



2011 SOUTH AFRICAN YOUTH BEST PERFORMANCES

(Born 1994 and later)

Compiled by DANIE CORNELIUS Assisted by NEIL CORNELIUS

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BOYS

100 metres

10.51	0.5	Bradley Britz	WC	27-05-94	1sf3	Germiston	02-Apr
10.55	0.7	Sergeal Pietersen	EC		1	Germiston	03-Apr
10.55	1.0	Hendrick Khumalo	CG		1	Windhoek	28-May
10.64	0.0	Fadhl Samuels	WC		1sf2	Germiston	02-Apr
10.73	0.5	Gasego Moroka	FS		2sf3	Germiston	02-Apr
10.76	0.8	Bingwa Siphamandla	EC	01-03-94	1h1	Polokwane	05-Oct
10.77	0.0	Nsuku Ndumela	GN		1h4	Germiston	02-Apr
10.80	1.4	Wally Ungerer	GN	15-01-95	1r3	Pilditch	22-Oct
10.84	0.0	Komogelo Mokgatle	GN		1r1	Pilditch	22-Oct
10.85	0.9	Fana Mofokeng	FS		1	Bloemfontein	15-Oct

NWI

10.59		Hendrick Khumalo	GAU		2	Germiston	12-Mar
10.87		Arthur Festus	BO		2	Paarl	12-Mar
10.94		Oratile Moalusi	GAU		1	Potchefstroom	12-Mar
10.94		Johan Gouws	GN	u17	1	Germiston	01-Mar

Wind Assisted

10.46	3.4	Sergeal Petersen	EP		1h5	Germiston	02-Apr
10.74	3.4	Fana Mofokeng	FS		2h4	Germiston	02-Apr

200 metres

21.30	1.0	Hendrick Khumalo	CG		1	Windhoek	29-May
21.53	0.2	Wally Ungerer	GN	15-01-95	1	Polokwane	05-Oct
21.65	0.6	Fana Mofokeng	FS		2sf3	Germiston	03-Apr
21.66	0.2	Yusuf Ismail	WC	25-01-94	2	Polokwane	05-Oct
21.71	0.3	Nsuku Mdumela	GN		1h3	Germiston	02-Apr
21.88	0.3	Fadhl Samuels	WP		1h7	Germiston	02-Apr
21.89	0.6	Kurtley du Plessis	BO		3	Germiston	03-Apr
21.95	0.4	Gasego Moroka	FS		3sf3	Germiston	03-Apr
21.96	0.3	Oratile Moalusi	NW		1h6	Germiston	02-Apr
21.97	0.7	Nantes Aucamp	GN		1sf2	Germiston	03-Apr

NWI

21.83		Oratile Moalusi	NWP		1	Potchefstroom	12-Mar
21.88		Johan Gouws	GN	u17	1	Germiston	01-Mar
21.48		Pieter Conradie	GN		1	Pretoria	28-Oct
21.71		Jon Seeliger	GN	27-04-95	1	Pretoria	28-Oct
21.81		Kamogel Mokgatle	GN		2	Pretoria	28-Oct
21.98		Henry Stolz	GN		3	Pretoria	28-Oct

Wind Assisted

21.25	2.4	Hendrick Khumalo	CG		1h1	Windhoek	29-May
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400 metres

46.83	Pieter Conradie	GN		1	Germiston	03-Apr
47.41	Lorenzo Adams	BO		2	Windhoek	29-May
47.61	Tiaan Botha	GN		1	Germiston	12-Mar
48.12	Ruanco Pelser	GAU		3	Germiston	12-Mar
48.18	Sonwabiso Skhosana	KZ		1	Polokwane	05-Oct
48.56	Nsuku Ndumela	GN		4	Germiston	12-Mar
48.69	Jaden Flagg	WP		4	Germiston	03-Apr
48.80	Reynhard van der Nest			2	Bloemfontein	15-Oct
48.80	Sandile Hlatshwayo	GN		3	Bloemfontein	15-Oct
49.13	Sonwa Skhosana			1	Bloemfontein	15-Oct

800 metres

1:53.50	Lerato Mosunyane	FS		1	Germiston	03-Apr
1:54.72	Siphiwe Tefo	CG		2	Germiston	03-Apr
1:54.76	Estiaan Fourie	NWP			Potchefstroom	12-Mar
1:55.18	Mpho Makofane	GAU		1	Paarl	24-Mar
1:55.28	Megal Rosenkrans	WC		2	Paarl	24-Mar
1:55.30	Solomon Botholo	GAU		1	Polokwane	05-Oct
1:55.34	Edrine Mukasa	KZ	04-01-94	3	Germiston	03-Apr
1:55.47	Tiaan Jacobs	CG		2h3	Germiston	02-Apr
1:55.62	Mhlakwane Knosikhona	KZN		3	Paarl	24-Mar
1:57.08	Pecival Mdladla	KZ		2h1	Paarl	24-Mar

1500 metres

3:55.07	Thumisang Monnatlala	GAU		1	Paarl	24-Mar
3:56.30	Gift Mokong	NCP			Paarl	24-Mar
3:56.51	Duran Faro	WC		12	Bellville	16-Apr
3:58.12	Siphiwe Tefo	GAU		2	Paarl	24-Mar
3:58.50	Edgar Davids	NCP			Paarl	24-Mar
3:59.20	Goitsimodimo Botholo	GAU			Paarl	24-Mar
3:59.84	S. Makoasha	GAU		4	Germiston	12-Mar
4:00.20	Elrico Barendse	NCP			Paarl	24-Mar
4:00.77	Mhlakwane Nkosikhona	KZN		4	Paarl	24-Mar
4:00.87	Anele Mdingi	NWP		5	Paarl	24-Mar

