



## 2012 SOUTH AFRICAN JUNIOR TOP PERFORMANCES

### BORN 1993/94

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As at 5 MAY

#### SAR - SA RECORD

#### WJCQ - ASA WORLD JUNIOR QUALIFYING STANDARDS

#### 100 metres

#### SAR 10.30 Wilhelm van der Vyver

#### WJCQ 10.54

<b>10.35</b>	-1.6	<b>Siphello Ngqabaza</b>	FS	93	1	<b>Windhoek</b>	<b>28-Apr</b>
<b>10.48</b>	-1.6	<b>Fana Mofokeng</b>	FS	94	2	<b>Windhoek</b>	<b>28-Apr</b>
10.55	0.5	Akani Simbine	GN		1h5	Germiston	29-Mar
10.62	1.0	Bradley Britz	WP		2h4	Germiston	29-Mar
10.62	0.4	Bantu Dingaana			4sf1	University of Johannesburg	27-Apr
10.76	0.1	Kyle Leukes	GN		1h1	ABSA Tuks Pretoria	17-Mar
10.78	0.7	Rudolph Erasmus	CG	93	2h2	Germiston	29-Mar
10.81	-2.4	Quintin Hitge	KZ	24-03-93	1	Durban	28-Jan
10.82	0.7	Molliere Duffey	CNW	94	3h2	Germiston	29-Mar
10.85	0.3	Angus Julies	WP	94	3sf1	Germiston	29-Mar

#### Wind

10.28	4.6	Siphello Ngqabaza	FS		1	Germiston	30-Mar
10.43	4.6	Akani Simbine	GN		2	Germiston	30-Mar
10.57	3.0	Kyle Leukes	GN	94	1h6	Germiston	29-Mar
10.71	5.7	Jaco Beukes	CG	94	1h1	Germiston	29-Mar
10.72	4.3	Angus Julies	WP	94	1h3	Germiston	29-Mar

#### 200 metres

#### SAR 20.16 Riaan Dempers

#### WJCQ 21.12

<b>20.87</b>	1.7	<b>Siphello Ngqabaza</b>	FS		1	<b>Windhoek</b>	<b>28-Apr</b>
21.22	0.4	Andile Mpefu	WP		1	Bellville	10-Mar
21.33	1.7	Ben Rens	GN		4	Windhoek	28-Apr
21.34	1.5	Akani Simbine	GN		2sf3	Germiston	31-Mar
21.50	-0.3	Ruan Greyling	GN		2	ABSA Tuks Pretoria	17-Mar
21.61	-0.9	Fana Mofokeng	FS		5	Germiston	31-Mar
21.71	-0.9	Pieter Conradie	GN		6	Germiston	31-Mar
21.75	0.1	Rudolph Erasmus	CG	93	1h6	Pilditch	05-May
21.85	1.2	Jaco Beukes	GAU		1h5	Germiston	30-Mar
21.85	1.5	Molliere Daffue	CN		4sf3	Germiston	31-Mar

#### CNWi

21.20		Jaco Beukes	CG		1	ABSA Tuks Pretoria	02-Feb
21.37		Jacques Harris	GN		1	ABSA Tuks Pretoria	04-Feb

#### Wind

21.15	3.4	Akani Simbine	GN		2h4	Port Elizabeth	14-Apr
21.26	2.3	Ben Rens	GN		5h4	Port Elizabeth	14-Apr
21.28	2.3	Fana Mofokeng	FS		1sf2	Germiston	31-Mar

