



2013 SOUTH AFRICAN SUB YOUTH TOP PERFORMANCES

BORN 1998/99

Compiled by DANIE AND NEIL CORNELIUS

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As at 12 May

MEN

100 metres

10.88	1.4	Ruan Damons	GN	1	Pilditch Pretoria	04-Apr
10.88	1.4	Kyle Appel	WP	1	Pilditch Pretoria	04-Apr
10.99	1.4	Sherman Rayners	NW	3	East London	21-Mar
11.02	0.3	Tlotliso Letolela	FS	1	Bloemfontein	08-Mar
11.11	-0.8	Shingirai Hlangwyo	CG	1	East London	21-Mar
11.15	-0.8	Amaan Africa	WC	3	East London	21-Mar
11.27	1.4	C. Dagleish	CN	4	Pilditch Pretoria	04-Apr
11.36	0.3	Lucky Makhamba	FS	2	Bloemfontein	08-Mar
11.37	-0.8	Marnus Uys	LIM	6	East London	21-Mar
11.45	1.4	Franklin Wagner	SW	5	Pilditch Pretoria	04-Apr

nwi

10.98		Ruan Damons	GN	1h4	Germiston	2-Mar
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200 metres

21.78	-0.1	Kyle Appel	WP	1	Pilditch Pretoria	04-Apr
21.83	-0.1	Tlotliso Leotlela	FS	2	Pilditch Pretoria	04-Apr
22.42	-0.9	Amaan Africa	WC	1h	East London	21-Mar
22.46	-0.9	Shingirai Hlangwyo	GAU	2h	East London	21-Mar
22.60	-0.1	Sherman Rayners	NW	3	Pilditch Pretoria	04-Apr
22.86	-0.1	Thabang Mashabane	MP	4	Pilditch Pretoria	04-Apr
22.95	-1.9	Carl Koch	LIM	2h	East London	21-Mar
22.98	-1.8	Thembo Monareng	GAU	1h	East London	21-Mar
23.02	-1.0	Benjamin Momberg	WC	1h	East London	21-Mar
23.04	1.4	Keenan van der Vyver	WP	2	Bellville	09-Mar

nwi

22.35		Thembo Monareng	GAU	1	Germiston	2-Mar
22.42		Shingirai Hlangwyo	GAU	2	Germiston	2-Mar
22.81		Leon Pretorius	GAU	3	Germiston	2-Mar

400 metres

50.06		Benjamin Momberg	WC	1	East London	21-Mar
50.61		Tiaan Henecke	WC	2	East London	21-Mar
50.92		Remano Felix	EC	3	East London	21-Mar
50.99		Rudolph de Villiers	CG	2	Germiston	28-Feb
50.78		Zander Delpont	GN	1	Pilditch Pretoria	04-Apr
51.11		Phetogo Sebonego	NW	5h	East London	21-Mar
51.43		Fanyana Ngubeni	BO	29-06-99 1h1	Durban	09-Mar
51.59		Ofentse Molefe	GAU	2	Germiston	02-Mar
51.77		Bornwise Thibela	LIM	5	East London	21-Mar
51.92		DJ van Deventer	FS	1	Bloemfontein	08-Mar

800 metres

1:59.33		Theuns Ehlers	GN	1	Pilditch Pretoria	04-Apr
1:59.97		Nkosi Nkosinathi	GN	1	Germiston	02-Mar
2:00.27		Dias Malebane	GN	1	ABSA Tuks Pretoria	15-Mar
2:01.42		Nxumalo Mandla	GAU	3	Germiston	02-Mar
2:01.74		Mandla Ntlumayo	CG	3	Pilditch Pretoria	04-Apr
2:01.78		Vuni Madonsela	MP	2	East London	21-Mar
2:02.55		Sylvin Dirkse	BO	1	Paarl	01-Mar
2:02.58		Tabang Mantsho	CG	1	Germiston	28-Feb
2:02.73		Nope Molejane	FS	2	Bloemfontein	08-Mar
2:03.51		Paul van den Berg	LIM	1h	East London	21-Mar

