



2011 SOUTH AFRICAN JUNIOR BEST PERFORMANCES

(Born 1992/93)

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MEN

100 metres

10.36	1.6	Gideon Trotter	FS	03-03-92	1h4	Gemiston	02-Apr
10.45	0.1	Wayde van Niekerk	FS	23-03-92	1	Bloemfontein	18-Mar
10.54	0.5	Emile Erasmus	GN	23-04-92	1h1	Gemiston	02-Apr
10.57	1.1	Akani Simbine	CG	21-09-93	1h3	Gemiston	02-Apr
10.65	0.5	Thami Sibaya	LIM		2h1	Gemiston	02-Apr
10.71	0.4	Ncincilili Titi	EC	15-12-93	2h1	Gemiston	02-Apr
10.73	0.1	Sean de Klerk	FS	28-01-92	2	Bloemfontein	18-Mar
10.75	-1.5	Siphelo Ngqubaza	FS	04-02-93	1	Paarl	24-Mar
10.76	0.5	Dean Macminn	KZ		3h1	Gemiston	03-Apr
10.72	0.1	Prince Makgato	CG	07-07-92	1r3	Pilditch	22-Oct

NWI

10.70	nwi	Elandre Kotzee	GAU		1	Germiston	12-Mar
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200 metres

20.57	1.4	Wayde van Niekerk	FS	23-03-92	1	Durban	10-Apr
20.83	1.0	Gideon Trotter	FS	03-03-92	1sf1	Gemiston	03-Apr
20.89	0.8	Siphelo Ngqubaza	FS	04-02-93	2	Gemiston	03-Apr
21.07	-3.1	Ncincilili Titi	EC	15-12-93	1h1	Paarl	24-Mar
21.27	0.3	Akani Simbine	CG	21-09-93	1h5	Gemiston	02-Apr
21.28	0.1	Sean de Klerk	FS	28-01-92	1	Bloemfontein	18-Mar
21.49	-2.4	Thami Sibayo	LIM		2h2	Paarl	24-Mar
21.49	0.3	Emile Erasmus	GN	03-04-92	1h3	Gemiston	02-Apr
21.58	0.3	Prince Makgato	CG	07-02-92	1h1	Gemiston	02-Apr
21.63	-2.4	Jacques Harris	GAU		3	Paarl	24-Mar

NWI

21.59	nwi	Ruaan Greyling	GN	28-07-93	1	Germiston	01-Mar
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400 metres

46.14		Jacques de Swardt	GN	27-12-30	3h3	Germiston	26-Mar
46.95		Ruaan Greyling	GN	28-07-93	1	ABSA TUKS Pretoria	16-Feb
47.60		Jannie Briers-Louw	BO		1	Gemiston	03-Apr
48.02		Fernando Ledimo	FS	30-01-93	2	Gemiston	03-Apr
48.25		Daniel Harrison	CG	21-05-92	3	Gemiston	03-Apr
48.33		Francois Coetzee	MPU		2	Germiston	01-Mar
48.34		Lesedi Mokgobinyane			1r2	Pilditch	22-Oct
48.45		Tshepo Mooki	GN		2	Germiston	12-Mar
48.50		Phil James	MP		4	Germiston	03-Apr
48.51		Bronique Karolus	WP		1h2	Bellville	16-Apr

800 metres

1:48.87		Rhynardt van Rensburg	FS	23-03-92	4h3	Durban	09-Apr
1:51.63		Siyabonga Derison	FS	09-04-92	1	Bloemfontein	18-Mar
1:52.45		Scelo Zuma	KZ	30-09-92	1	Durban	05-Jan
1:52.69		Del-Marco Matthee	GN		2	ABSA Tuks	29-Jan
1:52.69		Emile Pieterse	WC	01-02-93	2	Paarl	24-Mar
1:52.75		Jan Briers-Louw	BO	29-09-93	2	ABSA Tuks Pretoria	04-Feb
1:52.87		Thapelo Madiba	CG		2	Gemiston	03-Apr
1:53.17		Avron van Rooyen	BO		3	Paarl	05-Mar
1:54.06		Shuan McKenzie	MP		4	Paarl	24-Mar
1:54.93		Reginald Maphelela	LIM		3h1	Paarl	24-Mar

1500 metres

3:52.59		Siyabonga Derison	FS	09-04-92	1	Paarl	24-Mar
3:52.66		Zweli Nzima	GAU	10-06-93	2	Paarl	24-Mar
3:54.21		Armin Botha	CG	08-09-92	15	Stellenbosch	29-Apr
3:54.65		Sonny Boy Mkhwanazi	KZN		3	Paarl	24-Mar
3:56.52		Lunga Mthembu	KZN		4	Paarl	24-Mar
3:57.31		Mauritz Tuit	GAU		5	Paarl	24-Mar
3:57.50		B Mhlabe	CGA		1	Germiston	05-Mar
3:57.84		Nande Qamgwana	WP		1	Paarl	12-Mar
3:58.06		Jacob Malefo	LIM		2h1	Paarl	24-Mar
3:58.71		Arno Smit	BO		1	Paarl	05-Mar

3000 metres

8:53.60		Taphelo Madiba	GAU		1	Germiston	01-Mar
9:09.00		Johnathan Bredenkamp	GN		1	Germiston	01-Mar
9:15.30		Hans Gildenhuys	GAU		2	Germiston	01-Mar
9:23.30		Vusi Nkosi	GN		1	HS Menlopark	05-Feb
9:30.20		Johardt van Heerden	GN		2	HS Menlopark	05-Feb

