



2011 SOUTH AFRICAN SENIOR BEST PERFORMANCES

Compiled by DANIE CORNELIUS

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As at 12 April

Outdoors

MEN

100 metres

SA champion: Simon Magakwe 10.22

10.18	1.6	Simon Magakwe	CN	140586	1sf3	Durban	09-Apr	A Qual
10.19	1.6	Roscoe Engel	WP	060889	2sf3	Durban	09-Apr	B Qual
10.27	1.9	Hannes Dreyer	GN	130185	1sf1	Durban	09-Apr	
10.36	1.6	Gideon Trotter	FS	03-03-92	1h4	Germiston	02-Apr	
10.39	1.6	Rapula Sefenyatso	NW	110288	3sf3	Durban	09-Apr	
10.41	1.3	Wilhelm van der Vyver	BO	220889	1	Germiston	03-Apr	
10.41	1.6	Patrick Vosloo	VT	020590	4sf3	Durban	09-Apr	
10.44	0.2	Leigh Julies	EP		3	Durban	10-Apr	
10.45	0.7	Waide Jooste	CG	240791	1h2	ABSA Tuks Pretoria	25-Feb	
10.45	0.1	Wade van Niekerk	FS	230392	1	Bloemfontein	19-Mar	
10.45	1.9	Sergio Mullins	WP	120580	2sf1	Durban	09-Apr	

Wind

10.17	2.1	Hannes Dreyer	GN	130185	1	Germiston	26-Mar	
10.24	2.1	Simon Magakwe	CN	140586	2	Germiston	26-Mar	
10.29	2.1	Leigh Julies	EP		1sf2	Durban	09-Apr	
10.38	2.4	Roscoe Engel	WP	060889	1	Bellville	19-Mar	
10.42	2.1	Thuso Mpuang	FS	010384	3	Germiston	26-Mar	

200 metres

20.57	1.4	Wade van Niekerk	FS	23-03-92	1	Durban	10-Apr	A-Qual
20.58	0.5	Lebogang Moeng	CNW		1	Germiston	03-Apr	A-Qual
20.62	1.4	Thuso Mpuang	FS	010384	2	Durban	10-Apr	B-Qual
20.72	1.6	Roscoe Engel	WP	060889	1h1	Germiston	02-Apr	
20.80	0.5	Simon Magakwe	CN	140586	1h3	Pilditch Pretoria	12-Feb	
20.83	1.0	Gideon Trotter	FS	03-03-92	1sf1	Germiston	03-Apr	
20.88	-1.8	Hannes Dreyer	GN	130185	1h4	Germiston	26-Mar	
20.89	0.0	Waide Jooste	CG	240791	1h3	Potchefstroom	19-Feb	
20.89	0.8	Siphelo Ngqubaza	FS		2	Germiston	03-Apr	
20.93	0.5	Rapula Sefanyatso	NW	110288	2h3	Pilditch Pretoria	12-Feb	

Wind

20.63	2.9	Roscoe Engel	WP	060889	1	Bellville	19-Mar	
20.85	2.9	Antonio Alkana	WP		2	Bellville	19-Mar	

400 metres

44.86		LJ Van Zyl	GN	220949	1h3	Germiston	26-Mar	A-Qual
45.47		Lebogang Moeng	CNW		1sf1	Durban	09-Apr	B-Qual
45.61		Oscar Pretorius	GN	221186	1	ABSA Tuks Pretoria	23-Mar	B-Qual
45.68		Willie de Beer	GN	140388	2h3	Germiston	26-Mar	B-Qual
46.13		Shane Victor	KZ	291289	3	Durban	10-Apr	
46.14		Jacques de Swardt	GN	120892	3h3	Germiston	26-Mar	
46.29		Ofentse Mogawane	GN	200282	1h1	Durban	09-Apr	
46.37		Jacob Ramakoka	CNW		3sf2	Durban	09-Apr	
46.57		Thapelo Ketlohetswe	CG		1h2	Germiston	26-Mar	

46.58	Shaun de Jager	BOL		1	Germiston	03-Apr	
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800 metres

1:45.69	Samson Ngoepe	MP	280185	1	Durban	10-Apr	B-Qual
1:46.84	Andre Olivier	CN	291289	2	Durban	10-Apr	
1:47.00	William Mathosola	FS	310390	3	Durban	10-Apr	
1:47.95	Tlou Seloba	CG	08-05-85	1	Potchefstroom	19-Feb	
1:48.15	Henk Beukes	CG	020690	4	Durban	10-Apr	
1:48.61	Zwelakhe Seboto	NW		5	Durban	10-Apr	
1:48.70	Rhynard van Rooyen	GN	230392	6	Durban	10-Apr	
1:48.91	Windy Jonas	FS	110390	1	ABSA Tuks Pretoria	25-Feb	
1:49.12	Hannes Naude	FS		5h3	Durban	09-Apr	
1:49.35	Tlou Seloba	CG		2h1	Germiston	26-Mar	

