



2010 TOP TEN SOUTH AFRICAN SENIOR BEST PERFORMANCES

Originally compiled by GERT LE ROUX; updated by RIËL HAUMAN

As at 31 August 2010

MEN

60 metres		(ind - indoors)					
6.75	ind	Morne Nagel	GN	230278	7	Dusseldorf	03-Feb
100 metres						SA champion: Simon Magakwe	
10.14	1.9	Simon Magakwe	CN	140586	3	Nairobi	29-Jul
10.29	0.8	Leigh Julius	EP	250385	2r2	Germiston	06-Apr
10.33	0.8	Hannes Dreyer	GN	130185	3r2	Germiston	06-Apr
10.41	0.8	Kagiso Kumbane	FS	211188	3r2	Johannesburg	24-Mar
10.41	0.0	Gideon Trotter	FS	030392	1	Germiston	10-Apr
10.42	0.6	Snyman Prinsloo	CG	220584	1r1	Johannesburg	24-Mar
10.43	0.0	Waide Jooste	CG	240791	2	Germiston	10-Apr
10.47	0.0	Sean de Klerk	FS	280192	3	Germiston	10-Apr
10.48	-0.1	Thuso Mpuang	FS	010384	3	Potchefstroom	16-Apr
10.50	0.3	Rudi Erasmus	CG		1	Germiston	10-Apr
Wind assisted							
10.36	2.1	Thuso Mpuang	FS	010384	3	Durban	21-Mar
10.40	2.1	Kagiso Kumbane	FS	211188	4	Durban	21-Mar
10.42	2.1	Roscoe Engel	WP	060389	5	Durban	21-Mar
NWI							
10.45		Rapula Sefenyatso	NW	110288	1r1	Absa-Tuks, Pretoria	06-Feb
Hand timing (all doubtful)							
10.3		Waide Jooste	CG	240791	1r1	Germiston	30-Jan
10.4		Rudi Erasmus	CG	u18	1	Germiston	30-Jan
10.5		Willie de Beer	GN	140388	1r2	Germiston	30-Jan
200 metres						SA champion: Thuso Mpuang	
20.23	1.5	Simon Magakwe	CN	271184	1	Potchefstroom	17-Apr
20.42	1.5	Leigh Julius	EP	110785	2	Potchefstroom	17-Apr
20.54	1.5	Thuso Mpuang	FS	050628	3	Potchefstroom	17-Apr
20.73	-2.2	Wilhelm van der Vyver	BO	220889	1sf3	Durban	21-Mar
20.80	1.5	Kagiso Kumbane	FS	211188	4	Potchefstroom	17-Apr
20.84	0.8	Snyman Prinsloo	CG	220584	1r2	Potchefstroom	04-Mar
20.87	0.9	Gideon Trotter	FS	280666	1	Potchefstroom	06-Jun
20.95	1.5	Hannes Dreyer	GN	060656	5	Potchefstroom	17-Apr
21.00	0.6	Rapula Sefanyatso	NW	110288	5r2	Germiston	06-Apr
21.00	2.0	Sean de Klerk	FS	280192	1	Germiston	11-Apr
Wind assisted							
20.60	2.5	Wilhelm van der Vyver	BO	220889	2	Durban	21-Mar
20.76	2.5	Snyman Prinsloo	CG	220584	4	Durban	21-Mar
NWI							
20.82		Snyman Prinsloo	CG	220584	1	Absa-Tuks, Pretoria	20-Feb
20.89		Tshegofatso Meshoe	NW	250387	2	Absa-Tuks, Pretoria	20-Feb
Hand timing							
21.4	nwi	Rudi Erasmus	CG	u18	1	Germiston	23-Jan
21.4	nwi	Willie de Beer	GN	140388	1	Germiston	30-Jan
400 metres						SA champion: Ofentse Mogawane	
45.51		Ofentse Mogawane	GN	200282	1r2	Germiston	06-Apr
46.03		Oscar Pistorius	GN	221186	1r2	Lignano	18-Jul

46.08	Jacques de Swardt	GN	120892	1	Germiston	10-Apr
46.09	Sibusiso Sishi	CG	220685	2	Durban	21-Mar
46.29	Thapelo Ketlogetswe	CG		2	Germiston	10-Apr
46.62	LJ van Zyl	GN	220949	2	Potchefstroom	16-Apr
46.68	Willie de Beer	GN	140388	4r2	Germiston	06-Apr
46.75	Shane Victor	KZ	080797	4	Potchefstroom	16-Apr
46.82	Shaun de Jager	BO	280691	3	Germiston	10-Apr
46.83	P C Beneke	FS	180790	1	Potchefstroom	26-Jun

Hand timing

46.3	Sibusiso Sishi	CG	220685	1r1	Germiston	13-Feb
47.2	Thapelo Kehuyebwe	CG		2	Germiston	30-Jan
47.5	Richard Breukel	CG		1r3	Germiston	13-Feb
47.9	Rhodwin van Vuuren	CG		2r3	Germiston	13-Feb

800 metres

1:43.29	Mbulaeni Mulaudzi	CG	080980	3	Monaco	22-Jul
1:46.33	Windy Jonas	FS	110390	3	Naimette-Xhovémont	13-Jul
1:47.67	Ettienne Plaatjies	CN	250987	1	Durban	21-Mar
1:47.77	Samson Ngoepe	MP	280185	3r1	Oordegem	05-Jun
1:47.82	Adriaan van Wyk	GN	280783	3r2	Germiston	06-Apr
1:47.95	Ruben Ramolefi	CG	170778	2r2	Potchefstroom	04-Mar
1:48.20	William Mathosola	FS	310390	2	Durban	21-Mar
1:48.21	Jan Masenamela	MPU	160288	3	Durban	21-Mar
1:48.76	Henk Beukes	CG	020690	5	Durban	21-Mar
1:48.88	Hannes Naude	FS	140390	5r2	Germiston	06-Apr

SA champion: Ettienne Plaatjies

1500 metres

3:34.52	Juan van Deventer	CG	260383	9	Rieti	29-Aug
3:35.24	Johan Cronje	FS	130482	7	Lausanne	08-Jul
3:35.97	Peter van der Westhuizen	CG	211284	8	Gateshead	10-Jul
3:38.55	Stephen Mokoka	GN	310185	1	Durban	21-Mar
3:39.06	Pharson Magagane	LIM	060486	4	Metz	29-Jun
3:39.07	Tshamano Setone	CG	070587	3	Karlstad	15-Jul
3:39.76	Elroy Gelant	CN	250886	5	Brazzaville	30-May
3:39.90	Molefe Molefe	CG	270186	4	Durban	21-Mar
3:39.97	Mthobisi Baloyi	NW	260285	5	Durban	21-Mar
3:40.28	Windy Jonas	FS	110390	6	Durban	21-Mar