5000 metres

14:40.55		Jeromy Andreas	WP		9	Bellville	16-Apr
14:45.16		Unati Mteta	WP		1	Paarl	12-Mar
14:46.49		Luanda Qolo	BO		2	Paarl	12-Mar
14:55.50		Zusiphe Mpiyakhe	EC		3	Paarl	24-Mar
15:01.15		Puseletso Mofokeng	FS		4	Paarl	24-Mar
15:01.31		Alfred Mphuti	GAU		5	Paarl	24-Mar
15:03.10		Armin Botha	CG	08-09-92	8	Stellenbosch	30-Apr
15:05.30		Gift Mahlangu	GN		2	Gemiston	03-Apr
15:22.33		Moses Dirane	GN		1	Pilditch	04-Mar
15:25.80		Thabiso Mateba	CG		4h1	Germiston	03-Apr

10000 metres

31:57.20		Mfumaneko Fadane	ATR		6	gaborone	13-May
32:05.90		Edwin Seesipi	CG		1	Gemiston	02-Apr
33:22.80		Unathi Nteta	WP		3	Gemiston	02-Apr
33:54.27		Karabo Jacobs	VT	05-09-92	8	Stellenbosch	30-Apr
34:28.10		Bongani Mokoloba	FS		1	Gemiston	02-Apr
35:10.95		Morgan Motsweni	GN		1	Pilditch	04-Mar
38:40.17		Johan Ferreira	GN		2	Pilditch	04-Mar
39:54.52		Jerry Mtshweni	GN		3	Pilditch	04-Mar

3000 metres steeplechase

8:58.16		Teboho Mock	FS	15-05-93	1	Paarl	24-Mar
8:58.35		Sizwe Boqashi	GAU		2	Paarl	24-Mar
9:03.03		Afred Mphuti	GAU		3	Paarl	24-Mar
9:04.12		Thapelo Madiba	GAU		4	Paarl	24-Mar
9:13.17		Thabang Mojanaga	FS		6	Paarl	24-Mar
9:14.10		Mahlomala Molehe	FS		7	Paarl	24-Mar
9:18.37		S Landt	NWP		8	Paarl	24-Mar
9:18.39		Sello Mosea	FS		9	Paarl	24-Mar
9:51.12		Koos Baloyi	GN		5	Germiston	03-Apr
9:52.64		Sydney Nkopane	FS		6	Germiston	03-Apr

110 metres hurdles

13.71	1.0	Tshepo Lefete	FS	02-02-92	1h2	Gemiston	03-Apr
13.90	1.0	Werner Pretorius	GAU	26-01-92	2h2	Gemiston	03-Apr
13.92	0.4	Kyle Voster	CG		1h1	Gemiston	03-Apr
14.09	0.4	Jonthan Fitzgerald	GAU	13-01-93	2h1	Gemiston	03-Apr
14.10	0.4	Hannes Greyling	CNW	18-02-92	3h1	Germiston	03-Apr
14.10	-0.7	Emmanuel Paggis	FS	06-08-92	2	Gemiston	03-Apr
14.19	0.9	Albert Smit	BO	20-01-92	1h3	Gemiston	03-Apr
14.27	1.5	Werner Pretorius	GN	26-01-92	1	ABSA Tuks, Pretoria	05-Jan
14.33	0.9	Daniël Nel	GN	29-06-92	2h3	Gemiston	03-Apr
14.33	0.9	Ruan Grobler	BO		3h3	Gemiston	03-Apr

NWI

14.11	nwi	Elandre Kotzee	GAU		1	Germiston	12-Mar
14.11	nwi	Francois Tredoux	GN		1	Germiston	01-Mar

400 metres hurdles**(91.4 cm)**

51.39		Taariq Solomons	WC	22-08-93	5		Durban	10-Apr
51.79		Shaun van Wyk	CN	06-10-92	1		Gemiston	03-Apr
51.87		Schalk Burger	BO	20-02-93	2		Paarl	24-Mar
51.96		Leroy Bitterhout	FS	16-11-92	3		Paarl	24-Mar
52.07		Jonty Shelton	MPU		4		Paarl	24-Mar
52.16		Bernard Pretorius	GN	06-01-93	4		Gemiston	03-Apr
52.23		Hamman Le Roux	NW	06-10-92	5		Gemiston	03-Apr
52.54		Tshepo Lefete	FS	02-02-92			Paarl	24-Mar
52.79		Katlego Nkoana	GN	03-05-93	2h2		Gemiston	03-Apr
53.37		JT Myburgh	WP	16-03-92	7		Gemiston	03-Apr

High jump

2.11		Jan Steytler	FS	1992	1		Bloemfontein	15-Oct
2.05		Tiro Mosete	NW	27-12-93	1		ABSA Tuks	29-Jan
2.05		Garth Ellis	EP	07-02-92	3		Stellenbosch	30-Apr
2.05		Craig Canham	GN	05-06-93	1		Pilditch	22-Oct
2.03		John Scrooby	GAU	31-08-93	1		Paarl	24-Mar
2.00		S. Sibanyoni	GAU		1		Germiston	01-Mar
1.98		Gordon Green	NCP				Paarl	24-Mar

