
65.95		Hannerie Coetzee	CN		3h2	Pretoria (Absa-Tuks)	28-Mar

Under 18 (76.2 cm)

60.37		Melissa Harmse	GN	22-02-93	1	Pretoria (Absa-Tuks)	28-Mar
61.60		Tania Ras	GN	02-11-92	2	Pretoria (Absa-Tuks)	28-Mar
61.75		Marion-Ann Duvenhage	NW	22-01-92	1	Durban	08-Apr
61.78		Jean-Marie Senekal	BO	11-12-92	3	Pretoria (Absa-Tuks)	28-Mar
62.21		Lariska Botha	FS	09-07-93	5	Pretoria (Absa-Tuks)	28-Mar
62.49		Marike Vermaak	MP	31-07-93	2h2	Pretoria (Absa-Tuks)	28-Mar
63.54		Ulrike Rautenbach	NW	02-04-92	4	Durban	08-Apr
63.79		Ane Fourie	WP	24-01-93	5h2	Pretoria (Absa-Tuks)	28-Mar
63.83		Tessa Huystek	MP	27-03-92	6	Pretoria (Absa-Tuks)	28-Mar
64.38		Sussanna Claasen	WC		3h3	Durban	08-Apr

High jump

Under 20

1.70		Zehanca Prinsloo	CG	07-10-91	1	Germiston	28-Feb
1.70		Shannon Freeman	CG	01-05-91	1	Pretoria (Absa-Tuks)	28-Mar
1.70		Zanli Bloem	GN		2	Pretoria (Absa-Tuks)	28-Mar
1.68		Bianca Jantzen	GN	09-06-90	1hp	Stellenbosch	13-Mar
1.65		Bianca Erwee	FS	14-03-90	8	Potchefstroom	23-Jan
1.65		Johanel Hugo	BO	14-03-91	1	Paarl	21-Mar
1.65		Dianne Chapman	MP	17-10-91	4	Pretoria (Absa-Tuks)	28-Mar
1.65		Liza Esterhuyzen	WP	05-09-91	1	Parow	11-Feb
1.64		Leandrie Botha	FS	26-09-91	q	Durban	07-Apr
1.63		Tiffany Hattingh	VT	07-04-91	4	Durban	07-Apr

Under 18

1.75		June Roelofse	GN	19-03-92	1	Johannesburg	21-Feb
1.75		Remina Stephan	BO	31-05-92	6	Stellenbosch	14-Mar

1.73	Chaney Lindner	CG	12-09-92	1	Germiston	21-Feb
1.73	Shannon Molotani	WP	23-05-94	q	Durban	06-Apr
1.73	Frances Seeliger	GN	03-02-94	1	Pretoria	31-Oct
1.72	Alisha Small	SW	29-04-93	1	Oudtshoorn	24-Oct
1.70	Valentina de Rocha	WP	22-10-93	2	Paarl	21-Mar
1.70	Aidan Battison	EP	13-01-93	1q1	Durban	06-Apr
1.70	Taylia Visagie	WC	u14	1	Rustenburg	30-Mar
1.67	Izelle Vrey	CG	21-09-93	1	Johannesburg	21-Feb

Pole vault

Under 20

3.40	Juanita Stander	BO	02-02-90	3	Stellenbosch	11-Dec
3.30	Ané Niewoudt	BO	28-07-90	1	Pretoria (Absa-Tuks)	27-Mar
3.10	Mandi Maritz	EP	12-07-90	5	Stellenbosch	04-Apr
2.90	Marike Jansen	FS	07-05-90	6	Stellenbosch	04-Apr
2.80	Solize Vosloo	FS	04-04-90	2	Pretoria (Absa-Tuks)	27-Mar

