

# 2015 SA NATIONAL SENIOR (OPEN) TOP 10 LIST

COMPILED BY SAAS

## MEN

### 100m

9.97	0.0	Akani Simbine	210993	AGN	1	Gwangju, KOR	09-Jul
9.97	0.8	Henricho Bruintjies	160793	AGN	1h1	La Chaux-de-Fonds, SUI	05-Jul
9.99	-0.2	Simbine-2			1	Velenje, SLO	01-Jul
10.00	0.3	Simbine-3			1s2	Gwangju, KOR	09-Jul
10.02	0.9	Simbine-4			4s2	Beijing, CHN	23-Aug
10.06	1.5	Bruintjies-2			1	Prague, CZE	08-Jun
10.08	0.9	Simbine-5			6	Roma, ITA	04-Jun
10.13	1.5	Anaso Jobodwana	300792	EPA	2	Prague, CZE	08-Jun
10.20	1.5	Gift Leotlela	120598	AGN	1	Apia, SAM	07-Sep
10.24	0.5	Roscoe Engel	060389	WPA	1	Potchefstroom	08/09-May
<hr/>							
(5 athletes; 10 performances)							
10.27	0.9	Gideon Trotter	030392	AFS	2s3	Potchefstroom	08/09-May
10.33	0.5	Antonio Alkana	120490	WPA	2	Potchefstroom	08/09-May
10.41	0.4	Ncincilili Titi	151293	AGN	2h3	Greensboro NC, USA	17-May
10.45	-0.7	Emile Erasmus	030492	AGN	1h1	Pretoria	07-Mar
10.48	0.1	Llewellyn Kruger	080294	AGN	1	Bloemfontein	09 to 11-Apr
10.48	1.5	Kyle Appel	100598	WPA	6	Apia, SAM	07-Sep
10.49	0.0	Thando Roto	280995	AGN	1h3	Pretoria	13-Feb
10.49	0.9	Brent Stevens	270390	WPA	2	Potchefstroom	26-Mar
10.51	0.1	Lebogang Maloka	120396	AMPU	1	Bloemfontein	09 to 11-Apr
10.53	1.1	Lebakeng Sesele	101290	AGN	2	Letterkenny, IRL	10-Jul
10.53	1.5	Ntokoza Magubane	241295	KZNA	1	Durban	20/21-Mar
10.54	0.1	Jon Seeliger	270495	AGN	1h2	Pretoria	13-Feb

10.54	1.7	Lebogang Moeng	101089	ANWN	1h3	Pretoria	07-Mar
10.56	1.8	Chederick van Wyk	180295	ACNW	1	Potchefstroom	13-Mar
10.56	0.1	Eckhardt Rossouw	160696	AGN	2	Bloemfontein	09 to 11-Apr
10.56	-1.1	Clarence Munyai	200298	AGN	1h1	Pretoria	07-Mar
10.58	-0.1	Keanan Michau	170195	AGN	1h2	Bloemfontein	09 to 11-Apr
10.59	0.9	Samkelo Sabela	040495	CGA	4	Potchefstroom	26-Mar
10.59	0.5	Darren de Bruin	110696	CGA	1h2	Rustenburg	25 to 27-Mar
10.60	1.1	Hendrik Khumalo	230494	ACNW	1h4	Bloemfontein	09 to 11-Apr
10.60	1.1	Leon du Toit	090389	AGN	1h2	Pretoria	07-Mar

#### Wind assisted

10.06	2.6	Akani Simbine	210993	AGN	1h1	Pretoria	14-Mar
10.07	2.1	Henricho Bruintjies	160793	AGN	3h6	Beijing, CHN	22-Aug
10.09	2.7	Simbine-2			1	Karlstad, SWE	22-Jul
10.09	2.3	Bruintjies-2			1	Turku, FIN	25-Jun
10.12	5.1	Roscoe Engel	060389	WPA	2	Dakar, SEN	23-May

#### 200m

19.87	-0.1	Anaso Jobodwana	300792	EPA	3	Beijing, CHN	27-Aug
19.94	0.0	Wayde van Niekerk	150792	AFS	1B	Lucerne, SUI	14-Jul
20.01	0.8	Jobodwana-2			2s3	Beijing, CHN	26-Aug
20.04	0.9	Jobodwana-3			2	Eugene OR, USA	30-May
20.06	0.0	Jobodwana-4			1	George Town, CAY	16-May
20.12	0.5	Jobodwana-5			1	Lucerne, SUI	14-Jul
20.18	0.3	Jobodwana-6			2	Stockholm, SWE	30-Jul
20.20	-1.4	Jobodwana-7			3	London, GBR	24-Jul
20.21	0.0	Jobodwana-8			2	Lausanne, SUI	09-Jul
20.22	-0.4	Jobodwana-9			1h7	Beijing, CHN	25-Aug

(2 athletes; 10 performances)

20.23	-0.4	Akani Simbine	210993	AGN	4h5	Beijing, CHN	25-Aug
20.51	-0.3	Roscoe Engel	060389	WPA	1	Potchefstroom	08/09-May
20.57	-0.4	Kyle Appel	100598	WPA	2	Cali, COL	19-Jul
20.62	0.4	Henricho Bruintjies	060793	AGN	1	Bydgoszcz, POL	14-Jun