3000 metres

8:38.85	Rantso Mokopane	FS		1	Paarl	24-Mar
8:41.37	Thumisang Monnatlala	GAU		2	Paarl	24-Mar
8:43.80	Lizile Fadane	EC		3	Paarl	24-Mar
8:43.85	Sakhumzi Matiso	EC		4	Paarl	24-Mar
8:46.52	Aphelele Fanekho	EC	u16	1	Paarl	24-Mar
8:47.12	Ruan Meintjies	NWP	u16	2	Paarl	24-Mar
8:50.05	Asive Njenxa	WC	20-08-94	5	Paarl	24-Mar
8:50.70	Sello Mokwena	CGA		1	Germiston	05-Mar
8:52.19	Ndobe Snethemba	KZN	u16	3	Paarl	24-Mar
8:51.34	Romeo Booysen	EC	01-01-95	1	Polokwane	05-Oct

2000 metres steeplechase

5:48.10	Katleho Dyoyi	GAU		1	Paarl	24-Mar
5:48.11	Jacob Tseko	GAU		2	Paarl	24-Mar
5:57.12	Rantso Mokopane	FS		3	Paarl	24-Mar
5:57.47	Philani Ngcobo	KZN		4	Paarl	24-Mar
6:03.01	Sanele Nglukana	WP		1	Paarl	12-Mar
6:09.16	Wavuyisa Mdedelwa	EC		5	Paarl	24-Mar
6:09.43	Asive Njenxa	WP		3	Germiston	03-Apr
6:11.64	Philani Ngcobo	KZ	21-04-94	1	Durban	15-Jan
6:14.42	Jan Willem Ras	FS		1	Bloemfontein	18-Mar

6:14.67		Thabang Mitiwana	GAU	02-02-95	1		Polokwane	05-Oct
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110 metres hurdles (91.4 cm)

13.39	1.6	Andries vd Merwe	GN	31-03-94	1		Windhoek	29-May
13.41	1.6	Tiaan Smit	WP	u17	2		Windhoek	29-May
13.42	0.6	Angus Julies	WP	24-02-94	1		Polokwane	05-Oct
13.83	1.4	Molliere Daffue	CNW		3		Germiston	03-Apr
13.85	0.9	Lee van den Berg	GN	26-08-94	oct		Polokwane	05-Oct
13.91	0.6	Francois du Toit	NW		2		Polokwane	05-Oct
13.97	0.5	Ryno Steyn	FS		2		Bloemfontein	15-Oct
14.00	0.4	Fredrich Pretorius	GN		3		Bloemfontein	15-Oct
14.03	0.3	Brendon Squires	GN		3		Pilditch	04-Mar
14.11	1.4	Dylan Greyling	CG		7		Germiston	03-Apr

Wind

13.32	3.4	Andries vd Merwe	GN	31-03-94	1		Isle of Man	10-Sep
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NWI

14.07		Dylon Greyling	GAU		2		Germiston	12-Mar
14.12		Neil Maritz	BO		2		Paarl	05-Mar
14.25		Leighton Payle	WP		4		Paarl	12-Mar
14.25		Damien Ohlson	WC		3		Paarl	12-Mar
14.36		Francois du Toit	NWP		2		Potchefstroom	12-Mar
13.8		Obakeng Maoko	GN		1		Pretoria	28-Oct
13.88		Fredrich Pretorius	GN		2		Pretoria	28-Oct

400 metres hurdles (84 cm)

51.24		Tiaan Mouton	BO		1		Paarl	12-Mar
51.34		Constant Pretorius	GN	26-01-94	5		Lille	09-Jul
52.67		Daylan Samuels	BO		2		Paarl	12-Mar
53.33		Katlego Mahlase	LIM		1h1		Germiston	03-Apr
53.50		Lee van den Berg	GN	26-08-94	2		Pilditch	04-Mar
53.55		Duncan Mathews	GN		2		Germiston	01-Mar
53.76		Nico Bakkes	EP	13-09-94	1		Polokwane	05-Oct
53.94		Jan Christiaan van Rheenen	WC	10-01-94	2		Polokwane	05-Oct
54.10		Katleho Matsekane	VT		3h1		Germiston	03-Apr
54.16		Thulare Thekgang	GN	20-08-95	3		Pilditch	04-Mar
54.16		Masego Tleane	GN		2h3		Germiston	03-Apr

High Jump

2.10		Willem van Schalwyk	BO		1		Paarl	12-Mar
2.10		Brandon Prinsloo	FS		1		Bloemfontein	18-Mar
2.05		Clyde Ruiters	WC		1		Paarl	24-Mar
2.00		Lee van den Berg	GN	26-08-94	1		Pilditch Pretoria	04-Mar
2.00		Lloyd Greeff	GAU		4		Paarl	24-Mar
2.00		Christo Krause	NWP		6		Paarl	24-Mar
2.00		Andrew de Beer	BO		2		Germiston	03-Apr
2.00		Armand Lenenhagen	MP		5		Germiston	03-Apr
2.00		Ruan Aberts	FS		1		Bloemfontein	15-Oct
1.97		Wesley Mack	WP	U/16	1		Paarl	12-Mar