Under 18

3.30	Jeannie van Dyk	EP	22-09-92	1	Pretoria (Absa-Tuks)	27-Mar
3.20	Kulthoon Gaidien	BO	17-11-94	3	Stellenbosch	28-Feb
3.10	Taahirah Kozain	BO	13-04-93	2	Stellenbosch	28-Feb
2.90	Jani Smit	BO	20-02-93	4	Pretoria (Absa-Tuks)	27-Mar
2.80	Raugme Brink	CG	10-07-93	5	Pretoria (Absa-Tuks)	27-Mar
2.80	Colette Schwim	FS	02-01-92	6	Pretoria (Absa-Tuks)	27-Mar
2.80	Nadia Guilomee	BO	10-05-94	2	Durban	06-Apr
2.60	Sarese de Villiers	FS	01-02-92	2	Bloemfontein	16-Feb
2.60	Mar-Leze Vos	FS	30-08-95	3	Durban	06-Apr
2.40	Hibre Arries	BO	18-12-94	4	Durban	06-Apr

Long jump

Under 20

6.07	-0.4	Lynique Prinsloo	CG	30-03-91	4	Germiston	06-Mar
6.07	-0.9	Monja Goosen	GN	02-10-91	1	Pretoria (Absa-Tuks)	27-Mar
5.92	-2.3	Kelly Kingwell	CG	22-01-91	2	Stellenbosch	04-Apr
5.78	-1.2	Nicholeen McLaren	MP	10-05-90	2	Germiston	21-Feb
5.68	-1.4	Celeste Rietels	WP	14-01-90	5	Stellenbosch	13-Mar
5.60	-0.7	Danielle Fourie	CG	11-06-90	4	Pretoria (Absa-Tuks)	27-Mar
5.55	-1.1	Mieneke Prins	WP	14-05-91	7	Stellenbosch	13-Mar
5.54	0.0	Hannelie Kotze	LIM	22-02-90	1hp	Pretoria (Absa-Tuks)	28-Mar
5.35	-0.1	Susanna Mafoa	GN	01-11-91	7	Pretoria (Absa-Tuks)	27-Mar
5.32	-0.5	Elzaan van Wyk	GW		8	Pretoria (Absa-Tuks)	27-Mar

NWI

6.10		Lynique Prinsloo	CG	30-03-91	1	Germiston	03-Mar
5.92		Kelly Kingwell	CG	22-01-91	2	Stellenbosch	04-Apr
5.86		Nicholeen McLaren	MP	10-05-90	2q	Stellenbosch	04-Apr

Wind

6.08	7.9	Celeste Rietels	WP	14-01-90	1	Durban	06-Apr
6.01	3.7	Monja Goosen	GN	02-10-91	1	Pretoria (Absa-Tuks)	14-Feb

Under 18

6.07	1.1	Zanri van der Merwe	GN	14-05-93	1	Pretoria (Absa-Tuks)	27-Mar
5.82	1.5	Kayla Gilbert	CG	05-01-93	2	Germiston	03-Oct

5.81	1.3	Maryke Brits	BO	25-02-94	2	Pretoria (Absa-Tuks)	27-Mar
5.78	0.4	Birdie Carstens	SW	13-05-92	3	Pretoria (Absa-Tuks)	27-Mar
5.77	2.0	Samantha Pretorius	WP	03-02-92	2	Stellenbosch	11-Dec
5.70	0.3	Giola Dalla-Pria	GN	05-04-93	1	Bloemfontein	10-Oct
5.65	0.4	Kayla Gilbert	CG	05-01-93	4	Pretoria (Absa-Tuks)	27-Mar
5.49	nwi	Carina Swiegers	CG		1	Roodepoort	11-Feb
5.48	1.1	Bianca Jacobs	GN		5	Pretoria (Absa-Tuks)	27-Mar
5.48	-6.7	Martha Diamond	CG	16-05-94	2q1	Pretoria (Absa-Tuks)	27-Mar