21.50	2.1	Jacques Harris	GN		1	ABSA Tuks Pretoria	21-Jan
21.56	2.3	Pieter Conradie	GN		3sf2	Germiston	31-Mar
<b>400 metres</b>		<b>SAR 45.15 Rlaan Dempers</b>				<b>WJCQ 46.92</b>	
<b>46.32</b>		<b>Ruan Greyling</b>	<b>GN</b>		<b>3</b>	<b>Port Elizabeth</b>	<b>14-Apr</b>
<b>46.68</b>		<b>Pieter Conradie</b>	<b>GN</b>		<b>1</b>	<b>ABSA Tuks Pretoria</b>	<b>17-Mar</b>
47.53		Ben Rens	GN		1h1	ABSA Tuks Pretoria	17-Mar
47.56		Jaden Flagg	WP		5	Stellenbosch	20-Mar
47.67		Lesedi Mokgobinyana	CNW	93	2h4	Port Elizabeth	14-Apr
47.71		Jacques Harris	GN	jnr	2h2	ABSA Tuks Pretoria	16-Feb
47.80		Jannie Briers-Louw	BO		3	Germiston	30-Mar
48.03		Lorenzo Adams	BO	94	5	Germiston	30-Mar
48.27		Sandile Hlatswayo	GN		3	ABSA Tuks Pretoria	17-Mar
48.31		Bernard Pretorius	GN		1h1	ABSA Tuks Pretoria	16-Feb
<b>800 metres</b>		<b>SAR 1:45.46 Hezekiel Sepeng</b>				<b>WJCQ 1:49.44</b>	
<b>1:46.92</b>		<b>Thapelo Madiba</b>	<b>CG</b>		<b>2</b>	<b>Potchefstroom</b>	<b>24-Mar</b>
1:50.27		Mpho Makofane			9	ABSA Tuks Pretoria	20-Apr
1:50.99		Emile Pieterse	BO		5	Stellenbisch	20-Mar
1:51.16		Lerato Mosunyane	FS		2	Germiston	31-Mar
1:51.83		Tian Basson	CG		4	Germiston	31-Mar
1:52.91		Casper Labuschagne	BO		6	Germiston	31-Mar
1:53.02		Solomon Bothlolo			7	Germiston	31-Mar
1:53.33		Duran Faro	WP		5h1	Port Elizabeth	14-Apr
1:53.38		Silvester Makoasha	CG		1	Germiston	17-Mar
1:54.22		Dougan Wright	CG		1	ABSA Tuks Pretoria	04-Feb
<b>1500 metres</b>		<b>SAR 3:38.15 Dumisane Hlaselo</b>				<b>WJCQ 3:46.50</b>	
3:48.54		Mocwabisi Cele	KZ	14-02-93	1h3	Durban	09-Mar
3:52.50		Nzima Zweli	GAU		7h2	Port Elizabeth	14-Apr
3:52.54		Theodore Nothling	CN		8h1	Port Elizabeth	14-Apr
3:53.36		Jacques Pretorius	BO		8	Bellville	03-Mar
3:54.28		Mauritz Tuit	CN	26-05-93	9h1	Port Elizabeth	14-Apr
3:54.85		Thapelo Madiba	CG		1	Germiston	30-Mar
3:55.59		Nkosikhona Mhlakwana	KZ		2	Durban	09-Mar
3:56.01		Solomon Bothlolo	GAU	94	3	Germiston	30-Mar
3:56.92		Duran Faro	WP		10	Bellville	03-Mar
3:57.46		Ayanda Mncube	KZ	02-03-94	3	Durban	09-Mar
<b>3000 metres</b>		<b>SAR 8:00.53 Aron Gabonewe</b>					
8:45.00	h	Moses Dirane	CG		1	ABSA Tuks Pretoria	15-Feb
8:47.46		Mabu Mosatla	CN		1	Potchefstroom	24-Mar
8:47.50	h	Bongji Buthelezi	CG		2	ABSA Tuks Pretoria	15-Feb
8:48.43		Donald Meleane	CN		2	Potchefstroom	24-Mar
8:50.56		Thabeng Mosiako	CN		3	Potchefstroom	24-Mar
8:55.30	h	Alfred Mphuti	CG		1	Germiston	21-Jan
9:02.40	h	Thapelo Madiba	CG		2	Germiston	21-Jan
9:04.30	h	Goitsimodimo Botlholo	CG		3	Germiston	21-Jan
9:07.90	h	Thobilo Nontulo	CG		4	Germiston	21-Jan
9:13.20	h	Godfrey Mofokeng	CG		5	Germiston	21-Jan

**3000 metres steeplechase**

		<b>SAR 8:30.29 Anton Nicolaisen</b>			<b>WJCQ 8:54.50</b>	
<b>8:54.49</b>		<b>Adam Lipschitz</b>	<b>KZ</b>	<b>01-01-94</b>	<b>7</b>	<b>Port Elizabeth 14-Apr</b>
9:09.08		Katelho Dyoyi	GAU	94	9	Port Elizabeth 14-Apr
9:14.06		Siswe Boqashi	CG	93	1	Germiston 29-Mar
9:17.28		Makopane Rantsoe	FS	94	2	Germiston 29-Mar
9:19.37		Thabang Mojanaga	FS	93	3	Germiston 29-Mar
9:30.84		Nhleko Mohamed	KZ	22-02-93	2	Durban 09-Mar
9:31.77		Alfred Mphuti	CG		6	Germiston 29-Mar
9:35.80	h	Tumisang Monnatlala	CG	yth	1	Germiston 14-Jan
9:36.10	h	Sello Mokwena	CG	yth	1	Germiston 28-Jan
9:36.50	h	Creel Chavalala	CG	yth	2	Germiston 28-Jan

**5000 metres**

		<b>SAR 13:26.88 Terry Thornton</b>			<b>WJCQ 14:01.00</b>	
14:15.72		Percy Mhlongo	CG	13-09-94	1	Germiston 18-Mar
14:20.00		Benjamin Skhosana	GN	22-10-93	7	Germiston 18-Jan
14:42.65		Thato Lucky	CG		3	Germiston 17-Mar
14:52.29		Adam Lipschitz	KZ	01-01-94	1	Durban 09-Mar
14:57.40		Nkghase Namakoe	GAU		1	Germiston 31-Mar
15:02.57		Siboniso Buthelezi	KZ	26-04-93	2	Durban 09-Mar
15:02.58		Ayanda Mncube	KZ	02-03-94	3	Durban 09-Mar
15:11.80	h	Luyando Qoplo	BO		1	Paarl 02-Mar
15:16.60	h	Orian Faro	WP		1	Bellville 10-Mar
15:16.96		Zusiphe Mpiyakhe	EC		2	Germiston 31-Mar

**10 000 metres**

		<b>SAE 28:50.94 Meck Mothuli</b>			<b>WJCQ 29:38.00</b>	
32:01.14		Donald Meleane	CN	27-05-94	1	Germiston 31-Mar
32:57.36		Anatasius Ontong	CN		2	Germiston 31-Mar
33:02.96		Luvuyo Mhlakaza	KZ		3	Germiston 31-Mar
34:05.28		Sifezile Madonda	KZ	08-02-93	1	Durban 28-Jan
34:32.44		Tebogo Kgatla	GN		4	Germiston 31-Mar
34:58.28		Michael Truebody	GN		5	Germiston 31-Mar
35:02.58		Siboniso Buthelezi	KZ		6	Germiston 31-Mar
36:46.05		Ndumiso Mofokeng	KZ		2	Durban 28-Jan