9 athletes on 1.95

Pole Vault

4.40		Armandt Lotter	FS	03-07-94	1		Germiston	01-Apr
4.30		Juan de Swardt	BO	31-12-94	1		Polokwane	05-Oct
4.00		Emile Pellissier	WC		2		Bloemfontein	15-Oct
3.90		Ernst Mater	FS		2		Paarl	24-Mar
3.80		Niel Giliomee	BO	U/16	1		Paarl	05-Mar

3.80		Lyell Watson	EC		3	Paarl	24-Mar
3.70		Sebastian Lasevicius	EC		5	Paarl	24-Mar
3.70		Neil le Roux			1	Bloemfontein	15-Oct
3.60		Stephan Diedericks	FS		6	Paarl	24-Mar

Long Jump

7.36	1.6	Duwayne Boer	GN	06-01-95	1	ABSA Tuks	16-Feb
7.21	0.5	Armand Bam	GN	12-03-95	1	Germiston	12-Mar
7.17	1.5	Constant Pretorius	GN	26-01-94	2	ABSA Tuks	16-Feb
7.16	0.9	Duncan Matthews	BO	24-11-57	3	ABSA Tuks Pretoria	16-Feb
7.11	0.9	Albert Janki	GN		4	ABSA Tuks	16-Feb
7.10	0.2	Sergeal Petersen	EC		1	Paarl	24-Mar
6.97	1.0	Lindokuhle Mateyisi	KZ		1	Polokwane	05-Oct
6.93	0.9	Fredrich Pretorius	GN	u/17	1	ABSA Tuks	16-Feb
6.92	1.5	Keanon Coetzee	BO		4	Germiston	03-Apr
6.86	-0.2	Itumeleng Dikoko	CG		3	Germiston	12-Mar

NWI

7.16		Keanon Coetzee	BO		1	Paarl	05-Mar
7.02		Jason Worrall	BO		1	Paarl	12-Mar
7.00		Chesne van Wyk	BO		2	Paarl	12-Mar
6.99		Dylon Fairbridge	BO		2	Paarl	05-Mar

Triple Jump

15.51	2.0	Sabelo Ndlovu	GN		q	Lille	08-Jul
15.50	-0.8	Albert Jankie	GN	15-06-94	1	Germiston	02-Apr
15.26	0.8	Duwayne Boer	GN	06-01-95	3	Germiston	02-Apr
14.42	1.1	Khaya Molatana	BOR	23-09-94	4	Germiston	02-Apr
14.04	1.3	Benedict Sauer	SWD		5	Germiston	02-Apr
14.23	2.0	Njabulo Mkhwane	KZ		1	Polokwane	05-Oct
13.89	-0.9	Zinhle Twala	GN	18-03-94	4	Pilditch Pretoria	04-Mar
13.86	-0.2	Lorenzo Gordon	WC		7	Germiston	02-Apr
13.74	0.3	Thembiso Mbali	VT		8	Germiston	02-Apr
13.87	0.5	Bahelo Mokhomo		U/16	1	Bloemfontein	15-Oct

NWI

14.12		Vujani Henry	WC		1	Paarl	24-Mar
13.91		Jubilant Motlhake	GN		1	Germiston	26-Nov
13.74		Vuyani Maghina	NCP		3	Paarl	24-Mar
13.60		Gramthan Davids	BO		3	Paarl	12-Mar

Wind

15.95	2.6	Albert Jankie	GN	15-06-94	2	Lille	09-Jul
14.06	2.6	Lorenzo Gordon	WC		3	Polokwane	05-Oct
14.06	2.4	Wandile Sibiyi	MP		4	Polokwane	05-Oct
14.03	2.5	Thabo Mateta	LIM		5	Polokwane	05-Oct

Shot Put

(5 kg)

19.63		Ruan Combrink	GN		1	Germiston	02-Apr
17.68		Jan-Louw Kotze	WC	18-03-94	3	ABSA Tuks Pretoria	04-Feb
17.63		CJ Lombard	EC	29-08-94	2	Paarl	24-Mar
17.50		Stefan Scheepers	GAU		2	Germiston	12-Mar
17.50		Gerhard de Beer	GN	05-07-94	3	Germiston	12-Mar
16.78		D Jacobs			4	Germiston	12-Mar
16.65		Thomas du Toit	BO		1	Paarl	05-Mar
16.63		Kevin Botha	GN	31-01-95	2	Pilditch Pretoria	04-Mar
16.44		Albert Duvenage			2	Bloemfontein	15-Oct
16.43		Jaco Botes	CG		3	Bloemfontein	15-Oct

Discus (1.5 kg)						
67.44	Gerhard de Beer	GN	05-07-94	1	Isle of Man	10-Sep
64.79	Jan-Louw Kotze	BO	18-03-94	1	Windhoek	28-May
58.67	Danie Maree	NWP		1	Potchefstroom	12-Mar
57.02	Seth Townsend	GAU	15-04-94	1	Germiston	12-Mar
51.99	Ruan Combrink	GAU		3	Germiston	12-Mar
51.83	L. Lubbe	GAU		4	Germiston	12-Mar
47.85	Cameron Donkin	KZ		2	Polokwane	05-Oct
47.13	Jacques Hansen	SWD		5	Germiston	03-Apr
46.90	Wernich Singleton	WC		3	Polokwane	05-Oct
46.07	Nico Jv Rensburg	NWP		2	Potchefstroom	12-Mar