SA champion: Stephen Mokoka

1 mile

3:54.12	Juan van Deventer	CG	260383	3r2	Eugene	03-Jul
3:54.90	Peter vd Westhuizen	CG	211284	8	Oslo	04-Jun
4:02.88	Windy Jonas	FS	110390	1	Port Elizabeth	19-Feb
4:04.65	Pharson Magagane	LIM	060486	2	Port Elizabeth	19-Feb
4:07.50	Dean Brummer	CN	150988	3	Port Elizabeth	19-Feb
4:09.07	Mthobisi Baloyi	CN	260285	4	Port Elizabeth	19-Feb
4:11.39	Marc Buccarazzi	CG	221288	6	Port Elizabeth	19-Feb

3000 metres

7:49.43	Tshamano Setone	CG	070587	8	Tangier	18-Jul
7:49.91	ind Juan van Deventer	CG	260383	1	Moscow	07-Feb
7:58.51	Pharson Magagane	LIM	060486	2	Rhede	04-Jul
8:00.05	Peter vd Westhuizen	CG	211284	7	Nottwil	08-Aug
8:01.90	Edwin Molepo	CN	310587	7	Leiden	12-Jun
8:03.53	Mthobisi Baloyi	CN	260285	8	Leiden	12-Jun
8:04.50	Elroy Gelant	CN	250886	2	Potchefstroom	04-Mar
8:05.12	Olebogeng Masire	CN	140982	1	Johannesburg	24-Mar
8:06.57	Gladwin Mzazi	VT	280888	3	Johannesburg	24-Mar
8:08.25	Xolisa Tyali	CG	021289	3	Potchefstroom	04-Mar

5000 metres

13.22.64	Juan van Deventer	CG	260383	15	Stockholm	06-Aug
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SA champion: Tshamano Setone

13:25.51	Tshamano Setone	CG	070587	1	Port Elizabeth	19-Feb
13:25.88	Elroy Gelant	CN	250886	2	Port Elizabeth	19-Feb
13:27.22	Stephen Mokoka	VT	310185	3	Port Elizabeth	19-Feb
13:32.09	Gladwin Mzazi	VT	280888	4	Port Elizabeth	19-Feb
13:32.70	Lungisa Mdedelwa	TR	150984	5	Port Elizabeth	19-Feb
13:35.55	Isaac Mbuyaza	CG	070587	6	Port Elizabeth	19-Feb
13:43.42	Xolisa Tyali	CG	021289	7	Port Elizabeth	19-Feb
13:46.32	Olebogeng Masire	CN	140982	3	Durban	21-Mar
13:48.68	Dumisane Hlaselo	FS	080689	8	Port Elizabeth	19-Feb

10000 metres

SA champion: Stephen Mokoka

28:18.54	Stephen Mokoka	GN	310185	1	Durban	20-Mar
28:20.40	Gladwin (Sibabalwe) Mzazi	VT	280888	2	Durban	20-Mar
28:32.18	Lungisa Mdedelwa	TRA	150984	3	Durban	20-Mar
28:50.17	Mbongeni Ngxazozo	CG	020280	4	Durban	20-Mar
28:51.28	Zolani Ntongana	WP	070780	5	Durban	20-Mar
29:11.16	Coolboy Ngamole	NW	210677	6	Durban	20-Mar
29:19.91	David Ngakane	CG	120380	7	Durban	20-Mar
29:22.38	Samuel Segoaba	FS	040683	8	Durban	20-Mar
30:00.68	Kgosi Tsosane	FS		1	Bloemfontein	13-Feb
30:01.47	Siyabulela Mtsha	TRA	240957	9	Durban	20-Mar

3000 metres steeplechase

SA champion: Ruben Ramolefi

8.16.50	Ruben Ramolefi	CG	170778	9	Doha	14-May
8.31.21	Edwin Molepo	CN	100550	2	Oordegem	05-Jun
8.49.82	Thuso Phaswana	CG	090686	2	Port Elizabeth	19-Feb
8.51.23	Tisetso Masehla	CG	090785	3	Durban	21-Mar
8.59.50	Dean Brummer	CN	220513	3	Potchefstroom	16-Apr
8.59.79	Dicardo Jacobs	BOL	250186	4	Durban	21-Mar
9.02.70	Dikotsi Lekopa	NW	070788	5	Durban	21-Mar
9:05.94	Joel Mmone	CG	290391	1	Stellenbosch	19-Jun
9.07.01	Sithembele Fanekho	TRA		6	Durban	21-Mar
9.08.67	Sikhumbuzo Seme	GN	140385	3	Port Elizabeth	19-Feb

60m Hurdles (Indoors)

7.67	Ind	Lehann Fourie	(Neb)	160287	2h2	Fayetteville	12-Mar
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110 metres hurdles

SA champion: Andre Storm

13.44	0.9	Lehann Fourie	(Neb)	160287	2	Columbia	16-May
13.86	1.4	Andre Storm	CN	120788	1	Durban	21-Mar
13.90	-0.2	Ruan de Vries	GN	010286	2	Rhede	04-Jul
13.95	0.8	Louw Smit	BO	290288	3	Germiston	06-Apr
14.06	-2.0	Janko Kotze	CG	030382	1	Germiston	13-Feb
14.10	0.7	Hennie Kotze	CN	040284	2	Absa-Tuks, Pretoria	27-Feb
14.10	0.5	Drikus Viljoen	BO	190491	1	Stellenbosch	05-Mar
14.44	1.4	Sors Joubert	BO		3	Potchefstroom	16-Apr
14.47	1.4	Hardus Maritz	CN		4	Potchefstroom	16-Apr
14.51	1.4	Jaco Willemse	CN	140930	5	Potchefstroom	16-Apr

Wind assisted

13.41	2.5	Lehann Fourie	(Neb)	160287	1	Lubbock	01-May
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Hand timing

13.8	1.9	Janko Kotze	CG	030382	1	Germiston	30-Jan
14.5	1.9	Louwtjie Dalhouzie	VT		2	Germiston	30-Jan
14.6	nwi	Zavion Kotze	CN	061188	1	Germiston	23-Jan

400 metres hurdles

SA champion: Cornel Fredericks

48.51		LJ van Zyl	GN	200785	1	Nairobi	30-Jul
48.79		Cornel Fredericks	BO	030390	2	Nairobi	30-Jul
49.83		Wouter le Roux	GN	170186	2r2	Germiston	06-Apr
50.74		P C Beneke	FS	180790	1	Potchefstroom	17-Apr
51.20		Pieter Koekemoer	CN	120182	3r2	Potchefstroom	04-Mar