**110 metres hurdles**

		<b>SAR 13.71 Tshepo Lefete</b>			<b>WJCQ 13.93</b>	
<b>13.93</b>	<b>0.7</b>	<b>Angus Julies</b>	<b>WP</b>		<b>1h2</b>	<b>Germiston 29-Mar</b>
14.23	0.9	Lee van den Berg	GN	94	1h1	Germiston 29-Mar
14.43	1.5	Andrew de Beer	GAU		1h3	Germiston 29-Mar
14.51	1.5	Damian Ohlson	WP		1h4	Germiston 29-Mar
14.56	-1.3	Z. Martinus	WP		2	Bellville 10-Mar
14.56	1.5	Dylan Greyling	GAU		2h3	Germiston 29-Mar
14.58	-1.3	Leighton Payle	WP		3	Bellville 10-Mar
14.58	0.9	WP Swart	CNW		2h1	Germiston 29-Mar
14.60	1.5	Andreas Coetzeer	CNW		3h3	Germiston 29-Mar
14.65	0.7	Arno Botha	FS	94	2h2	Germiston 29-Mar

**NWI**

13.97		Llewellyn Kruger	GN		1	ABSA Tuks Pretoria 16-Mar
14.26		Dillon Greyling	CG		1	Germiston 17-Mar
14.47		Jaenelle Laubscher	GN	oct	1	ABSA Tuks Pretoria 16-Mar

14.67		Niel Maritz	BO		1	Paarl	02-Mar
<b>Wind</b>							
13.87	4.7	Angus Julies	WP		1	Germiston	30-Mar
14.13	4.7	Dylan Greyling	GAU		2	Germiston	30-Mar
14.14	4.7	WP Swart	CNW		3	Germiston	30-Mar
14.44	4.7	Damian Ohlson	WC		5	Germiston	30-Mar
14.44	4.7	Arno Botha	FS		6	Germiston	30-Mar

#### 400 metres hurdles

		<b>SAR 48.76 Llewellyn Herbert</b>				<b>WJCQ 51.46</b>	
<b>50.83</b>		<b>Taariq Solomons</b>	<b>WP</b>		<b>2</b>	<b>ABSA Tuks Pretoria</b>	<b>05-Apr</b>
<b>51.45</b>		<b>Bernard Pretorius</b>	<b>GN</b>		<b>4</b>	<b>Pilditch</b>	<b>05-May</b>
51.77		Schalk Burger	CN	02-02-93	1	Potchefstroom	17-Mar
52.28		Lindsay Hanekom	WP		3	Germiston	31-Mar
52.81		Constant Pretorius	GN		1	ABSA Tuks Pretoria	15-Feb
52.95		Tiaan Mouton	WP		2	Bellville	10-Mar
53.84		Nicko Bakkes	EP		6	Germiston	31-Mar
53.99		Katlego Matsekane	GAU		6h1	Port Elizabeth	14-Apr
54.21		Albert Jordaan	GN		7	Germiston	31-Mar
55.00		Masego Tleane	GN		2	ABSA Tuks Pretoria	16-Mar

#### High jump

		<b>SAR 2.31 Jacques Freitag</b>				<b>WJCQ 2.18</b>	
2.10		Craig Caniham	GN		1	ABSA Tuks Pretoria	02-Feb
2.05		Clyde Ruiters	WP		2	Germiston	31-Mar
2.05		Teboho Modise			3	Germiston	31-Mar
2.04		Willem van Schalkwyk	BO		1	Paarl	02-Mar
2.00		Brandon Prinsloo	FS		4	Germiston	25-Feb
2.00		Lewellyn Scrooby	GN		4	Germiston	31-Mar
1.95		Lee van den Berg	GN		dec	ABSA Tuks Pretoria	16-Mar
1.95		Andrew de Beer	CG		3	Pilditch	09-Mar
1.95		Sibusiso Mncube			2	Pilditch	09-Mar
1.95		Fanie Geldenhuis	CNW	94	6	Germiston	31-Mar

#### Pole vault

		<b>SAR 5.50 Cheyne Rahme</b>				<b>WJCQ 5.20</b>	
4.80		Migael Celliers	GN		1	Germiston	30-Mar
4.80		Armandt Lotter	FS		3	Port Elizabeth	14-Apr
4.70		Juan de Swardt	BO		2	Germiston	30-Mar
4.20		Jarik Jansen	GN		4	Germiston	30-Mar
4.20		Lee van den Berg	GN		dec	Potchefstroom	14-Apr
4.00		Emile Pellisier	BO		6	Germiston	30-Mar
4.00		Lyell Watson	EC		5	Germiston	30-Mar
4.00		Ernst Piater	FS		6	Germiston	30-Mar
3.80		Pierre Myburgh	FS		7	Germiston	30-Mar
3.60		Nathan Dalton	FS		8	Germiston	30-Mar

#### Long jump

		<b>SAR 8.19 Luvu Manyonga</b>				<b>WJCQ 7.65</b>	
<b>7.68</b>	<b>-0.3</b>	<b>Mpho Maphutha</b>	<b>GN</b>	<b>93</b>	<b>2</b>	<b>ABSA Tuks Pretoria</b>	<b>20-Apr</b>
7.61	-1.2	Roelf Pienaar	BO	93	2	Germiston	25-Feb
7.59	0.6	Francois Coetzee	GN	93	2	Pilditch	04-May
7.39	1.9	Albert Jankie	GN	94	2	Germiston	29-Mar
7.19	-1.0	Ntokozi Mbokazi	CG		1	Germiston	17-Mar

7.08	0.3	Neo Leshilo	GAU	94	4	Germiston	29-Mar
7.07	0.9	Gramthan Davids	BO	94	3	Germiston	29-Mar
7.03	0.4	Joshua Diamond	CG		5	Germiston	29-Mar
7.01	-2.6	Curtly Wewers	CG		2	Germiston	17-Mar
6.95	-0.4	Anver Carelse	SW	94	6	Germiston	29-Mar