1500 metres

4:04.34		Dias Malebane	GN	1	East London	21-Mar
4:04.77		Thamsanqa Khonco	GAU	2	East London	21-Mar
4:06.10		Shane Roberts	WC	3	East London	21-Mar
4:06.81		Thabile Mkhupheni	EC	1	Pilditch Pretoria	04-Apr
4:07.09		Nkosi Nkosinathi	GN	2	Pilditch Pretoria	04-Apr
4:08.42		Vuni Madonsela	MP	2h	East London	21-Mar
4:09.75		George Kushke	GAU	3h	East London	21-Mar
4:09.99		Lwandile Ngamlana	EC	4h	East London	21-Mar
4:12.58		Sandile Mthembu	KZ	1	Durban	09-Mar
4:14.51		Nhlakanipho Ndaba	KZ	2	Durban	09-Mar

3000 metres

8:54.80	h	Thabile Mkhupheni	EC	1	East London	21-Mar
8:55.10	h	Thamsanqa Khonco	CG	2	East London	21-Mar
8:56.10	h	Nhlakanipho Ndaba	KZ	3	East London	21-Mar
9:02.10	h	Tabang Mantsho	GAU	4	East London	21-Mar
9:03.41		Rowhaldo Ratz	WP	1	Bellville	09-Mar
9:05.40	h	Sandile Mthembu	KZ	5	East London	21-Mar
9:12.99		Teboho Selolo	GN	3	Pilditch Pretoria	04-Apr
9:19.91		Steve Shongwe	GAU	1	University of Johannesburg	13-Feb
9:20.21		Thapelo Khanye	KZ	3	Durban	09-Mar
9:21.97	h	Bonga Ndabangaye	KZ	4	Durban	09-Mar

100 metres hurdles

13.26	1.1	Levert Pieterse	EC	1	Pilditch Pretoria	04-Apr
13.29	1.1	Hans Greyling	MP	2	Pilditch Pretoria	04-Apr
13.41	0.1	Vutivi Shivodze	LIM	2h	East London	21-Mar
13.42	0.1	Mpho Tladi	GAU	3h	East London	21-Mar
13.53	1.1	Keenan van der Vyver	WP	3	Pilditch Pretoria	04-Apr
13.59	1.1	Mpho Khambule	CG	1h1	Pilditch Pretoria	04-Apr
13.85	1.2	Raymond Thompson	FS	1	Bloemfontein	08-Mar
13.87	1.1	Thabo Maganye	MP	4	Pilditch Pretoria	04-Apr
13.89	0.1	Clive Davis	GAU	4h	East London	21-Mar
13.90	1.2	Nico Prinsloo	FS	2	Bloemfontein	08-Mar

nwi

13.38		Mpho Tladi	GAU	1	Germiston	02-Mar
13.43		Ettiene Pretorius	GAU	2	East London	21-Mar
13.46		Ruan Minnaar	NW	4	East London	21-Mar
13.61		Ettiene Pretorius	GN	1	ABSA Tuks Pretoria	15-Mar
13.63		Clive Davis	GAU	3	Germiston	02-Mar
13.65		Giani Lombard	WC	5	East London	21-Mar
13.72		Ruhan van der Walt	GN	2	ABSA Tuks Pretoria	15-Mar
13.83		Juvan Fourie	GN	1h1	Germiston	02-Mar

300 metres hurdles

39.32	Giani Lombard	WC	1h	East London	21-Mar
39.34	Linford Maree	WC	1	Potchefstroom	15-Feb
39.38	Nico Prinsloo	FS	1	Bloemfontein	08-Mar
39.49	Hans Greyling	MP	1	Pilditch Pretoria	04-Apr
39.55	Johan Burger	GN	2	Pilditch Pretoria	04-Apr
39.59	Ettiene Pretorius	GN	1	Pilditch	22-Feb
39.64	Clive Davis	GAU	2	Germiston	02-Mar
39.85	Mpho Khambule	GAU	2h	East London	21-Mar
40.15	Keenan van der Vyver	WP	3	Pilditch Pretoria	04-Apr
40.46	Thapelo Legodi	GN	4	Pilditch Pretoria	04-Apr