Hammer (5 kg)						
63.88	Dillan Korkie	EC	12-04-94	1	Polokwane	05-Oct
62.62	Lionel Drury	EC	30-12-94	1	Germiston	02-Apr
59.12	Francois Malan	FS		1	Bloemfontein	15-Oct
55.09	Hendri Storm	WC		2	Polokwane	05-Oct
53.66	Johan Louw	BO		1	Paarl	12-Mar
53.32	Juan Muller	EC		3	Germiston	02-Apr
53.32	Theo Weyers	EP		4	Germiston	02-Apr
53.30	Jacques Hansen	WC		5	Germiston	02-Apr
53.08	Tshepang Makhete	FS		2	Bloemfontein	18-Mar
51.72	Erasmus du Toit	WC		4	Paarl	12-Mar

Javelin (700 g)						
83.16	Morné Moolman	WC	01-09-94	q	Lille	09-Jul
82.96	Reinhardt van Zyl	GN	07-02-94	1	Lille	10-Jul
71.87	Jeandré Slabbert	WP	29-03-95	1	Polokwane	05-Oct
69.94	Stephen Klue	SWD	21-02-94	3	Polokwane	05-Oct
68.00	Johan Kotze	GN	20-07-94	2	Pilditch Pretoria	04-Mar
65.35	Pieter Kriel	CN		5	Germiston	02-Apr
64.74	Le Roux Lombard	KZN	06-03-94	1	Durban	29-Jan
64.32	Kevin Botha	GN		3	Polokwane	05-Oct
64.27	Stephan Beukes	CN		6	Germiston	02-Apr
60.25	Petrus Peacock	MPU		7	Paarl	24-Mar

10 000 metres walk						
51:55.64	Mzwake Mavundla	GAU		1	Germiston	12-Mar
52:59.47	Alex Foster	BO		1	Polokwane	05-Oct
53:07.96	Sakhile MncWango	KZ		3	Polokwane	05-Oct
53:19.55	Teboho Nkhoba	FS		2	Paarl	24-Mar
53:35.18	Lwazi Nisizakalo	EC		4	Polokwane	05-Oct
54:17.50	Hilmer Bester	BO		2	Paarl	12-Mar
54:25.39	Alphonsus Salida	WP		3	Paarl	12-Mar
54:25.57	Ghanton Ceasan	BO		4	Paarl	12-Mar
55:41.74	Ntoane Ntoane	GAU		2	Germiston	12-Mar
56:24.18	Jabulanie Sithole	GAU		3	Germiston	12-Mar

Octathlon						
5670	Lee van den Berg	GN	26-08-94	1	Polokwane	05/06 Oct
5620	Lloyd Greeff	VT		1	Durban	9/10 Apr
5449	Dale Webber	WC		2	Polokwane	05/06 Oct
5343	Duncan Mc Gladdery	KZ		2	Durban	9/10 Apr
5318	Dries du Plooy	NC		3	Polokwane	05/06 Oct
5277	Paul Smith	CG		3	Durban	9/10 Apr

5232	Petrus Peacock	MP	4	Polokwane	05/06 Oct
4791	Keagon Peters	WC	5	Polokwane	05/06 Oct
4521	Henco Boshoff	NC	6	Polokwane	05/06 Oct
4512	Thabang Mampane	MP	7	Polokwane	05/06 Oct

4 x 100m

41.00	South Africa		1	Isle of Man	13-Sep
	(Bradley Britz, Pieter Conradie, Constant Pretorius, Andrie van der Merwe)				
41.97	Western Province		1	Germiston	03-Apr
	(Fadhli Samuels, Tiaan Smit, Angus Julies, Bradley Britz)				
42.10	Western Province		1h1	Germiston	03-Apr
	(Tiaan Mouton, Tiaan Smit, Angus Julies, Bradley Britz)				
42.30	Afrikaanse Hoër Seunskool 18		1	Germiston	01-Mar
42.38	Boland		2	Germiston	03-Apr
	(Cleavon Michaels, Kurtler du Plessis, Lorenzo Adams, Arthur Festus)				
42.45	Western Cape Schools u18		1	Paarl	24-Mar
42.50	Gauteng North		2h1	Germiston	03-Apr
	(Jon Seeliger, Pieter Conradie, Andries van der Merwe, Obakeng Maoka)				
42.50	Gauteng North		3	Germiston	03-Apr
	(Msuku Mdumela, Curtley Diedericks, Obakeng Maoka, Nsuku Mdumela)				
42.51	Boland		1h2	Germiston	03-Apr
	(Cleavon Michaels, Kurtler du Plessis, Lorenzo Adams, Arthur Festus)				
42.81	High School Waterkloof u18		2	Germiston	01-Mar
Medley Relay					
1.54.92	South Africa		1	Namibia	29-May
1.56.30	Gauteng		1	Polokwane	06-Oct
1.56.31	Western Cape		2	Polokwane	06-Oct
1.58.31	North-West		3	Polokwane	06-Oct
1.58.98	Gauteng North		1	Germiston	03-Apr
	(Nsuku Mdumela, Nikolaas van Schalkwyk, Pieter Conradie, Armand Bam)				
1.59.11	Mpumalanga		4	Polokwane	06-Oct
1.59.60	Eastern Cape		5	Polokwane	06-Oct
1.59.81	Boland		2	Germiston	03-Apr
2.00.38	Kwazulu-Natal		3	Germiston	03-Apr
	(Phumelelo Mnyandu, Sonwabiso Skhosana, Edrien Mukasa, Keegan Paverd)				
2.03.06	Kwazulu-Natal		6	Polokwane	06-Oct