20.63	0.2	Gift Leotlela	120598	AGN	1	Pretoria	20/21-Mar
20.68	-2.5	Ncincilili Titi	151293	South Carolina	4	Gwangju, KOR	10-Jul
20.71	-0.1	LJ van Zyl	200785	AGN	2	Pretoria	20/21-Mar
20.71	-0.3	Antonio Alkana	120490	WPA	2s2	Potchefstroom	08/09-May
20.72	-0.1	Lebogang Moeng	101089	ANWN	3	Stellenbosch	18-Apr
20.77	0.2	Clarence Munyai	200298	AGN	2	Pretoria	20/21-Mar
20.82	0.7	Gideon Trotter	030392	AFS	2	Stellenbosch	24/25-Apr
20.83	0.6	Jon Seeliger	270495	AGN	1	Bloemfontein	09 to 11-Apr
20.84	0.7	Eckhardt Rossouw	160696	AGN	3	Stellenbosch	24/25-Apr
20.98	0.0	Luxolo Adams	010896	EPA	1	Bloemfontein	09 to 11-Apr
20.99	1.3	Lebogang Maloka	120396	AMPU	1	Rustenburg	25 to 27-Mar
21.07	0.7	Hendrik Maartens	240596	AFS	4	Stellenbosch	24/25-Apr
21.08	-0.4	Emile Erasmus	030492	AGN	1s3	Potchefstroom	08/09-May
21.13	-0.4	Christian Lubbe	050594	AGN	2s3	Potchefstroom	08/09-May
21.16	0.9	Malesela Senona	070399	AGN	1	Rustenburg	25 to 27-Mar
21.19	-0.5	Paul Maluleke	050495	ANWN	1h4	Rustenburg	25 to 27-Mar

#### Wind assisted

19.87	4.5	Anaso Jobodwana	300792	EPA	1	Austin TX, USA	28-Mar
20.35	2.1	Akani Simbine	210993	AGN	1h1	Pretoria	14-Mar
20.64	2.2	Simbine-2			1	Karlstad, SWE	22-Jul
20.65	2.3	Legogang Moeng	101089	ANWN	1h3	Pretoria	28-Feb
20.65	2.3	Ncincilili Titi	151293	AGN	2	Greensboro NC, USA	17-May

#### 400m

43.48		Wayde van Niekerk	150792	AFS	1	Beijing, CHN	26-Aug
43.96		Van Niekerk-2			1	Saint-Denis, FRA	04-Jul
44.24		Van Niekerk-3			1	New York NY, USA	13-Jun
44.31		Van Niekerk-4			1s3	Beijing, CHN	24-Aug
44.35		Van Niekerk-5			3	Zürich, SUI	03-Sep
44.42		Van Niekerk-6			1h6	Beijing, CHN	23-Aug
44.63		Van Niekerk-7			1	London, GBR	25-Jul
44.91		Van Niekerk-8			1	Stellenbosch	18-Apr

45.42	Berend Koekemoer	120695	EPA	1	Potchefstroom	08/09-May
45.51	Ofentse Mogawane	200282	AGN	2	Potchefstroom	08/09-May
_____ (3 athletes; 10 performances)						
45.85	Jon Seeliger	270495	AGN	2	Stellenbosch	18-Apr
45.91	Thapelo Phora	211191	AGN	3	Potchefstroom	08/09-May
46.03	Shaun de Jager	280691	BOLA	4	Potchefstroom	08/09-May
46.16	Andrew Barnes	300988	KZNA	1	Durban	20/21-Mar
46.23	LJ van Zyl	200785	AGN	1h1	Pretoria	13-Feb
46.32	Ranti Dikgale	120787	AGN	5	Potchefstroom	08/09-May
46.32	Rodwell Ndlovu	040391	WPA	2	Stellenbosch	24/25-Apr
46.37	Luxolo Adams	010896	EPA	1	Bloemfontein	09 to 11-Apr
46.44	Pieter Conradie	201094	ACNW	2	Mannheim, GER	15-Jul
46.70	Ashley Hlungwani	250491	AGN	2	Pretoria	20/21-Mar
46.74	Lebogang Moeng	101089	ANWN	4	Potchefstroom	10-Mar
46.90	Christiaan Lubbe	050594	AGN	7	Potchefstroom	08/09-May
46.91	Quintin Norris	060392	CGA	1h6	Potchefstroom	08/09-May
46.96	Andre Olivier	291289	ACNW	1B	Sasolburg	19-Mar
46.98	Wouter le Roux	170186	AGN	3h1	Pretoria	13-Feb
47.01	Juan van der Walt		AGN	2h1	Pretoria	28-Feb
47.30	Sonwabiso Skhosana	040795	KZNA	2	Fayetteville AR, USA	28-Mar
47.31	Lesedi Mokgobinyane	250293	ACNW	5	Potchefstroom	10-Mar
47.43	Niki Marich	120398	CGA	1	Bloemfontein	09 to 11-Apr
47.49	Theuns Ehlers	031298	AGN	1	Rustenburg	25 to 27-Mar