High jump

1.93	Laurant Pepler	GAU	1	East London	21-Mar
1.87	Frederich Conradie	BO	q	East London	21-Mar
1.85	Wesley Frisby	GAU	q	East London	21-Mar
1.83	James Maio Cheia	WC	q	East London	21-Mar
1.82	Pieter Kruger	LIM	q	East London	21-Mar
1.81	Conrad van Deventer	GN	1	Pilditch	22-Feb
1.80	Dylan Bronkhorst	GAU	6	East London	21-Mar
1.80	Geno van Schalkwyk	WC	q	East London	21-Mar
1.80	Ofentse Mothibi	GAU	4	Germiston	02-Mar
1.80	Karabo Dhladhla	GAU	3	Germiston	02-Mar
1.83	Jeandre Breytenbach	CG	1	Pilditch	30-Jan
1.80	Morne van As	GN	2	Pilditch	30-Jan

Pole vault

4.00	Lukas van der Watt	BO	1	Paarl	01-Mar
3.80	William Gibbens	WC	1	ABSA Tuks Pretoria	01-Feb
3.60	Jean Fourie	WC	2	Stellenbosch	23-Feb
3.40	Johnathan Allison	FS	3	East London	21-Mar
3.25	Stian Stoltz	FS	3	Pilditch Pretoria	04-Apr
3.20	Christoff Janse van Vuuren	FS	5	Pilditch Pretoria	04-Apr
3.20	Willie Naude	FS	6	Pilditch Pretoria	04-Apr
3.00	PT de Jager	FS	7	East London	21-Mar
3.00	Everhardus Loubser	WC	4	Paarl	01-Mar
2.90	Connor Bode	EC	8	East London	21-Mar

Long jump

6.53	-1.8	Ruan Minnaar	NW	1	East London	21-Mar
6.47	-0.4	Ruan Damons	GN	1	Pilditch Pretoria	04-Apr
6.45	-1.0	Bradley Kiewitz	SW	2	Pilditch Pretoria	04-Apr
6.40	0.5	Ettiene Pretorius	GN	2	ABSA Tuks Pretoria	15-Mar
6.34	-1.6	Maudas Banda	MP	3	Pilditch Pretoria	04-Apr
6.16	-0.2	Charl Engelbrecht	FS	1	Potchefstroom	15-Feb
6.16	-1.5	Dylon Stiemme	FS	4	Pilditch Pretoria	04-Apr
6.08	0.1	Levert Pieterse	EP	6	Pilditch Pretoria	04-Apr
6.02	0.0	Lyalle Johnson	WP	2	Bellville	09-Mar
6.01	0.0	Saleigh Richards	WP	1	Bellville	09-Mar

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6.65		Ruan Damons	GN	1	Pilditch	30-Jan
6.52		Ettiene Pretorius	GN	2	Pilditch	22-Feb
6.37		Maudas Banda	MP	2	East London	21-Mar
6.36		Kyle Green	BO	1	Paarl	01-Mar
6.32		Tihan Coetzee	GN	2	University of Johannesburg	15-Feb
6.30		Frederick van Zyl		2	Pilditch	30-Jan

Triple jump

13.45	-0.9	Zinidene Meiring	WP	1	Pilditch Pretoria	04-Apr
13.18	0.1	Bradley Kiewitz	SW	2	Pilditch Pretoria	04-Apr
13.10	-3.2	Tumisang Lehihi	FS	1	East London	21-Mar
12.96	-0.9	Jamie van der Poel	WP	3	Pilditch Pretoria	04-Apr
12.66	0.1	Norbert Ponisammy	MP	5	Pilditch Pretoria	04-Apr
12.66	0.1	Levert Pieterse	EP	6	Pilditch Pretoria	04-Apr
12.62	-0.3	Aldo Carelse	WP	2	Bellville	08-Mar

nwi

14.00		Tshiamo Kutu	GN	2	Germiston	02-Mar
13.08		Zinidene Meiring	WP	2	East London	21-Mar
13.06		Cheslin Kortje	WC	3	East London	21-Mar
13.05		Levert Pieterse	WC	4	East London	21-Mar
12.94		Jamie van der Poel	WC	5	East London	21-Mar
12.83		Tatendaishe Mujawo	GAU	1	Germiston	02-Mar