**CNWi**

7.15		Joshua Diamond	CG		1	Germiston	14-Jan
6.96		Geavan Pietersen	BO		1	Paarl	02-Mar
6.79		Lezarick Baumeester	BO		2	Paarl	02-Mar
6.79		Khaya Malotana	EC		9	Germiston	29-Mar
6.77		Keanon Coetzee	BO		3	Paarl	02-Mar

**Wind**

7.10	2.2	Gramthan Davids	BO		3	Germiston	29-Mar
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**Triple jump**

**SAR 16.96 Khotso Mokoena**

**WJCQ 15.84**

15.38	0.0	Albert Janki	GN		5	ABSA Tuks Pretoria	20-Apr
14.91	1.5	Vuyani Henry	WP		1	Bellville	10-Mar
14.77	0.4	Ntokozo Mbokazi	CG		1	Germiston	17-Mar
14.06	0.0	Wandile Sibiya	MP		4	Germiston	25-Feb
13.62	0.3	Reinhard Nel	GN		2	ABSA Tuks Pretoria	16-Mar
13.52	1.2	Simphiwe Xabanisa	GN		3	ABSA Tuks Pretoria	16-Mar

**CNWi**

14.78		Khaya Malotana	EC		3	Germiston	30-Mar
14.22		Njabylo Mkhwana	KZ		4	Germiston	30-Mar
14.07		Welcome Mbonani			1	Pilditch	09-Mar
14.02		Einstein Tsheu	CNW		5	Germiston	30-Mar
13.99		Thembiso Mbali			2	Pilditch	09-Mar

**Shot put**

**SAR 20.50 Janus Roberts**

**WJCQ 19.10**

18.33		Constand van Rooyen	CN	93	1	Potchefstroom	10-Mar
17.85		Johny Botha	CG	93	1	Germiston	28-Jan
17.66		Jan-Louw Kotze	WC	94	2	Germiston	29-Mar
17.10		Gerhard de Beer	GN		1	ABSA Tuks Pretoria	16-Mar
15.31		Nicolaas Robbertse	MP	94	5	Germiston	29-Mar
14.64		J. Botes	CG		1	ABSA Tuks Pretoria	02-Feb
14.57		Ruan Maree	WP		1	Bellville	10-Mar
14.28		Stefan Scheepers	GAU	94	6	Germiston	29-Mar
14.23		Cornelius Lombard	EP	94	7	Germiston	29-Mar
13.80		Bernard van Tonder	GAU	94	8	Germiston	29-Mar

**Discus**

**SAR 63.94 Victor Hogan**

**WJCQ 58.30**

<b>61.64</b>		<b>Gerhard de Beer</b>	<b>GN</b>		<b>1</b>	<b>Windhoek</b>	<b>28-Apr</b>
<b>60.65</b>		<b>Jan-Louw Kotze</b>	<b>WC</b>		<b>2</b>	<b>Windhoek</b>	<b>28-Apr</b>
51.02		Seth Townsend	CG		3	Germiston	31-Mar
50.86		Johny Botha	CG		1	Germiston	28-Jan
47.16		Constand van Rooyen	CN		3	Windhoek	28-Apr
45.38		Wikus van Aswegen	BO		6	Germiston	31-Mar
44.64		AJ van Niekerk	CN		1	Potchefstroom	17-Mar
44.17		Rudolf van Vuuren			3	ABSA Tuks Pretoria	15-Feb
43.74		Cameron Donkin	KZ	27-04-94	1	Durban	28-Jan

43.36		Jacques Hansen	WC		7		Germiston	31-Mar
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### Hammer

#### SAR 81.04 Werner Smit

#### WJCQ 71.20

57.29		Robert Janse van Rensburg	CN		1		Potchefstroom	17-Mar
54.59		Francois Malan	FS		1		Germiston	30-Mar
54.40		Guillermo Rodrigues de Franca	GN		2		Germiston	30-Mar
54.24		Lionel Drury	EC		3		Germiston	30-Mar
52.11		Nicolas Loubser	BO		1		Paarl	02-Mar
52.02		Derek Taylor	BO		2		Paarl	02-Mar
50.13		Mitchell Gates	FS		5		Germiston	30-Mar
47.16		Jacques Hansen	WC		6		Germiston	30-Mar
42.55		Dean Hesley	BO		3		Paarl	02-Mar
41.65		Markus Tiran	KZ	12-09-94	1		Durban	09-Mar

### Javelin

#### SAR 83.07 Robert Oosthuizen

#### WJCQ 70.50

<b>75.08</b>		<b>Morne Moolman</b>	<b>WP</b>		<b>3</b>		<b>Potchefstroom</b>	<b>24-Mar</b>
68.32		Stephan Beukes	CN	14-07-94	1		Potchefstroom	17-Mar
68.04		Ruan Erasmus	CN		2		Germiston	30-Mar
66.54		Stephan Klue	WC		3		Germiston	30-Mar
64.64		Reinhard van Zyl	GN		1		ABSA Tuks Pretoria	16-Mar
63.95		Ruben Heymans	FS		5		Germiston	30-Mar
62.10		Renier du Plessis	CN	28-03-93	6		Germiston	30-Mar
60.05		Wesley Heunes	CG		1		Pilditch	09-Mar
59.54		Johan Crous	WC		7		Germiston	30-Mar
59.07		Dylan Jacobs	GN		2		ABSA Tuks Pretoria	16-Mar