1500 metres

SA champion: Juan van Deventer 3:40.16

3:37.95	Juan van Deventer	CG	25-11-12	1h2	Durban	09-Apr	B-Qual
3:39.65	Pharson Magagane	CG	060486	2h2	Durban	09-Apr	
3:40.65	Stephen Mokoka	GN	310185	2	Durban	10-Apr	
3:41.16	Pieter vd Westhuizen	CG		4	Durban	10-Apr	
3:41.73	Folavio Sehohle	CG	141090	6	Durban	10-Apr	
3:42.36	Molefe Molefe	CG	270186	6	Durban	10-Apr	
3:43.91	Jerry Matsau	CG	120390	3h1	Durban	09-Apr	
3:44.46	Jacques Pretorius	BOL		5h1	Durban	09-Apr	
3:46.02	Thebogo Khanye	KZN		6h1	Durban	09-Apr	
3:47.11	Thuso Phaswana	CG		8	Durban	10-Apr	
3:47.69	Tshamano Setone	CG	070587	2	ABSA Tuks Pretoria	25-Feb	
3:48.31	Pharson Magagane	CG	060486	2	Germiston	26-Mar	
3:48.58	Dean Brummer	CN	150988	4	ABSA Tuks Pretoria	25-Feb	
3:49.17	Isaac Mbuyaza	CG	070587	3	Germiston	26-Mar	
3:50.16	Khanye Tebogo	KZN	141088	1	Durban	19-Mar	

1 mile

3:59.69	Ruben Ramolefi	CG	170778	1	Bellville	10-Mar	
4:00.00	Pharson Magagane	CG	060486	2	Belville	10-Mar	
4:00.15	Jacques Pretorius	BO	241188	3	Belville	10-Mar	
4:03.38	Dean Brummer	CN	150988	4	Belville	10-Mar	

3000 metres

7:55.92	Stephen Mokoka	GN	310185	1	Potchefstroom	19-Feb	
8:01.34	Gladwin Mzazi	GN	280888	2	Potchefstroom	19-Feb	
8:02.84	David Skosi-Thosane			3	Potchefstroom	19-Feb	
8:03.68	Dean Brummer	CN	150988	4	Potchefstroom	19-Feb	
8:07.52	Tshamano Setone	CG	070587	6	Potchefstroom	19-Feb	
8:08.52	Molefe Molefe	CG	270186	7	Potchefstroom	19-Feb	

3000 metres steeplechase

8.14.06	Ruben Ramolefi	CG	170778	1	Durban	10-Apr	A-Qual
8.29.74	Edwin Molepo	CN	310587	2	Durban	10-Apr	B-Qual
8:35.86	Dean Brummer	CN	150988	3	Durban	10-Apr	
8.49.70	Thumelo Motlagale	CN		4	Durban	10-Apr	
8.51.60	Tumisang Mamatlake	CGA		1	Germiston	02-Apr	
8.52.50	Dikotsi Lekopa	CNW		5	Durban	10-Apr	
8.58.78	Khotatso Mokone	FS		6	Durban	10-Apr	
9.02.49	Sithembele Fanekho	TRA		7	Durban	10-Apr	
9.01.46	Thabang Nkuna	LIM		2	Germiston	02-Apr	
9.02.76	Sikhumbuzo Seme	GN	140385	1	Pilditch, Pretoria	12-Mar	

5000 metres

13:28.60	Stephen Mokoka	GN	310185	1	Bellville	10-Mar	
13:30.12	Gladwin Mzazi	GN	280888	2	Bellville	10-Mar	
13:30.88	Kgosi Tsosane	CG		3	Bellville	10-Mar	

13:31.87	Tshamano Setone	CG	070587	1	Durban	10-Apr
13:39.22	Sibusiso Nzima	CG	231186	4	Bellville	10-Mar
13:49.61	Isaac Mbuyaza	CG	070587	5	Bellville	10-Mar
13:52.60	Gert Manora	NWN		6	Bellville	10-Mar
13:57.02	Lloyd Bosman	NWN	250886	8	Bellville	10-Mar

10 000 metres

28:06.65	Stephen Mokoka	GN	310185	1	Durban	10-Apr
28:31.51	Sibusiso Nzima	CG	231186	2	Durban	10-Apr
28:45.47	Lungisa Mdedelwa	TRA		3	Durban	10-Apr
29:00.98	Xolisa Tiyali	CG		4	Durban	10-Apr
29:20.70	Gladwin Mzazi	GN	280888	5	Durban	10-Apr
30:00.28	Mbonbeni Ngxazozo	CG		6	Durban	10-Apr
30:18.76	Siyabulela Mtsha	TRA		7	Durban	10-Apr
30:42.13	Mfumaneko Fadane	TRA		8	Durban	10-Apr

110 metres hurdles

13.71	-1.4	Lehann Fourie	GN	160287	1	ABSA Tuks Pretoria	23-Mar
13.77	0.1	Ruan de Vries	GN	010286	1	Germiston	26-Mar
13.93	-1.4	Fourie			1	ABSA Tuks Pretoria	25-Feb
14.03	-0.4	Louw Smit	BO	290288	1	Potchefstroom	19-Feb
14.11	0.2	Antonio Alkana	WP		1h4	Durban	10-Apr
14.17	-0.4	Andre Storm	CN	120788	2	Potchefstroom	19-Feb
14.32	0.5	Drikus Viljoen	BO	190491	2	Germiston	03-Apr
14.61	0.5	Kobus Moolman	GN	080191	1h2	Durban	10-Apr
14.65	0.5	Sors Joubert	BOL		2h2	Durban	10-Apr
14.66	1.7	Neil le Roux	WP		2	Belville	19-Mar
14.66	0.1	Emmanuel Paggis	FS		4	Germiston	26-Mar
14.66	0.5	Jaco Willemse	CN		4	Germiston	03-Apr