GIRLS**100m**

11.82	1.0	Phillipa vd Merwe	NC		1	Germiston	03-Apr
11.99	1.0	Liezel Hechter	NW	22-03-94	2	Germiston	03-Apr
12.01	1.0	Amanda Nagel	VT	18-02-94	3	Germiston	03-Apr
12.02	-0.2	Tebogo Mamthu	CG	u16	1h3	Paarl	24-Mar
12.12	1.0	Stacey Welsh	WC	14-04-94	4	Germiston	03-Apr
12.16	2.0	Jade Roman	GN	16-05-94	1r2	Pilditch	22-Oct
12.17	0.6	Janet Seeliger	GN	27-04-95	2sf1	Germiston	02-Apr
12.21	0.0	Tamryn Cupido	BO		2h3	Germiston	02-Apr
12.22	-0.4	Lizzie Kriel	FS		2h1	Paarl	24-Mar
12.22	0.6	Andrea Helm	NWN		3sf1	Germiston	02-Apr

NWI

11.77		Tebogo Mamthu	CG	u16	1	Germiston	12-Mar
11.99		Amanda Nagel	VT	18-02-94	2	Germiston	12-Mar

Wind Assisted

12.18	2.1	Lizzie Kriel	FS		2h1	Germiston	02-Apr
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200m

24.32	1.7	Phillipa vd Merwe	NW		1	Windhoek	29-May
24.61	1.1	Stephanie Wicksell	GN	06-05-94	1	Pilditch Pretoria	04-Mar
24.78	0.2	Mareike Wolhuter	WP		1h2	Bellville	16-Apr
24.98	-1.7	Stacey Welsh	WP	14-04-94	1h2	Germiston	02-Apr
24.99	1.7	Janet Seeliger	GN	u16	2	Windhoek	29-May
25.05	-0.2	Amanda Nagel	VT	18-02-94	2	Germiston	03-Apr
25.06	0.7	Liezel Hechter	NW	22-03-94	1r3	Pilditch	22-Oct
25.23	1.5	Charnice Marnice	KZN	14-06-95	1	Durban	12-Mar
25.30	1.3	Ariane Nel		06-03-96	1r3	Pilditch	22-Oct
25.33	0.1	Jade Roman	GN	16-05-94	1r1	Pilditch	22-Oct

NWI

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
24.86		Janet Seeliger	GN	u16	1	Pretoria	28-Oct
24.91		Jade Roman	GN	16-05-94		Pretoria	28-Oct
25.27		A J van Vuuren	VT	u16	1	Germiston	12-Mar
25.29		Bianca Jones	CG	u16	2	Germiston	12-Mar

Wind Assisted

24.11	2.2	Phillipa vd Merwe	NW		1h1	Windhoek	29-May
24.23	2.2	Stephanie Wicksell	GN	06-05-94	2h3	Bellville	16-Apr
24.95	2.2	Janet Seeliger	GN		2h1	Windhoek	29-May

400m

54.21		Izelle Neuhoff	VT	03-05-94	1	Windhoek	29-May
54.90		Stephanie Wicksell	GN	06-05-94	1	Pilditch Pretoria	05-Mar
55.90		Lize Strydom	GN		2	Germiston	12-Mar
56.35		Mareike Wolhuter	WP		1h1	Bellville	16-Apr
56.78		Maritsa Van der Westhuize	CN		1sf2	Germiston	02-Apr
56.89		Janet Seeliger	GN	27-04-95	1	Potchefstroom	05-Nov
56.94		Marina Swanepoel	BOL		1	Paarl	11-Mar
57.02		Chante Joubert	CN		2sf2	Germiston	02-Apr
57.38		Inari Basson	GAU		1	Polokwane	05-Oct
57.54		A Sonnekus	VT		1	Germiston	12-Mar

800m

2:08.66		Thato Makafola	CG	10-04-94	6	Durban	10-Apr
2:11.63		Felicia Mofokeng	FS	14-10-94	1	Paarl	25-Mar

2.11.79		Jana vd Merwe	GAU	01-08-97	1		Paarl	25-Mar
2:12.42		Alexandra Quenet	WC		1q		Paarl	25-Mar
2.12.46		L Price	NW		2		Paarl	25-Mar
2.13.30		Mikyla Ferreira	CG		2q		Paarl	25-Mar
2:13.48		Lize Strydom	GAU		2		Germiston	12-Mar
2:13.51		Isabel Strydom			1		Potchefstroom	05-Nov
2:14.59		Amore Venter	LIM	u16	2		Paarl	25-Mar
2:14.72		Zani Kruger	WC	u16	3		Paarl	25-Mar

1500m

4.36.17		Aynslee van Graan	GAU		1		Paarl	26-Mar
4:36.71		J Bezuidenhout	GAU	u16	1		Paarl	25-Mar
4:37.04		Lizerie Ferreira	CG	u16	2		Paarl	25-Mar
4:37.96		C Viljoen	GAU	u16	3		Paarl	25-Mar
4:38.11		Zani Kruger	WC	u16	4		Paarl	25-Mar
4:39.15		Alexandra Quenet	WC		2		Paarl	25-Mar
4:39.66		S Jonker	VT		4		Germiston	12-Mar
4:40.00		Alicia Labuschagne	GN	30-10-95	1		Germiston	03-Apr
4:42.13		Sylvia Dibakwane	FS		3		Paarl	25-Mar
4:42.38		Thato Makafola	CG		2		Germiston	03-Apr