### 800m

1:45.40	Rynardt van Rensburg	230392	AFS	2	Velenje, SLO	01-Jul
1:45.73	Andre Olivier	291289	ACNW	3	Hengelo, NED	24-May
1:46.02	Olivier-2			1	Stellenbosch	18-Apr
1:46.10	Olivier-3			7	Eugene OR, USA	30-May
1:46.72	Van Rensburg-2			1s3	Stellenbosch	18-Apr
1:46.78	Van Rensburg-3			2	Bilboa, ESP	20-Jun
1:46.82	Van Rensburg-4			3	Sopot, POL	27-Jun
1:46.91	Jacob Rozani	240188	ANWN	1	Potchefstroom	08/09-May

1:46.95	Van Rensburg-5			1	Cape Town	23-May
1:46.97	Van Rensburg-6			2	Stellenbosch	18-Apr

(3 athletes; 10 performances)

1:47.20	Henco Uys	060492	ACNW	1	Mannheim, GER	15-Jul
1:47.31	Duran Faro	050294	WPA	6	Mannheim, GER	15-Jul
1:48.02	Hannes Naude	120390	AFS	4	Oslo, NOR	11-Jun
1:48.59	Johan Cronje	130482	AFS	9	Liege, BEL	15-Jul
1:48.79	Kabelo Mohlosi	200193	ANWN	3	Potchefstroom	08/09-May
1:49.08	Koketso Ramasita	290292	AGN	1s1	Stellenbosch	18-Apr
1:49.32	Theuns Ehlers	031298				
1:49.57	Pieter Conradie	201094	ACNW	2	Bloemfontein	09 to 11-Apr
1:49.57	Tiaan Basson	140493	AMPU	1A	Sasolburg	19-Mar
1:49.84	Jabolani Ncamane	070694	AFS	6	Potchefstroom	08/09-May
1:49.89	Theodore Nothling	090993	AGN	4s3	Stellenbosch	18-Apr
1:50.06	Yster Louw	250897	CGA	1	Rustenburg	25 to 27-Mar
1:50.15	Thato Masimini	190496	CGA	2	Rustenburg	25 to 27-Mar
1:50.29	Emile Pieterse	010293	ACNW	8	Potchefstroom	08/09-May
1:50.29	William Mothosola	310390	AMPU	3s2	Stellenbosch	18-Apr
1:50.30	Heinrich Herbst	210297	CGA	3	Rustenburg	25 to 27-Mar
1:50.36	Linda Mhlongo	171192	KZNA	3	Pretoria	28-Feb
1:50.38	Jerry Motsau	120390	ACNW	2	Saarijärvi, FIN	21-Jun
1:50.46	Solomon Botlholo	190294	CGA	3	Bloemfontein	09 to 11-Apr
1:50.68	Stephen Mokoka	310185	AGN	3h1	Pretoria	04-Mar

### Indoor

1:46.04	Andre Olivier	291289	ACNW	4	Stockholm, SWE	19-Feb
1:46.25	Olivier-2			2	Birmingham, GBR	21-Feb

### 1 500m

3:36.34	Johan Cronje	130482	AFS	7	Hengelo, NED	24-May
3:36.59	Cronje-2			8s2	Beijing, CHN	28-Aug
3:36.68	Cronje-3			9	Heusden, BEL	18-Jul
3:36.36	Dumisane Hlaselo	080689	CGA	6	Tomblaine FRA	01-Jul

3:37.93	Cronje-4			1	Stellenbosch	18-Apr
3:37.97	Elroy Gelant	250886	ACNW	8	Hengelo, NED	24-May
3:38.38	Hlaselo-2			2	Stellenbosch	18-Apr
3:38.98	Cronje-5			6rB	Rabat, MAR	14-Jun
3:39.10	Jerry Motsau	120390	ACNW	6	Sopot, POL	27-Jun
3:39.15	Motsau-2			3	Turku, FIN	25-Jun

(4 athletes; 10 performances)

3:39.88	Andre Olivier	291289	ACNW	1	Stellenbosch	24/25-Apr
3:40.69	Amos Nyongo	050786	EPA	4	Stellenbosch	18-Apr
3:41.73	Folavio Sehohle	141090	CGA	5	Stellenbosch	18-Apr
3:42.76	Samuel Mathabata	020893	CGA	6	Stellenbosch	18-Apr
3:42.93	Pharson Magagane	060486	CGA	2	Stellenbosch	24/25-Apr
3:43.77	Armin Botha	080992	ACNW	9	Regensburg, GER	06-Jun
3:44.90	Rantso Mokopane	080894	ACNW	2	Potchefstroom	08/09-May
3:46.35	Marco Bucarizza	221288	CGA	8	Stellenbosch	18-Apr
3:46.57	Anthony Timoteus	270595	WPA	4	Stellenbosch	24/25-Apr
3:46.80	Stephen Mokoka	010485	AGN	1	Pretoria	20/21-Mar
3:47.38	Bruce-Lynn Damons	200696	WPA	10	Stellenbosch	18-Apr
3:47.62	Tumisang Monnatlala	310195	CGA	3	Sasolburg	19-Mar
3:47.66	Kgosi Tsosane	150486	AGN	1	Pretoria	07-Mar
3:48.38	Jonathan Bredenkamp	250493	AGN	5	Stellenbosch	24/25-Apr
3:48.80	Rynardt van Rensburg	230392	AFS	2	Bloemfontein	7-Mar
3:48.82	Dikotsi Lekopa	070788	ACNW	3	Metuji, CZA	25-Jul
3:49.03	Henco Uys	040692	ACNW	6	Stellenbosch	24/25-Apr
3:49.15	Clinton Swanepoel	120489	CGA	3	Pretoria	07-Mar
3:49.39	Emiele Paulsen	210394	WPA	7	Stellenbosch	24/25-Apr
3:49.81	Nkosinathi Sibiya	010194	KZNA	2	Durban	20/21-Mar