Triple jump

Under 20

12.44	0.7	Kelly Kingwell	CG	22-01-91	1	Pretoria (Absa-Tuks)	28-Mar
12.14	0.5	Monja Goosen	GN	02-10-91	2	Pretoria (Absa-Tuks)	28-Mar
11.88	-0.3	Bianca Erwee	CN	04-03-90	7	Pretoria (Absa-Tuks)	30-Jan
11.76	2.0	Danielle Fourie	CG	11-06-90	3	Pretoria (Absa-Tuks)	28-Mar
11.44	0.9	Hannelie Claasens	MP	02-04-91	4	Pretoria (Absa-Tuks)	28-Mar
11.30	1.4	Elaine Mbhalati	MP	28-08-91	5	Pretoria (Absa-Tuks)	28-Mar
10.93	-1.2	Merike Jonker	WC	07-03-91	2	Durban	07-Apr

Wind

12.17	2.5	Danielle Fourie	CG	11-06-90	4	Stellenbosch	03-Apr
-------	-----	-----------------	----	----------	---	--------------	--------

NWI

12.16		Monja Goosen	GN	02-10-91	1	Germiston	03-Mar
-------	--	--------------	----	----------	---	-----------	--------

Under 18

12.26	1.5	Danelle Erwee	FS	29-11-93	1	Pretoria (Absa-Tuks)	28-Mar
12.19	1.3	Luchelle Prinsloo	NW	18-07-92	2	Pretoria (Absa-Tuks)	28-Mar
11.60	0.2	Hannelore Dagutat	GN	02-10-93	1	Bloemfontein	10-Oct
11.52	-0.4	Valentina de Rocha	WP	22-10-93	2	Durban	08-Apr
11.50	0.8	Cathrine Loubser	BO	05-08-93	3	Pretoria (Absa-Tuks)	28-Mar
11.27	-0.6	Courtney du Plessis	BO	02-10-93	4	Durban	08-Apr
11.25	-0.3	Giola Dalla-Pria	GN	05-04-93	5	Durban	08-Apr
11.19	0.9	Izelle Vrey	CG	21-09-94	5	Pretoria (Absa-Tuks)	28-Mar
11.09	0.5	Annika Barnard	EP	28-06-92	6	Pretoria (Absa-Tuks)	28-Mar
10.85	-1.3	Michelle Bahlmann	CG	06-05-92	8	Durban	08-Apr

Shot put

Under 20 (4 kg)

13.17		Elzaan Mostert	WP	06-01-90	3	Germiston	31-Jan
13.03		Allanah Crafford	NW	19-07-91	1	Durban	07-Apr
12.48		Nanke Supra	VT	22-01-91	1	Roodepoort	21-Mar
12.22		Sonia Smuts	CG	05-10-91	3	Pretoria (Absa-Tuks)	28-Mar
12.02		Ruzel Vorster	FS	05-12-91	3	Durban	07-Apr
12.01		Lindie Liebenberg	EC	22-02-91	1	Bloemfontein	16-Feb
11.75		Gezelle Barnard	EC	15-09-91	2	Bloemfontein	16-Feb
11.55		Monique Vermaak	MP	10-01-90	6	Pretoria (Absa-Tuks)	28-Mar

Under 18 (4 kg)

12.56		Ischke Senekal	EP	08-01-93	1	Port Elizabeth	13-Oct
12.45		Yolandi-Mari Bothma	CG	03-03-92	2	Germiston	03-Oct
12.41		Liette van Schalkwyk	FS	11-11-93	1	Pretoria (Absa-Tuks)	27-Mar
12.35		Simoné Meyer	KZ	22-03-93	1	Secunda	17-Jan
12.30		Lizell Lee	MP	02-04-92	2	Pretoria (Absa-Tuks)	27-Mar

12.14	Carien Dreyer	GN	11-01-92	4	Pretoria (Absa-Tuks)	27-Mar
12.07	Danelle Willemse	MP	20-03-93	1	Johannesburg	21-Feb
12.00	Yolanie Uys	FS	06-11-92	5	Pretoria (Absa-Tuks)	27-Mar
11.78	Johleen Booysen	SW	15-10-92	1	Paarl	21-Mar
11.78	Joane Bredenkamp	FS	12-12-92	6	Pretoria (Absa-Tuks)	27-Mar