13 athletes on 1.95

Pole vault

4.90		Michael Cilliers	GN	25-04-93	1		gaborone	14-May
4.80		JF Burger	FS	21-05-92	2		gaborone	14-May
4.70		Samuel Pellissier	WC	03-12-92	3		Gemiston	03-Apr
4.20		Jarik Jansen	FS	16-02-93	4		Gemiston	03-Apr
4.10		Nico Naude	FS		3		Paarl	24-Mar
4.00		Dirk Geldenhuis	WP		3		Bellville	05-Feb
4.00		Neal Puttergill	EC	19-01-93	4		Paarl	24-Mar

Long jump

8.00	1.4	Mpho Maphutha	GN	21-01-93	1		Germiston	03-Apr
7.87	1.7	Roelf Pienaar	NW	23-12-93	2		Gemiston	03-Apr
7.67	1.3	Clint Johnson	WP	02-08-10	3		Gemiston	03-Apr
7.37	0.6	Francois Coetzee	MP	17-01-93	4		Gemiston	03-Apr
7.10	1.3	Rowan Rhode	WP	12-02-92	2q2		Stellenbosch	29-Apr
7.03	1.8	Geavan Pietersen	BO		5		Gemiston	03-Apr
6.88	1.4	Edward Mongwambe	KZN		6q		Gemiston	03-Apr
6.85	0.9	Joshua Diamond	CGA		7q		Germiston	03-Apr
6.85	1.5	Koketso Mogapi	NWN		8q		Germiston	03-Apr

Wind assisted

7.00	3.5	Joshua Diamon	CG		6		Gemiston	03-Apr
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NWI

7.29		Geavan Pietersen	BO		1		Paarl	05-Mar
7.26		Niel Meyer	MPU	18-02-93	2		Paarl	24-Mar
7.06		Ntokozo Mbokazi	GAU		4		Paarl	24-Mar
7.00		Fritz Helberg	GN	12-04-93	2		Germiston	01-Mar

Triple jump

15.66	0.4	Mpho Maphutha	GN	21-01-93	1		Pilditch Pretoria	05-Mar
14.84	-0.8	Koketso Mogapi	NWN	24-01-92	2		Gemiston	02-Apr
14.68	-0.1	Ghusville van Schalkwyk	BO		3		Gemiston	02-Apr
14.43	0.7	Phakamisa Sambokwe	WP		4		Gemiston	02-Apr
14.36	0.1	Geavan Pietersen	BO		5		Gemiston	02-Apr
14.35	-0.4	Takalani Munyai	GN		6		Germiston	02-Apr
13.97	-0.8	Justin Geduld	WP		7		Germiston	02-Apr
13.93	1.1	Clement Makutu	MPU		8		Germiston	02-Apr
13.90	-0.1	Lesley Bramwell	CGA		9		Germiston	02-Apr

Wind assisted

15.10	2.5	Ntokozo Mbokazi	GAU		1		Paarl	24-Mar
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NWI

14.76		Ntokozo Mbokazi	GAU		2		Germiston	12-Mar
14.56		Trevor Phukobye	GAU		3		Germiston	12-Mar
14.54		Gregory Pietersen	BO		1		Paarl	05-Mar
14.28		Clement Makutu	MPU		4		Paarl	24-Mar

Shot put**(6 kg)**

19.17	Frans Schutte	MP	10-03-93	1	Germiston	01-Mar
17.86	Johny Botha	GAU	29-09-93	1	Paarl	24-Mar
17.86	Jacques du Plessis	GN	12-08-93	2	HS Menlopark	05-Feb
17.12	Constant van Rooyen	CGA	25-01-92	1	Germiston	05-Mar
16.87	Irne Herbst	GN		2	Germiston	01-Mar
16.67	Marnus van Zyl	MP		2	Gemiston	03-Apr
16.25	Ruan Maree	WP	19-02-93	3	Gemiston	03-Apr
16.10	Paul Van Den Berg	VT	15-10-92	4	Gemiston	03-Apr
16.08	Brean van Winkel	CG		2	ABSA Tuks Pretoria	04-Feb
15.72	Johnny Botha	CG	29-09-93	3	Germiston	01-Mar

Discus throw**(1.75 kg)**

54.63	Jacques du Plessis	GN	12-08-93	1	HS Menlopark	05-Feb
53.79	Charl Grobler	FS	23-05-92	1	ABSA Tuks	29-Jan
52.65	Johny Botha	GAU	29-09-93	1	Paarl	24-Mar
48.35	Petrus Uys	BOL	20-08-93	1	Paarl	05-Mar
48.16	Constant van Rooyen	GAU	25-01-92	2	Germiston	12-Mar
48.00	Frans Schutte	MP	10-03-93	2	Germiston	01-Mar
47.62	Jannes Kirsten	GN		3	Germiston	01-Mar
47.42	Kobus Smith	NWP		1	Potchefstroom	12-Mar
47.10	Marnus van Zyl	PU		2	Paarl	24-Mar
46.97	Ruaan Maree	WC		3	Paarl	24-Mar

Hammer throw**(6 kg)**

63.00	Donovan Stebbing	CG	02-02-92	2	gaborone	13-May
62.44	Stiaan Minnie	EP	08-06-93	1	Gemiston	02-Apr
59.37	Renaldo Frechou	BO	04-03-92	1	Paarl	05-Mar
56.06	Robert Janse van Rensburg	FS	13-06-93	1	Bloemfontein	18-Mar
52.24	RD Franca Guilherme	GAU	23-08-93	1	Germiston	12-Mar
51.44	Ruan Meyer	CNW		5	Gemiston	02-Apr
50.86	Prieur van der Merwe	BOL		2	Paarl	05-Mar
50.84	Conray Flynn	FS	24-03-93	7	Gemiston	02-Apr
49.43	Robert Scheun	EPA		8	Gemiston	02-Apr
48.89	Cor Retief	BO		2	Paarl	12-Mar

