

2014 SA SENIOR (OPEN) TOP 10 LIST

MEN

100m

09.98	1.4	Simon Magakwe	ANWN	250585	1	Pretoria	11-Apr
10.02	1.4	Akani Simbine	AGN	210993	2	Pretoria	11-Apr
10.17	1.8	Henricho Bruintjies	AGN	160793	2s3	Pretoria	11-Apr
10.23	1.4	Emile Erasmus	AGN	30492	3	Pretoria	11-Apr
10.23	1.8	Gideon Trotter	AFS	30392	3s3	Pretoria	11-Apr
10.30	1.4	Thando Roto	AGN	260995	6	Pretoria	11-Apr
10.35	1.4	Lebakeng Sesele	AGN	50690	7	Pretoria	11-Apr
10.40	1.1	Tshegofatso Meshoe	ANWN		3s1	Pretoria	11-Apr
10.46	-0.6	Roscoe Engel	WPA	60389	2h2	Pretoria	11-Apr
10.46	1.1	Llewellyn Hein	AFS	140396	4s1	Pretoria	11-Apr

200m

20.19	1.2	Wayde van Niekerk	AFS	150792	4	Lausanne	3-Jul
20.37	0.5	Akani Simbine	AGN	210993	5	Glasgow	31-Jul
20.41	0.7	Ncincilili Titi	AGN	151293	1	Pretoria	11-Apr
20.52	0.9	Simon Magakwe	ANWN	250585	1s3	Pretoria	11-Apr
20.64	0.9	Roscoe Engel	WPA	60389	2s3	Pretoria	11-Apr
20.66	0.2	Henricho Bruintjies	AGN	160793	1	Dublin	11-Jul
20.70	1.9	Gideon Trotter	AFS	30392	2s2	Pretoria	11-Apr
20.71	0.2	Jon Seeliger	AGN	160596	2s1	Pretoria	25-Apr
20.73	0.7	Tshegfatso Meshoe	ANWN	250387	3	Pretoria	11-Apr
20.87	1.1	Emile Erasmus	AGN	30492	4	Pretoria	25-Apr

400m

44.38		Wayde van Niekerk	AFS	150792	2	New York	14-Jun
45.66		Shaun de Jager	BOLA	280691	1s1	Pretoria	25-Apr
45.97		Berend Koekemoer		120695	1	Potchefstroom	10-May
46.03		Willem de Beer	AGN	140388	3	Potchefstroom	9-May
46.28		Rodwell Ndlovu	WPA	40391	3	Pretoria	28-Apr

46.39	Jon Seeliger	AGN	160596	4	Pretoria, RSA	28-Apr
46.58	Ofentse Mogawane	AGN	200292	4	Rehlingen	9-Jun
46.77	Ranti Dikgale	AGN		2s3	Pretoria	11-Apr
46.81	André Olivier	ACNW	291289	5	Pretoria	28-Apr
46.89	Sonwabiso Skhosana	KZNA		5	Pretoria	11-Apr

800m

1:44.42	André Olivier	ACNW	291289	6	Paris	5-Jul
01:46.68	Rynardt van Rensburg	AFS	230392	2	Johannesburg	14-Apr
01:47.50	Jacob Rozani	ANWN	240184	1rA	Sasolburg	3-Apr
01:47.96	Jerry Motsau	ACNW	120390	2rA	Sasolburg	3-Apr
01:48.37	Koketso Ramasita	AGN	290292	2	Stellenbosch	4-Apr
01:48.38	William Mothosola	AMPU	310390	3rA	Sasolburg	3-Apr
01:48.71	Folavio Sehohle			4rA	Sasolburg	3-Apr
01:48.87	Stephen Mokoka	AGN	310185	5rA	Sasolburg	3-Apr
1:49.04	David Mokone		10291	2	Stanford	5-Apr
1:49.17	Hannes Naude	AFS	140390	4	Nivelles	28-Jun

1 500m

3:33.31	Johan Cronje	AFS	130482	10	Doha	9-May
3:36.74	Jerry Motsau	ACNW	120390	7	Rieti	7-Sep
03:42.68	Andre Olivier	ACNW	291289	1	Sasolburg	3-Apr
3:43.15	Mthobisi Baloyi	ACNW	260285	6	Bellinzona	3-Jun
03:44.20	Rantso Mokopane	ACNW	80894	3	Sasolburg	3-Apr
3:46.53	David Mokone		10291	7	Walnut	19-Apr
3:48.53	Folavio Sehohle	AMPU		2h1	Pretoria	11-Apr
3:48.78	Dumisane Hlaselo	AFS		3h1	Pretoria	11-Apr
3:48.91	Michael Pienaar		300595	3	Auburn	19-Apr
03:49.07	Moeketsie Tseiso	ACNW		4	Sasolburg	3-Apr

Mile

3:50.70	Johan Cronje	AFS	130482	9	Eugene	31-May
4:04.45	Peter van der Westhuizen	CGA	211284	1	Austin	29-Mar
4:05.55	Jerry Motsau	ACNW	120390	1	Port Elizabeth	21-Mar