51.23		Johann Hanekom	GN	031286	3	Durban	21-Mar
51.31		Marc Bender	GN	240188	1	Absa-Tuks, Pretoria	06-Feb
51.37		Thabiso Kekana	KZ	120190	4r2	Johannesburg	24-Mar
51.75		Francois Malan	GN		2	Absa-Tuks, Pretoria	06-Feb
51.94		Shaun van Wyk	CN	300392	1	Germiston	11-Apr
Hand timing							
52.6		Rhodwin van Vuuren	CG		1	Germiston	13-Feb
52.8		Francois Retief	BO	300191	1	Stellenbosch	05-Mar
53.4		Wikus Jonck	BO	180388	2	Stellenbosch	05-Mar
53.6		Layne Scheffers	WP	160392	1	Bellville	20-Feb
53.7		L Bitterhout	BO	u20	1	Paarl	27 frb
53.8		Leroy Bock	WP	010388	2	Bellville	20-Feb
High jump				SA champion: Calvin Lee Maelangwie			
2.20		Calvin Lee Maelangwie	CG		1	Absa-Tuks, Pretoria	20-Feb
2.20		Hubert de Beer	LIM	031188	2	Absa-Tuks, Pretoria	20-Feb
2.20	ind	Jacques Freitag	GN	110682	5	Gent	14-Feb
2.15		Willem Voigt	GN	210290	1	Pretoria	13-Feb
2.15		Ruan Claassen	CG	260390	3	Potchefstroom	04-Mar
2.10		Hubert de Beer	LIM	031188	2	Pretoria	13-Feb
2.08		Andre Smit	CG	110592	1	Johannesburg	10-Feb
2.05		Zavion Kotze	CN	061188	1	Germiston	23-Jan
2.05		Robert Hill	CG	150191	1	Pretoria	05-Feb
2.05		Van Wyk Brand	CG	160792	1	Johannesburg	05-Feb
2.05		Keagan Fourie	SW	070991	1	Stellenbosch	20-Feb
2.05		Wade van Niekerk	FS	150792	1	Bloemfontein	26-Feb
2.05		Damien Boshoff	CG	260490	7	Potchefstroom	04-Mar
2.05		Juan-Pierre van der Schyff	CN	100589	8	Potchefstroom	04-Mar
Pole vault				SA champion: Johan du Plessis			
5.50		Cheyne Rahme	CG	230191	1	Germiston	10-Apr
5.20		Ruan van Wyk	WP	041291	2	Germiston	10-Apr
4.80		Eben Beukes	CG	090390	2	Absa-Tuks, Pretoria	06-Feb
4.80		Johan du Plessis	BOL		1	Durban	20-Mar
4.80		Riaan Botha	GN	081170	2	Durban	20-Mar
4.60		Terrence Wepener	CG	080282	3	Absa-Tuks, Pretoria	13-Mar
4.60		Christopher Dyson	EP	021188	1	Port Elizabeth	13-Sep
4.60		Christian Norman	BO	160591	3	Germiston	10-Apr
4.60		Heinrich Smit	CG		3	Potchefstroom	16-Apr
4.60		Michael Cilliers	GN	250493	1cB	Singapore	23-Aug
Long jump				SA Champion: Khotso Mokoena			
8.23	-2.4	Khotso Mokoena	GN	060385	1	Nairobi	29-Jul
8.19	1.5	Luvo Maniyonga	BO	181191	1	Bottrop	09-Jul
7.89	-0.4	Keenan Watson	WP	030388	1	Johannesburg	24-Mar
7.76	0.9	Zarck Visser	CG	150989	1	Germiston	13-Feb
7.65	2.0	Stephan Brits	BO	190192	1q	Germiston	10-Apr
7.53	1.4	Roelf Pienaar	CNW	231293	3	Singapore	22-Aug
7.51	-0.6	Mpho Maphuta	GN	210193	1	Germiston	10-Apr
7.48	-1.4	Dylan Cotter	CG	230891	1	Germiston	13-Mar
7.41	-0.3	Rushwal Samaai	BO	250991	3	Stellenbosch	05-Jun
7.27	0.0	Zavion Kotze	CNW		4	Potchefstroom	16-Apr
Wind assisted							
7.79	2.5	Zarck Visser	CG	230513	1	Potchefstroom	16-Apr
7.78	3.1	Zarck Visser	CG	150989	3	Durban	26-Feb
7.65	2.2	Tumelo Thagane	CN	030784	2	Potchefstroom	16-Apr
7.61	2.3	Dylan Cotter	CG	230891	2	Germiston	13-Feb
Triple jump				SA Champion: Tumelo Thagane			
17.05	1.9	Tumelo Thagane	CN	120484	1	Durban	21-Mar
16.00	2.0	Charles le Roux	GN	030585	1	Germiston	20-Jun

15.76	0.0	Apelele (Mzuvu) Rasmeni	CG	150491	1	Germiston	11-Apr
15.71	1.0	Luvo Maniyonga	BO	181191	2	Germiston	11-Apr
15.67	1.3	Jason Sewenyana	WP	190882	3	Durban	21-Mar
15.14	0.2	Boipelo Motlhathlego	GN	271190	3	Potchefstroom	04-Mar
15.12	-0.2	Reneilwe Aphane	GN	240890	4	Potchefstroom	04-Mar
15.04	0.0	Zarck Visser	CG	230513	1	Potchefstroom	06-Jun
14.95	1.5	Dylan Cotter	CG	260232	2q1	Potchefstroom	17-Apr
14.88	0.7	Neo Marie	CG	050890	5	Potchefstroom	17-Apr

NWI

15.38		Boipelo Motlhathlego	GN	271190	2	Pretoria	13-Feb
15.21		Reneilwe Aphane	GN	240890	3	Absa-Tuks, Pretoria	13-Feb

Wind assisted

17.06	2.5	Tumelo Thagane	CN	120484	1	Potchefstroom	17-Apr
15.50	2.5	Zarck Visser	CG	150989	3	Potchefstroom	17-Apr
15.40	2.4	Reneilwe Aphane	GN	240890	1	Absa-Tuks, Pretoria	06-Feb

Shot put

19.38		Roelie Potgieter	GN	200380	1	Durban	20-Mar
19.29		Orazio Cremona	CG	010789	1	Port Elizabeth	19-Feb
19.26		Burger Lambrechts	GN	030473	2	Potchefstroom	04-Mar
18.20		Dean Wattrus	CN	260575	1	Potchefstroom	17-Apr
18.00		Ross Jordaan	BO		2	Potchefstroom	17-Apr
17.97		Jaco Engelbrecht	CG	080387	1	Germiston	23-Jan
17.74		Donovan Snyman	CG	300586	4	Johannesburg	24-Mar
17.72		Janus Robberts	BO		4	Port Elizabeth	19-Feb
16.58		Ryno van Winkel	FS	220290	7	Potchefstroom	04-Mar
16.48		Stephan Brink	NW	110990	2	Absa-Tuks, Pretoria	06-Feb