Javelin throw**(800 g)**

75.72	Rocco Van Rooyen	BOLI	23-12-92	1	gaborone	14-May
70.90	Dean Goosen	VT	01-01-92	2	Gemiston	03-Apr
69.14	Ruan Erasmus	GAU	09-03-93	1	Paarl	24-Mar
68.06	Pieter Malan Snyman	CNW	20-01-92	2	Pilditch	22-Oct
62.86	Chad Herman	EP		5	Germiston	03-Apr
62.26	Johan Peens	BO		1	Paarl	12-Mar
61.97	Daniel du Toit	BOL	27-01-93	2	Paarl	12-Mar
61.38	Dylan Jacobs	GN	01-12-93	2	Paarl	24-Mar
61.22	Renier du Plessis	MP		6	Gemiston	03-Apr
60.00	Fanie de Villiers	GN		1	Germiston	01-Mar

5000 metres walk

25:19.79	Madudaza Mavundla	CGA		1	Germiston	05-Mar
26:25.30	Sphiwe Noko	CGA		2	Germiston	05-Mar
26:33.12	Moekasi Mamarara	CGA		3	Germiston	05-Mar
27:38.09	A Ntoane	CGA		4	Germiston	05-Mar
28:13.90	Jambulani Sithole	CGA		5	Germiston	05-Mar

10000 metres walk

48:52.06	Mthembi Chauke	FS		1	Bloemfontein	18-Mar
49:21.34	Ruan Wessels	CN		1	Gemiston	03-Apr
49:28.80	Mfana Mbatha	CGA	16-04-92	2	Gemiston	03-Apr
51:06.39	Envor Rhodas	WP		1	Bellville	04-Mar
51:30.39	Jay-G Gcuze	FS		2	Bloemfontein	18-Mar
53:33.73	Teboho Nkhoba	FS		1	Bloemfontein	18-Mar
53:43.50	Timothy Cleophas	WC		2	Paarl	24-Mar
54:45.50	Bradley Erasmus	BO		2	Paarl	05-Mar

55:26.30	Waylin Cornelissen	BO	3h3	Paarl	05-Mar
55:47.60	W Gqibithole	EC	3	Paarl	24-Mar

Decathlon

6416	Jason Roux	GN	1	Gaborone	12/13 May
5523	Andre September	WP	2	Durban	09/10 Apr
5196	Justin Kruger	CN	3	Durban	09/10 Apr
4776	FP Koekemoer	FS	4	Durban	09/10 Apr
4318	JD Kruger	CG	5	Durban	09/10 Apr
4290	Waldo Posthumus	CG	6	Durban	09/10 Apr
4198	Armandt du Preez	CG	7	Durban	09/10 Apr
4070	Estiaan du Preez	CN	8	Durban	09/10 Apr

4 x 100m

41.17	Gauteng North		1h2	Germiston	03-Apr
	(Emile Erasmus, Andre Trouw, Jacques Harris, Marcel du Preez)				
41.58	Free State		1	Germiston	03-Apr
	(Tsepo Lefete, Choaro Motshoeneng, Thabo Phakoe, Thabang Lebona)				
41.60	Free State Schools u20		1	Paarl	24-Mar
41.72	Gauteng North		2	Germiston	03-Apr
	(Emile Erasmus, Andre Trouw, Jacques Harris, Erje Smith)				
41.74	Free State		1h1	Germiston	03-Apr
	(Tsepo Lefete, Choaro Motshoeneng, Thabo Phakoe, Thabang Lebona)				
41.90	HTS Louis Botha u20		1	Bloemfontein	25-Feb
42.10	Kwazulu-Natal		2h1	Germiston	03-Apr
	(Quintin Hitge, Thando Loliwe, Dean Macminn, Braam van Tubbergh)				
42.14	Kwazulu-Natal		3	Germiston	03-Apr
	(Quintin Hitge, Rudolf Brits, Dean Macminn, Braam van Tubbergh)				
42.29	High School Waterkloof		1	ABSA TUKS Pretoria	16-Feb
42.70	Central North West		2h2	Germiston	03-Apr
	(Roelf Pienaar, Christoff Bothma, Salmon Claasen, Shaun van Wyk)				

4 x 400m

3:11.87	South Africa Juniors		3	Gaborone	15-May
	(Gideon Trotter, Fernando Ledimo, Taariq Solomons, Shaun van Wyk)				
3:14.83	Western Cape Schools u20		1	Paarl	24-Mar
3:15.07	Free State Schools u20		2	Paarl	24-Mar
3:19.25	Central Gauteng		1	Germiston	03-Apr
3:19.99	Gauteng Schools u20		3	Paarl	24-Mar
3:20.90	Mpumalanga Schools u20		4	Paarl	24-Mar
3:21.46	North West Schools u20		5	Paarl	24-Mar
3:23.80	Eastern Province		2	Germiston	03-Apr
	(Anton Barnard, Bjorn Ronaasen, David de Villiers, Kevin Botha)				
3:48.96	Transkei		3	Germiston	03-Apr
	(Siyamthanda Madotyeni, Mlulami Mabona, Zusiphe Mpiyakhe, Sipehelele Tolibadi)				