Shot put

17.86		Patrick Duvenhage	CG	1	Pilditch Pretoria	04-Apr
16.99		Phillip Krause	GN	1	ABSA Tuks Pretoria	15-Mar
16.85		Joshua Hermanus Joubert	CG	2	Pilditch Pretoria	04-Apr
16.77		Riaan Barnard	WC	2	East London	21-Mar
16.52		Schalk Erasmus	GN	1	Germiston	28-Feb
16.23		Ryno Blom	CG	4	Pilditch Pretoria	04-Apr
16.23		Francois Crafford	CN	1	Potchefstroom	09-Mar
16.02		M.J Pelser	CG	3	Germiston	28-Feb
15.73		Mark Snyman	GAU	1	Germiston	28-Feb
15.71		Letho Dlamini	GAU	4	Germiston	02-Mar

Discus

63.35		Patrick Duvenhage	CG	1	East London	21-Mar
58.54		Werner Visser	GN	2	East London	21-Mar
57.37		Bernard Swart	WC	3	East London	21-Mar
55.47		Zhandre Cordier	MP	4	East London	21-Mar
54.98		Phillip Krause	GN	2	ABSA Tuks Pretoria	15-Mar
54.57		Burger Lambrecht	GAU	2	Germiston	02-Mar
53.87		Wian Kotze	GN	1	Germiston	28-Feb
53.39		Francois Crafford	CN	4	Pilditch Pretoria	04-Apr
51.60		Roberts Rossouw	CG	1	Pilditch	30-Jan
51.34		Dirk Thuynsma	GN	1	Pilditch	22-Feb

Hammer

58.91		Ryan Koen	FS	1	East London	21-Mar
57.01		Carel Haasbroek	FS	2	East London	21-Mar
54.49		Kabelo Zibi	FS	2	Bloemfontein	08-Mar
50.80		Bernard Swart	WC	3	East London	21-Mar
49.18		Christoffel Erasmus	WC	5	East London	21-Mar
48.38		Brandon Hermitage	GN	6	East London	21-Mar
46.53		Heinrich Sullwald	BO	2	Paarl	01-Mar
44.44		Barry Botha	WC	7	East London	21-Mar
44.00		JC Schultz	FS	8	East London	21-Mar
41.71		Stefan Alberts	BO	4	Paarl	01-Mar

Javelin

64.03		Paul Botha		1	University of Johannesburg	13-Feb
62.88		Werner Bouwer	MP	1	Pilditch Pretoria	04-Apr
62.07		Joncke du Toit	CN	2	Pilditch Pretoria	04-Apr

58.18		Stefan van der Banks		1	University of Johannesburg	13-Feb
58.06		Ruan Allers	GAU	1	East London	21-Mar
57.20		Derrick Turner	WP	3	Pilditch Pretoria	04-Apr
56.81		Mitchell van der Merwe	CG	2	University of Johannesburg	13-Feb
55.04		Johannes Kriel	CN	1	Potchefstroom	02-Mar
54.51		Hernu van Vuuren	FS	1	Bloemfontein	08-Mar
54.42		Werner Dames	NW	1	Pilditch	30-Jan

5km Walk

23:53.55		Pierre Vermaak	CG	1	Germiston	02-Mar
26:17.55		Hanru Colling	BO	2	East London	21-Mar
26:24.72		Mthembeni Mhlongo	KZ	12-03-98	Durban	09-Mar
26:49.64		Xolisa Lumkwana	EC	3	East London	21-Mar
27:01.82		Ruan Lochner	BO	2	Paarl	01-Mar
27:03.63		Siyabonga Kolomba	EC	4	East London	21-Mar
27:05.27		Dullan Solomons	WC	5	East London	21-Mar
27:23.10		Khotatso Ndlovu	GAU	2	Germiston	02-Mar
27:27.99		Nkosinathi Nhleko	KZ	2	Durban	09-Mar
27:32.11		Andries Louis Swart	GAU	3	Germiston	02-Mar