Wind

13.65	2.5	Lehann Fourie	GN	160287	1	Durban	10-Apr
13.72	2.5	Ruan de Vries	GN	010286	2	Durban	10-Apr
13.97	2.5	Louw Smit	BO	290288	3	Durban	10-Apr

400 metres hurdles

47.66		LJ Van Zyl	GN		1	ABSA Tuks Pretoria	25-Jan	A-Qual
47.73		Van Zyl			1	Durban	10-Apr	
48.14		Cornel Fredericks	BO	030390	2	Durban	10-Apr	A-Qual
50.42		P C Beneke	FS	180790	3	Durban	10-Apr	
51.39		Taariq Solomons	WC		4	Durban	10-Apr	
51.59		Pieter Koekemoer	CN	120182	3	Potchefstroom	19-Feb	
51.79		Shaun van Wyk	CN	300392	1	Germiston	03-Apr	
51.87		Schalk Burger	BO	20-02-93	2	Paarl	24-Mar	
51.93		Hardus Maritz	CN		4	ABSA Tuks Pretoria	25-Feb	
51.96		Leroy Bitterhout	FS		3	Paarl	24-Mar	
52.16		Bernard Pretorius	GAU		4	Germiston	03-Apr	

High jump

2.19		Ramsay Carelse	WP		1	Germiston	26-Mar
2.16		Ruan Claassen	CG	260390	2	Germiston	26-Mar
2.15		Hubert de Beer	GN	031188	1	Durban	10-Apr
2.11		Willem Voigt	GN	210290	1	ABSA Tuks, Pretoria	23-Mar
2.10		Willem van Schalwyk	BO		1	Paarl	12-Mar
2.10		Brandon Prinsloo	FS		2	Bloemfontein	18-Mar
2.10		Juan-Pierre van der Schyff	CN	100589	2	Durban	10-Apr
2.08		JVA Steytler	FS		4	Potchefstroom	19-Feb
2.05		Tiro Mosete	NW	27-12-93	1	ABSA Tuks	29-Jan
2.05		Robert Hill	CG	150191	1	Pilditch Pretoria	05-Mar
2.05		Clyde Ruiters	WP		2	Bellville	19-Mar
2.05		Keagan Fourie	BOL		2	Germiston	03-Apr

Pole vault

5.43		Cheyne Rahme	CG	230191	1	Germiston	26-Mar
5.30		Rahme			1	Pilditch Pretoria	12-Feb
5.20		Rahme			1	ABSA Tuks Pretoria	29-Jan
5.15		Eben Beukes	CG	090390	1	ABSA Tuks Pretoria	23-Mar
5.05		Riaan Botha	GN	081170	2	ABSA Tuks Pretoria	23-Mar
5.05		Heinrich Smit	CG		3	ABSA Tuks Pretoria	23-Mar
4.80		Michael Cilliers	GN	250493	1	Germiston	03-Apr
4.70		Conrad Welthagen	CG	200789	1	Pilditch Pretoria	05-Mar
4.70		Ruan van Wyk	WP		2	Bellville	10-Mar
4.70		JF Burger	FS	210592	2	Germiston	03-Apr
4.70		Samuel Pellissier	WC	031292	3	Germiston	03-Apr
4.60		Sors Joubert	BO	240584	dec	Pilditch Pretoria	05-Mar

Long jump**SA Champion: Khotso Mokoena GN 8.29m**

8.17	-1.0	Khotso Mokoena	GN	060385	1	Germiston	26-Mar	B-Qual
8.13	1.4	Mokoena			1	Durban	09-Apr	
8.07	0.2	Luvo Maniyonga	BO	181191	1	Germiston	03-Apr	
8.05	-0.3	Maniyonga			1	ABSA Tuks Pretoria	25-Feb	
8.00	-0.5	Maniyonga			1	Belville	10-Mar	
8.00	1.4	Mpho Maphuta	GN	210193	1	Germiston	03-Apr	
7.87	1.7	Roelf Pienaar	CNW	231293	2	Germiston	03-Apr	
7.67	1.3	Clint Johnson	WP	040392	3	Germiston	03-Apr	
7.75	1.6	Rushwal Samaai	BOL		3	Durban	09-Apr	
7.37	0.6	Francois Coetzee	MPU		4	Germiston	03-Apr	
7.36	1.6	Duwayne Boer	GN	06-01-95	1	ABSA Tuks Pretoria	16-Feb	
7.29	1.5	Willem Coertzen	CNW		dec	Durban	09-Apr	
7.23	0.5	Eddie Madimo	GN		3	Germiston	03-Apr	
7.17	1.5	Constant Pretorius	GN	26-01-94	2	ABSA Tuks Pretoria	16-Feb	