WOMEN**100 metres**

11.86	-0.7	Rikenette Steenkamp	GN	16-10-92	2	ABSA Tuks Pretoria	23-Mar
11.93	0.3	Samantha Pretorius	WP	03-02-92	1	Gemiston	03-Apr
11.94	2.0	Chante Van Tonder	CG	25-05-93	3sf1	Durban	09-Apr
11.95	0.3	Zanri van der Merwe	GN	14-05-93	2	Gemiston	03-Apr
12.05	0.3	Jade Thiele	CG	10-10-92	3	Gemiston	03-Apr
12.27	1.6	Adri van der Merwe	VT		2h1	Gemiston	02-Apr
12.27	0.3	Rijane Swart	CNW		5	Gemiston	03-Apr
12.32	1.6	N Sharrock	BOR		3h2	Gemiston	02-Apr
12.35	0.7	Zoe Engler	KZN	06-01-92	1	Durban	11-Feb
12.51	0.3	Katelyn Palframan	EC	18-03-92	7	Gemiston	03-Apr

NWI

11.75	nwi	Chante van Tonder	CG	25-05-93	1	Germiston	12-Mar
11.84	nwi	Adri van der Merwe	VT		1	Germiston	01-Mar
12.27	nwi	Nadia Jooste	GN	23-06-93	3	Germiston	12-Mar

Wind assisted

11.73	2.8	Chante Van Tonder	CG	25-05-93	2sf2	gaborone	12-May
11.92	3.2	Samantha Pretorius	WP	03-02-92	1sf1	gaborone	12-May
11.93	2.9	Zanri van der Merwe	GN	14-05-93	5h2	Durban	09-Apr

200 metres

23.78	0.1	Sonja van der Merwe	WP	19-05-92	1	gaborone	15-May
24.28	1.9	Chante van Tonder	CG	25-05-93	1h3	Durban	09-Apr
24.37	0.8	Zanri van der Merwe	GN	14-05-93	1	Gemiston	03-Apr
24.52	1.1	Rikenette Steenjump	GN	16-10-92	1	Pilditch Pretoria	04-Mar
24.57	0.8	Jade Thiele	CG	10-10-92	2	Gemiston	03-Apr
24.80	0.8	Rijane Swart	CNW		3	Gemiston	03-Apr
25.40	0.8	Zoe Engler	KZN	06-01-92	5	Gemiston	03-Apr
25.42	0.1	Katelyn Palframan	EC	18-03-92	1	Bloemfontein	18-Mar
25.60	0.3	Justine Palframan	KZ	04-11-93	1	Durban	29-Jan
25.60	0.8	Adri van der Merwe	VT		6	Gemiston	03-Apr

NWI

24.16	nwi	Chante van Tonder	CG	25-05-93	1	Germiston	12-Mar
25.14	nwi	Anri Steyn	CG	30-09-93	2	Germiston	01-Mar
25.23	nwi	Anmarli Loubser	GN		3	Germiston	01-Mar

Wind assisted

23.79	2.2	Sonja van der Merwe	WP	26-10-21	1h3	Belville	16-Apr
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400 metres

52.93		Justine Palframan	KZ	04-11-93	2	gaborone	13-May
53.69		Anri Steyn	CG	30-09-93	1	Germiston	03-Apr
54.13		Sonja van der Merwe	WP	19-05-92	2	Gemiston	03-Apr
55.04		Zoe Engler	KZN	06-01-92	3	ABSA Tuks Pretoria	25-Feb
55.54		Lize Steyn	EP	02-05-93	7	Durban	10-Apr
56.66		Anmarli Loubser	GN		2	Germiston	01-Mar
57.09		Melise du Toit	GN		3	Germiston	01-Mar
57.55		Almerie vd Walt	CG		4	Germiston	01-Mar
57.70		Antoinette Gouws	FS		h	Bloemfontein	18-Mar
58.46		Aleesha Gerber	EP		1h3	Gemiston	02-Apr

Hand

54.9		Liza Steyn	EP	02-05-93	2	Paarl	24-Mar
55.9		Anmarli Loubser	GAU		3	Paarl	24-Mar

800 metres

2:08.72		Anri Steyn	GAU	30-09-93	1	Paarl	26-Mar
2:09.52		Marike Vermaak	MP	31-07-93	2	Paarl	26-Mar
2:10.13		Hapiness Mkhize	GN	15-12-92	5h2	Durban	10-Apr
2:10.27		Annica Coetzee	CNW	10-02-92	5	Stellenbosch	30-Apr
2:11.95		Liza Steyn	EP	02-05-93	2	Paarl	26-Mar
2:13.21		Sunell Jacobs	WC		2	Gemiston	03-Apr
2:13.61		Adele Vermaak	LIM		q	Paarl	25-Mar
2:14.71		Miche van Zyl	CG	25-02-93	2	Germiston	01-Mar
2:14.73		Heleen Malan	WC	04-12-92	q	Paarl	26-Mar
2:15.07		Danel Prinsloo	FS	27-03-92	3	Gemiston	03-Apr