SA Champion: Roelie Potgieter

Discus throw

58.30		Victor Hogan	FS	250789	1	Port Elizabeth	19-Feb
53.60		Dean Wattrus	CN	100589	2	Durban	21-Mar
53.22		Wynand Coetzee	CG	200284	1	Germiston	13-Feb
52.94		Dewald van Heerden	CG	040491	3	Port Elizabeth	19-Feb
52.86		James Sinclair	MP	020686	4	Port Elizabeth	19-Feb
52.28		Dewald Moolman	CG	080788	3	Germiston	13-Feb
52.10		Burger Lambrechts	GN	030473	1	Pretoria	13-Feb
51.40		Werner Behr	CG	110188	4	Germiston	13-Feb
50.98		Donovan Snyman	CG	221222	4	Potchefstroom	16-Apr
50.22		Leon Verster	GN	020790	2	Pretoria	13-Feb

SA Champion: Victor Hogan

Hammer throw

75.35		Chris Harmse	FS	310573	1	Germiston	06-Apr
65.19		Kristiaan Bekker	CG	160680	1	Potchefstroom	06-Jun
64.57		Johan Kruger	BO	150487	3	Johannesburg	24-Mar
62.62		Douw Steenkamp	FS		4	Johannesburg	24-Mar
61.30		Ricardo Meiring		120974	1	Hobart	06-Jan
55.52		Micqel le Roux	CG	260390	5	Durban	20-Mar
53.62		Thehann van Niekerk	CN	040191	3	Potchefstroom	17-Apr
53.05		Martin Venter	GN	020970	5	Johannesburg	24-Mar
50.73		Ruan de Beer	CG		4	Potchefstroom	17-Apr
50.43		Lodewalt Venter	CN	220791	5	Potchefstroom	17-Apr

SA Champion: Chris Harmse

Javelin throw

82.96		Robert Oosthuizen	BO	230187	1	Port Elizabeth	19-Feb
79.22		Hardus Pienaar	GN	100881	1	Durban	21-Mar
75.28		Dean Goosen	CG	010192	1	Potchefstroom	19-May
75.17		Ulrich Damon	CN	120932	1	Stellenbosch	05-Jun
74.97		Tobie Holtzhausen	CN	250587	1	Potchefstroom	02-Feb
74.13		Rocco van Rooyen	WP	231292	6	Moncton	23-Jul
71.41		Bernard Crous	CN	060457	2	Potchefstroom	17-Apr
70.19		Frans Human	FS	100379	1	Bloemfontein	26-Feb

SA Champion: Hardus Pienaar

70.12	Philmar Janse van Rensburg	CN		6	Potchefstroom	04-Mar
69.43	Andrew Grant-Smith	BO		5	Potchefstroom	17-Apr

Decathlon

7323	Sors Joubert	BO	240584	1	Durban	20/21-Mar
6665	Zavion Kotze	CN	061188	3	Durban	20/21-Mar
6539	Willem de Bruin	CG	030287	4	Durban	20/21-Mar
6201	Gert Swanepoel	CN	200391	5	Durban	20/21-Mar
5257	Terry Wepener	CG	080282	6	Durban	20/21-Mar
5211	Angelo Dowman	WP		7	Durban	20/21-Mar
5151	Marvin Martin	WP		8	Durban	20/21-Mar
4554	Heinrich Smith	CG		9	Durban	20/21-Mar

3000 metres walk

12:29.59	Marc Mundell	GN	070783	2	Potchefstroom	04-Mar
12:33.98	Pierre de Villiers	CG		3	Potchefstroom	04-Mar
12:48.2	Werner Appel	CG	120687	3	Germiston	23-Jan
12:52.02	Armond Nel	WP	190890	1	Parow	26-Jan
12:57.42	Wayne Snyman	GN	080385	4	Potchefstroom	04-Mar
13:13.4	Ross McDonald	WP	040373	2	Bellville	10-Mar
13:13.79	Sipho Mahlangu	GN	160683	5	Potchefstroom	04-Mar
13:31.49	Mojalifa Molise	VT	230888	7	Potchefstroom	04-Mar
13:46.45	Jandre Botes	CNW	240192	8	Potchefstroom	04-Mar

5000 metres walk

21:18.15	Pierre de Villiers	CG	180885	1	Germiston	06-Apr
21:46.40	Wayne Snyman	CN	080385	1	Durban	13-Feb
22:12.29	Armond Nel	WP	190890	1	Bellville	13-Feb
22:13.96	Ross McDonald	WP	040373	1	Bellville	30-Apr
22:35.77	Sipho Mahlangu	GN	160683	2	Germiston	06-Apr
24:21.78	Pieter Vorster	WP	250584	2	Bellville	13-Feb
24:41.80	Jacques Faure	GN	151291	3	Germiston	06-Apr
25:15.30	Pieter Appel	KZ	121160	2	Durban	13-Feb
25:22.05	Envor Rhodas	WP	111292	3	Bellville	13-Feb

10000 metres walk

46:28.51	Ruan Wessels	FS	281291	1	Bloemfontein	26-Feb
47:30.45	Wayne Snyman	GN	080385	1	Durban	26-Feb
47:53.75	Gideon Cillie	WP	250577	2	Durban	26-Feb
48:49.42	Wade Fraser	KZ	180888	3	Durban	26-Feb
49:41.96	Jandre Botes	CNW	240192	2	Germiston	11-Apr
49:51.3	Jannie Teubes	BO		1	Paarl	27-Feb
50:03.91	Envor Rhodas	WP		1	Paarl	12-Mar
50:48.50	Mfana Mbatha	CG	160492	3	Germiston	11-Apr
50:51.64	Reginald Hufkie	EP	280492	4	Germiston	11-Apr
51:08.75	Jacques Faure	GN	151291	5	Germiston	11-Apr

10 km road walk

47:03	Ross McDonald	WP	040373	1	Youngsfield	23-Jan
49:30	Pieter Vorster	WP	240584	2	Youngsfield	23-Jan

20000 metres track walk

1:42:41	Pierre de Villiers	CG	180885	1	Germiston	13-Feb
1:43:15	Mojalifa Molise	VT	230888	2	Germiston	13-Feb

20 km road walk

1:30:34	Pierre de Villiers	CG	180885	1	Youngsfield	08-May
1:30:47	Thami Hlatswayo	GN	200782	1	Durban	21-Mar
1:31:38	Wayne Snyman	GN	080385	2	Youngsfield	08-May
1:33:16	Marc Mundell	GN	161093	1	Potchefstroom	16-Apr