### 10km Walk

#### SAR 46:06.36 Thinus Esterhuizen

#### WJCQ 42:40.00

48:02.20	h	Mzwaki Mvundla	CG		1		Germiston	17-Mar
52:21.90		Alex Foster	BO		1		Paarl	02-Mar
52:28.00		Teboho Nkobo	FS	94	2		Germiston	29-Mar
52:33.38		Jean-Jacques Galant	BO		2		Paarl	02-Mar
53:19.76		Ghanton Ceaser	BO		3		Paarl	02-Mar
53:53.59		Luthando Zide	BO		4		Paarl	02-Mar
54:22.60		Elwin Bester	BO		5		Paarl	02-Mar
54:44.99		Enrico de Vries	BO		6		Paarl	02-Mar
54:58.83		Siboniso Buthelezi	KZ	26-04-93	1		Durban	09-Mar
55:30.18		Sakhile Mncwango	KZ		2		Durban	09-Mar

### WOMEN

### 100 metres

#### SAR 11.25 Marcel Winkler

#### WJCQ 11.70

<b>11.65</b>	<b>1.9</b>	<b>Phillipa van der Merwe</b>	<b>NC</b>		<b>1h3</b>		<b>Germiston</b>	<b>29-Mar</b>
11.78	0.9	Nabeela Parker	WP		1		Germiston	30-Mar
11.79	1.9	Zanri van de Merwe	GN	93	1h2		Windhoek	28-Apr
11.87	-0.8	Liezl Hechter	CN		1h2		Germiston	29-Mar
11.89	1.9	Amanda Nagel	GAU		3h3		Germiston	29-Mar
11.94	0.9	Chante van Tonder	CG	93	4		Germiston	30-Mar
12.00	0.9	Elizmarie Kriel	FS		6		Germiston	30-Mar
12.01	-0.8	Stacey Welsch	WP		2h2		Germiston	29-Mar
12.06	0.7	Justine Palframan	KZ	04-11-93	1		Durban	09-Mar

12.24	1.7	Jade Roman	GN	jnr	2	ABSA Tuks Pretoria	04-Feb
<b>Wind</b>							
11.71	2.3	Zanri van der Merwe	GN	94	1	Windhoek	28-Apr
11.88	3.5	Chante van Tonder	CG	93	1h1	Germiston	29-Mar
11.98	3.5	Elizmarie Kriel	FS	94	3h1	Germiston	29-Mar
12.03	3.5	Jade Roman	GN	94	4h1	Germiston	29-Mar

<b>200 metres</b>		<b>SAR 22.76 Evette Klerk</b>				<b>WJCQ 23.7:</b>	
<b>23.22</b>	<b>0.0</b>	<b>Justine Palframan</b>	<b>KZ</b>		<b>2</b>	<b>Potchefstroom</b>	<b>24-Mar</b>
24.05	0.8	Chante van Tonder	CG		5h2	Potchefstroom	24-Mar
24.19	1.3	Liezl Hechter	CN		1sf2	Germiston	31-Mar
24.34	0.2	Stephanie Wicksell	GN		3sf1	Germiston	31-Mar
24.35	0.2	Phillipa van der Merwe	NC		4sf1	Germiston	31-Mar
24.52	1.3	Amanda Nagel	GAU		2sf2	Germiston	31-Mar
24.61	-0.2	Petunia Obisi	GN		1	ABSA Tuks Pretoria	16-Mar
24.67	1.3	Mareike Wolhuter	WP		3sf2	Germiston	31-Mar
24.71	1.3	Nabeela Parker	WP		4sf2	Germiston	31-Mar
24.97	-0.2	Jade Roman	GN		2	ABSA Tuks Pretoria	16-Mar

<b>400 metres</b>		<b>SAR 51.89 Myrtle Simpson</b>				<b>WJCQ 53.67</b>	
<b>52.33</b>		<b>Justine Palframan</b>	<b>KZ</b>	<b>04-11-93</b>	<b>1</b>	<b>Port Elizabeth</b>	<b>14-Apr</b>
54.93		Stephanie Wicksell	GN		4	Potchefstroom	24-Mar
54.97		Izelle Nieuhoff		jnr	1	ABSA Tuks Pretoria	02-Feb
55.90		Mareike Wolhuter	94		5	ABSA Tuks Pretoria	05-Apr
56.52		Maritsa van der Westhuizen			1	Pilditch	09-Mar
56.54		Charlize Jonker			2	Pilditch	09-Mar
56.88		Inari Basson			4	Germiston	30-Mar
57.13		Petunia Obisi	GN		6	Germiston	30-Mar
57.64		Marina Swanepoel			5	ABSA Tuks Pretoria	15-Feb
57.78		Danel Holton	CG	94	3h3	Germiston	29-Mar

<b>800 metres</b>		<b>SAR 1:55.45 Caster Semenya</b>				<b>WJCQ 2:05.40</b>	
2:05.78		Thato Makhafola	CG		3	Port Elizabeth	14-Apr
2:09.19		Isabella Strydom	GN		7	Potchefstroom	24-Mar
2:09.24		Sunel Jacobs	BO		5	Port Elizabeth	14-Apr
2:13.08		Adel Vermaak	GN		1	ABSA Tuks Pretoria	16-Mar
2:17.33		Lushano Smit	KZ	26-05-94	3h2	Germiston	30-Mar
2:17.53		Chante Bester	CG		1	ABSA Tuks Pretoria	02-Feb
2:19.20		Kelly Fletcher	KZ	13-04-94	2	Durban	09-Mar
2:19.32		Eunice de Villiers	GN		2	ABSA Tuks Pretoria	16-Mar
2:19.54		Michelle Kruger	LIM		6	Germiston	31-Mar
2:20.09		Suzaan Broodryk	BO		1	Paarl	02-Mar