3000m

10:05.86		Thandi Sihohle	GAU		1		Paarl	24-Mar
10:11.91		Bernadene McLoud	GAU		2		Paarl	24-Mar
10:13.34		Nicole van der Merwe		u15	1		Potchefstroom	05-Nov
10:13.76		Simone Verwey	GAU		3		Paarl	24-Mar
10:15.20		Jessica Bezuidenhout		u15	2		Potchefstroom	05-Nov
10:19.66		Nonhlanhla Dlamini		u16	1		Potchefstroom	05-Nov
10:20.64		Jeanette Bapedi		u16	2		Potchefstroom	05-Nov
10:26.76		Alicia Labuschagne	GN	30-10-95	1		Pilditch, Pretoria	04-Mar
10:32.44		Jessica Aylward		u15	3		Potchefstroom	05-Nov
10:34.87		Sune Jonker	CG		2		ABSA Tuks Pretoria	16-Feb

2000m Steeple Chase

07:10.88		Olivia Labuschagne	GN	30-10-95	1		Pilditch Pretoria	04-Mar
07:16.66		Alicia Labuschagne	GN	30-10-95	2		Pilditch Pretoria	04-Mar
07:19.12		Sindy Labuschagne	AGN	30-10-95	3		Pilditch Pretoria	04-Mar
07:38.04		Anna Lekalakala	AGN		4		Pilditch Pretoria	04-Mar
07:43.74		Morwesii Mohapule		u18	1		Potchefstroom	05-Nov

100h

76.2cm

13.82	0.0	Maryke Brits	BO	25-02-94	1h2		Germiston	03-Apr
14.28	0.0	Shani Bodenstien	GN	24-05-94	1h1		Germiston	03-Apr
14.41	-0.1	Lizzie Kriel	FS		1		Bloemfontein	18-Mar
14.49	1.0	Bea-Marie Schutte	KZ		1		Polokwane	05-Oct
14.74	1.1	Stephane Enslin	MP		1h3		Germiston	03-Apr
14.74	1.0	Chanel Leavennink	WC	29-10-96	2		Polokwane	05-Oct
14.84	1.1	Marissa Viljoen	VT		2h3		Germiston	03-Apr
14.86	0.0	Nicole van der Walt	CNW		2h2		Germiston	03-Apr
14.91	0.0	Schalia Oosthuizen	GN		3h1		Germiston	03-Apr
14.96	0.0	June Geysler	MP		3h2		Germiston	03-Apr
14.96	-0.1	Lize-louise Roets	FS		2		Bloemfontein	18-Mar

NWI

14.14		Shani Bodenstien	GN	24-05-94	1		Germiston	12-Mar
14.34		Anlee Snyman	VT		2		Germiston	12-Mar
14.73		Marissa Viljoen	VT		3		Germiston	12-Mar
14.79		Donika Butler	FS		h		Bloemfontein	18-Mar

14.83		Tracy-Leigh Cullis	CG		4	Germiston	12-Mar
14.84		Barbara Hattingh	CG		5	Germiston	12-Mar
14.76		Schalia Oosthuizen	GN		1	Pretoria	28-Oct
Wind Assisted							
14.13	2.3	Shani Bodenstein	GN	24-05-94	2	Windhoek	29-May
400h 76.2cm							
58.98		Izelle Neuhoff	VT	03-05-94	2	ABSA Tuks Pretoria	25-Jun
60.82		Marina Swanepoel	WC	24-09-94	2	Paarl	26-Mar
62.84		Ilse Moolman	CG		2	Germiston	12-Mar
63.45		Helga Willemse	EP		2h1	Germiston	03-Apr
63.87		Getruida Nienaber	LIM		4	Paarl	26-Mar
64.01		Tabitha Visagie	NW	11-05-96	1	Polokwane	05-Oct
64.28		Lize-louise Roets	FS		1	Bloemfontein	18-Mar
64.46		Izaane Jacobs	FS		2	Bloemfontein	18-Mar
64.57		Bianca Visser	GAU	11-05-96	2	Polokwane	05-Oct
64.93		Chrizzanne Forssman	GN		1	Pretoria	28-Oct
High Jump							
1.85		Julia du Plessis	CG	u16	1	Potchefstroom	05-Nov
1.70		Sheri Fourie	GN		1	Germiston	03-Apr
1.68		Mia Labuschagne	WC	u16	2	Paarl	25-Mar
1.68		Martinique Ferreira	FS	u16	3	Paarl	25-Mar
1.68		Rochelle Coetzee	KZ	25-03-94	1	Durban	15-Jan
1.65		Mcayla Mienie	FS		4	Paarl	25-Mar
1.65		Shannon Molotani	WP	23-05-94	3	Germiston	03-Apr
1.65		Chantelle JV Rensburg	CG		2	Germiston	03-Apr
1.65		Leone van Rooyen	NWCI		5	Germiston	03-Apr
1.65		Chanel Stone		03-04-97	1	Pilditch	04-Mar
1.65		Izelle Botha	GN	u16	2	Potchefstroom	05-Nov
Pole vault							
3.30		Mar-Leze Vos	FS		2	Germiston	02-Apr
3.30		Nadia Guilomee	BO	10-05-94	1	Germiston	02-Apr
3.20		Surika Piater	FS		3	Germiston	02-Apr
3.10		Kulthoon Gaidien	BO	17-11-94	2	Paarl	25-Mar
3.00		Carljen Myburgh	FS		5	Paarl	25-Mar
2.90		Hidre Arries	BOL		3	Paarl	11-Mar
2.90		Natasha Obermeyer	WC	u16	1	Paarl	11-Mar
2.70		Janike Nel	FS	u16	1	Paarl	25-Mar
2.70		Johanne Potgieter	FS	u16	2	Paarl	25-Mar
2.60		Bonquet Myburgh	FS		7	Paarl	25-Mar
2.60		Alyssa Gildenhuis	BOL	u16	2	Paarl	11-Mar
2.60		Freida Vlotman	FS		4	Bloemfontein	18-Mar
Long Jump							
5.96	1.5	Maryke Brits	BO	25-02-94	6	Durban	09-Apr
5.89	-0.7	Janet Seeliger	GN	27-04-95	3	ABSA Tuks Pretoria	23-Mar
5.58	0.2	Tamryn Cupido	BO	23-10-94	3	Germiston	03-Apr
5.49	-1.6	Gabrielle Kahts	GAU	u16	1	Paarl	26-Mar
5.49	-0.9	Martha Diamond	CG		1	Bloemfontein	15-Oct
5.45	1.4	Alwina Malherbe	NC		1	Polokwane	05-Oct
5.40	-0.9	Nadine Teesen	NC		2	Bloemfontein	15-Oct
5.40	0.7	Samantha Ross	WC		2	Polokwane	05-Oct
5.32	0.6	Rieze Rothmann	GN	01-08-94	1	Pilditch	22-Oct
5.19	0.4	Liezel Hechter	NW	22-03-94	5	Germiston	03-Apr
NWI							
6.08		Janet Seeliger	GN	270495	2	ABSA Tuks Pretoria	25-Jun