SA Champion: Thami Hlatswayo

1:34:21	Werner Appel	CG	050630	3	Potchefstroom	16-Apr
1:34:49	Gideon Cillie	WP	250577	3	Youngsfield	08-May
1:38:13	Ross McDonald	WP	040373	2	Ysterplaat	20-Feb
1:39:35	Armond Nel	WP	200822	4	Potchefstroom	16-Apr
1:39:40	Mojalefa Molise	VT	230232	5	Potchefstroom	16-Apr
1:43:06	Professor Cele	KZ	041288	3	Durban	13-Feb

30 km road

2:59:05	Hannes Swanepoel	WP		1	Youngsfield	08-May
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50 km road

4:14:42	Marc Mundell	GN	160683	30	Chihuahua	15-May
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WOMEN

60 metres

7.69	ind	Cherese Jones	GN	300174	5	Linz	04-Feb
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100 metres

11.55	1.5	Cindy Stewart	EP	190786	1	Potchefstroom	16-Apr
11.59	1.5	Stacey Gardiner	WP	270588	2	Potchefstroom	16-Apr
11.60	-1.1	Jade Thiele	CG	101092	1	Germiston	13-Mar
11.70	1.5	Carina Horn	GN	220647	3	Potchefstroom	16-Apr
11.75	0.8	Estie Wittstock	GN	150980	1r2	Johannesburg	24-Mar
11.75	-1.1	Alyssa Conley	CG	270491	2	Germiston	13-Mar
11.80	1.1	Christy Coetzee	GN	240589	1h2	Potchefstroom	16-Apr
11.80	1.1	Cindy Peters	CG	120284	2h2	Potchefstroom	16-Apr
11.80	1.5	Thandiwe Vilakazi	CN	310705	4	Potchefstroom	16-Apr
11.84	0.3	Melissa Hewitt	BO	200591	1	Germiston	10-Apr

SA Champion: Cindy Stewart

Hand timing

11.8		Welme van Zyl	GN		1	Germiston	23-Jan
11.8		Justine Palframan	KZ	041193	1	Pretoria (Menlo)	06-Feb

200 metres

23.42	0.8	Cindy Stewart	EP	190786	1	Durban	21-Mar
23.50	1.1	Estie Wittstock	GN	150980	2	Nairobi	01-Aug
23.81	-0.3	Justine Palframan	KZ	041193	1h2	Durban	20-Mar
23.82	1.6	Carina Horn	GN	090389	2	Potchefstroom	17-Apr
23.87	1.6	Bevin Smith	WP	130791	3	Potchefstroom	17-Apr
24.02	2.0	Melissa Hewitt	BO	200591	2	Germiston	11-Apr
24.16	1.6	Stacey Gardiner	WP	270588	4	Potchefstroom	17-Apr
24.18	2.0	Rikenette Steenkamp	GN	161092	3	Germiston	11-Apr
24.24	2.0	Arlene Gowar	GN	260891	4	Germiston	11-Apr
24.30	0.8	Sonja van der Merwe	WP	190592	3	Durban	21-Mar

SA Champion: Cindy Stewart

Hand timing

24.2		Justine Palframan	KZ	041193	1	Pretoria (Menlo)	06-Feb
24.4		Rikenette Steenkamp	GN	161092	1	Pretoria (Menlo)	06-Feb
24.6		Caitlin Palframan	KZ	041193	2	Pretoria (Menlo)	06-Feb
25.2		Cindy Peters	CG	120284	1	Germiston	13-Feb

Wind assisted

23.77	2.3	Carina Horn	GN	090389	1h1	Potchefstroom	17-Apr
23.78	2.1	Carina Horn	GN	090389	1sf1	Potchefstroom	17-Apr

400 metres

52.54		Estie Wittstock	GN	150980	1	Rhede	04-Jul
53.65		Alet van Wyk	GN	111185	1	Johannesburg	24-Mar
54.06		Sonja van der Merwe	WP	190592	3	Durban	21-Mar
54.17		Izelle Neuhoff	AVT	030594	1	Sasolburg	26-Mar
54.76		Eugenie Wicksell	GN	010989	1	Pretoria	13-Feb
54.79		Lize Steyn	EP	020593	2	Sasolburg	26-Mar