<b>1500 metres</b>		<b>SAR 4:01.81 Zola Budd</b>				<b>WJCQ</b>	
4:33.10		Isabella Strydom	GN		8	Port Elizabeth	14-Apr
4:35.11		Thato Makhafola	CG		1	Germiston	30-Mar
4:37.10		Thabisa Sirayi	TRA		10	Port Elizabeth	14-Apr
4:38.68		Nobengazi Makopo	CNW	94	3	Germiston	30-Mar
4:46.63		Anna Ngobeni	CN		1	Potchefstroom	24-Mar
4:47.43		Jessica Aylward	CG		2	Potchefstroom	24-Mar

4:48.72		Ixenhy Thole	NC	93	1h1	Germiston	29-Mar
4:49.13		Glenrose Xaba	MP	94	2h1	Germiston	29-Mar
4:49.14		Chante Bester	CG	94	3h1	Germiston	29-Mar
4:49.35		Aneke Smith	KZ	13-04-94	1	Durban	09-Mar

<b>3000m</b>		<b>SAR 8:37.5 Zola Budd</b>				<b>WJCQ 9:22.00</b>	
10:05.21		Sylvia Tshetlanyae	CG		1	Germiston	31-Mar
10:15.10		Glenrose Xaba	MP		2	Germiston	31-Mar
10:22.67		Zandile Hadebe	CG		3	Germiston	31-Mar
10:34.79		Khonzheni Gwegwa	EC		5	Germiston	31-Mar
10:41.36		Kyla van Graan	GN		6	Germiston	31-Mar
10:49.84		J. Bezuidenhout	CG		1	ABSA Tuks Pretoria	02-Feb
10:54.84		Chante Venter	CG		2	Germiston	17-Mar
10:55.70	h	Amy Abrahams	WP		1	Bellville	10-Mar
11:00.27		Michelle Strydom	GAU		7	Germiston	31-Mar
11:02.50		Janey van der Merwe	BO		1	Paarl	02-Mar

<b>5000 metres</b>		<b>SAR 15:01.83 Zola Budd</b>				<b>WJCQ 16:11.00</b>	
17:25.67		Sylvia Tshetlanyae	BO		2	Germiston	25-Feb
19:26.42		Sylvia Dibakwane	FS		2	Germiston	31-Mar
19:29.41		Chante Venter	CG		3	Germiston	31-Mar
19:30.00	h	Khanya Mateyisi	WP		1	Bellville	10-Mar
19:32.00		Vuyokazi Gebe			4	Germiston	31-Mar
19:37.70	h	Keitumetse Disipi	CG		1	Germiston	28-Jan
19:44.32		Nomsa Cossa	CG		1	Germiston	17-Mar
19:46.17		Puleng Motaung	FS		5	Germiston	31-Mar
20:21.88		Mamello Molaoa	FS		7	Germiston	31-Mar

<b>3000 metres steeplechase</b>		<b>SAR 10:35.17 Masello Moekoa</b>				<b>WJCQ 10:27.00</b>	
11:40.75		Moroesi Mohapi	GAU		1	Germiston	29-Mar
11:49.96		Caroline Marandela	CG		5	University of Johannesburg	27-Apr
12:11.38		Angelique Faasen	GN		2	Germiston	29-Mar
12:16.60		Thandi Mhlahu	FS		3	Germiston	29-Mar
12:23.56		Ashley Hofman	CNW		4	Germiston	29-Mar
13:08.54		Luane Meyer	CNW		5	Germiston	29-Mar
13:09.38		Nokuthula Mdhuli	CG		6	Germiston	29-Mar
13:32.30	h	Shaundrey-Lee Farmer	WP		1	Bellville	10-Mar

<b>100 metres hurdles</b>		<b>SAR 13.47 Arnel Jacobs</b>				<b>WJCQ 13.67</b>	
13.81	0.8	Kayla Gilbert	CG		1	Germiston	25-Feb
14.25	1.3	Maryke Brits	BO	94	1h1	Germiston	29-Mar
14.33	1.3	Liriska Botha	FS	93	2h1	Germiston	29-Mar
14.37	0.8	Tanya van den Berg	WP		3	Germiston	25-Feb
14.56	0.7	Shani Bodenstein	GN	94	2h3	Germiston	29-Mar
14.64	0.8	Elizmarie Kriel	FS		1h2	Germiston	29-Mar
14.94	0.8	Marissa Viljoen	GAU	94	2h2	Germiston	29-Mar
14.98	0.7	Ilse Moolman	GAU	94	3h3	Germiston	29-Mar
15.18	1.3	Lexi Nel	GN	93	4h1	Germiston	29-Mar
15.28	0.8	Danielle Greyling	CN		3h2	Germiston	29-Mar

**CNWi**



14.46		Shani Bodenstein	GN		1	ABSA Tuks Pretoria	16-Mar
<b>Wind</b>							
14.23	2.9	Liriska Botha	FS	93	2	Germiston	30-Mar
14.34	2.9	Elizmarie Kriel	FS	94	3	Germiston	30-Mar
14.39	2.9	Shani Bodenstein	GAU	94	5	Germiston	30-Mar