WOMEN

100 metres

12.19	1.0	Cassidy Williamson	KZ	1	Pilditch Pretoria	04-Apr
12.34	1.0	Madia Ehlers	GN	2	Pilditch Pretoria	04-Apr
12.53	1.8	Juan-Marie Vermeulen	NC	2	East London	21-Mar
12.53	1.0	Stoni Lawrence	CG	3	Pilditch Pretoria	04-Apr
12.76	-0.9	Esmarie Hougaard	GAU	2h	East London	21-Mar
12.77	1.8	Taylor Underhay	GAU	3	East London	21-Mar
12.79	1.0	Carli Buys	FS	4	Pilditch Pretoria	04-Apr
12.85	0.1	UD Edem	FS	1	Bloemfontein	08-Mar
12.89	-0.6	Robyn Papier	WC	2h	East London	21-Mar
12.89	1.0	Marja-Lise Nel	FS	5	Pilditch Pretoria	04-Apr

nwi

12.51		Stoni Lawrence	GAU	1	Germiston	2-Mar
12.55		Esmarie Hougaard	GAU	2	Germiston	2-Mar
12.56		Taylor Underhay	GAU	3	Germiston	2-Mar

200 metres

24.57	-0.8	Cassidy Williamson	KZ	1	Pilditch Pretoria	04-Apr
24.83	-0.8	Stoni Lawrence	CG	2	Pilditch Pretoria	04-Apr
25.15	-0.8	Madia Ehlers	GN	3	Pilditch Pretoria	04-Apr
25.74	-1.7	Juan-Marie Vermeulen	NC	2h	East London	21-Mar
25.94	-1.9	Cindy von Ahlefeldt	GAU	2h	East London	21-Mar
25.99	-1.7	Taylor Underhay	GAU	3h	East London	21-Mar
26.03	-0.8	Carli Buys	FS	4	Pilditch Pretoria	04-Apr
26.33	-0.8	Khensani Matjeke	GN	5	Pilditch Pretoria	04-Apr
26.34	-0.8	Anja van Heerden	WP	6	Pilditch Pretoria	04-Apr
26.40	-0.8	Ud Edem	FS	7	Pilditch Pretoria	04-Apr

nwi

25.28		Esmarie Hougaard	GAU	1sf1	Germiston	2-Mar
25.39		Michaela Wright	GAU	1sf2	Germiston	2-Mar
25.40		Cindy von Ahlefeldt	GAU	2	Germiston	2-Mar
25.55		Louisa Stramrood	GAU	2sf1	Germiston	2-Mar
25.61		Taylor Underhay	GAU	3	Germiston	2-Mar

400 metres

56.08		Cindy von Ahlefeldt	CG	1	East London	21-Mar
56.38		Hesmarie Coetzee	FS	2	East London	21-Mar
57.20		Louisa Stramrood	GAU	2	Germiston	02-Mar
57.88		Cassidy Williamson	KZ	1	Durban	09-Mar
57.92		Sibongile Mejele	GAU	4	East London	21-Mar
58.50		Amore le Roux	GAU	4	Germiston	02-Mar
58.74		Luzandre van Zyl	CG	2	Pilditch	30-Jan
59.64		Jane Lambrecht	WC	6	East London	21-Mar
59.85		Khensani Matjeke	GN	2	ABSA Tuks Pretoria	15-Mar
59.96		Mieke Rall	NW	2h1	Pilditch Pretoria	04-Apr

800 metres

2:13.75		Sibongile Merina	CG	1	Pilditch Pretoria	04-Apr
2:15.33		Cecilia Stramrood	CG	2	Pilditch Pretoria	04-Apr
2:15.57		B. Themane	GAU	2	Germiston	02-Mar
2:15.80		Liza Kellerman	GAU	3	Germiston	02-Mar
2:16.10		Mahlogonolo Magoro	GAU	4	Germiston	02-Mar
2:16.25		Sibongile Mejele	GN	1h3	Pilditch Pretoria	04-Apr
2:16.80		Odette Dreyer	CN	1	Potchefstroom	09-Mar
2:17.10		Mare-Louisa Koegelenberg	WC	1	East London	21-Mar
2:17.35		Elke Roberts		2	University of Johannesburg	13-Feb
2:18.27		Tanita Sada	CN	3h3	Pilditch Pretoria	04-Apr