4:05.60	Rynardt van Rensburg	AFS	230392	1	Pretoria	28-Apr
4:05.88	Motsau			2	Pretoria	28-Apr

3 000m

7:44.20	Elroy Gelant	ACNW	250886	8	Hengelo	8-Jun
8:16.73	Stephen Mokoka	AGN	310185	1	Sasolburg	3-Apr
8:19.45	Tumelo Motlagale	CGA	20286	2	Sasolburg	3-Apr
8:26.18	Vuyisile Tshoba	AGN	120291	3	Sasolburg	3-Apr
8:31.87	Sibusiso Madikizela	CGA	130691	4	Sasolburg	3-Apr
8:33.36	Precious Mashеле	AGN		5	Sasolburg	3-Apr
8:34.23	Benedict Moeng	AGN	250283	6	Sasolburg	3-Apr
8:40.69	Gladwin Mzazi	AGN	280888	7	Sasolburg	3-Apr
8:52.81	Collen Mulaudzi	USSA	80491	8	Sasolburg	3-Apr
8:56.73	Johardt van Heerden			9	Sasolburg	3-Apr

5 000m

13:26.53	Elroy Gelant	ACNW	250886	1	Oordegem	31-May
14:05.49	Gladwin Mzazi	AGN	280888	1	Pretoria	12-Apr
14:05.89	Kgosi Tsosane	AGN	150486	2	Pretoria	12-Apr
14:09.30	Rantso Mokopane	ACNW	80894	4	Szczecin	7-Jun
14:09.63	Stephen Mokoka	AGN	310185	1	Pretoria	25-Apr
14:15.29	Jeromy Andreas	CGA	280292	2	Stellenbosch	21-Apr
14:16.37	Mthobisi Baloyi	ACNW	260285	3	Saarijarvi	21-Jun
14:29.92	Bonginkosi Zwane	KZNA	280891	1	Durban	21-Mar
14:30.48	Dumisane Hlaselo	AFS	80689	3	Stellenbosch	21-Apr
14:33.93	Sikhumbuzo Seme	AGN		3	Pretoria	12-Apr

10 000m

29:40.33	Vuyisile Tshoba	AGN	120291	1	Pretoria	11-Apr
29:49.16	Lucas Jani	AGN	200484	2	Pretoria	11-Apr
29:52.72	Benedict Moeng	AGN	250283	3	Pretoria	11-Apr
30:04.81	Prince Jali	CGA	10589	4	Pretoria	11-Apr
30:07.27	Sikhumbuzo Seme	AGN		5	Pretoria	11-Apr
30:20.14	Unathi Nteta	WPA		1	Bellville	15-Mar

30:20.14		William Kaptein	BOLA	120692	1	Stellenbosch	4-Apr
30:24.14		Samuel Seagoaba	AFS	40683	6	Pretoria	11-Apr
30:24.17		Nkosinathi Sotyantya	WPA		2	Bellville	15-Mar
30:32.27		Luyando Qolo	BOLA	221288	2	Stellenbosch	4-Apr

3 000m steeplechase

8:45.12		Rantso Mokopane	ACNW	80894	6	Bydgoszcz	2-Jun
8:50.86		Emmanuel Mkhabela	AFS	190779	2	Pretoria	12-Apr
8:54.45		Sikhumbuzo Seme	AGN		3	Pretoria	12-Apr
9:00.30		Thabang Mojanaga	AFS		2	Stellenbosch	4-Apr
09:00.40		Tumelo Motlagale	CGA	20286	1	Potchefstroom	9-May
9:04.44		Derocious Makhobalo	CGA		4	Pretoria	12-Apr
9:05.03		Tumisang Monnatlala	CGA	310195	5	Pretoria	12-Apr
9:12.87		Godwin Swartz	WPA		3	Stellenbosch	4-Apr
9:13.74		Khotatso Mokone	AFS	180289	6	Pretoria	12-Apr
09:14.53		Lucas Bothobutle	ACNW	10191	3	Pretoria	25-Apr

110m hurdles

13.62	1.2	Ruan de Vries	AGN	10286	1	Pretoria	12-Apr
13.88	1.2	Antonio Alkana	WPA	120490	2	Pretoria	12-Apr
14.10	1.2	Andre Storm	ACNW	120788	3	Pretoria	12-Apr
14.12	1.0	Kobus Moolman	AGN	10891	1	Pretoria	25-Apr
14.13	1.2	Muntingh Hamman	AGN	70390	4	Pretoria	12-Apr
14.19	1.2	Werner Pretorius	AGN	260192	5	Pretoria	12-Apr
14.33	0.1	Willem Coertzen	ACNW	301282	2h2	Pretoria	25-Apr
14.69	0.8	Ngoma Zwelitsha			3h1	Pretoria	25-Apr
14.73	0.8	Andre September			4h1	Pretoria	25-Apr
14.75	1.4	Ian Schoonwinkel	ACNW		2	Port Elizabeth	21-Mar