SA Champion: Estie Wittstock

55.02		Wenda Theron	GN	300688	1	Absa-Tuks, Pretoria	27-Feb
55.03		Rorisang Ramonnye	CN	311290	4	Durban	21-Mar
55.71		Justine Palframan	KZ	041193	4	Durban	26-Feb
55.72		Zoe Engler	KZN	010692	2	Germiston	10-Apr
Hand timing							
55.5		Justine Palframan	KZ	041193	1	Pretoria (Menlo)	06-Feb
800 metres				SA Champion: Mapaseka Makhanya			
1:59.65		Caster Semenya	GN	070191	3	Brussels	27-Aug
2:03.36		Mapaseka Makhanya	CG	090485	5	Uden	03-Jul
2:04.46		Lebogang Phalula	CG	091283	1	Germiston	06-Apr
2:04.93		Juanee Cilliers	CN	080382	6	Brasschaat	11-Jul
2:04.94		Angela Wagner (BYU)		190188	2	Albuquerque	15-May
2:05.66		Mandie Brandt	CG	051182	3	Kortrijk	11-Jul
2:06.79		Lebo Phalula	CG	091283	1	Vitoria	05-Jun
2:06.92		Anuschka Nice	GN	260891	3	Durban	21-Mar
2:07.37		Elsire Roos	WP	281179	4	Durban	21-Mar
2:07.05		René Kalmer	CG	031180	3	Johannesburg	24-Mar
1000 metres							
2:51.03	Ind	Natanya Luther	KZ	250191	4	New York	05-Feb
1500 metres				SA Champion: Rene Kalmer			
4:07.57		René Kalmer	CG	031180	5	Heusden	10-Jul
4:08.18		Mapaseka Makhanya	CG	090485	6	Heusden	10-Jul
4:11.10		Lebogang Phalula	CG	091283	2	Durban	21-Mar
4:13.98		Lebo Phalula	CG	091283	3	Durban	21-Mar
4:21.91		Maxine Heine-Wacker	CG	270490	4	Durban	21-Mar
4:23.26		Violet Raseboya	CG	190286	5	Durban	21-Mar
4:26.34		Catherine Skosana (Nkosi)	GN	111080	6	Durban	21-Mar
4:27.18		Irvette van Blerk	CG	050787	3	Durban	26-Feb
4:30.02		Mandie Brandt	CG	160240	1	Potchefstroom	16-Apr
4:30.18		Angela Wagner (BYU)		190188	1	Tempe	10-Apr
1 mile (indoors)							
4:52.94		Natanya Luther (Ark)		250191	5h1	Fayetteville	27-Feb
4:55.87		Angela Wagner (BYU)		190188	1	Albuquerque	27-Feb
3000 metres				SA Champion: Rene Kalmer			
8:44.17		Rene Kalmer	CG	130585	4	Montreuil-sous-Bois	08-Jun
9:13.49		Lebo Phalula	CG	091283	1	Potchefstroom	04-Mar
9:29.33		Irvette van Blerk	CG	050787	3	Potchefstroom	04-Mar
9:33.36		Tebogo Masehla	TR	230367	3	Lokeren	30-May
9:44.80		Thozama April	WP	021185	4	Potchefstroom	04-Mar
9:52.05		Christine Kalmer	GN	100286	3	Johannesburg	24-Mar
9:52.71		Zinhle Singe	GN	231086	5	Potchefstroom	04-Mar
9:56.75		Nolene Conrad	CG	260785	6	Johannesburg	24-Mar
9:57.88		Maxine Heine-Wacker	CG	270490	6	Potchefstroom	04-Mar
10:00.05		Bianca van Niekerk	CG	090794	8	Potchefstroom	04-Mar
5000 metres				SA Champion: Rene Kalmer			
15:44.08		Rene Kalmer	CG	031180	15	Paris	16-Jul
15:48.45		Lebo Phalula	CG	091283	1	Port Elizabeth	19-Feb
16:06.14		Lebogang Phalula	CG	091283	2	Port Elizabeth	19-Feb
16:12.69		Thozama April	GN	021185	3	Durban	20-Mar
16:20.55		Irvette van Blerk	CG	050787	4	Durban	20-Mar
16:37.30		Ntombesintu Ntshiliza	CG	271281	4	Port Elizabeth	19-Feb
16:46.82		Ronel Thomas	GN	190172	5	Port Elizabeth	19-Feb
16:57.30		Catherine Skosana (Nkosi)	GN	111080	6	Port Elizabeth	19-Feb
17:04.25		Marelise Retief	GN	251185	7	Port Elizabeth	19-Feb
17:12.0		Elene Lourens	BO	030890	1	Stellenbosch	20-Feb

10000 metres

34:01.97	Lebogang Phalula	CG	091283	4
34:20.17	Irvette van Blerk	CG	050787	1
34:35.27	Thozama April	GN	021185	2
35:02.72	Lebo Phalula		091283	6
35:05.62	Mpho Mabuza	CG	031179	3
40:32.40	Prisilla Kubi	CG	260379	4
41:00.54	Meriska van der Vlies	CG		5
42:18.64	Nomsa Ntsethe	TRA	281176	6
45:46.18	Kathleen Fennemore	WP		1

SA Champion: Irvette van Blerk

Ostrava	27-May
Durban	21-Mar
Durban	21-Mar
Ostrava	27-May
Durban	21-Mar
Durban	21-Mar
Durban	21-Mar
Durban	21-Mar
Bellville	20-Feb

3000 metres steeplechase

9:58.98	Tebogo Masehla	TR	061079	2
10:03.07	Myrette Filmalter	GN	100181	2
10:35.52	Nolene Conrad	CG	260785	3
10:44.68	Christine Kalmer	GN	100286	4
10:52.60	Thembi Baloyi	GN	070189	5
10:52.64	Ashleigh Schnetler	CG		6
10:59.72	Thandi Malindi	FS	100187	7
11:26.15	Angelique Faasen	GN		2
11:43.32	Asiphe Sikabalanjana	WP	120291	3
11:44.27	Destiny Titus	WP	080589	5

SA Champion: Tebogo Masehla

Metz	29-Jun
Durban	21-Mar
Durban	21-Mar
Durban	21-Mar
Durban	21-Mar
Durban	21-Mar
Durban	21-Mar
Germiston	11-Apr
Germiston	11-Apr
Port Elizabeth	19-Feb

100 metres hurdles

13.61	0.2	Rikenette Steenkamp	GN	161092	1
13.69	0.2	Janet Wienand	BO	150585	2
13.92	1.3	Erika Kleinhans	GN	160888	2
14.13	1.6	Janice Josephs	BO	171049	3
14.18	0.4	Margit du Plessis	GN		3
14.21	1.6	Jean-Marie Senekal	BO	140904	5
14.31	-0.4	Chane Burgers	CG	210192	3
14.42	0.4	Christine Ras	CG	010256	4
14.52	-1.3	Erika Kleinhans	GN	290640	1
14.54	1.1	Sune van Huyssteen	GN		5

SA Champion: Rikenette Steenkamp

Johannesburg	24-Mar
Johannesburg	24-Mar
Potchefstroom	16-Apr
Durban	21-Mar
Germiston	06-Apr
Durban	21-Mar
Sasolburg	26-Mar
Germiston	06-Apr
Pretoria	13-Feb
Potchefstroom	04-Mar

Hand timing

13.8		Rikenette Steenkamp	GN	u20	1
15.4	-0.3	Jean-Amie Wilbers	GN	u20	1

Pretoria (Menlo)	06-Feb
Absa-Tuks, Pretoria	23-Jan

400 metres hurdles

56.96		Wenda Theron	GN	300688	1
59.02		Jean-Marie Senekal	BO	140904	1
59.51		Jana Theron	GN	270289	3
59.51		Mariska Meintjies	CN	040901	2
59.92		Anneri Ebersohn	FS	090890	4
60.10		Izell Neuhoff	AVT	030594	1
60.50		Marion-Ann Duvenhage	CNW	220192	2
60.52		Tessa Heystek	MP	270392	3
60.85		Marli Spies	GN	300890	5
60.86		Lariska Botha	FS	090793	2

SA Champion: Wenda Theron

Nivelles	26-Jun
Paarl	13-Mar
Johannesburg	24-Mar
Durban	21-Mar
Durban	21-Mar
Germiston	11-Apr
Sasolburg	27-Mar
Sasolburg	27-Mar
Johannesburg	24-Mar
Sasolburg	27-Mar

Hand timing

61.1		Jean-Marie Senekal	BO	111292	1
62.6		Megan Goddard	BO	260391	2
63.3		Licinda Liebenberg	CG	270686	1
64.1		Tessa Heystek	MP	270392	1
65.0		Tania Ras	GN	021192	2

Paarl	27-Feb
Paarl	27-Feb
Germiston	13-Feb
Pretoria (Menlo)	06-Feb
Pretoria (Menlo)	06-Feb