5.63		Tamryn Cupido	BOL	23-10-94	2	Paarl	12-Mar
5.59		L Willis	CG		1	Germiston	12-Mar
5.57		Samantha Ross	WC		3	Paarl	12-Mar
5.52		Zinzi Chabangu	GAU	u16	1	Potchefstroom	05-Nov
5.50		Carla Johnson	WC	u16	1	Paarl	12-Mar
5.32		Danelle Swanepoel	GN		1	Pretoria	28-Oct

Triple Jump

11.30	1.8	Carina Swiegers	GAU		1	Paarl	25-Mar
11.13	-0.8	Sone Pretorius	GN		1	Germiston	02-Apr
11.09	-2.5	Zinzi Chabangu	GAU	u16	1	Paarl	26-Mar
11.06	1.5	Danelle Swanepoel	GN		3	Germiston	02-Apr
11.04	1.2	Annerie Nel	GN	30-05-94	1	Pilditch Pretoria	04-Mar
10.87	0.9	Zhane Pienaar	GN	09-02-95	1	Pilditch	22-Oct
10.84	0.1	Dineo Mgwenya	MP		6	Germiston	02-Apr
10.82	1.5	Candice Cozett	WC		7	Polokwane	05-Oct
10.79	-0.8	Nadine Teessen	CG		4	Germiston	02-Apr
10.78	1.2	Karla Muller	VT		7	Germiston	02-Apr

NWI

11.32		Zinzi Chabangu	GAU	u16	1	Potchefstroom	05-Nov
11.29		Mandolene Hermanus	WC		2	Paarl	25-Mar
11.24		Danielle Swanepoel	GAU		3	Paarl	25-Mar
11.21		Annerie Nel	GN	30-05-94	1	Potchefstroom	05-Nov
11.07		Dineo Mgwenya	MP		4	Paarl	25-Mar
11.03		Thato Mosehle	NW		5	Paarl	25-Mar
10.89		L Badenhorst	VT		3	Germiston	12-Mar

Wind Assisted

11.89	3.0	Dineo Mgwenya	MP		1	Polokwane	05-Oct
11.21	4.3	Simone van der Merwe	EC		3	Polokwane	05-Oct
10.97	2.2	Nadine Teessen	CG		4	Germiston	02-Apr
10.85	2.7	Karla Muller	VT		7	Germiston	02-Apr
10.89	3.6	Marine van der Merwe	EC		6	Polokwane	05-Oct

Shot Put

15.02		Lezaan Jordaan	CG	17-10-95	1	UJ	19-Nov
13.38		Cecile Meyer	EP	07-06-94	1	Windhoek	28-May
12.44		Wanzel Breytenbach	GN	u16	1	Potchefstroom	05-Nov
11.96		Chante Loots	GAU		1	Potchefstroom	05-Nov
11.90		Geraldine Duvenage	CG		2	Potchefstroom	05-Nov
11.87		Annamarie Wessels			1	Bloemfontein	15-Oct
11.87		Liandri Geel	CG	u16	1	Potchefstroom	05-Nov
11.85		Donelize de Winner	NW		1	Polokwane	05-Oct
11.84		Susann Malan	CG		2	Potchefstroom	05-Nov
11.66		Rene van Aswegen	FS		2	Bloemfontein	15-Oct

Discus

44.09		Somari Els	GN		1	Windhoek	29-May
42.72		Liandri Geel	GAU	u16	1	Paarl	25-Mar
41.58		Lezaan Jordaan	CG	17-10-95	1	Germiston	03-Apr
41.27		Geraldine Duvenage	CG		1	Bloemfontein	15-Oct
41.23		Riette Heyns	GAU	u16	2	Paarl	25-Mar
40.08		Carmen Killian	GN		2	Germiston	12-Mar
39.83		Anneline Gerstner	WC		1	Paarl	12-Mar
39.76		Donnelize de Winnaar		u18	1	Potchefstroom	05-Nov
39.30		Melissa Meyer	GN	13-01-94	2	Pilditch Pretoria	04-Mar
39.09		Belinda Boer	MP		4	Paarl	24-Mar