### Mile

3:53.02	Johan Cronje	130482	AFS	8	Eugene OR, USA	30-May
3:58.80	Cronje-2			10	Oslo, NOR	11-Jun
4:09.21	Rynardt van Rensburg	230392	AFS	1	Stellenbosch	20-Apr
4:09.69	Rantso Mokopane	080894	ACNW	2	Stellenbosch	20-Apr

4:10.64	Anthony Timoteus	270595	WPA	3	Stellenbosch	20-Apr
---------	------------------	--------	-----	---	--------------	--------

### 3 000m

7:47.35	Elroy Gelant	250886	ACNW	11	London, GBR	24-Jul
8:05.21	Jerry Motsau	120390	ACNW	1	Sasolburg	19-Mar
8:05.66	Sibusiso Nzima	231186	CGA	2	Sasolburg	19-Mar
8:12.42	Dikotsi Lekopa	070788	ACNW	9	Bellinzona, SUI	21-Jul
8:13.15	Mthobisi Baloyi	140595	ACNW	3	Sasolburg	19-Mar
8:13.45	Lucas Bothobutle	010191	ACNW	1	Mannheim, GER	15-Jul
8:15.18	David Manja	080691	ACNW	2	Potchefstroom	18-Feb
8:16.90	Tumelo Motlagale	020286	CGA	4	Sasolburg	19-Mar
8:18.23	Joel Mmone	230391	ACNW	3	Potchefstroom	18-Feb
8:20.15	Thabang Mosiako	230295	ACNW	5	Potchefstroom	18-Feb
8:21.80	Omphile Motlagale		ACNW	6	Potchefstroom	18-Feb
8:22.69	Rantso Mokopane	080894	ACNW	1	Potchefstroom	26-Mar
8:23.49	Anthony Timoteus	270595	WPA	2	Potchefstroom	26-Mar
8:23.53	Thabang Monyanga		ACNW	7	Potchefstroom	18-Feb
8:23.90	Sibusiso Madikizela	130691	BOLA	1	Stellenbosch	25-Feb

### Indoor

7:52.33	Johan Cronje	130482	AFS	5	Karlsruhe, GER	31 Jan
7:59.69	Cronje-2			5	Düsseldorf, GER	29 Jan

### 5 000m

13:11.44	Stephen Mokoka	010485	AGN	1	Stellenbosch	18-Apr
13:20.22	Mokoka-2			3	Birmingham, GBR	07-Jun
13:25.03	Mokoka-3			6	Brazzaville, CGO	17-Sep
13:28.69	Elroy Gelant	250886	ACNW	4	Ostrava, CZE	26-May
13:40.97	Gladwin Mzazi	280888	AGN	2	Stellenbosch	18-Apr
13:41.91	Sibusiso Nzima	231186	CGA	3	Stellenbosch	18-Apr
13:43.00	Samuel Matsepe	040683	AFS	4	Stellenbosch	18-Apr
13:49.57	Mzazi-2			1	Stellenbosch	24/25-Apr
13:51.78	Mzazi-3			1	Cape Town	23-May

13:54.48	Gelant-2			6	Bottrop, GER	21-Jun
<hr/>						
	(5 athletes; 10 performances)					
13:54.93	Philani Buthelezi	170789	BOLA	2	Cape Town	23-May
14:12.66	Sibusiso Madikizela	130691	WPA	4	Cape Town	23-May
14:13.73	Marko Bucarizza	221288	CGA	5	Cape Town	23-May
14:17.05	Rantso Mokopane	080894	ACNW	2	Stellenbosch	24/25-Apr
14:17.25	Anthony Timoteus	270595	WPA	6	Cape Town	23-May
14:21.75	Precious Mashele	131090	AGN	2	Pretoria	04-Mar
14:23.97	Thato Molatedi	101291	CGA	5	Stellenbosch	18-Apr
14:26.15	Bonginkosi Zwane	280891	KZNA	1	Durban	20/21-Mar
14:27.22	Tumisang Monnatlala	310195	CGA	7	Stellenbosch	18-Apr
14:31.21	Lucas Bothobutle	010191	ACNW	4	Stellenbosch	24/25-Apr
14:32.46	Kgosi Tsosane	150486	AGN	1	Pretoria	14-Mar
14:32.70	Lukhanyo Nobakada		BOLA	2	Stellenbosch	13-Feb
14:33.00	Joel Mmone	230391	ACNW	1	Potchefstroom	10-Feb
14:34.73	Duncan Mulaudzi	290692	CGA	8	Stellenbosch	18-Apr
14:34.81	Tumelo Motlagale	120286	CGA	10	Stellenbosch	18-Apr
14:34.81	Zolani Ngqqaqa	030189	EPA	9	Stellenbosch	18-Apr
14:35.17	Sipho Mbanjwa	010994	KZNA	3	Durban	20/21-Mar
14:35.41	Nkosinathi Madyo	200188	WPA	7	Cape Town	23-May
14:36.07	Ipeleng Mosiako	260795	AFS	4	Durban	20/21-Mar
14:36.07	Tsepang Selepe	270394	KZNA	5	Durban	20/21-Mar
<b>10 000m</b>						
27:43.73	Stephen Mokoka	010485	AGN	14	Eugene OR, USA	29-May
27:56.20	Mokoka-2			1	Stellenbosch	24/25-Apr
27:56.90	Gladwin Mzazi	280888	AGN	2	Stellenbosch	24/25-Apr
28:15.56	Mokoka-3			1	Stellenbosch	17-Apr
28:37.68	Elroy Gelant	250886	ACNW	1	Potchefstroom	13-Mar
28:47.40	Mokoka-4			20	Beijing, CHN	22-Aug
28:48.38	Mzazi-2			8	Leiden, NED	13-Jun
28:49.99	Sibusiso Nzima	231186	CGA	2	Stellenbosch	17-Apr
29:06.38	Precious Mashele	131090	AGN	3	Stellenbosch	17-Apr