High jump

1.83		Marcoleen Pretorius	CN	250789	1
1.75		*** Rene Oosthuizen	GN	150686	2
1.73		Frances Seeliger	GN	030294	1

SA Champion: Marcoleen Pretorius

Potchefstroom	04-Mar
Durban	21-Mar
Germiston	11-Apr

1.72	Taylia Visagie	BO	u16	1	Paarl	27-Feb
1.71	Janet Wienand	BO	150585	3hep	Durban	20-Mar
1.71	Valentina da Rocha	WP	221093	1	Sasolburg	26-Mar
1.70	June Roelofse	GN	190392	2	Pretoria	13-Feb
1.70	Chaney Lindner	CG	120992	1	Johannesburg	10-Feb
1.70	Julia du Plessis	CG	u15	1	Absa-Tuks, Pretoria	12-Feb
1.70	Remina Stephan	BO	310592	1	Paarl	27-Sep
1.70	Carina du Preez	CG	180989	2	Germiston	06-Apr
1.70	Bronwyn Campbell	BO	121191	2	Germiston	11-Apr
1.70	Janette Siebert	FS	100656	2	Potchefstroom	17-Apr
1.70	Shannon Molotani	WP	230594	1	Paarl	13-Mar
1.70	Rochelle Coetzee	KZN	250394	1	Gaborone	23-Apr

*** previously Van der Merwe

Pole vault

3.80	Nishikori Creighton	CG	050180	1	Pretoria	13-Feb
3.80	Honorata Saar	GN	310182	1	Absa-Tuks, Pretoria	06-Feb
3.80	Deone Joubert	CG	230488	1	Durban	20-Mar
3.60	Eva Thornton	EP	160368	2	Port Elizabeth	13-Feb
3.60	Monique J van Noordwyk	BO		3	Durban	20-Mar
3.50	Janita Stander	BO		1	Stellenbosch	20-Feb
3.40	Jeannie van Dyk	EP	220992	1	Sasolburg	26-Mar
3.35	Mandi Maritz	EP	120790	2	Port Elizabeth	13-Feb
3.32	Taahirah Kozain	BO	130493	1	Germiston	10-Apr
3.25	Jeannie van Dyk	EP		5	Port Elizabeth	19-Feb

SA Champion: Deone Joubert

Long jump

6.49	0.4	Janice Josephs	BO	310382	1	Germiston	06-Apr
6.19	1.3	Delia Smith	CG	240947	2	Durban	20-Mar
6.18	-0.1	Patience Ntshingila	CN	150414	3	Durban	20-Mar
6.17	0.1	Lynique Prinsloo	CG	100622	4	Durban	20-Mar
6.08	2.0	Monja Goosen	GN	280957	2	Potchefstroom	17-Apr
6.06	0.2	Charlene Henning	FS	120105	5	Durban	20-Mar
6.03	1.5	Samantha Pretorius	WP	030292	1	Germiston	10-Apr
5.99	1.7	Kayla Gilbert	CG	050193	1	Germiston	10-Apr
5.98	0.6	Carla Marais	GN	101287	1	Pretoria	13-Feb
5.98	0.2	Maryke Brits	BO	250294	1	Potchefstroom	26-Jun

SA Champion: Janice Josephs

NWI

6.09		Samantha Pretorius	WP	030292	1	Paarl	13-Mar
6.09		Birdie Carstens	SWD	130592	2	Paarl	13-Mar
6.07		Kayla Gilbert	CG	050193	1	Rustenburg	03-Mar
6.01		Carla Marais	GN	101287	1	Absa-Tuks, Pretoria	20-Feb

Wind assisted

6.21	2.9	Lynique Prinsloo	CG	300391	1	Potchefstroom	17-Apr
6.00	3.4	Birdie Carstens	SWD		2	Stellenbosch	30-Mar
5.97	6.8	Brittan Smith	KZ		2	Durban	26-Feb

Triple jump

13.07	1.1	Patience Ntshingila	CN	260889	1	Potchefstroom	04-Mar
13.01	1.8	Cindy Peters	CG	120284	2	La Chaux-de-Fonds	04-Jul
12.77	0.7	Valentina da Rocha	WP	221093	1	Germiston	11-Apr
12.62	1.4	Matsie Dikotla	CG	011184	3	Potchefstroom	16-Apr
12.57	0.3	Danelle Erwee	FS	291193	1	Sasolburg	27-Mar
12.40	1.2	Luchelle Prinsloo	CN	180792	2	Germiston	11-Apr
12.33	1.3	Monja Goosen	GN	021091	4	Potchefstroom	16-Apr
12.16	0.6	Kelly Kingwell	CG	220191	4	Johannesburg	24-Mar
12.09	1.7	Rochelle van der Merwe	EP		5	Potchefstroom	16-Apr
11.88	1.2	Bianca Erwee	CN	040390	5	Potchefstroom	04-Mar

SA champion: Patience Ntshingila

Wind assisted

12.43	3.9	Kelly Kingwell	CG	220191	1	Germiston	11-Apr
12.23	2.4	Kelly Kingwell	CG	220191	3	Durban	21-Mar

11.88	3.8	Ciani Loubser	BO	030539	6	Durban	21-Mar
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Shot put

SA champion: Bianca van Rooyen

16.71		Simoné du Toit	SMU	270988	2	Austin	27-May
14.67		Justine Robbeson	CN	150585	1	Potchefstroom	10-Feb
14.11		Sonia Smuts	CG	051091	1	Germiston	20-Jun
14.03		Bianca van Rooyen	CG	280188	1	Durban	20-Mar
13.72		Sonnika Knoetze	CN	180887	2	Johannesburg	24-Mar
13.51		Ischke Senekal	EP	080193	1	Sasolburg	26-Mar
13.28		Allanah Crafford	NW	190791	2	Potchefstroom	04-Mar
13.01		Lezaan Jordaan	CG	u16	3	Johannesburg	24-Mar
12.87		Liette van Schalkwyk	FS	070604	3	Germiston	10-Apr
12.79		Lizelle Lee	MPU	020492	3	Germiston	11-Apr

Discus throw

SA champion: Elizna Naude

64.49		Elizna Naude	GN	140978	1	Durban	26-Feb
55.05		Simoné du Toit	SMU	081241	2	Portland	12-Jun
52.92		Maryke Oberholzer	LIM	271189	2	Port Elizabeth	19-Feb
49.07		Simoné Meyer	KZ	310503	1	Gaborone	22-May
44.27		Lindie Liebenberg	Bor	180203	4	Durban	21-Mar
43.95		Carien Dreyer	GN	110192	1	Germiston	11-Apr
43.78		Suriette Botha	GN	180292	1	Absa-Tuks, Pretoria	23-Jan
42.98		Ischke Senekal	EP	080193	1	Port Elizabeth	13-Feb
42.74		Johanna Haarhoff	NWN	210792	2	Sasolburg	27-Mar
42.67		Danelle Willemse	MPU	200393	1	Johannesburg	19-Feb