Hammer

47.66	Mieke Stander	EP	15-01-95	1	Port Elizabeth	07-Mar
44.07	Chene Coetzee	EP		2	Germiston	02-Apr
43.87	Amy Botes	EC		1	Bloemfontein	15-Oct
43.20	Margo Coetzee	EC		2	Paarl	25-Mar
43.20	Sara-Lee Nel	FS		1	Polokwane	05-Oct
42.98	Chante Loots	VT		1	Potchefstroom	05-Nov
41.37	Marne Minnar	NW		4	Polokwane	05-Oct
41.20	Anke van Dyk	BO		4	Germiston	02-Apr
40.77	Bianca Botes	CG	25-11-96	1	Germiston	26-Nov
37.21	Letitia J van Vuuren	FS	u16	1	Bloemfontein	18-Mar

Javelin

45.47	Jo-Ane van Dyk	WC	u16	1	Paarl	11-Mar
44.70	Marina Griebenauw	WC		1	Bloemfontein	15-Oct
44.10	Sane van Zyl	NW		1	Polokwane	05-Oct
42.90	Megan Wilke	NW		2	Paarl	25-Mar
42.24	Mandi Venter	GN	u16	1	Pretoria	28-Oct
42.22	Laruschka Joubert	CG		1	Potchefstroom	05-Nov
41.62	D de Wet	GAU		2	Germiston	12-Mar
41.40	Bianca Botes	CG	25-11-96	1	Germiston	26-Nov
40.89	Michaela de Wet	NW		4	Paarl	25-Mar
40.56	Marlize van Zyle	FS		4	Germiston	03-Apr

5000m Walk

26:32.21	Chanice Klink	WC	26-04-95	1	Paarl	25-Mar
27:52.90	Anel Oosthuizen	SWD		2	Germiston	02-Apr
29:52.79	Yolande Appel	KZ	12-08-93	2	Polokwane	05-Oct
30:27.45	Christelle Cilliers	FS		1	Bloemfontein	18-Mar
30:33.95	Tshegofatso Mohlala	CG	11-09-94	3	Polokwane	05-Oct
30:39.08	Melissa Meyer	BO		3	Germiston	02-Apr
30:51.07	Sonri Erasmus	GAU		3	Paarl	25-Mar
32:22.76	Michelle Strydom	GAU		4	Paarl	25-Mar
32:24.21	Martinique gerber	EC		6	Paarl	25-Mar
32:42.10	Retha Cronje	NW		5	Paarl	25-Mar

Heptathlon

3871	Nicolene van der Merwe	KZ		1	Polokwane	05/06 Oct
3791	Simone Smalberger	LIM		1	Durban	09/10 Apr
3770	Nicola Schoeman	MP		2	Polokwane	05/06 Oct
3703	Chantelle Theron	GAU		3	Polokwane	05/06 Oct
3559	Nadine Teessen	CG		2	Durban	09/10 Apr
3517	Megan Wilke	CG		3	Durban	09/10 Apr
3465	Charlise Jonker	CG		4	Durban	09/10 Apr
3195	Colette Malherbe	MP		6	Durban	09/10 Apr
3037	Elitia Rautenbach	EP		7	Durban	09/10 Apr
2954	Denise Hartman	NW		6	Polokwane	05/06 Oct

4 x 100m

48.14	Gauteng North			1	Germiston	03-Apr
	(Shani Bodenstein, Stephanie Wicksell, Donne Coetzer, Janet Seeliger)					
49.09	Gauteng Schools u16			1	Paarl	24-Mar
49.36	Boland			2	Germiston	03-Apr
	(Christel van Tonder, Marsunet Breytenbach, Maryke Brits, Tamryn Cupido)					
49.36	High School Monument u17			1	Potchefstroom	01-Mar

49.41	Western Province (Shannon Molotane, Stacey Welsch, Mareike Wolhuter, Taylor Vincent)	3	Germiston	03-Apr
49.41	Eastern Province (Zandri Strydom, Imke Steyn, Lisa Luckman, Merissa Janse van Rensburg)	4	Germiston	03-Apr
49.47	Central North West (Uldri van der Merwer, Maritsa van der Westhuizen, Danielle Greyling, Liezl Hechter)	5	Germiston	03-Apr
49.74	Free State Schools u16	2	Paarl	24-Mar
49.86	High School Kempton Park u16	1	Potchefstroom	05-Nov
49.90	Western Cape Schools u16	1	Germiston	01-Mar
Medley Relay				
2:10.48	South Africa (Liezl Hechter, Phillipa van der Merwe, Stephanie Wicksell, Izelle Neuhoff)	3h3	Lille	09-Jul
2:10.76	South Africa (Liezl Hechter, Phillipa van der Merwe, Stephanie Wicksell, Izelle Neuhoff)	8	Lille	10-Jul
2:13.60	South Africa B	1	Namibia	29-May
2:14.10	South Africa A	2	Namibia	29-May
2:14.36	Gauteng North (Kayla-Ann Swart, Janet Seeliger, Stephanie Wicksell, Shani Bodenstein)	1	Germiston	03-Apr
2:16.29	Boland	2	Germiston	03-Apr
2:17.58	Eastern Province (Merissa Janse van Rensburg, Helga Willemse, Kayla Nell, Imke Steyn)	3	Germiston	03-Apr
2:21.38	Eastern Cape	1	Polokwane	06-Oct
2:21.89	Central North West (Uldri van der Merwe, Maritsa van der Westhuizen, Martha Campher, Liezl Hechter)	4	Germiston	03-Apr
2:22.89	Western Cape	2	Polokwane	06-Oct