400m hurdles

48.25		Cornel Fredericks	AGN	30390	1	Zurich	28-Aug
48.96		LJ van Zyl	AGN	160785	1rA	Sasolburg	3-Apr
49.54		Wouter le Roux	AGN	170186	5	Geneva	14-Jun

50.29	Le Roux Hamman	AGN	60192	3	Pretoria	12-Apr
50.71	Ruan Mentz	AGN	120195	3	Pretoria	25-Apr
51.30	Contant Pretorius		260194	6s3	Conway	11-May
51.33	Shami Eksteen	AFS		4h2	Potchefstroom	9-May
51.56	Lindsay Hanekom	WPA		3h2	Pretoria	11-Apr
51.81	Jesper Arts			5rA	Sasolburg	3-Apr
52.19	Muntingh Hamman	AGN		3h3	Pretoria	11-Apr

High jump

2.10	Tiaan Steenkamp	CGA	140396	8	Padova	6-Jul
2.10	Mpho Links	AGN		1	Pretoria	12-Apr
2.10	Garth Ellis	EPA	170292	3	Pretoria	12-Apr
2.10	Christo Krause	ACNW		1	Stellenbosch	4-Apr
2.08	Jva Steytler	AFS	80992	1	Pretoria	28-Apr
2.08	Ciaran Burks	AGN	231195	2	Pretoria	25-Apr
2.06	Clyde Ruiters	WPA	150194	2	Johannesburg	14-Apr
2.00	Keagan Fourie	BOLA	70991	5	Pretoria	12-Apr
2.00	Ntandazo Mtshengu	CGA		6	Pretoria	12-Apr
2.00	Fanie Geldenhuys	ACNW	70294	5	Stellenbosch	4-Apr
2.00	Calvin Maelangwie		30288	6	Pretoria	25-Apr

Pole vault

5.41	Cheyne Rahme	CGA	230191	1	Marrakech	13-Aug
5.30	Juan de Swardt	BOLA	311294	1	Pretoria	25-Apr
5.10	Migael Celliers	AGN	250493	2	Pretoria	11-Apr
5.10	Eben Beukes	CGA	90390	2	Pretoria	25-Apr
5.00	Ruan van Wyk	BOLA		4	Pretoria	11-Apr
4.90	Heinrich Smit	AGN	200287	5	Pretoria	11-Apr
4.60	Niel Giliomee	BOLA		7	Pretoria	11-Apr
4.60	Coleman Brits	AGN		5	Potchefstroom	9-May
4.55	Willem Coertzen	ACNW	301282	13	Naimette	16-Jul
4.40	Fredriech Pretorius		40895	6	Sasolburg	3-Apr
4.40	Samuel Pellissier			4	Pretoria	25-Apr
4.40	Pieter Brits		141075	6	Potchefstroom	9-May

Long jump

8.31	0.4	Zarck Visser	CGA	150989	1	Pretoria	11-Apr
8.19	-0.3	Khotso Mokoena	CGA	60385	1	Brussels	5-Sep
8.13	-1.2	Ruswahl Samaai	USSA	250991	1	Germiston	15-Mar
7.83	0.6	Roelf Pienaar		231293	1	Jonesboro	12-Apr
7.70	0.8	Duwayne Boer	AGN	60195	2	Pretoria	25-Apr
7.67	0.9	Dylon Cotter	CGA		3	Pretoria	11-Apr
7.52	0.4	Menzi Mthembu	CGA		4	Pretoria	25-Apr
7.27	1.6	Mpho Maphutha	AGN		1	Stellenbosch	4-Apr
7.22	0.2	Lezlo Bramwill	CGA		3	Stellenbosch	4-Apr
7.18	0.8	Garth Ellis	EPA		6	Pretoria	25-Apr
7.11	0.1	Thembelani Kojana	EPA		4r2	Pretoria	25-Apr

Triple Jump

17.35	0.2	Khotso Mokoena	CGA	60385	2	Marrakech	14-Sep
16.52	-0.9	Tumelo Thagane	ACNW	70384	2	Sasolburg	3-Apr
16.38	1.0	Boipelo Motlhathego	BOLA	271190	1	Pretoria	25-Apr
16.10	1.6	Ruswahl Samaai	USSA	250991	3	Pretoria	25-Apr
15.84	-0.8	Aphelele Rasmeni	CGA	150491	4	Pretoria	12-Apr
15.47	0.7	Neo Marie	CGA	50890	6	Pretoria	12-Apr
15.47	1.2	Duwayne Boer	AGN	60195	5	Pretoria	25-Apr
15.42	0.8	Jason Sewanyana	WPA		7	Pretoria	12-Apr
15.41	1.7	Teboho Molibeli	AFS		8	Pretoria	12-Apr
15.33	0.9	Reneilwe Aphane		240890	19q	Fayetteville	31-May