Hammer throw

SA champion: Annemie Smith

57.13		Annemie Smith	SW	240392	1	Sasolburg	26-Mar
52.44		Karin le Roux	BO	260387	2	Stellenbosch	05-Mar
51.19		Marizette Badenhorst	FS	081112	1	Potchefstroom	16-Apr
50.27		Magdaleen Louw	EP	040292	2	Sasolburg	26-Mar
47.72		Leandri de Beer	CG	270289	1	Germiston	13-Feb
46.40		Tanya Treurnicht	CG	040184	2	Germiston	13-Feb
46.14		Nanette Stapelberg	FS	010503	2	Potchefstroom	16-Apr
46.02		Marilize Coetzee	WP	271276	1	Bellville	13-Feb
45.88		Simone Viviers	EP	110692	4	Germiston	10-Apr
45.71		Nadia Botha	FS	070891	5	Germiston	10-Apr

Javelin throw

SA champion: Sunette Viljoen

66.38		Sunette Viljoen	CN	270367	1	Prague	14-Jun
61.23		Justine Robbeson	CN	140412	2	Potchefstroom	16-Apr
56.18		Tazmin Brits	CN	210719	2	Durban	21-Mar
52.52		Gerlize de Klerk	CN	230389	3	Potchefstroom	04-Mar
52.13		Gezelle Bernard	CN	150991	3	Johannesburg	24-Mar
50.35		Anzel van der Schyff	GN	040421	5	Durban	21-Mar
48.88		Liezel de Swardt	NWN	090392	1	Sasolburg	26-Mar
48.51		Rencia Fourie	CN	010290	5	Germiston	06-Apr
46.33		Mariska Botes	CN	061187	6	Potchefstroom	10-Feb
46.10		Shadine van der Merwe	GN		3	Germiston	10-Apr

Heptathlon

5736		Janet Wienand	BO	150585	2	Réduit	10/11-Apr
4650		Bianca Erwee	CN		4	Durban	20/21-Mar
4340		Nicole Offner	BO		7	Nairobi	30/31-Jul
4300		Bianca Erasmus	GN		5	Durban	20/21-Mar
4283		Marionette van der Merwe	FS		1	Germiston	10/11-Apr
4149		Angelique Pepler	GN		6	Durban	20/21-Mar
3807		Zante Campher	CN	100192	3	Germiston	10/11-Apr
3701		Shari Wilke	GN	200792	4	Germiston	10/11-Apr

3000 metres walk

14:10.16	Corli Swart	CN	050391	1	Potchefstroom	04-Mar
14:10.25	Nomsa Buthelezi	CG	120181	2	Potchefstroom	04-Mar
15:10.04	Michelle Hopkins	CG	091188	3	Potchefstroom	04-Mar
15:52.72	Larisha Erasmus	CN	180192	4	Potchefstroom	04-Mar
15:58.77	Suzanne Liebenberg	GN	100273	5	Potchefstroom	04-Mar
17:00.5	Cindy Lange	WP		1	Bellville	10-Mar

5000 metres walk

24:14.57	Corli Swart	CN	050391	1	Potchefstroom	10-Feb
24:54.29 mixed	Nomsa Buthelezi	CG	120181	1	Germiston	06-Apr
25:41.39	Maria Ghisleni	CG	260959	1	Bellville	30-Apr
25:50.2	Anél Oosthuizen	SWD	220495	1	Oudtshoorn	06-Mar
25:52.65	Sandra Steenkamp	GN		2	Bellville	30-Apr
26:33.43 mixed	Michelle Hopkins	CG	091188	2	Germiston	06-Apr
26:43.45	Suzanne Liebenberg	GN	100273	2	Potchefstroom	10-Feb
26:47.44	Susan Katrakazas	GN		3	Bellville	30-Apr
26:59.56	Alida Kruger	BO	030194	1	Paarl	12-Mar
27:10.96	Barbara Nell	CG	231054	4	Bellville	30-Apr

10 km road walk

53:06	Maria Ghisleni	CG	260959	1	Youngsfield	01-May
53:17	Susan Steenkamp	GN		2	Youngsfield	01-May
53:43	Corli Swart	CN	050391	20	Chihuahua	16-May
54:45	Michelle Hopkins	CG	091188	1	Stellenbosch	05-Jun
55:54	Barbara Nell	CG	231054	3	Youngsfield	01-May
56:11	Ada Booyens	CG		4	Youngsfield	01-May
56:33	Susan Katrakazas	GN		5	Youngsfield	01-May
57:45	Yvonne Irmischer	KZ	200562	6	Youngsfield	01-May
58:47	Cindy Lange	WP		7	Youngsfield	01-May
59:23	Bianca Swanepoel	BO		1	Youngsfield	08-May

10000 metres track walk

51:40.20	Corli Swart	CN	050391	1	Germiston	10-Apr
52:56.11	Susan Swanepoel	GN	100273	1	Pretoria	13-Feb
54:33.16	Inge Kotze	BO	211192	1	Paarl	12-Mar
55:39.35	Danielle Koegelenberg	BO	211292	2	Paarl	12-Mar
56:22.81	Jeanrie de Klerk	BOR	200392	3	Germiston	10-Apr
57:12.25	Bianca Swanepoel	WP		3	Paarl	12-Mar
58:02.46	Larisha Erasmus	CN	180192	3	Sasolburg	26-Mar
59:08.03	Melissa de Jager	CN	280592	5	Germiston	10-Apr

20km road walk

1:47:28	Michelle Hopkins	CG	290849	1	Youngsfield	08-May
1:50:23	Susan Swanepoel	GN	100273	1	Durban	21-Mar
1:51:08	Corli Swart	CN	171237	1	Potchefstroom	16-Apr
1:52:02	Nomsa Buthelezi	CG	170477	2	Durban	21-Mar
1:55:17	Estle van Schalkwyk	WP		1	Bellville	20-Feb
1:55:44	Brenda Nooy	CG	270453	1	Youngsfield	01-May
1:55:53	Lesley van Buuren	CG	111010	4	Durban	21-Mar
2:02:27	Cindy Lange	WP		2	Youngsfield	08-May
2:03:01	Yvonne Irmischer	KZN	110249	7	Durban	21-Mar
2:05:13	Suzanne Liebenberg	GN	140774	3	Potchefstroom	16-Apr

SA champion: Susan Swanepoel**30 km road walk**

3:19:06	Trudie Carstens	WP	080362	1	Youngsfield	08-May
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