#### 400 metres hurdles

**SAR 55.74 Myrtle Bothma**

**WJCQ 58.61**

58.65		Ane Fourie	WP		1	Windhoek	28-Apr
59.09		Izelle Nieuhoff	VT		2	Windhoek	28-Apr
60.96		Marina Swanepoel	WP		2	ABSA Tuks Pretoria	15-Feb
61.34		Ilse Moolman	GAU		2	Germiston	31-Mar
62.68		Liriska Botha	FS		4	Bellville	03-Mar
63.25		Bianca Visser	GN		1	ABSA Tuks Pretoria	16-Mar
63.34		Danielle de Jongh	GN		3	ABSA Tuks Pretoria	15-Feb
63.61		Charmaine Lemmer	CN	25-05-94	2	Potchefstroom	17-Mar
63.94		Almerie van der Walt	CG		1	Germiston	17-Mar
64.72		Zanri Byleveldt	CNW		6	Germiston	31-Mar

#### High jump

**SAR 1.96 Charmaine Gale**

**WJCQ 1.84**

1.72		Shanon Malotane	WP		1	Bellville	10-Mar
1.66		Valentina da Rocha	WP		2	Bellville	10-Mar
1.65		Kim Dippenaar	CN	25-04-93	1	Potchefstroom	17-Mar
1.65		Marcelle du Plessis	BO		6	Bellville	03-Mar
1.62		Inge Viljoen	GN		hep	Port Elizabeth	14-Apr
1.60		Bonita Botha			1	ABSA Tuks Pretoria	15-Feb
1.60		Francis Seeliger	GN		1	ABSA Tuks Pretoria	16-Mar
1.60		Gizelle de Nysschen	BO		1	Paarl	02-Mar
1.60		Chanel Range	CG		1	Germiston	17-Mar
1.55		Chantelle van Rensburg	CG	jnr	1	Germiston	14-Jan
1.55		Aletta Koch	CNW		4	Germiston	31-Mar
1.55		Genevieve Mills	GN		4	ABSA Tuks Pretoria	15-Feb
1.55		Amore van Noordwyk	GN		2	ABSA Tuks Pretoria	16-Mar
1.55		Michelle Bolognesi	BO		2	Paarl	02-Mar
1.55		Schearita van der Merwe	BO		3	Paarl	02-Mar
1.55		Marizaan Bester	CN		2	Potchefstroom	17-Mar
1.55		Lentsamang Motau	MP		4	Germiston	31-Mar
1.55		Maria Claassens	GAU		4	Germiston	31-Mar

#### Pole vault

**SAR 4.05 Annelie van Wyk**

**WJCQ 4.05**

3.50		Jameson Colin	BO		1	Germiston	29-Mar
3.40		Nadia Giliomee	BO		5	Port Elizabeth	14-Apr
3.30		Mariska Smit	BO		2	Germiston	29-Mar
3.20		Kulthoom Gaidien	BO		3	Germiston	29-Mar
2.80		Elandi Styger	CN	10-10-93	1	Potchefstroom	17-Mar
2.70		Hibre Arries	BO		4	Paarl	02-Mar
2.50		Kiah Payne	WP		1	Bellville	10-Mar
2.20		Nadia Nell	WP	96	3	Bellville	15-Feb
2.20		Rozanne Copmion	WP	98	4	Bellville	15-Feb

#### Long jump

**SAR 6.54 Luzaan du Preez**

**WJCQ 6.25**

<b>6.28</b>	<b>0.5</b>	<b>Zanri van der Merwe</b>	<b>GN</b>		<b>3</b>		<b>Pilditch</b>	<b>04-May</b>
6.15	1.3	Maryke Brits	BO		5		Pilditch	04-May
6.03	1.5	Kayla Gilbert	CG	05-01-93	1		Germiston	18-Feb
5.88	1.3	Martha Diamond	CG		1		Germiston	17-Mar
5.86	0.5	Liezl Hechter	GN		2		ABSA Tuks Pretoria	15-Feb
5.78	1.1	Tamryn Cupido	BO		1		Paarl	02-Mar
5.67	1.6	Audrey-Kay Noble	WC	94	4		Germiston	30-Mar
5.63	1.6	Leandri Willis	GAU		5		Germiston	30-Mar
5.57	1.6	Natasha te Baerts	GAU		6		Germiston	30-Mar
5.51	-0.7	Valentina da Rocha	WP		1		Bellville	10-Mar
5.51	0.9	Ilse Moolman	CG		hep		Port Elizabeth	14-Apr
<b>CNWi</b>								
6.10		Kayla Gilbert	CG		1		ABSA Tuks Pretoria	15-Feb
5.43		L. Willis			1		Pilditch	09-Mar
5.39		Leandri Badenhorst			2		Pilditch	09-Mar
5.37		Natasha Roux	GN		2		ABSA Tuks Pretoria	16-Mar
5.37		Natasha te Baerts			3		Pilditch	09-Mar
<b>Wind</b>								
6.29	4.3	Zanri van de Merwe	GN		1		Windhoek	28-Apr
6.06	2.9	Maryke Brits	Bo	94	1		Germiston	30-Mar
5.70	2.1	Audrey-Kay Noble	BO		1		Paarl	02-Mar
5.53	3.5	Inge Viljoen	GN		hep		University of Johannesburg	27-Apr
<b>Triple jump</b>								
			<b>SAR 12.77 Valentina da Rocha</b>			<b>WJQC 13.25</b>		
12.74	1.7	Valentina da Rocha	WP	93	1		Germiston	29-Mar
11.86	0.2	Manzimase Sishi	BO		4		University of Johannesburg	27-Apr
11.77	-0.2	Karla Muller	VT		5		Potchefstroom	24-Mar
11.75	-0.8	Danelle Erwee	FS		5		University of Johannesburg	27-Apr
11.45	0.4	Zinhle Mbuyane	MP	93	3		Germiston	29-Mar
11.26	0.2	Mandolene Hermanus	BO	94	2		Germiston	29-Mar
11.24	-2.0	Sone Pretorius	GN		1		ABSA Tuks Pretoria	16-Mar
11.22	0.6	Dineo Mgwenya	MP	94	6		Germiston	29-Mar
11.17	0.7	Martha Campher	CNW	94	7		Germiston	29-Mar
11.13	-0.1	Helga Wendy Bensusan	GAU	94	4		Germiston	29-Mar
<b>CNWi</b>								
11.47		Mandolene Hermanus	BO		1		Paarl	02-Mar
11.30		H. Bensusan	CG		1		Pilditch	09-Mar
11.01		Candice Cozett	WP		2		Bellville	10-Mar
11.00		Warrick Sochop	BO		1		Paarl	02-Mar
<b>Wind</b>								
11.48	1.7	Mandolene Hermanus	BO	94	2		Germiston	29-Mar
<b>Shot</b>								
			<b>SAR 16.95 Simone du Toit</b>			<b>WJQC 15.55</b>		
14.90		Lezaan Jordaan	CG	u18	2		Pilditch	04-May
14.44		Geraldine Duvenage	CG	u18	3		Pilditch	04-May
14.28		Wanzel Breytenbach	CN		1		Germiston	18-Feb
13.98		Ischke Senekal	EP		5		Port Elizabeth	14-Apr
13.35		Cecile Meyer	EC		7		Port Elizabeth	14-Apr
12.44		Kara Willemse	EC		4		Germiston	31-Mar
12.25		Marga Vermaak	GN		2		ABSA Tuks Pretoria	16-Mar