Shot put

20.63		Orazio Cremona	AGN	10789	1	Port Elizabeth	21-Mar
19.86		Jaco Engelbrecht	AGN	80387	1	Potchefstroom	9-May
17.63		Tumelo Thage	AGN		3	Pretoria	11-Apr
17.33		Johnny Botha	CGA	290993	2	Port Elizabeth	21-Mar
17.26		Christiaan Stebbing			3	Pretoria	25-Apr
17.15		Ryno van Winkel	AFS	220290	4	Pretoria	11-Apr
17.14		Nico Grobler	AGN	30988	5	Pretoria	11-Apr

16.42	Donovan Stebbing	CGA	20192	1	Stellenbosch	4-Apr
16.38	Donovan Snyman			6	Pretoria	25-Apr
16.11	Zane Weir	WPA		7	Pretoria	25-Apr

Discus throw

64.16	Victor Hogan	BOLA	250789	2q	Glasgow	30-Jul
62.15	Russel Tucker	AGN	41190	2	Marrakech	11-Aug
58.41	Jan-Louw Kotze		180394	1	Mobile	7-Mar
57.64	Dewald van Heerden	CGA		2	Potchefstroom	9-May
56.15	Orazio Cremona	AGN	10789	2	Pretoria	25-Apr
55.57	Gerhard de Beer		50794	15q	Fayetteville	31-May
53.96	Brynn-Peter Kemp	BOLA		4	Pretoria	12-Apr
53.66	Wynand Carstens	BOLA		1	Stellenbosch	4-Apr
52.43	Ruan Murray	ACNW	130691	3	Pretoria	28-Apr
51.49	James Sinclair	AGN		7	Pretoria	12-Apr

Hammer throw

73.90	Chris Harmse	AFS	310573	2	Marrakech	13-Aug
67.64	Renaldo Frechou		40392	7	Eugene	12-Jun
65.60	Tshepang Makhethe	AFS	190296	2	Pretoria	11-Apr
63.41	Kristiaan Bekker	CGA		3	Pretoria	11-Apr
62.92	Johan Kruger	BOLA		4	Pretoria	11-Apr
57.12	Juan Muller	ACNW		1	Johannesburg	14-Apr
56.78	Donovan Stebbing	CGA	10292	2	Johannesburg	14-Apr
55.70	Christiaan Stebbing			2	Potchefstroom	9-May
53.49	Stiaan Minnie			3	Johannesburg	14-Apr
53.46	Conray Flynn	AFS		3	Pretoria	25-Apr

Javelin throw

80.10	Rocco van Rooyen	WPA	231292	1	Bellville	29-Mar
79.57	Robert Oosthuizen	BOLA	230187	1	Pretoria	25-Apr
76.71	Tobie Holtzhausen	ACNW	250587	1	Pretoria	22-Feb
76.15	Philmar van Rensburg	AGN	230689	3	Pretoria	11-Apr
74.67	Chad Herman	AGN	250592	2	Pretoria	25-Apr

74.36	Van Rooyen									2	Stellenbosch	4-Apr
74.26	Pieter Kriel	ACNW				230195				1	Stellenbosch	5-Apr
73.26	Reinhardt van Zyl					70294				1	Manhattan	10-May
72.83	Stefan Beukes	ACNW								3	Stellenbosch	4-Apr
72.59	Stephen Klue	WPA								4	Pretoria	11-Apr
72.59	Leon Laubser	BOLA								5	Pretoria	11-Apr

Decathlon

8199	Willem Coertzen	ACNW				301282				1	Pretoria	12-Apr
			10.99/1.0	7.47/-0.9	14.11	2.00	49.65	14.38/-0.2	44.50	4.50	69.40	4:34.21
7730	Fredriech Pretorius	AGN				40895				1	Pretoria	16-Mar
			11.17/0.5	7.22/NWI	13.64	1.96	49.40	14.18/NWI	40.38	4.50	53.63	4:36.70

10 000m walk

44:50.66	Mthembu Chauque	AFS				110293				1	Stellenbosch	4-Apr
46:11.60	Mduduzi Mavundla	CGA								2	Stellenbosch	4-Apr
46:17.24	Moeketsi Mamarara	CGA								3	Stellenbosch	4-Apr
49:26.33	Nkosinathi Ncokazi	CGA								4	Stellenbosch	4-Apr
49:31.22	Sizwe Ndebele	KZNA								5	Stellenbosch	4-Apr

20km walk

1:24:09	Lebogang Shange	CGA				10890				4	Dudince	22-Mar
1:26:03	Wayne Snyman	AGN				80385				71	Taicang	4-May
1:26:19	Marc Mundell	AGN				70783				23	Lugano	16-Mar
1:32:36	Lewis Mojalefa	AGN								4	Pretoria	12-Apr
1:32:54	Sanele Mathonsi	CGA								5	Pretoria	12-Apr
1:35:18	Moeketsi Mamarara	CGA								6	Pretoria	12-Apr
1:39:08	Mtunsi Mnisi	CGA								7	Pretoria	12-Apr
1:39:25	Mthembu Chauque	AFS				110293				8	Pretoria	12-Apr
1:39:38	Molise Mojalefa	WPA								1	Bellville	15-Mar
1:40:60	Lindokuhle Ntombela	KZNA								9	Pretoria	12-Apr