Wind

8.29	3.2	Khotso Mokoena	GN	060385	1	Durban	09-Apr
7.80	3.5	Rushwal Samaai	BOL		3	Durban	09-Apr
7.34	3.4	Adewale Adejumo	KZN		1	Durban	05-Feb

Triple jump

16.97	1.3	Tumelo Thagane	CN	030784	1	Germiston	26-Mar	B-Qual
16.18	0.7	Apelele (Mzuvu) Rasmeni	CG	150491	2	Germiston	03-Apr	
16.05	1.2	Charles le Roux	GN	03-05-85	3	Durban	10-Apr	
15.66	0.4	Mpho Maphuta	GN	21-01-93	1	Pilditch Pretoria	05-Mar	
15.50	-0.8	Albert Jankie	GN	15-06-94	1	Germiston	02-Apr	
15.47	0.3	Sabelo Ndlovu	GN		2	Germiston	02-Apr	
15.26	-0.1	Duwayne Boer	GN	06-01-95	3	Germiston	02-Apr	
15.16	1.0	Boipelo Motlhathlego	GN	271190	1	Pilditch Pretoria	12-Feb	
15.02	0.6	Jason Sewanyana	WP		4	Durban	10-Apr	
14.99	1.7	Maurice Mathabula	GN		2	Pilditch Pretoria	12-Mar	
14.84	0.9	Koketso Mogapi	NWP		2	Germiston	02-Apr	

Wind

16.95	2.5	Tumelo Thagane	CN	030784	1	Durban	10-Apr
16.35	3.7	Boipelo Motlhathlego	GN	271190	1	Germiston	03-Apr

Shot put**SA Champion: Roelie Potgieter GN 19.42m**

19.42		Roelie Potgieter	GN	200380	1	Durban	09-Apr
19.19		Potgieter			1	ABSA Tuks, Pretoria	23-Mar
18.94		Orazio Cremona	CG	010789	1	ABSA Tuks, Pretoria	25-Feb
18.73		Cremona			2	ABSA Tuks, Pretoria	23-Mar
18.32		Jaco Engelbrecht	CG	080387	3	Durban	09-Apr
18.26		Ross Jordaan	BO		2	Bellville	10-Mar
17.58		Nico Grobler	GN		2	Pilditch Pretoria	12-Mar
17.42		Dean Wattrus	CNW		4	Durban	09-Apr
17.17		Donovan Snyman	CG		5	Durban	09-Apr
15.62		Johan Labuschagne	KZ		1	Durban	15-Jan

15.49	Dewald Moolman	CNW		6	Durban	09-Apr
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Discus

60.35	Victor Hogan	BOL	250789	1	Bloemfontein	19-Jan
59.86	Hogan			1	Durban	10-Apr
57.50	Russell Tucker	GN	11-04-90	1	Germiston	03-Apr
55.32	Jaco Engelbrecht	CG	080387	2	Germiston	26-Mar
54.60	Dean Wattrus	CNW		2	Durban	10-Apr
53.54	Dewald Moolman	CG	080788	3	Germiston	26-Mar
52.36	Dewald van Heerden	CG	040491	4	Durban	10-Apr
51.99	Wynand Coetzee	CG	200284	4	ABSA Tuks Pretoria	25-Feb
51.86	James Sinclair	MP	020686	5	ABSA Tuks Pretoria	25-Feb
51.75	Donovan Snyman	CG		5	Durban	10-Apr
51.05	Orazio Cremona	CG	010789	4	Germiston	26-Mar

Hammer

SA Champion: Chris Harmse FS 71.70

72.73	Chris Harmse	FS	310573	1	Germiston	26-Mar
71.70	Harmse			1	Durban	09-Apr
71.09	Harmse			1	Bellville	10-Mar
62.40	Johan Kruger	BO	150487	2	Durban	09-Apr
60.93	Kristiaan Bekker	CG	160680	1	Pilditch Pretoria	12-Feb
57.33	Micqel le Roux	CG	260390	3	Durban	09-Apr
55.19	Martin Venter	GN	020970	1	Pilditch Pretoria	22-Jan
54.85	Lodewalt Venter	CNW		3	Durban	09-Apr
54.63	Thehann van Niekerk	CN	040191	4	Durban	09-Apr
54.17	Vincent van Rensburg	GN		2	Pilditch Pretoria	22-Jan
50.20	Ruan de Beer	CG		3	Germiston	26-Mar

Javelin

83.82	Robert Oosthuizen	BO	230187	1	Potchefstroom	19-Feb	A-Qual
81.18	Oosthuizen			1	Durban	10-Apr	
77.65	Hardus Pienaar	GN	100881	1	Bellville	10-Mar	
76.21	Bernard Crous	CN	130489	2	Durban	10-Apr	
74.65	Philmar Janse van Rensburg	CN		3	Durban	10-Apr	
74.29	Tobie Holtzhausen	CN	250587	3	Potchefstroom	19-Feb	
73.09	Willie Human	GN		4	Durban	10-Apr	
71.33	Rocco van Rooyen	BOL		1	Germiston	03-Apr	
71.19	Jason Henning	CN	130890	5	Durban	10-Apr	
70.90	Dean Goosen	VT	01-01-92	2	Germiston	03-Apr	
69.14	Ruan Erasmus	GAU	09-03-93	1	Paarl	24-Mar	