1500 metres

4:36.46		Cery-Lee Schoeman	GAU	1	East London	21-Mar
4:38.22		Nicole van der Merwe	GAU	2	East London	21-Mar
4:38.84		Sibongile Merina	CG	1	Germiston	02-Mar
4:40.26		Tshegofatso Sethlakgoe	GN	2	Germiston	02-Mar
4:40.85		Liza Kellerman	GAU	3	East London	21-Mar
4:42.09		Simone Weits	GAU	1	University of Johannesburg	13-Feb
4:42.28		Carla Venter	GN	1	Pilditch	22-Feb
4:45.91		Mahlogonolo Magoro	GN	2	ABSA Tuks Pretoria	15-Mar
4:48.40		Odette Dreyer	CN	1	University of Johannesburg	13-Feb
4:49.14		Cheri-Lee Schoeman	CG	3	University of Johannesburg	13-Feb

3000m

10:28.77		Tshegofatso Sethlakgoe	GN	1	ABSA Tuks Pretoria	15-Mar
10:30.73		Caelin van der Westhuizen	GN	2	ABSA Tuks Pretoria	15-Mar
10:37.00	h	Carla Venter	GN	2	Pilditch	22-Feb
10:50.40		Clairiece Slingers	BO	1	Paarl	01-Mar
10:50.65		Reene-Marie Luus	MP	3	Pilditch Pretoria	04-Apr
10:52.50	h	Anice le Roux	GN	3	Pilditch	22-Feb
11:05.51		Hlengiwe Zuma		06-04-98	Durban	15-Feb
11:08.06		Rachel Modise	GN	4	Pilditch Pretoria	04-Apr
11:09.16		Anja Wolstenholme	WP	1	Bellville	09-Mar
11:17.00	h	Carla Greeff	GN	3	Pilditch	22-Feb

90 metres hurdles

12.90	0.3	Thea Penberthy	CG	1	Pilditch Pretoria	04-Apr
13.18	0.3	Maryna van Wyk	FS	2	Pilditch Pretoria	04-Apr
13.19	-0.2	Mikayla du Toit	GAU	2	East London	21-Mar
13.38	0.3	Inge van der Merwe	MP	3	Pilditch Pretoria	04-Apr
13.40	0.3	Carien Pienaar	GN	4	Pilditch Pretoria	04-Apr
13.49	-0.1	Minneke van der Merwe	WC	3h	East London	21-Mar
13.65	0.2	Anja Kotze	FS	1	Bloemfontein	08-Mar

13.69	0.3	Carmen Cronje	MP	5	Pilditch Pretoria	04-Apr
13.71	-0.1	Chantelle Strauss	GAU	4h	East London	21-Mar
13.83	-0.4	Michelle Habig	FS	2	Bloemfontein	08-Mar
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13.14		Mikayla du Toit	GAU	2	Germiston	2-Mar
13.32		Chantelle Strauss	GN	1	ABSA Tuks Pretoria	15-Mar
13.61		Danielle Nel	GAU	1h2	Germiston	2-Mar

300 metres hurdles

43.70		Thea Penberthy	CG	1	Germiston	02-Mar
43.84		Hesmarie Coetzee	FS	1h	East London	21-Mar
44.10		Taylon Bieldt	GAU	1	Pilditch	30-Jan
44.11		Maryna van Wyk	FS	1	Pilditch Pretoria	04-Apr
44.40		Amore le Roux	GAU	2	Germiston	02-Mar
44.66		Reandi Niemand	GAU	3	Germiston	02-Mar
45.00		Lara Rabinowitz	KZ	2	Pilditch Pretoria	04-Apr
45.03		Alexa Haasbroek	WC	2	Potchefstroom	15-Feb
45.09		Mikayla du Toit	GAU	5	Germiston	02-Mar
45.25		Gretl Rens	MP	3	Pilditch Pretoria	04-Apr