50 km walk

4:02:19	Marc Mundell	AGN				70783				33	Taicang	3-May
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4x100m relay

38.35		South Africa			4	Glasgow	1-Aug
		Henrico Bruintjies, Simon Magakwe, Ncinci Titi, Akani Simbine					
39.50		University of Pretoria			1	Johannesburg	14-Apr
		Thando Roto, Henrico Bruintjies, Emile Erasmus, Akani Simbine					
40.46		Athletics Gauteng North			1	Pretoria	12-Apr
40.65		University of Johannesburg			2	Pretoria	28-Apr
		Obakend Moaka, Ruswahl Samaai, Quincy Vorster, Samkelo Sabelo					

4x400m Relay

3:07.91		Athletics Gauteng North			1	Pretoria	12-Apr
03:11.44		University of Pretoria			1	Pretoria	25-Apr
03:11.87		Stellenbosch University			2	Pretoria	25-Apr
03:12.53		North-West University			3	Pretoria	25-Apr
03:13.90		Tshwane University of Technology			4	Pretoria	25-Apr

WOMEN**100m**

11.17	1.0	Carina Horn	AGN	90389	1h1	St Polten	14-Jun
11.50	0.5	Melissa Hewitt	ACNW	190986	1	Pretoria	25-Apr
11.68	0.9	Samantha Pretorius	WPA	30292	1h2	Potchefstroom	9-May
11.70	2.0	Cherese Jones	AGN	51285	2s1	Pretoria	11-Apr
11.73	0.1	Tebogo Mamathu	AGN	270595	2	Johannesburg	14-Apr
11.77	2.0	Elzette Buys	AGN	221192	3s1	Pretoria	11-Apr
11.77	0.5	Nabeela Parker	BOLA	101294	2	Pretoria	25-Apr
11.81	2.0	Tamzin Thomas	WPA	61097	4s1	Pretoria	11-Apr
11.85	0.3	Bernice Roman	WPA	300790	1s1	Pretoria	25-Apr
11.91	-0.5	Simone du Plooy	AGN	140496	2h2	Pretoria	11-Apr

200m

23.02	1.3	Justine Palframan	BOLA	41193	1	Pretoria	25-Apr
23.19	1.3	Melissa Hewitt	ACNW	190986	2	Pretoria	25-Apr
23.52	1.2	Simone du Plooy	AGN	140496	3	Pretoria	11-Apr

23.70	-0.3	Arista Nienaber	ACNW	91287	1s3	Pretoria	25-Apr
23.97	1.2	Robyn Haupt	BOLA	40196	4	Pretoria	11-Apr
24.01	1.3	Bevin Smith	AFS	130791	1s2	Pretoria	25-Apr
24.02	1.2	Margaret Olwoch	AGN	30691	5	Pretoria	11-Apr
24.04	1.6	Sonja van der Merwe	WPA	190592	3h1	Pretoria	11-Apr
24.12	1.2	Welme van Zyl	AGN	151288	6	Pretoria	11-Apr
24.13	1.2	Elzette Buys	AGN	221192	7	Pretoria	11-Apr
24.13	1.3	Nabeela Parker	BOLA	101294	6	Pretoria	25-Apr

400m

52.48		Justine Palframan	BOLA	41193	1	Pretoria	11-Apr
52.53		Wenda Nel	AGN	300788	1	Potchefstroom	9-May
53.26		Arista Nienaber	ACNW	91287	2	Pretoria	11-Apr
53.52		Sonja van der Merwe	WPA	190592	3	Pretoria	11-Apr
53.68		Anneri Ebersohn	AGN	90890	2	Pretoria	25-Apr
54.78		Lydia Mashila			4	Sasolburg	3-Apr
55.12		Robyn Haupt	BOLA	40196	1h1	Pretoria	11-Apr
55.13		Mariska van Dyk	AGN		2h1	Pretoria	11-Apr
55.94		Chante Finger	AGN		5	Pretoria	11-Apr
56.09		Janet Seeliger	AGN	270495	4	Pretoria	25-Apr

800m

2:02.66		Caster Semenya	AGN	70191	10	Rome	5-Jun
2:03.30		Diana Lebo Phalula	CGA	91283	2	Pretoria	12-Apr
2:04.20		Mandie Brandt	BOLA	51182	2	Pretoria	12-Apr
02:04.58		Monique Stander	CGA	100395	1	Sasolburg	3-Apr
02:05.02		Lebogang Phalula	CGA	91283	1	Potchefstroom	9-May
2.05.52		Anuscha Nice	AGN	260891	3	Pretoria	12-Apr
02:06.03		Rone Reinecke			3	Sasolburg	3-Apr
02:06.44		Gena Lofstrand	KZNA	231095	4	Sasolburg	3-Apr
2.09.10		Thato Makhafola	CGA	100494	4	Pretoria	12-Apr
2:10.25		Lushano Smit	KZN		1	Stellenbosch	4-Apr