Discus throw

Under 20 (1 kg)

47.99	Lindie Liebenberg	Bor	22-02-91	1	Pretoria (Absa-Tuks)	28-Mar
42.64	Este van Staden	GW	15-02-91	2	Durban	06-Apr
40.89	Magda Erasmus	NW	26-09-91	3	Durban	06-Apr
39.80	Jacquette Wilsenach	FS	17-10-91	4	Durban	06-Apr
39.61	Tanya Joubert	MP		5	Durban	06-Apr
36.95	Tshegofatso Sono	GN	24-11-91	6	Durban	06-Apr
35.91	Marizaan Bezuidenhout	GN	28-10-91	7	Durban	06-Apr
35.85	Nadia Botha	FS	07-08-91	8	Durban	06-Apr
34.44	Ruanlie Oosthuizen	SW	02-04-91	1	Paarl	21-Mar

Under 18 (1 kg)

51.05	Simoné Meyer	KZ	22-03-93	1	Pretoria (Absa-Tuks)	13-Jun
47.23	Suriette Botha	GN	18-02-92	2	Pretoria (Absa-Tuks)	28-Mar
43.15	Danelle Willemse	MP	20-03-93	3	Pretoria (Absa-Tuks)	28-Mar
43.01	Almé Coetzee	FS	01-08-92	3	Durban	07-Apr
42.99	Carien Dreyer	GN	11-01-92	4	Pretoria (Absa-Tuks)	28-Mar
42.59	Yolanie Uys	FS	06-11-92	5	Pretoria (Absa-Tuks)	28-Mar
42.11	Layla Campher	EP	24-02-96	1	Polokwane	30-Mar
41.07	Somari Els	EC	10-02-95	1	Durban	06-Apr
39.80	Marga Vermaak	GN	22-02-93	4q2	Pretoria (Absa-Tuks)	28-Mar
39.53	Liette van Schalkwyk	FS	11-11-93	5q2	Pretoria (Absa-Tuks)	28-Mar

Hammer throw

Under 20 (4 kg)

52.88	Marizette Badenhorst	FS	07-06-90	1	Bloemfontein	27-Feb
49.90	Nadia Botha	FS	07-08-91	2	Pretoria (Absa-Tuks)	28-Mar
45.51	Anneke Louw	EP	11-03-91	2	Durban	06-Apr
44.74	Nanette Stapelberg	FS	11-07-90	7	Stellenbosch	13-Mar
44.56	Angeline de Franca	VT	19-04-91	3	Pretoria (Absa-Tuks)	28-Mar
40.87	Marinda Louw	FS	28-03-91	6	Pretoria (Absa-Tuks)	28-Mar
37.26	Elzaan Mostert	CG	06-01-90	6	Stellenbosch	03-Apr

Under 18 (4 kg)

54.21	Annemie Smith	SW	24-03-92	1	Pretoria (Absa-Tuks)	27-Mar
49.43	Simone Viviers	EP	11-06-92	1	Bloemfontein	24-Oct
47.63	Magdaleen Louw	EP	04-02-92	2	Durban	07-Apr
41.73	Ronique Wepener	EP	03-02-92	4	Pretoria (Absa-Tuks)	27-Mar
40.21	Monique Potgieter	CN	30-04-94	5	Pretoria (Absa-Tuks)	27-Mar
39.06	Sunett Voigt	SW	08-04-93	2	Oudtshoorn	24-Oct
37.15	Ciske Whitehead	EP	02-03-92	1	Bloemfontein	24-Oct
37.01	Mieke Stander	EP	15-01-95	1	Bloemfontein	24-Oct
36.82	Lize-Marie Geldenhuys	WC	11-09-92	5	Durban	06-Apr
35.70	Anke Uys	BO	11-09-92	6	Durban	07-Apr