High jump

1.77		Katelyn-Faye Rothballer	CG	1	Pilditch Pretoria	04-Apr
1.65		Mieke Pretorius	GN	q	East London	21-Mar
1.65		Marne Kriedeman	GAU	1	University of Johannesburg	13-Feb
1.63		Isabel Muller	FS	q	East London	21-Mar
1.62		Den-Marie Jacobs	BO	1	Paarl	01-Mar
1.60		Helen Wessels	FS	2	East London	21-Mar
1.60		Lizandre Pretorius	MP	5	East London	21-Mar
1.60		Deidre Barnard	NW	6	East London	21-Mar
1.60		Tanya Prinsloo	LIM	7	East London	21-Mar
1.60		Marike Coetzee	NW	q	East London	21-Mar
1.60		Nadine Manuels	WC	q	East London	21-Mar
1.60		Mahlatse Mthombeni	GAU	4	Germiston	02-Mar

Pole vault

3.00		Esli Lamley	FS	1	East London	21-Mar
2.90		Melissa van Aswegen	GN	1	ABSA Tuks Pretoria	15-Mar
2.90		Rozanne Compion	WP	1	Pilditch Pretoria	04-Apr
2.40		Megan Mare	GAU	3	East London	21-Mar
2.40		Paulin Marx	FS	4	East London	21-Mar
2.40		Lize Jacobs	FS	1	Bloemfontein	08-Mar
2.30		Minke Brits	GN	2	ABSA Tuks Pretoria	15-Mar
2.10		Corle van der Walt	FS	2	Bloemfontein	08-Mar
2.05		Caila O'Brien	BO	1	Stellenbosch	23-Feb
2.00		Nadja Fourie	FS	3	Bloemfontein	08-Mar

Long jump

5.71	-3.3	Somien Schutte	GN	06-08-98	1	ABSA Tuks Pretoria	09-Mar
5.35	0.0	Renate van Tonder	GN		2	Pilditch Pretoria	04-Apr
5.14	0.4	Megan Bogner	GN		3	ABSA Tuks Pretoria	15-Mar
5.36	0.1	Jone Kruger	CN		1	Pilditch Pretoria	04-Apr
5.34	0.0	Inge van der Merwe	MP		3	Pilditch Pretoria	04-Apr
nwi							
5.68		Somien Schutte	GN	06-08-98	1	Germiston	02-Mar
5.46		Subrina Schlesinger	GN		h	Germiston	22-Mar
5.41		Rudine Botha	CN		1	Potchefstroom	09-Mar
5.32		Elene Rudolph	BO		1	Paarl	01-Mar

5.28		Inge van der Merwe	MP		2	East London	21-Mar
5.37		Jone Kruger	CN		2	Potchefstroom	09-Mar
5.22		Megan Bogner	GN		1	University of Johannesburg	15-Feb
5.20		Gene Buns	CN		3	Potchefstroom	02-Mar
5.19		Louisa Stramrood	GAU		2	University of Johannesburg	15-Feb
5.19		Luzandre van Zyl	CG		1	Pilditch	30-Jan

Triple jump

12.13	-3.3	Somien Schutte	GN	06-08-98	1	East London	21-Mar
11.08	-0.1	Ambre Nakas	EP		2	Pilditch Pretoria	04-Apr
10.31	0.0	Marike Coetzee	CN		3	Pilditch Pretoria	04-Apr
10.13	0.6	Danielle Marais	SW		4	Pilditch Pretoria	04-Apr

nwi

12.05		Somien Schutte	GN	06-08-98	1	ABSA Tuks Pretoria	09-Mar
11.46		Anu Ongurombi	NW		2	East London	21-Mar
11.27		Ambre Nakas	EC		3	East London	21-Mar
11.07		Anu Ongurombi	CN		1	Potchefstroom	02-Mar
11.06		Nicola van der Walt	CN		2	Potchefstroom	02-Mar
10.93		Marike Coetzee	CN		3	Potchefstroom	02-Mar
10.60		Tanya Prinsloo	LIM		4	East London	21-Mar
10.57		Nicola van der Walt	NW		5	East London	21-Mar
10.48		Marike Coetzee	NW		6	East London	21-Mar
10.29		Danielle Marais	WC		7	East London	21-Mar
10.18		A. Janse van Rensburg	NW		8	East London	21-Mar
10.12		Amy Bruwer	BO		1	Stellenbosch	23-Feb