WOMEN**100 metres**

11.68	1.3	Carina Horn	GN	090389	1	Durban	10-Apr
11.71	-1.4	Horn			1h1	ABSA Tuks Pretoria	23-Mar
11.74	-0.7	Horn			1	ABSA Tuks Pretoria	23-Mar
11.81	0.0	Horn			1h3	ABSA Tuks Pretoria	25-Feb
11.82	1	Phillipa vd Merwe	NC		1	Germiston	03-Apr
11.85	1.3	Cindy Stewart	EP	141185	2	Durban	10-Apr
11.86	-0.7	Rikenette Steenkamp	GN	161092	2	ABSA Tuks Pretoria	23-Mar
11.87	1.2	Claudia Viljoen	GN	010589	1h1	Germiston	26-Mar
11.87	2.0	Thandiwe Vilakazi	CN	221185	2sf1	Durban	09-Apr
11.92	1.3	Cherese Jones	GN		3	Durban	10-Apr
11.92	1.3	Stacey Gardiner	WP		4	Durban	10-Apr
11.93	0.3	Samantha Pretorius	WP	030292	1	Germiston	03-Apr
11.94	2.0	Chante van Tonder	CG	25-05-93	3sf1	Durban	09-Apr
11.95	0.5	Cindy Peters	CG	120284	1	Pilditch Pretoria	12-Mar
11.95	0.3	Zanri van der Merwe	GN	14-05-93	2	Germiston	03-Apr
11.97	0.1	Wenda Theron	GN	300688	1	Pilditch Pretoria	22-Jan

Wind

11.46	2.3	Carina Horn	GN	090389	1h2	Germiston	26-Mar
11.75	2.9	Cherese Jones	GN		2sf2	Durban	09-Apr
11.84	2.3	Thandiwe Vilakazi	CN	221185	2h2	Germiston	26-Mar

NWI

11.75		Chante van Tonder	CG	25-05-93	1	Germiston	12-Mar
11.77		Tebogo Mamathu	CG	u16	1	Germiston	12-Mar
11.84		Adri vd Merwe	VT		1	Germiston	01-Mar
11.84		Chante van Tonder	CG	25-05-93	2	Germiston	01-Mar

200 metres

23.72	-1.2	Estie Witstock	GN	140513	1h2	Germiston	26-Mar
23.85	1.6	Cindy Peters	CG	120284	1	Pilditch Pretoria	12-Mar
23.89	-1.2	Carina Horn	GN	090389	2h2	Germiston	26-Mar
24.05	0.6	Wenda Theron	GN	300688	1	Pilditch Pretoria	12-Feb
24.20	0.3	Sonja van der Merwe	WP	190592	2sf1	Durban	10-Apr
24.21	-0.5	Rorisang Ramonnye	CN	311290	1sf2	Durban	10-Apr
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	Germiston	03-Apr
24.50	-0.2	Phillipa vd Merwe	NC		1	Germiston	03-Apr
24.52	1.1	Rikenette Steenjamp	GN	16-10-92	1	Pilditch Pretoria	04-Mar
24.54	0.3	Cindy Stewart	EP	190786	1	Potchefstroom	19-Feb

Wind

23.47	3.2	Carina Horn	GN	090389	1	Durban	10-Apr
23.82	3.2	Sonja van der Merwe	WP	190592	2	Durban	10-Apr
24.09	2.9	Rorisang Ramonnye	CN	311290	1h4	Durban	09-Apr

NWI

24.16		Chante van Tonder	CG	25-05-93	1	Germiston	12-Mar
24.34		Tebogo Mamathu	CG	u16	1	Germiston	12-Mar
24.65		Izelle Neuhoff	VT	03-05-94	1	ABSA Tuks Pretoria	05-Feb
24.72		Amanda Nagel	VT	18-02-94	2	Germiston	12-Mar

400 metres

52.54	Caster Semenya	GN	070191	2	Germiston	26-Mar
52.68	Estie Witstock	GN	140513	1	ABSA Tuks Pretoria	23-Mar
53.28	Rorisang Ramonnye	CN	311290	1	Durban	10-Apr
53.35	Justine Palframan	KZ	04-11-93	2	Durban	10-Apr
53.69	Anri Steyn	CG		1	Germiston	03-Apr
54.13	Sonja van der Merwe	WP	190592	3	Germiston	03-Apr
54.21	Wenda Theron	GN	300688	1	Potchefstroom	19-Feb
54.85	Izelle Neuhoff	VT	03-05-94	1	Germiston	12-Mar
54.90	Stephanie Wicksell	GN	06-05-94	1	Pilditch Pretoria	05-Mar
54.92	Alet van Wyk	GN	111185	3	Germiston	26-Mar