29:26.65	Kgosi Tsosane	150486	AGN	4	Stellenbosch	17-Apr
<hr/>						
(6 athletes; 10 performances)						
30:01.26	Xolisani Zamkele	120986	ATRA	5	Stellenbosch	17-Apr
30:02.12	Xolisa Tyali	021288	CGA	6	Stellenbosch	17-Apr
30:05.20	Zolani Ngqqaqa	030189	EPA	3	Stellenbosch	24/25-Apr
30:06.48	David Manja	080691	ACNW	2	Potchefstroom	13-Mar
30:17.90	Mariano Eesou	070291	EPA	4	Stellenbosch	24/25-Apr
30:24.76	Samuel Matsepe	040683	AFS	1	Bloemfontein	7-Mar
30:32.38	Jerry Motsau	120390	ACNW	3	Potchefstroom	13-Mar
30:33.00	Lucas Jani	200484	AGN	2	Pretoria	20/21-Mar
30:35.86	Thabang Mosiako	230295	ACNW	4	Potchefstroom	13-Mar
30:38.16	Philani Buthelezi	070789	KZNA	7	Stellenbosch	17-Apr
30:42.48	Derocious Makhobalo	160688	CGA	8	Stellenbosch	17-Apr
30:44.49	Nkosinathi Sotyantya	020593	WPA	9	Stellenbosch	17-Apr
30:47.42	Coolboy Ngamole	210677	ACNW	5	Potchefstroom	13-Mar
30:50.40	Vuyisile Tshoba	120291	AGN	3	Pretoria	20/21-Mar
30:51.10	Prince Jali	010589	CGA	3	Germiston	28-Mar
30:52.90	Sikhumbuzo Seme	140385	AGN	4	Pretoria	20/21-Mar
31:04.95	Angelo Booysen		BOLA	1	Stellenbosch	20/21-Mar
31:05.21	Khaya Buthele	180592	ATRA	10	Stellenbosch	17-Apr
31:05.93	Justin Fritz	161093	BOLA	2	Stellenbosch	20/21-Mar
31:07.17	Kgosi Tsosane	150486	AGN	1	Pretoria	07-Mar

### 3 000m steeplechase

8:32.17	Dikotsi Lekopa	070788	ACNW	1	Stellenbosch	18-Apr
8:32.21	Lekopa-2			1	Copenhagen, DEN	05-Aug
8:33.02	Tumisang Monnatlala	310195	CGA	2	Stellenbosch	18-Apr
8:37.33	Tumelo Motlagale	120286	CGA	3	Stellenbosch	18-Apr
8:37.43	Lekopa-3			6h2	Beijing, CHN	22-Aug
8:37.51	Ikageng Gaorekwe	190797	CGA	4	Stellenbosch	18-Apr
8:48.05	Lekopa-4			1	Tábor, CZE	28-Jul
8:50.57	Lekopa-5			1	Mauritius, MRI	12-Jun
8:51.56	Monnatlala-2			2	Mauritius, MRI	12-Jun

8:53.17		Amos Nyongo	050786	EPA	1	Stellenbosch	24/25-Apr
<hr/>							
(5 athletes; 10 performances)							
8:54.71		Lucas Bothobutle	010191	ACNW	2	Stellenbosch	24/25-Apr
8:56.40		Merlin Klaaste	081292	WPA	3	Stellenbosch	24/25-Apr
9:04.16		Simon Mokonyama	161092	AGN	7	Stellenbosch	18-Apr
9:06.09		Khothatso Mokone	180289	AFS	1	Bloemfontein	7-Mar
9:06.70		Sikhumbuzo Seme	140385	AGN	1	Pretoria	20/21-Mar
9:08.76		Ruben Ramolefi	170778	CGA	8	Stellenbosch	18-Apr
9:11.78		Sprinkaan Simons	090490	AFS	2	Bloemfontein	7-Mar
9:13.67		Rantso Mokopane	080894	ACNW	2	Potchefstroom	08/09-May
9:17.60		Tumisang Siyabonga	130795	AGN	3	Pretoria	20/21-Mar
9:18.18		Thabo Thoahlane		AFS	2	Rustenburg	25 to 27-Mar
9:19.42		Jacob Malefo	050492	CGA	5	Stellenbosch	24/25-Apr
9:20.01		Ramakhobtle Tsole		AFS	3	Rustenburg	25 to 27-Mar
9:20.59		Lloyd Bosman	250288	SWD	10	Stellenbosch	18-Apr
9:21.23		Andrico Williams	191295	AFS	3	Bloemfontein	7-Mar
9:23.51		Neo Segopolo		AFS	4	Rustenburg	25 to 27-Mar
9:28.70		Creel Chavalala	081293	CGA	12	Stellenbosch	18-Apr
9:29.38		Thabang Mojanaga	090593	AFS	4	Bloemfontein	7-Mar
9:29.52		Siboniso Soldaka	201290	WPA	13	Stellenbosch	18-Apr
9:30.71		Thapelo Modula	150296	AFS	1	Bloemfontein	7-Mar
9:31.24		Armin Fillies		AFS	5	Rustenburg	25 to 27-Mar