1500 metres

4:27.16		Danel Prinsloo	FS	27-03-92	8		Durban	10-Apr
4:34.35		Dominique Scott	WP	23-04-93	7		Bellville	16-Apr
4:38.74		Anneke Gildenhuis	FS	03-04-93	q		Stellenbosch	29-Apr
4:43.27		Annica Coetzee	EP	10-02-92	9		Bellville	16-Apr
4:44.59		Mpumele Mnyandu	KZN		q		Paarl	25-Mar
4:45.73		Jolene Rabie	CG		2		Germiston	01-Mar
4:46.76		Mbali Mokoena	KZN	02-09-93	1		Durban	05-Feb
4:48.09		Sylvia Tshetslanyane	CG	20-04-93	1		Germiston	01-Mar
4.48.28		Letitia Saayman	GN	28-10-92	3		Gemiston	03-Apr
4:49.03		Monique-Ann Lombard	WC		q		Paarl	25-Mar

3000m

10:21.75		Dominique Scott	WP	23-04-93	1		Gemiston	02-Apr
10:26.65		Mbali Mokoena	KZN	02-09-93	1		Durban	05-Feb
10:29.10		Mpumele Mnyandu	KZN		1		Paarl	25-Mar
10:32.97		Anneke Gildenhuis	FS	03-04-93	2		Gemiston	02-Apr
10:37.45		Angelina Makhubela	GN		1		Germiston	12-Mar
10:39.69		Sylvia Tshetslanyane	CG	20-04-93	1		Germiston	01-Mar
10:41.16		Monique-Ann Lombard	WC		2		Paarl	25-Mar
10:42.70		Baby Mokone	FS	20-02-93	3		Gemiston	02-Apr
10:42.90		Happiness Mkhize	KZ	15-12-92	3		Paarl	25-Mar
11:09.19		Charity Moletsane	FS		4		Germiston	02-Apr

3000 metres steeplechase

11:57.24		Angelique Faasen	GN	09-04-91	1		Pilditch Pretoria	04-Mar
12:08.58		Anneke Gildenhuis	FS		1		Bloemfontein	18-Mar
12:27.25		Ailene Bezuidenhout	GN		2		Pilditch Pretoria	04-Mar
12:43.11		Portia Ramohloane	FS		2		Bloemfontein	18-Mar
12:51.50		Estie Brits	CG		1		Gemiston	02-Apr
13:30.90		Charlize Grove	MP		2		Gemiston	02-Apr
13:41.10		Thembeka Williams	FS		3		Bloemfontein	18-Mar
14:19.00		Laune Meyer	CNW	17-11-93	3		Gemiston	02-Apr

5000 metres

17:56.77		Mbali Mokoena	KZN	02-09-93	1		Durban	12-Feb
17:59.77		Letitia Saayman	GN	28-10-92	1h1		Gemiston	03-Apr
18:19.20		Sylvia Tshetslanyane	CG	20-04-93	2h1		Gemiston	03-Apr
19:06.66		Anneke Gildenhuis	FS	03-04-93	12		Stellenbosch	30-Apr
19:47.75		Anika Stols	GN		3h1		Gemiston	03-Apr

100 metres hurdles

13.62	-1.0	Rikenette Steenkamp	GN	16-10-92	1		ABSA Tuks, Pretoria	23-Mar
14.04	1.4	Kayla Gilbert	CG	05-01-93	1		Pilditch	22-Oct
14.25	0.9	Lariska Botha	FS	09-07-93	1		Gemiston	03-Apr
14.34	0.7	Tanya van den Berg	WP		1h2		Gemiston	03-Apr
14.57	-0.3	Jean-Marie Senekal	BOL	11-12-92	2h1		Gemiston	03-Apr
14.62	0.7	Chané Burgers	CG	25-06-75	3h1		Gemiston	03-Apr
14.88	0.9	Mihandra Dorfling	CNW	15-06-92	3		Gemiston	03-Apr
14.95	0.7	Ane Killian	VT	22-01-92	4		Gemiston	03-Apr
15.12	0.7	Lexi Nel	GN		4h2		Gemiston	03-Apr
15.18	0.7	Corani Jankowitz	CG		5h2		Gemiston	03-Apr

NWI

14.66	nwi	Ane Killian	VT	22-01-92	2		Germiston	12-Mar
15.01	nwi	Lexi Nel	CG		3		Germiston	12-Mar

400 metres hurdles

59.21		Jean-Marie Senekal	BO	11-12-92	1		gaborone	15-May
59.57		Ane Fourie	WP	24-01-93	1		Gemiston	03-Apr
61.05		Liriska Botha	FS	09-07-93	5		Durban	10-Apr
62.52		Almarie vd Walt	CG		3h2		Germiston	12-Mar
62.90		Tessa Heystek	MP	21-04-40	1		Pilditch Pretoria	04-Mar
63.23		Sunel vd Linde	GN	03-05-93	2		Pilditch Pretoria	04-Mar
63.47		Monique Scheepers	CN		5		Gemiston	03-Apr
63.64		Marietjie Nel	CN		1		Potchefstroom	12-Mar
63.90		Ane Killian	VT	22-01-92	2		Gemiston	12-Mar
63.91		Alicia bekker	GN		3		Germiston	12-Mar