800 metres

2:01.77	Caster Semenya	GN	070191	1	Germiston	26-Mar
2:02.10	Semenya			1	Durban	10-Apr
2:04.52	Mapaseka Makhanya	CG	090485	2	Durban	10-Apr
2:05.21	Mandie Brandt	CG	051182	3	Durban	10-Apr
2:05.51	Juanee Cilliers	CNW		4	Durban	10-Apr
2:07.75	Anuschka Nice	GN	260891	4	ABSA Tuks Pretoria	25-Feb
2:08.13	Doné Vermaak	GN	171290	4h2	Durban	09-Apr
2:08.66	Thato Makafola	CG		2h1	Durban	09-Apr
2:10.75	Ledile Raseboya	CG		2	ABSA Tuks Pretoria	29-Jan
2:10.94	Catherine Skosana	GN	111080	3	ABSA Tuks Pretoria	23-Mar
2:10.95	Hapiness Mkhize	GN		4	ABSA Tuks Pretoria	23-Mar

1500 metres

4:12.93	Caster Semenya	GN	070191	1	Durban	10-Apr
4:13.89	Lebogang Phalula	CG	091283	2	Durban	10-Apr
4:16.12	Violet Raseboya	CG	190286	3	Durban	10-Apr
4:20.10	Christine Kalmer	GN	100286	1	Germiston	26-Mar
4:20.95	Lebo Phalula	CG	091283	4	Durban	10-Apr
4:24.07	Nolene Conrad	CG	260785	5	Durban	10-Apr
4:24.57	Maxine Heine-Wacker	CG	270490	6	Durban	10-Apr
4:26.79	Zinhle Sinqe	GN		7	Durban	10-Apr
4:27.16	Danel Prinsloo	FS		8	Durban	10-Apr
4:30.19	Carlyn Fischer	GN		9	Durban	10-Apr

3000m

9:26.34	Lebogang Phalula	CG	091283	1	Potchefstroom	19-Feb
9:27.18	René Kalmer	CG	031180	2	Potchefstroom	19-Feb
9:32.87	Lebo Phalula	CG	091283	3	Potchefstroom	19-Feb
9:33.77	Christine Kalmer	GN	100286	4	Potchefstroom	19-Feb
9:42.89	Maxine Heine-Wacker	CG	270490	5	Potchefstroom	19-Feb
9:44.81	Nolene Conrad	CG	260785	6	Potchefstroom	19-Feb
9:45.18	Annerien van Schalkwyk	GN		7	Potchefstroom	19-Feb

5000 metres

15:42.21	Rene Kalmer	CG	031180	1	Durban	09-Apr
15:53.53	Zintle Xiniwe			1	Bellville	10-Mar
15:58.74	Violet Raseboya	GN		2	Bellville	10-Mar
16:04.82	Irvette van Blerk	CG	050787	4	Bellville	10-Mar
16:08.74	Lebo Phalula	CG	091283	3	Durban	09-Apr
16:13.93	Christine Kalmer	GN	100286	4	Durban	09-Apr
16:32.72	Annerien van Schalkwyk	GN		5	Bellville	10-Mar
16:37.40	Violet Raseboya	CG	190286	5	Durban	09-Apr
16:42.53	Portia Ngwenya	CG		6	Durban	09-Apr
16:49.10	Catherine Skosana	GN	111080	7	Bellville	10-Mar
16:50.41	Maxine Heine-Wacker	CG	270490	8	Bellville	10-Mar

10 000 metres

36:24.96	Portia Ngwenya	GN		1	Durban	10-Apr
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37:40.70	Funeka Mlwakuhle	TRA		2	Durban	10-Apr
38:03.59	Dladla Puseletso	KZN		3	Durban	10-Apr
38:45.52	Anna Moeketsi	FS		4	Durban	10-Apr
40:05.62	Maryna Swanepoel	FS		5	Durban	10-Apr

3000 metres steeplechase

10:00.01	Tebogo Masehla	TR	061079	1	Durban	10-Apr
10:08.98	Nolene Conrad	CG	260785	2	Durban	10-Apr
10:25.33	Christine Kalmer	GN	100286	3	Durban	10-Apr
10:28.43	Myrette Filmalter	GN	100181	4	Durban	10-Apr
10:32.15	Onneile Dintwe	CG		5	Durban	10-Apr
10:47.62	Ashleigh Schnetler	CG	020691	5	Bellville	10-Mar
10:59.54	Thembi Baloyi	GN	070189	7	Durban	10-Apr

100 metres hurdles

SA Champion: Claudia Viljoen GN

13.62	-1.0	Rikenette Steenkamp	GN	161092	1	ABSA Tuks, Pretoria	23-Mar
13.64	0.1	Claudia Viljoen	GN	010589	1	Durban	10-Apr
13.74	0.1	Erika Kleinhans	GN	160888	2	Durban	10-Apr
13.78	0.1	Janet Lawless	BO	150585	3	Durban	10-Apr
13.90	0.3	Ansulet Potgieter	FS	270491	2	Germiston	03-Apr
14.16	-0.3	Kayla Gilbert	CG	05-01-93	1h1	Germiston	03-Apr
14.34	0.7	Tanya vd Berg	WP		1h2	Germiston	03-Apr
14.37	1.1	Margit du Plessis	GN	310388	1h2	Durban	10-Apr
14.38	0.7	Lariska Botha	FS	09-07-93	2h2	Germiston	03-Apr
14.57	-0.3	Jean-Marie Senekal	BOL		2h1	Germiston	03-Apr