### 110m hurdles

13.32	0.5	Antonio Alkana	120490	AGN	1	Brazzaville, CGO	14-Sep
13.47	-0.3	Alkana-2			3	Turku, FIN	25-Jun
13.50	0.4	Alkana-3			1	Germiston	16-May
13.50	1.1	Alkana-4			1	Hérouville, FRA	18-Jun
13.54	0.4	Alkana-5			1	Stellenbosch	18-Apr
13.57	1.1	Alkana-6			1h2	Hérouville, FRA	18-Jun
13.57	0.4	Tshepo Lefete	200292	AGN	2	Germiston	16-May
13.58	-0.6	Alkana-7			2	Sopot, POL	27-Jun
13.60	-0.3	Alkana-8			1h2	Brazzaville, CGO	13-Sep

13.60	0.3	Alkana-9			1	Potchefstroom	08/09-May
13.60	0.3	Ruan de Vries	010286	AGN	2	Potchefstroom	08/09-May
_____ (3 athletes; 11 performances)							
14.04	0.4	Muntingh Hamman	070390	AGN	4	Germiston	16-May
14.16	-0.3	Kobus Moolman	080191	AGN	1	Pretoria	7-Feb
14.21	-1.5	Junior Mkatini	040190	CGA	1	Stellenbosch	24/25-Apr
14.28	0.0	Tshepo Mampuru		BOLA	1	Bloemfontein	09 to 11-Apr
14.43	-0.3	Willem Coertzen	301282	ACNW	3h2	Stellenbosch	24/25-Apr
14.55	0.0	Shaun Bownes	241070	ACNW	4h1	Potchefstroom	08/09-May
14.55	1.1	Andre Storm	120788	ACNW	1	Potchefstroom	13-Mar
14.61	-0.6	Fredriech Pretorius	040895	AGN	3h1	Stellenbosch	18-Apr
14.65	0.0	Tshepo Nyathi	080194	AGN	3	Potchefstroom	26-Mar
14.68	0.0	Bongo Mankayi	030595	EPA	2	Bloemfontein	09 to 11-Apr
14.71	-0.2	Theodore Young		ACNW	2	Potchefstroom	18-Feb
14.77	0.1	Zwelitsha Ngoma	170695	CGA	3h1	Stellenbosch	24/25-Apr
14.87	0.0	Ryno Steyn	230495	AFS	4	Potchefstroom	26-Mar
14.89	0.0	Andre September	050793	WPA	5	Potchefstroom	26-Mar
14.96	0.0	Cobus Hamman	130495	AFS	4	Bloemfontein	09 to 11-Apr
15.03	0.0	Lee van den Berg	260894	ACNW	5	Bloemfontein	09 to 11-Apr
15.22	-0.3	Leighton Payle	190594	WPA	5h2	Stellenbosch	24/25-Apr
15.24	1.1	WP Swart		ACNW	3	Potchefstroom	13-Mar
15.29	0.0	Rendani Ndouvhada		LIMA	5h1	Potchefstroom	08/09-May

#### Wind assisted

13.42	3.1	Antonio Alkana	120490	WPA	1	Prague, CZE	08-Jun
13.57	2.8	Ruan de Vries	010286	AGN	1	Pretoria	20/21-Mar

#### 400m hurdles

48.78		LJ van Zyl	200785	AGN	2	New York NY, USA	13-Jun
48.88		Van Zyl-2			5	Monaco, MON	17-Jul
48.89		Van Zyl-3			6s2	Beijing, CHN	23-Aug
48.92		Van Zyl-4			2	Lausanne, SUI	09-Jul
49.12		Van Zyl-5			4h2	Beijing, CHN	22-Aug