High jump

1.73		Valentina de Rocha	WP	22-10-93	q	Paarl	25-Mar
1.70		Salome van Heerden	NW		q	Paarl	25-Mar
1.70		Chane Linder	CNW	12-09-92	5	Durban	10-Apr
1.68		Marcelle du Plessis	BO		1	Paarl	25-Mar
1.68		Marzet Pieterse	WC		q	Paarl	25-Mar
1.68		Anika Pretorius	NW		2	Paarl	25-Mar
1.66		Inge Viljoen	GN	07-01-93	hept	Bellville	19-Mar
1.65		Kim Dippenaar	GN		2	Gemiston	03-Apr
1.65		June Roelofse	BOL	19-03-92	7	Stellenbosch	29-Apr
1.65		Anica Myburgh	FS		1	Bloemfontein	18-Mar
1.62		Lou-Mare Geldenhuys	LIM		q	Paarl	25-Mar
1.62		Michelle Doubell	FS		q	Paarl	25-Mar

Pole vault

3.50		Mariska Smit	FS	1993	2	Durban	09-Apr
3.40		Jeanne Van dyk	EP	22-09-92	2	Bellville	16-Apr
3.10		Elandi Steyger	CNW		3	Gemiston	03-Apr
3.00		Taahirah Kozain	BO	10-04-57	4	Bellville	10-Mar
2.70		Jani Smit	BO	20-02-93	3	Paarl	26-Mar
2.70		Anriette Smit	WC		4	Paarl	26-Mar
2.60		Janette Smit	BO	u20	5	Germiston	03-Apr

Long jump

6.44	1.7	Samantha Pretorius	WP	03-02-92	1	Gemiston	03-Apr
5.95	0.9	Zanri van der Merwe	GN	14-05-93	3	Gemiston	03-Apr
5.74	1.1	Valentina de Rocha	WP	22-10-93	4	Gemiston	03-Apr
5.69	1.4	Chane Burgers	CG	02-10-92	1	ABSA TUKS Pretoria	05-Feb
5.58	-0.7	Aidan Battison	EC	13-01-93	5	Gemiston	03-Apr
5.51	1.1	Mariska Smit	BO		8	Gemiston	03-Apr
5.41	0.8	Chloe Pheiffer	WC		1	Potchefstroom	18-Feb
5.41	0.6	Ciani Loubser	BO	05-08-93	2	Potchefstroom	18-Feb
5.40	2.0	Natasha Roux	GN	19-07-93	3	Pilditch Pretoria	04-Mar
5.38	-0.7	Anika Pretorius	NW		6	Germiston	03-Apr

Wind assisted

5.95	2.1	Kayla Gilbert	CG	05-01-93	2	Germiston	03-Apr
5.85	2.3	Valentina de Rocha	WP	22-10-93	4	Gemiston	03-Apr
5.70	2.3	Aidan Battison	EC	13-01-93	5	Gemiston	03-Apr
5.58	3.4	Anika Pretorius	NW		6	Gemiston	03-Apr

NWI

5.91		Kayla Gilbert	CG	05-01-93	1	Germiston	01-Mar
5.62		Anika Pretorius	NW		1	Potchefstroom	12-Mar
5.60		Zinhle Mbuyane	MP	22-08-93	3	Germiston	01-Mar
5.59		Natasha Roux	GN	19-07-93	2	Germiston	12-Mar
5.48		Corani Jankowitz	CG		3	Germiston	12-Mar

Triple jump

12.69	-0.9	Valentina de Rocha	WP	22-10-93	1	Gemiston	02-Apr
12.40	0.8	Danelle Erwee	FS	29-11-93	4	Potchefstroom	19-Feb
12.27	-0.1	Aidan Battison	EC	13-01-93	3	Gemiston	02-Apr
12.15	-0.4	Luchelle Prinsloo	CG	18-07-92	1	ABSA TUKS Pretoria	12-Mar
11.68	0.6	Hannelore Dagutat	GN	02-10-93	1	Pilditch Pretoria	04-Mar
11.63	1.3	Ciani Loubser	BO	05-08-93	1	Potchefstroom	18-Feb
11.10	0.2	Nicole Dirk	WP	1992	1	Bellville	19-Mar

NWI

11.50	nwi	Zinhle Mbuyane	MP	22-08-93	2	Germiston	01-Mar
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Shot

13.49		Ischke Senekal	EP	08-01-93	1	Port Elizabeth	08-Dec
13.23		Marga Vermaak	GN	22-01-93	3	ABSA Tuks Pretoria	25-Feb
13.01		Liëtte van Schalkwyk	FS	11-11-93	1	Paarl	25-Mar
12.75		Carien Dreyer	GN	11-01-92	2	Gemiston	03-Apr
12.56		Nalinsa Potgieter	NW	12-05-92	4	Gemiston	03-Apr
12.54		Eunice Olevano	FS	21-02-92	6	Stellenbosch	29-Apr
12.34		Yolandi-Mari Bothma	CG	03-03-92	7	Stellenbosch	29-Apr
12.28		Simoné Meyer	KZN	31-05-03	1	Pilditch	22-Oct
12.10		Danelle Willemse	MP	20-03-93	4	Paarl	25-Mar
12.07		Rachelle Pottas	NW		5	Paarl	25-Mar

Discus

52.08	Simoné Meyer	KZN	31-05-03	1	Durban	12-Mar
49.90	Ischke Senekal	EP	08-01-93	1	gaborone	12-May
45.69	Danelle Willemse	MP	20-03-93	3	Paarl	26-Mar
45.66	Marga Vermaak	GN	22-01-93	4	Paarl	26-Mar
42.94	Suriette Botha	GN	18-02-92	3	Pilditch Pretoria	12-Mar
42.77	Carien Dreyer	GN	11-01-92	5	ABSA TUKS Pretoria	24-Feb
40.35	Eunice Olevano	FS	21-02-92	6	Stellenbosch	29-Apr
37.12	Joane Breenkamp	FS	12-12-92	5	Paarl	26-Mar
36.88	Yolanie Uys	CNW	06-11-92	7	Gemiston	03-Apr
36.75	Rachelle Pottas	NW		6	Paarl	26-Mar