Wind

13.58	2.3	Claudia Viljoen	GN	010589	1	Gemiston	26-Mar
13.79	2.3	Erika Kleinhans	GN	160888	2	Gemiston	26-Mar
14.16	2.3	Ansulet Potgieter	FS	270491	3	Gemiston	26-Mar

400 metres hurdles

56.24		Wenda Theron	GN	300688	1	Germiston	26-Mar	B-Qual
56.47		Wenda Theron			1	Durban	10-Apr	
57.38		Wenda Theron			1	ABSA Tuks Pretoria	25-Feb	
58.18		Wenda Theron			1	Bellville	10-Mar	
59.03		Izelle Neuhoff	VT	03-05-94	1	Germiston	03-Apr	
59.34		Jana Theron	GN	270289	1	Germiston	03-Apr	
59.57		Ane Fourie	WP	240193	1	Germiston	03-Apr	
59.66		Mariska Meintjies	CN	040901	2	Durban	10-Apr	
60.04		Alix Moreillon	WP	23-02-91	2	Germiston	03-Apr	
60.13		Jean-Marie Senekal	BOL	11-12-92	2	Germiston	03-Apr	
60.82		Marina Swanepoel	WC	24-09-94	2	Paarl	26-Mar	
61.05		Lariska Botha	FS	09-07-93	5	Durban	10-Apr	
61.06		Anneri Ebersohn	FS	090890	6	Durban	10-Apr	

High jump

1.85		Anika Smit	NWN		1	Durban	10-Apr
1.80		Smit	NWN		1	ABSA Tuks Pretoria	29-Jan
1.76		Smit	NWN		1	Potchefstroom	19-Feb
1.75		Janette Siebert	FS		1	Bloemfontein	19-Mar
1.75		Marcoleen Pretorius	CN	250789	1	Germiston	02-Apr
1.74		Julia du Plessis	GAU	u16	1	Paarl	25-Mar
1.73		Valentina de Rocha	WP	22-10-93	q	Paarl	25-Mar
1.73		Bianca Erasmus	GN		hept	Durban	09-Apr
1.70		Carina du Preez	CG	180989	1	Pilditch Pretoria	05-Mar
1.70		Leandri Botha	FS		3	Germiston	02-Apr
1.70		Sheri Fourie	GN		1	Germiston	03-Apr
1.70		Salome van Heerden	NW		q	Paarl	25-Mar
1.70		Chaney Linder	CNW		5	Durban	10-Apr
1.70		Janet Lawless	BO	150585	6	Durban	10-Apr

Pole vault

3.60		Honorata Saar	BO	310182	1	ABSA Tuks Pretoria	25-Feb
3.50		Mariska Smit	FS		2	Durban	09-Apr
3.40		Monique J van Noordwyk	BO		3	Bellville	10-Mar
3.40		Jeanne van Dyk	EP		3	Durban	09-Apr
3.30		Danielle Labuschagne	GN		2	ABSA Tuks Pretoria	25-Feb
3.30		Nadia Guilomee	WC	10-05-94	1	Germiston	02-Apr
3.30		Mar-Leze Vos	FS		2	Germiston	02-Apr
3.20		Surika Piater	FS		3	Germiston	02-Apr
3.20		Mandi Maritz	EP		4	Durban	09-Apr
3.20		Anne Nieuwoudt	BOL		5	Durban	09-Apr
3.10		Maricke Jansen	NW		4	ABSA Tuks Pretoria	25-Feb
3.10		Kulthoom Gaidien	BOL		4	Germiston	02-Apr

Long jump**SA Champion: Janice Joseph BOL 6.38m**

6.44	1.7	Samantha Pretorius	WP	030292	1	Germiston	03-Apr
6.34	1.7	Janice Josephs	BO	310382	1	ABSA Tuks Pretoria	25-Feb
6.26	1.2	Josephs			1	Bellville	10-Mar
6.21	0.6	Celeste Rietels	WP		1	Germiston	03-Apr
6.07	0.6	Patience Ntshingila	CN	260889	2	Germiston	03-Apr
5.96	1.7	Cindy Peters	CG	120284	2	ABSA Tuks Pretoria	25-Feb
5.95	0.9	Zanri van der Merwe	GN	14-05-93	3	Germiston	03-Apr
5.93	0.8	Nicholeen McClaren	MP		3	Germiston	03-Apr
5.92	-0.6	Carla Marais	GN	101287	1	ABSA Tuks Pretoria	23-Mar
5.92	0.7	Monja Goosen	GN	021091	4	Germiston	03-Apr
5.91	-0.7	Bianca Erasmus	GN		2	ABSA Tuks Pretoria	23-Mar

Wind

6.38	3.4	Janice Josephs	BO	310382	1	Durban	10-Apr
6.15	2.5	Nicholeen McClaren	MP		4	Durban	10-Apr
6.10	4.2	Patience Ntshingila	CN	260889	5	Durban	10-Apr
5.95	2.1	Kayla Gilbert	CG	05-01-93	2	Germiston	03-Apr
5.85	2.3	Valentina da Rocha	WP	221093	3	Germiston	03-Apr