1 500m

4:14.33	Dominique Scott		240692	2rB	Stanford	4-May
4:20.42	Mapaseka Makhanya	CGA	90485	1	Pretoria	11-Apr
4:20.43	Diana Lebo Phalula	CGA	91283	2	Pretoria	11-Apr
4:23.83	Mamphielo Sibanda	CGA	50293	1	Stellenbosch	4-Apr
04:29.09	Stella Marais	AGN	251192	1	Stellenbosch	21-Apr
4:31.17	Lizerie Ferreira	CGA	280696	5	Pretoria	11-Apr
04:32.22	Thitshaamba Ravhandalala	AGN	311089	2	Stellenbosch	21-Apr
4:33.14	Lorraine Novela	CGA	50391	7	Pretoria	11-Apr
4:33.20	Glenrose Xaba	AMPU	311294	3	Stellenbosch	4-Apr
4:33.47	Carina Viljoen	CGA	150497	8	Pretoria	11-Apr
3 000m						
9:54.11	Stella Marais	AGN		1	Pretoria	28-Apr
9:55.59	Thembi Baloyi	AGN		2	Pretoria	28-Apr
10:05.21	Caroline Marandela	CGA		3	Pretoria	28-Apr
10:46.35	Amy Abrahams			4	Pretoria	28-Apr
11:07.36	Anneke Gildenhuis		10492	5	Pretoria	28-Apr
5 000m						
15:42.42	Dominique Scott		240692	10	Walnut	18-Apr
16:16.96	Diana Lebo Phalula	CGA	91283	1	Pretoria	11-Apr
16:44.17	Nolene Conrad	CGA		2	Pretoria	11-Apr
16:56.02	Letitia Saayman		281092	5rB	Raleigh	28-Mar
16:58.04	Thitshaamba Ravhandalala	AGN	311089	3	Pretoria	11-Apr
17:22.96	Thembi Baloyi	AGN	70187	5	Pretoria	11-Apr
17:26.17	Glenrose Xaba	AMPU	311294	1	Stellenbosch	4-Apr
17:28.94	Cornelia Joubert	CGA	220688	6	Pretoria	11-Apr
17:36.05	Caroline Marandela	CGA	300993	2	Pretoria	25-Apr
17:44.69	Nicole van der Merwe	CGA	281098	7	Pretoria	11-Apr
10 000m						
33:51.84	Dominique Scott		240692	2	Lexington	16-May
35:49.60	Cornelia Joubert	CGA	220688	1	Pretoria	12-Apr
37:26.20	Janet Dlamini	KZNA		1	Stellenbosch	3-Apr

37:52.82		Anna Moeketsi	AFS		2	Pretoria	12-Apr
37:55.07		Marli van Staden	AGN		2	Stellenbosch	3-Apr
38:08.44		Ebeth Marais			1	Pretoria	25-Apr
38:38.67		Janet Dlamini	KZNA		3	Pretoria	12-Apr
38:41.56		Slindile Chilli	KZNA		3	Stellenbosch	3-Apr
39:56.66		Vuyokazo Gene	AGN		5	Pretoria	12-Apr

3 000m steeplechase

10:29.94		Thembi Baloyi	AGN	70187	1	Pretoria	25-Apr
10:31.83		Caroline Marandela	CGA	300993	2	Pretoria	25-Apr
10:46.48		Jeanette Bokadie	CGA	21096	2	Pretoria	12-Apr
10:50.53		Thandeka Manzana	AGN	301195	4	Pretoria	12-Apr
11:10.23		Asleigh Schnetler	USSA	20691	3	Pretoria	25-Apr

100m hurdles

13.16	0.7	Rikenette Steenkamp	AGN	161092	5	Marrakech	14-Sep
13.49	1.4	Erika Kleynhans	AGN	160888	1h1	Pretoria	12-Apr
13.50	1.1	Claudia Viljoen	AGN	10589	2	Pretoria	12-Apr
13.64	1.1	Ansulet Potgieter	AFS	270491	4	Pretoria	12-Apr
13.72	1.1	Kayla Gilbert	CGA	50193	5	Pretoria	12-Apr
14.01	1.0	Jean Marie Senekal	BOLA	111292	2h1	Pretoria	25-Apr
14.07	0.1	Jeanelle Laubscher	AGN		5	Sasolburg	3-Apr
14.18	1.2	Maryke Brits		250294	6	Tallahassee	12-Apr
14.22	0.6	Lizzy Kriel	AFS		3	Pretoria	25-Apr
14.28	0.1	Mihandra Dorfling			6	Sasolburg	3-Apr