Javelin

Under 20 (600 g)

55.83	Tazmin Brits	CN	08-01-91	1	Potchefstroom	04-Mar
50.77	Gezelle Bernard	Bor	15-09-91	2	Durban	07-Apr
50.01	Rencia Fourie	CN	01-02-90	2	Pretoria (Absa-Tuks)	28-Mar
47.70	Leanke Steyn	FS	30-10-90	1	Bloemfontein	14-Jan
45.49	Allanah Crafford	NW	19-07-91	3	Pretoria (Absa-Tuks)	28-Mar
42.00	Charlotte Olivier	GN	26-11-91	1	Pretoria (Absa-Tuks)	24-Jan
41.60	Nicola Offner	BO	23-02-90	1hp	Pretoria (Absa-Tuks)	28-Mar
40.59	Annene Brand	NC	10-05-91	4	Durban	07-Apr
40.37	Alma du Plessis	MP	17-04-91	6	Pretoria (Absa-Tuks)	28-Mar
38.51	Vone de Lange	LIM		6	Durban	07-Apr

Javelin throw

Under 18 (600 g)

46.97	Liezel de Swardt	NW	09-03-92	1	Pretoria (Absa-Tuks)	28-Mar
45.20	Leandri Swiegers	GN	24-08-93	2	Pretoria (Absa-Tuks)	28-Mar
44.19	Carli Grobbelaar	GN		3	Pretoria (Absa-Tuks)	28-Mar
41.35	Carien Dreyer	GN	11-01-92	1	Pretoria	30-Oct
41.14	Jo-Ann van Dyk	SW	03-10-97	1	Oudtshoorn	24-Oct
41.09	Janika Kotze	FS	27-01-93	1	Bloemfontein	09-Feb
40.78	Cari Swart	FS		1	Bloemfontein	16-Feb
40.56	Shadine v d Merwe	GN		4	Pretoria (Absa-Tuks)	28-Mar
40.11	Aletta Claassens	VT	21-05-92	5	Pretoria (Absa-Tuks)	28-Mar
39.40	Liza Wiese	GN		1	Bloemfontein	10-Oct

Heptathlon

Under 20

4 523	Bianca Jantzen	GN	090690	1	Pretoria (Absa-Tuks)	27-28/3
					16.22 (2.6), 1.68, 10.45, 27.06 (-1.1); 5.24 (0.4), 27.35, 2:30.49	
4 404	Hannelie Kotze	LIM	220290	3	Pretoria (Absa-Tuks)	27-28/3
					15.20 (2.6), 1.50, 8.70, 26.22 (-1.1); 5.54 (0.0), 30.46, 2:42.18	
4 033	Nicola Offner	BO	230290	4	Pretoria (Absa-Tuks)	27-28/3
					18.63 (2.6), 1.55, 10.92, 28.08 (-1.1); 4.81, 41.60, 2:45.68	

Under 18

Heptathlon

3 849	Chane Burgers	FS	21-01-92	1	Pretoria (Absa-Tuks)	27-28/3
					14.91, 1.45, 7.45, 27.40; 5.45 (1.3), 17.71, 2:51.03	
3 695	Inge Viljoen	GN	07-01-93	2	Pretoria (Absa-Tuks)	27-28/3
					16.19, 1.60, 7.01, 27.40; 5.03, xxx. 2:30.56	
3 628	Shani Wilke	GN		3	Pretoria (Absa-Tuks)	27-28/3
3 577	Zante Camper	CN		4	Pretoria (Absa-Tuks)	27-28/3

4 x 100 metres relay

Under 20

48.31	Gauteng North			1	Pretoria (Absa-Tuks)	28-Mar
48.52	Western Cape			1	Durban	07-Apr
48.70	Western Province			2	Pretoria (Absa-Tuks)	28-Mar
48.73	Eastern Cape			2	Durban	07-Apr
48.73	SA Jnr Team			3	Bambous	01-Aug
49.20	Free State			3	Durban	07-Apr