49.26	Van Zyl-6			1	Sasolburg	19-Mar
49.27	Van Zyl-7			2	London, GBR	25-Jul
49.29	Van Zyl-8			1	Stellenbosch	18-Apr
49.42	Van Zyl-9			1h1	Pretoria	07-Mar
49.50	Van Zyl-10			2	Prague, CZE	08-Jun
49.50	Cornel Fredericks	030390	AGN	4	Madrid, ESP	11-Jul
<hr/>						
(2 athletes; 11 performances)						
49.87	Wouter le Roux	170186	AGN	2h1	Pretoria	07-Mar
50.00	Lindsay Hanekom	130593	AGN	1	Stellenbosch	24/25-Apr
50.08	Le Roux Hamman	110692	AGN	2	Stellenbosch	24/25-Apr
50.14	Hardus Maritz	201290	ACNW	3	Potchefstroom	08/09-May
50.17	PC Beneke	180790	AGN	3	Stellenbosch	18-Apr
50.79	Bernard Pretorius	080193	AGN	4	Potchefstroom	08/09-May
51.05	Ruan Mentz	120195	AGN	1h2	Pretoria	07-Mar
51.53	Masego Sesele		AFS	1	Bloemfontein	09 to 11-Apr
51.54	Constant Pretorius	260194	New Orleans	4	Hammond LA, USA	10-May
51.73	Larry Lombard	160496	CGA	2	Bloemfontein	9-11 Apr
51.74	Kefilwe Mogawane		AGN	3	Bloemfontein	09 to 11-Apr
51.98	Tshegofatso Mathopa	020295	AGN	3	Bloemfontein	09 to 11-Apr
52.15	Tristan Koekemoer	180297	CGA	2	Rustenburg	25-27 Mar
52.17	Nico Bakkes	130994	EPA	4	Bloemfontein	09 to 11-Apr
52.24	Lloyd Qhoba	250693	ACNW	2	Potchefstroom	18-Feb
53.09	Armand van Zyl		AGN	4	Bloemfontein	9-11 Apr
53.13	Taariq Solomons	220893	WPA	5	Potchefstroom	26-Mar
53.17	Rendani Ndouvhada		LIMA	3	Rustenburg	25-27 Mar
53.48	Niel le Roux	220390	WPA	4h1	Stellenbosch	17-Apr

## High jump

2.23	Mpho Links	200696	AGN	1	Stellenbosch	18-Apr
2.22	Chris Moleya	270197	AGN	3	Brazzaville, CGO	17-Sep
2.20	Kabelo Kgosiemang	070186	CGA	1	Stellenbosch	24/25-Apr
2.20	Links-2			2	Stellenbosch	24/25-Apr

2.15	Links-3			1	Potchefstroom	08/09-May
2.15	Links-4			1	Cape Town	23-May
2.15	Keagan Fourie	070991	BOLA	2	Potchefstroom	08/09-May
2.15	Fourie-2			2	Stellenbosch	18-Apr
2.15	Moleya-2			3	Stellenbosch	18-Apr
2.15	Moleya-3			3	Potchefstroom	08/09-May

---

(4 athletes; 10 performances)

2.11	Damian Boshoff	260490	BOLA	1	Stellenbosch	20/21-Mar
2.10	Jan Steytler	080992	AFS	1	Potchefstroom	26-Mar
2.10	Christo Krause	170394	ACNW	4	Stellenbosch	24/25-Apr
2.05	Sarel Prinsloo	260593	ACNW	1	Potchefstroom	18-Feb
2.05	Garth Ellis	170292	EPA	1	Port Elizabeth	7-Feb
2.05	Shane Blows	190192	WPA	6	Stellenbosch	18-Apr
2.05	Luvo Nkewu	181191	BOLA	8	Stellenbosch	18-Apr
2.05	Giovanni Matthews		BOLA	2	Rustenburg	25 to 27-Mar
2.05	Peter Louw		BOLA	3	Bloemfontein	09 to 11-Apr
2.05	Riekert Redelinghuys	040497	AFS	3	Rustenburg	25 to 27-Mar
2.05	Breyton Poole	230300	WPA	1	Stellenbosch	13-Nov
2.03	Luhallan van den Heever		CGA	2	Potchefstroom	08/09-May
2.02	Leandre van Rooyen		AGN	1	Pretoria	07-Mar

### Pole vault

5.30	Eben Beukes	090390	CGA	1	Pretoria	07-Mar
5.25	Beukes-2			1	Pretoria	7-Feb
5.20	Heinrich Smit	200287	AGN	1	Mauritius, MRI	13-Jun
5.20	Cheyne Rahme	230191	BOLA	1	Stellenbosch	24-Jan
5.20	Rahme-2			1	Stellenbosch	14-Feb
5.20	Rahme-3			1	Stellenbosch	6-Mar
5.20	Rahme-4			1	Stellenbosch	17-Apr
5.20	Beukes-3			1	Stellenbosch	24/25-Apr
5.20	Beukes-4			2	Mauritius, MRI	13-Jun
5.20	Beukes-5			2	Sasolburg	19-Mar

---

(3 athletes; 10 performances)