12.21	Chante Loots	CG		5	Germiston	31-Mar
12.18	Susan Malan	GN		2	ABSA Tuks Pretoria	02-Feb
11.96	Monica Serfontein	GN		3	ABSA Tuks Pretoria	16-Mar

<b>Discus</b>	<b>SAR 53.07 Simone du Toit</b>				<b>WJCQ 51.15</b>	
50.99	Ishcke Senekal	EP	93	3	Port Elizabeth	14-Apr
49.53	Simone Meyer	GN	22-03-93	4	Port Elizabeth	14-Apr
44.07	Marga Vermaak	GN	93	6	Pilditch	05-May
40.58	Donelize de Winnaar	CNW	94	5	Germiston	29-Mar
40.58	Anneline Gerstner	WP	94	9	Port Elizabeth	14-Apr
40.16	Belinda Boer	MP	94	6	Germiston	29-Mar
37.86	Marle Clack	GN	94	7	Germiston	29-Mar
37.56	Stephanie van Rooyen	BO		1	Paarl	02-Mar
36.99	Leandri Botha			3	ABSA Tuks Pretoria	15-Feb

<b>Hammer</b>	<b>SAR 57.13 Annemie Smith</b>				<b>WJCQ 60.10</b>	
52.81	Charne Coetzee			2	ABSA Tuks Pretoria	15-Feb
48.70	Amy Botes	EC		1	Germiston	30-Mar
46.73	Marne Minnaar	CN	18-01-94	2	Germiston	30-Mar
44.23	Chante Loots	GAU		3	Germiston	30-Mar
41.27	Anke van Dyk	BO		4	Germiston	30-Mar
41.12	Margo Coetzee	EC		5	Germiston	30-Mar
40.66	Sunett Voigt	CN	08-04-93	8	Germiston	25-Feb
37.64	Nanda Kruger	CG		5	University of Johannesburg	27-Apr
33.37	Cheve Havenga	BO		3	ABSA Tuks Pretoria	15-Feb
30.84	Melissa Brits	CG		3	Germiston	28-Jan

<b>Javelin</b>	<b>SAR 58.33 Sunette Viljoen</b>				<b>WJCQ 52.75</b>	
47.44	Marina Griebenaauw	BO		1	Paarl	02-Mar
46.52	Janike Kotze	CN	27-01-93	1	Potchefstroom	17-Mar
45.99	Zandri Bailey	WP		7	Port Elizabeth	14-Apr
44.28	Larushka Joubert	GAU		2	Germiston	31-Mar
41.48	Alannah Crafford	CG		1	Germiston	10-Mar
40.21	Jolandri Alberts	WP		1	Bellville	10-Mar
39.65	Leandri Swiegers	CN	24-08-93	5	Germiston	31-Mar
39.24	Janica Geldenhuys	FS		6	Germiston	31-Mar
38.84	Zhane Nel	GN		7	Germiston	31-Mar
37.73	W. van Zyl	BO		1	ABSA Tuks Pretoria	02-Feb

<b>5km Walk</b>						
35:02.06	Michelle Strydom	GN		1	ABSA Tuks Pretoria	16-Mar

<b>10km Walk</b>	<b>SAR 50:03.34 Nicolene Cronje</b>				<b>WJCQ 47:55.00</b>	
56:19.30	Rose Shabalala	CG		1	Germiston	29-Mar
59:52.70	Melissa Meyer	BO		2	Germiston	29-Mar
1:02:19.64	Xolisile Mahlangu	KZ	13-04-93	1	Durban	09-Mar
1:03:56.00	Caseline Lekala	CG		3	Germiston	29-Mar
1:04:23.64	Thobile Buthelezi	KZ	28-04-94	2	Durban	09-Mar
1:06:48.13	Thembekile Madonsela	KZ		3	Durban	09-Mar

1:10:54.77		Luca	BO	2	Paarl	02-Mar
1:14:41.20	h	Lucille Beukes	WP	1	Bellville	10-Mar
1:16:24.40	h	Justine Anthony	WP	2	Bellville	10-Mar
1:16:39.04		Nokwethemba Makhoba	KZ	4	Durban	09-Mar

end