Triple jump

13.45		Charlene Potgieter	GN	250985	1	Durban	10-Apr
13.39	1.3	Charlene Potgieter	GN	250985	1	Germiston	26-Mar
13.15	-0.9	Potgieter			1	ABSA Tuks Pretoria	23-Mar
13.39		Cindy Peters	CG	120284	2	Durban	10-Apr
12.96	-1.1	Cindy Peters	CG	120284	1	Potchefstroom	19-Feb
12.86		Patience Ntshingila	CN	260889	3	Durban	10-Apr
12.70	0.5	Patience Ntshingila	CN	260889	2	Germiston	26-Mar
12.69	-0.9	Valentina da Rocha	WP	221093	1	Germiston	02-Apr
12.53	0.5	Arlene Muller	NWN		3	Germiston	26-Mar
12.53	1.3	Kelly Kingwell	CG	220191	4	Germiston	26-Mar
12.45	0.5	Matsie Dikotla	CG	030987	5	Germiston	26-Mar
12.40	0.8	Bianca Erwee	CN	040390	4	Potchefstroom	19-Feb
12.34	0.7	Danelle Erwee	FS	29-11-93	2	Germiston	03-Apr
12.27	-0.1	Aidan Battison	EC	13-01-93	3	Germiston	02-Apr

Wind

12.95	3.1	Patience Ntshingila	CN	260889	1	Germiston	03-Apr
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Shot

17.49	i	Simoné du Toit	SMU	270988	1	Houston	29-Jan
14.88		Sonia Smuts	GN	05-10-91	1	ABSA Tuks Pretoria	23-Mar
14.77		Veronica Abrahamse	KZN	180880	1	Durban	19-Mar
13.48		Lezaan Jordaan	CG	17-10-95	1	Germiston	12-Mar
13.46		Sonnika Knoetze	CN	180887	2	ABSA Tuks Pretoria	25-Feb
13.23		Marga Vermaak	GN	22-01-93	3	ABSA Tuks Pretoria	25-Feb
13.21		Justine Robbeson	CN	150585	2	Germiston	23-Mar
13.09		Cecile Meyer	EC	07-06-94	2	Paarl	26-Mar
13.01		Liëtte van Schalkwyk	FS	11-11-93	1	Paarl	25-Mar

12.82	Ischke Senekal	EP	08-01-93	1	Germiston	03-Apr
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Discus

58.81	Simone du Toit			1	Arlington, TX	02-Apr
58.69	Elizna Naudé	GN	140978	1	Durban	10-Apr
53.32	Maryke Oberholzer	GN	271189	2	Durban	10-Apr
52.08	Simoné Meyer	KZN	310503	1	Durban	25-Feb
47.91	Ischke Senekal	EP	08-01-93	1	Paarl	26-Mar
45.69	Danelle Willemse	MP	20-03-93	3	Paarl	26-Mar
45.66	Marga Vermaak	GN		4	Paarl	26-Mar
44.11	Veronica Abrahamse	KZN	180880	1	Durban	18-Mar
42.94	Suriette Botha	GN	180292	3	Pilditch Pretoria	12-Mar
42.77	Carien Dreyer	GN	110192	5	ABSA Tuks Pretoria	25-Feb

Hammer

56.06	Annemie Smith	SW	240392	1	Bellville	10-Mar
55.85	Smith			1	Durban	09-Apr
53.49	Nanette Stapelberg	FS	110790	2	Bellville	10-Mar
52.57	Smith			1	Germiston	02-Apr
51.90	Magdalene Louw	EP		2	Germiston	02-Apr
48.08	Marilize Coetzee	WP	271276	3	Bellville	10-Mar
47.37	Simone Viviers	EP		4	Durban	09-Apr
46.79	Mieke Stander	EP	15-01-95	1	Germiston	02-Apr
46.58	Leandri de Beer	CG		5	Durban	09-Apr
46.05	Karen Snyman	GN		1	ABSA Tuks Pretoria	23-Mar
45.62	Tanya Treurnicht	CG		6	Durban	09-Apr
44.07	Chene Coetzee	EP		2	Germiston	02-Apr

Javelin

SA Champion: Sunette Viljoen CNW 58.70m

60.93	Justine Robbeson	CN	150585		Potchefstroom	19-Feb	B-Qual
59.82	Robbeson			1	Germiston	26-Mar	
58.78	Robbeson			1	Bellville	10-Mar	
58.70	Sunette Viljoen	CN	061083	1	Durban	10-Apr	
56.04	Gerlize de Klerk	CN	230389	3	Germiston	26-Mar	
50.59	Gezelle Bernard	CN	150991	4	Potchefstroom	19-Feb	
50.43	Tazmin Brits	CN	210719	5	Potchefstroom	19-Feb	
48.20	Liezel de Swardt	NWN	090392	4	Durban	10-Apr	
46.68	Anzel van der Schyff	GN	190387	4	Bellville	10-Mar	
46.39	Carli Grobbelaar	GAU		1	Paarl	25-Mar	
46.25	Leandri Swiegers	GN	24-08-93	2	Paarl	25-Mar	
45.91	Sonnika Knoetze	CNW		hept	Durban	10-Apr	