49.49	Central Gauteng	3	Pretoria (Absa-Tuks)	28-Mar
49.76	Eastern Province	4	Pretoria (Absa-Tuks)	28-Mar
49.77	North West	5	Pretoria (Absa-Tuks)	28-Mar

Under 18

47.38	Kwazulu Natal	1	Pretoria (Absa-Tuks)	28-Mar
47.50	Central Gauteng	2	Pretoria (Absa-Tuks)	28-Mar
47.79	Gauteng North	3	Pretoria (Absa-Tuks)	28-Mar
48.59	Boland	4	Pretoria (Absa-Tuks)	28-Mar
48.82	Western Province	5	Pretoria (Absa-Tuks)	28-Mar
48.86	Western Cape u16	1	Durban	08-Apr
49.02	Free State	6	Pretoria (Absa-Tuks)	28-Mar
49.13	Gauteng u16	2	Durban	08-Apr
49.38	Vaal Triangle	7	Pretoria (Absa-Tuks)	28-Mar
49.70	Eastern Province	8	Pretoria (Absa-Tuks)	28-Mar

4 x 400 metres relay

Under 20

3:45.80	Gauteng North	1	Pretoria (Absa-Tuks)	28-Mar
3:49.93	North West	2	Pretoria (Absa-Tuks)	28-Mar
3:50.00	Central Gauteng	3	Pretoria (Absa-Tuks)	28-Mar
3:52.61	Eastern Province	1	Durban	07-Apr
3:53.59	Gauteng	2	Durban	07-Apr
3:54.35	North West	3	Durban	07-Apr
3:56.03	Western Province	3	Pretoria (Absa-Tuks)	28-Mar

3000 metres walk

Under 20

14:41.80	Corli Swart	FS	05-03-91	1	Bloemfontein	24-Jan
----------	-------------	----	----------	---	--------------	--------

5000m Walk

Under 18

26:13.4	Anel Oosthuizen	SW	22-04-95	1	Durban	06-Apr
26:20.3	Alida Kruger	BO	03-01-94	2	Durban	06-Apr
26:30.1	Inge Kotze	BO	21-11-92	1	Stellenbosch	28-Feb
26:40.9	Zelda Schultz	BO	15-02-92	2	Stellenbosch	28-Feb
27:04.8	Robyn Paulse	BO	01-03-95	3	Durban	06-Apr
27:12.2	Danelle Koegelenberg	BO	21-12-92	2	Durban	07-Apr
27:23.9	Janri de Klerk	Bor	08-01-93	1	Durban	07-Apr
28:12.4	Melissa de Jager	NW	28-05-92	3	Pretoria (Absa-Tuks)	28-Mar
28:18.9	Elsje Brink	BO		4	Stellenbosch	28-Feb
28:25.9	Chanice Klink	BO	u16	1	Stellenbosch	28-Feb

10000 metres walk

Under 20

51:25.29	Corli Swart	FS	05-03-91	1	Pretoria (Absa-Tuks)	28-Mar
59:44.39	Suzanne Liebenberg	NW	25-09-90	2	Pretoria (Absa-Tuks)	28-Mar
1:01:03.0	Sumarie Maree	NW	25-10-92	3	Pretoria (Absa-Tuks)	28-Mar
1:02:12.0	Bianca Swanepoel	BOL	24-07-91	4	Pretoria (Absa-Tuks)	28-Mar
1:03:59.0	Wendy Pretorius	CNW	26-03-91	3	Durban	07-Apr

1:04:28.0	Jeanette Linde	FS	02-10-91	4	Durban	07-Apr
1:05:43.0	Mariska Botha	BOR		6	Pretoria (Absa-Tuks)	28-Mar

ends 80 performances