Shot

14.67		Angeline Smit	BO		1	East London	21-Mar
14.56		Yolandi Stander	GAU		1	Germiston	28-Feb
13.80		Anneke Kapp	EC		2	East London	21-Mar
13.72		Elzaan Carmen van Tonder	CG		2	Germiston	28-Feb
13.61		Sunette Luther	GAU		1	University of Johannesburg	13-Feb
12.61		Clarise de Klerk	CG		1	ABSA Tuks Pretoria	01-Feb
12.56		Mia Van Voudtshoorn	FS		4	Pilditch Pretoria	04-Apr
12.33		Jana Steinman	NW		1	Potchefstroom	09-Feb
12.17		Clarissa Steyn	GN		2	Pilditch	22-Feb
12.03		Adelle Boshoff	CG		1	University of Johannesburg	26-Jan

Discus

42.74		Yolandi Stander	GN		1	Germiston	02-Mar
40.50		Angeline Smit	BO		1	Paarl	01-Mar
39.58		Elzaan Carmen van Tonder	CG		1	Pilditch Pretoria	04-Apr
39.17		Marche Mare	GN		1	University of Johannesburg	13-Feb
39.12		Alicia van Staden			2	University of Johannesburg	13-Feb
37.29		Anneke Kapp	EC		3	Pilditch Pretoria	04-Apr
36.32		Cornelia Botha	NW		4	East London	21-Mar
35.90		M. Schoeman	CN		1	Potchefstroom	09-Mar
35.77		Adelle Boshoff	CG		5	Pilditch Pretoria	04-Apr
35.42		Carla Botha			1	University of Johannesburg	13-Feb

Hammer

51.50		Margaretha Cumming	EC		1	East London	21-Mar
45.58		Janeke Oelofse	EC		2	East London	21-Mar
44.59		Marina Greyling	FS		3	East London	21-Mar
44.40		Monique Vosloo	EC		2	Pilditch Pretoria	04-Apr
38.72		Adelle Boshoff	GAU		5	East London	21-Mar
38.12		Melindi de Beer	WC		6	East London	21-Mar

37.78	Lerissa Greyling	CN	5	Pilditch Pretoria	04-Apr
36.04	Fransune Flynn	CN	1	Potchefstroom	09-Mar
31.92	Mariska Pretorius	FS	2	Bloemfontein	08-Mar
31.75	Sarieske Coetzer	FS	7	East London	21-Mar

Javelin

43.08	Anneke Germishuys	WP	1	Pilditch Pretoria	04-Apr
42.62	Shania-Lee Swart	MP	2	Pilditch Pretoria	04-Apr
41.71	Ronelle Naude	GN	1	Germiston	02-Mar
40.80	Leandri Lamprecht	MP	1	East London	21-Mar
40.60	Carli Pretorius	GN	2	Pilditch	22-Feb
39.37	Tanisha Chowles	SW	q	Pilditch Pretoria	04-Apr
38.65	Zanele Xaba	GN	2	ABSA Tuks Pretoria	15-Mar
38.44	Angeline Smit	BO	1	Stellenbosch	23-Feb
38.36	Tinita van Dyk	GN	2	Germiston	02-Mar
38.30	Maggie le Roux	NW	q	Pilditch Pretoria	04-Apr

5km Walk

26:57.89	Mizan Viljoen	FS	1	Bloemfontein	08-Mar
27:34.24	Henriette Cronje	FS	1	East London	21-Mar
27:35.81	Noeline Rossouw	WC	2	East London	21-Mar
27:57.35	Carla van Lill	FS	3	East London	21-Mar
28:39.54	Ntombikayise Gala	KZ	1	Durban	09-Mar
29:20.56	Anette Koen	NW	1	Potchefstroom	09-Mar
29:26.29	Lorma janse van Rensburg	BO	2	Paarl	01-Mar
29:27.56	Hesmari Teubes	BO	3	Paarl	01-Mar
29:29.63	Chante Hoffeldt	WC	5	East London	21-Mar
29:44.39	Maxine Klinkenberg	GAU	7	East London	21-Mar