Hammer

56.06	Annemie Smith	SW	24-03-92	1	Bellville	10-Mar
51.90	Magdalene Louw	EP	04-02-92	2	Gemiston	02-Apr
47.37	Simone Viviers	EP	11-06-92	4	Durban	09-Apr
42.77	Jorinda Coetzee	WP	06-04-92	4	Gemiston	02-Apr
39.94	Sunett Voigt	SW	08-04-93	1	ABSA Tuks Pretoria	16-Feb
37.81	Franciske Whitehead	EP	02-03-92	2	Paarl	26-Mar
37.42	Gerne Coetze	FS		1	Bloemfontein	18-Mar
37.05	Melissa Britz	CGA		3	Paarl	26-Mar
36.70	Nanda Kruger	CG		6	Gemiston	02-Apr
35.87	Jolandri Alberts			4	Bellville	16-Apr

Javelin

48.28	Liezel de Swardt	CNW		1	gaborone	15-May
46.39	Carli Grobbelaar	GAU		1	Paarl	25-Mar
46.25	Leandri Swiegers	GN	24-08-93	2	Paarl	25-Mar
45.81	Shadine van der Merwe	CG		3	Paarl	25-Mar
44.47	Anje Claassen	CNW		3	Gemiston	03-Apr
44.40	Christelle de Klerk	CNW		1	Potchefstroom	12-Mar
43.92	Carien Dreyer	GN	11-01-92	6	Stellenbosch	29-Apr
41.08	Janika Kotze	FS	27-01-93	1	Bloemfontein	18-Mar
40.82	Sulizma Schultz	WC		5	Paarl	25-Mar

10000m Walk

0:59:09.30	Inge Kotze	CNW	21-11-92	1	Gemiston	02-Apr
0:59:23.30	Danielle Koegelenberg	WC		1	Paarl	25-Mar
0:59:49.80	Rose Shabalala	CG		2	Gemiston	02-Apr
1:00:10.60	Jessica van Wyk	CNW		4	Gemiston	02-Apr
1:00:39.00	Elnari Koegelenberg	WC		2	Paarl	25-Mar
1:00:55.20	Lauralee Koekemoer	CNW		5	Gemiston	02-Apr
1:01:29.90	Larisha Erasmus	FS	18-01-92	6	Gemiston	02-Apr
1:03:15.00	Bea le Roux	WC		3	Paarl	25-Mar
1:04:19.73	Tania Strydom	FS	22-10-94	4	Paarl	25-Mar
1:07:24.10	Xolisile Mahlangu	GAU		8	Gemiston	02-Apr

Decathlon

4414	Inge Viljoen	GN	07-01-93	1	Durban	09/10 Apr
4331	Valentina de Rocha	WP	22-10-93	2	Durban	09/10 Apr
4301	Corlia Kruger	WC	04-09-92	1	Pilditch	03/04 Mar
4251	Neene Blignaut	CN	1992	4	Durban	09/10 Apr
3760	Shadine van der Merwe	CG		4	Pilditch	03/04 Mar
3348	Sune Steenkamp	CG		5	Pilditch	03/04 Mar
3169	Lee-Anne Lamprecht	CG		6	Durban	09/10 Apr
2682	Zelke-Marie de Jongh	GN		6	Pilditch	03/04 Mar

4 x 100m

46.11	South Africa Juniors			1	Gaborone	14-May
(Samantha Pretorius, Sonja van der Merwe, Zanri van der Merwe, Chante van Tonder)						
49.02	Boland Juniors			1	Germiston	03-Apr
(Mariska Smit, Ruve Viljoen, Jean-Marie Senekal, Lea-ne van Zyl)						
48.57	High School Waterkloof u20			1	Potchefstroom	01-Mar
49.42	Gauteng North Juniors			2	Germiston	03-Apr

(Nadia Jooste, Nadine Naude, Lexi Nel, Zanri van der Merwe)

49.58	High School Waterkloof u20	1	ABSA TUKS Pretoria	04-Feb
49.97	Afrikaanse Hoër Meisieskool	2	Potchefstroom	01-Mar
50.04	Kwazulu-Natal	3	Germiston	03-Apr

(Nolwazi Nkabinde, Shanice Marnice, Paige Saunders, Zoe Engler)

50.17	High School Transvalia	2	ABSA TUKS Pretoria	04-Feb
50.70	Potchefstroom Gimnasium	3	ABSA TUKS Pretoria	04-Feb

4 x 400m

3:38.16	South Africa Juniors	1	Gaborone	15-May
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(Anri Steyn, Sonja van der Merwe, Jean-Marie Senekal, Justine Palframan)

3:50.55	Gauteng Schools u20	1	Paarl	24-Mar
3:51.55	Eastern Cape Schools u20	2	Paarl	24-Mar
3:52.07	Eastern Province Juniors	1	Germiston	03-Apr

(Aleesha Gerber, Annica Coetzee, Lize Steyn, Ludtske Doubell)

3:54.61	Western Cape Schools u20	3	Paarl	24-Mar
3:56.67	Free State Schools u20	4	Paarl	24-Mar
3:57.21	Boland Juniors	2	Germiston	03-Apr