400m hurdles

54.82		Wenda Nel	AGN	300788	1	Marrakech	8-Jun
56.56		Anneri Ebersohn	AGN	90890	2	Geneva	14-Jun
58.05		Jean Marie Senekal	BOLA	111292	3	Pretoria	12-Apr
58.74		D'Jane Kriedemann	CGA	130896	4	Pretoria	12-Apr
60.12		Chanel Leuvenink	WPA		5	Pretoria	12-Apr
60.14		Chante Finger	AGN		2	Potchefstroom	9-May
60.17		Gezelle Magerman		210497	3	Potchefstroom	9-May

60.78		Helene Swanepoel	BOLA		6	Pretoria	12-Apr
61,87		Ilse Moolman	AGN		2	Stellenbosch	4-Apr

High jump

1.76		Julia du Plessis	CGA	270596	2	Celle Ligure	27-Jun
1.75		Bianca Erwee	ACNW	40390	1	Port Elizabeth	21-Mar
1.75		Merike Smuts	AGN	170190	1	Pretoria	25-Apr
1.70		June Roelofse	BOLA		1	Stellenbosch	4-Apr
1.65		Marcelle du Plessis	AGN	240993	2	Stellenbosch	4-Apr
1.65		Chanell Range	CGA		3	Stellenbosch	4-Apr
1.65		Erikah Siyama	USSA		4	Stellenbosch	4-Apr
1.60		Jeanri Janse van Rensburg			4	Port Elizabeth	21-Mar
1.60		Leone van Rooyen			5	Port Elizabeth	21-Mar
1.60		Morita Botha	EPA		5	Stellenbosch	21-Apr

Pole vault

3.90		Deoné Joubert	AGN	101287	1	Pretoria	11-Apr
3.80		Kaitlyn Sparks	BOLA		2	Pretoria	11-Apr
3.80		Jeannie van Dyk	AGN	220992	1	Pretoria	25-Apr
3.70		Mari-Leze Vos	AGN		2	Pretoria	25-Apr
3.60		Danielle Labuschagne	AGN		3	Pretoria	11-Apr
3.50		Jeannie van Wyk	EPA		1	Stellenbosch	4-Apr
3.40		Dominique Mann	KZNA	280685	5	Pretoria	11-Apr
3.40		Mariska Smit	BOLA		3	Pretoria	25-Apr

Long jump

6.47	-2.8	Carla Marais	AGN	101287	1	Pretoria	22-Feb
6.45	0.7	Lynique Prinsloo	AGN	300391	1	Pretoria	11-Apr
6.36	1.0	Samantha Pretorius	WPA	30292	1	Potchefstroom	9-May
6.16	0.5	Zinzi Chabangu	CGA	280996	4	Pretoria	11-Apr
6.15	-0.4	Patience Ntshingila	CGA	260889	1	Johannesburg	14-Apr
6.13	0.6	Bianca Erwee	ACNW	40390	1	Pretoria	25-Apr
6.12	0.0	Nicholeen McLaren	AMPU	100590	5	Pretoria	11-Apr
6.06	1.8	Birdie Carstens	BOLA	130592	6	Pretoria	11-Apr

5.91	0.0	Maryke Brits		250294	3	Tallahassee	9-May
5.83	0.3	Janet Seeliger	AGN	270495	4	Pretoria	25-Apr

Triple Jump

12.70	0.7	Matsi Dikotla	AGN	30987	3	Oordegem	5-Jul
12.54	1.1	Patience Ntshingila	CGA	260889	1	Pretoria	25-Apr
12.46	1.0	Zinzi Chabangu	CGA	280996	2	Pretoria	12-Apr
12.44	0.9	Michelle Cornelius	AGN	140989	3	Pretoria	12-Apr
12.23	0.5	Helga-Wendy Bensusan	CGA	281194	2	Pretoria	25-Apr
11.86	1.7	Nicole Dirk	WPA	281092	2	Port Elizabeth	21-Mar
11.86	1.8	Marlize Campher	AFS	20494	3	Stellenbosch	21-Apr
11.83	-1.26	Ciani Loubser	WPA	50893	1	Stellenbosch	4-Apr
11.80	1.7	Somien Schutte	AGN		6	Pretoria	12-Apr
11.64	1.6	Catherine Louber			6	Pretoria	25-Apr

Shot put

16.15		Lezaan Jordaan	CGA	171095	8	Eugene	25-Jul
15.91		Sonia Smuts	AGN	51091	2	Pretoria	12-Apr
15.80		Geraldine Duvenage	ACNW	170895	2	Pretoria	28-Apr
15.00		Ischke Senekal	EPA	80193	4	Johannesburg	14-Apr
14.22		Cecile Meyer	AFS	70694	4	Pretoria	12-Apr
14.10		Charlene Engelbrecht			6	Pretoria	25-Apr
13.90		Wanzel Breytenbach	AGN		5	Pretoria	12-Apr
13.28		Eunice Olevano	AFS		7	Pretoria	25-Apr
13.20		Sonnika Knoetze			3h2	Pretoria	25-Apr
13.07		Monique Wagner			2	Potchefstroom	9-May

Discus throw

57.64		Elizna Naude	AFS	140978	1	Sasolburg	3-Apr
56.95		Maryke Oberholzer	AGN	271189	1	Pretoria	12-Apr
53.04		Geraldine Duvenage	ACNW	170895	1	Stellenbosch	21-Apr
49.98		Charlene Engelbrecht			2	Stellenbosch	21-Apr
49.86		Ischke Senekal	EPA	80193	4	Pretoria	12-Apr
49.08		Leandri Geel	CGA	140797	5	Pretoria	12-Apr

48.35	Yolandi Stander	AGN	271198	3	Potchefstroom	9-May
46.67	Eunice Olevano	AFS	210292	2	Port Elizabeth	21-Mar
44.57	Bianca Conradie	KZNA	201296	7	Pretoria	12-Apr
44.18	Marga Vermaak	BOLA		2	Stellenbosch	4-Apr

Hammer throw

60.38	Annemie Smith		240392	3	Tempe	28-Mar
56.37	Nanette Stapelberg	ACNW	110790	1	Pretoria	25-Apr
55.92	Stefanie Greyling	AFS	250396	1	Potchefstroom	9-May
54.67	Karin le Roux	BOLA	260387	1	Pretoria	11-Apr
52.67	Nadia Botha		70891	2	Pretoria	25-Apr
51.33	Chene Coetzee	AGN	60994	2	Pretoria	28-Apr
51.29	Magdeleen Louw	EPA	40292	3	Pretoria	28-Apr
50.43	Mieke Stander		150195	3	Pretoria	25-Apr
48.12	Letitha Janse van Vuuren	AFS		6	Pretoria	11-Apr
46.86	Marne Minnaar	ACNW		3	Stellenbosch	4-Apr

Javelin throw

65.32	Sunette Viljoen	ACNW	60183	1	Marrakech	13-Aug
54.67	Megan Wilke	ACNW		2	Sasolburg	3-Apr
50.18	Sane van Zyl	ACNW	120895	2	Pretoria	25-Apr
48.79	Janike Kotze	ACNW		2	Potchefstroom	9-May
47.12	Zandri Bailey	BOLA		1	Stellenbosch	4-Apr
45.21	Carli Grobbelaar			4	Pretoria	25-Apr
44.73	Sonnika Knoetze		180887	6	Pretoria	25-Apr
43.21	Chelsea Boshoff			3	Pretoria	28-Apr
40.15	Marelize Kriel			7	Pretoria	25-Apr
39.68	Marilize van Zyl			4	Pretoria	28-Apr

Heptathlon

5086	Bianca Erwee	ACNW	40390	3	Marrakech	13-Aug
	14.77/-0.3 1.75 10.99 26.11/-0.1 5.43/1.5 37:35.77.21					

10 000m walk

48:30.68	Anel Oosthuizen	CGA	220495	1	Stellenbosch	3-Apr
55:32.99	Inge Kotze	BOLA		1	Stellenbosch	3-Apr
55:34.25	Zelda Schultz	KZN		2	Stellenbosch	3-Apr
56:10.00	Corli Swart	AGN	50391	2	Pretoria	25-Apr
58:41.07	Annette Koen			1	Potchefstroom	9-May

10km walk

48:59:00	Anel Oosthuizen	CGA	220495	21	Taicang	4-May
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20km walk

1:42:19	Corli Swart	AGN	50391	75	Taicang	3-May
1:42.40	Anel Oosthuizen	CGA	220495	1	Pretoria	12-Apr
1:52.30	Michelle Hopkins	CGA	91188	3	Pretoria	12-Apr
1:59.10	Zelda Schultz	KZNA		4	Pretoria	12-Apr
2:03.10	Sharon Fuchs	KZNA		5	Pretoria	12-Apr

4x100m relay

45.72	University of Pretoria			1	Port Elizabeth	21-Mar
	Rikenette Steenkamp, Tebogo Mamatu, Liezl Hechter, Elzette Buys					
46.41	Athletics Gauteng North			1	Pretoria	12-Apr
46.43	Stellenbosch University			2	Pretoria	28-Apr
	Jean Marie Senekal, Inari Basson, Nabeela Parker, Robyn Haupt					
46.78	North-West University			3	Pretoria	28-Apr
	Janine Faulha, Adri Van der Merwe, Carina Swiegers, Melissa Hewitt					

4x400m relay

3:42.31	Athletics Gauteng North			1	Pretoria	12-Apr
3:42.98	Boland Athletics			2	Pretoria	12-Apr
3.49.31	University of Pretoria			1	Pretoria	25-Apr
3.49.78	North-West University			2	Pretoria	25-Apr
3:50.87	Central Gauteng Athletics			4	Pretoria	12-Apr