5.10		Migael Celliers	250493	AGN	1	Bloemfontein	09 to 11-Apr
5.10		Juan de Swardt	311294	BOLA	2	Bloemfontein	09 to 11-Apr
4.85		Niel Giliomee	050796	BOLA	1	Stellenbosch	21-May
4.80		Coleman Brits	080397	AGN	1	Bloemfontein	09 to 11-Apr
4.75		Lukas van der Watt	240198	BOLA	1	Stellenbosch	6-Jun
4.70		Fredriech Pretorius	040895	AGN	3	Pretoria	07-Mar
4.60		Fabio Grunert		AGN	3	Sasolburg	19-Mar
4.60		Willie Naude	090799	AFS	1	Rustenburg	25 to 27-Mar
4.50		Heinrich Smit	200287	AGN	1	Pretoria	20/21-Mar
4.50		Wilhelm Bronn	230296	BOLA	3	Stellenbosch	24/25-Apr
4.40		Ekhardt van der Watt		BOLA	2	Stellenbosch	20/21-Mar
4.40		Hennie Beukes	200196	BOLA	1	Paarl	26-28 Feb
4.30		Christoff Janse van Vuuren	130198	AFS	2	Bloemfontein	07-Mar
4.30		Stian Stoltz	050299	AFS	2	Bloemfontein	09 to 11-Apr
4.25		Pieter Brits	141075	AGN	3	Potchefstroom	08/09-May
4.20		Lee van den Berg	260894	ACNW	1	Potchefstroom	13-Mar
4.20		Walter Burger		AGN	3	Pretoria	20/21-Mar
4.20		Ewie Loubser	200298	BOLA	2	Stellenbosch	7-Feb
4.10		Jean Fourie		BOLA	3	Paarl	26-28 Feb
4.10		Bradley Odendaal		WC	6	Rustenburg	25 to 27-Mar

### Long jump

8.41	0.9	Zarck Visser	150989	CGA	1	Bad Langensalza, GER	04-Jul
8.38	1.4	Ruswahl Samaai	250991	CGA	1	Stellenbosch	17-Apr
8.21	0.5	Visser-2			2	London, GBR	25-Jul
8.18	1.6	Visser-3			1	Germiston	16-May
8.16	1.0	Khotso Mokoena	060385	CGA	2	Rabat, MAR	14-Jun
8.16	-0.3	Mokoena-2			4	London, GBR	25-Jul
8.12	0.9	Samaai-2			1	Germiston	28-Mar
8.11	0.5	Mokoena-3			5	Shanghai, CHN	17-May
8.10	0.6	Visser-4			3	Rabat, MAR	14-Jun
8.01	1.6	Roelf Pienaar	231293	Arkansas State	3	Eugene OR, USA	10-Jun

(4 athletes; 10 performances)

7.79	1.0	Duwayne Boer	080195	AGN	1	Stellenbosch	24/25-Apr
7.71	0.1	Koketso Mogapi	240192	ACNW	3	Stellenbosch	17-Apr
7.66	1.5	Stefan Brits	190192	Arkansas State	12	Eugene OR, USA	10-Jun
7.58	0.6	Dylon Cotter	230891	CGA	2	Germiston	28-Mar
7.46	-0.7	Lebogang Maloka	120396	AMPU	1	Rustenburg	25 to 27-Mar
7.45	0.7	Jovan van Vuuren	170796	AFS	4	Stellenbosch	24/25-Apr
7.42	-0.2	Mpho Maphutha	210193	AGN	2	Pretoria	20/21-Mar
7.38	0.5	Jason Farao	190996	CGA	1	Bloemfontein	09 to 11-Apr
7.37	0.4	Maudas Banda	200598	AMPU	1	Bloemfontein	09 to 11-Apr
7.27	0.5	Peter Makgato	070796	CGA	3	Bloemfontein	09 to 11-Apr
7.23	1.9	Fredriech Pretorius	040895	AGN	2	Pretoria	14-Mar
7.19	0.2	Gladstone Shabangu	031185	SAPS	1	Potchefstroom	17-Jan
7.19	1.2	Willem Coertzen	301282	ACNW	7	Stellenbosch	24/25-Apr
7.14	0.6	Francois Coetzee	170193	AGN	3	Pretoria	20/21-Mar
7.11	0.2	Lezlo Bramwill	250392	CGA	5	Germiston	28-Mar
7.10	0.1	Ruan Minnaar		ACNW	2	Rustenburg	25 to 27-Mar
7.09	0.7	Thatoyaona Rakate		ANWN	2	Bloemfontein	09 to 11-Apr
7.04	-0.7	Frank Sebeho		AFS	2	Rustenburg	25 to 27-Mar
7.03	0.1	Sandile Mpemvu		GAU	3	Rustenburg	25 to 27-Mar
7.02	0.7	Itumeleng Dikoko	030195	AVT	3	Bloemfontein	9-11 Apr

#### Wind assisted

8.13	3.1	Roelf Pienaar	231293	Arkansas State	1	Jonesboro AR, USA	24-Apr
8.10	3.5	Khotso Mokoena	060385	CGA	5	Birmingham, GBR	07-Jub

#### Triple jump

16.85	0.5	Khotso Mokoena	060385	CGA	1	Kuortane, FIN	08-Aug
16.81	0.3	Mokoena-2			9	Beijing, CHN	27-Aug
16.78	0.5	Mokoena-3			5gB	Beijing, CHN	26-Aug
16.73	-0.3	Mokoena-4			1	Sasolburg	19-Mar
16.67	1.0	Mokoena-5			2	Beijing, CHN	20-May
16.63	1.5	Mokoena-6			1	Stellenbosch	18-Apr
16.62	-0.4	Mokoena-7			1	Germiston	28-Mar

16.13	0.5	Roelf Pienaar	231293	Arkansas State	4qA	Gwangju, KOR	08-Jul
16.02	1.8	Reneilwe Aphane	240890	AGN	2	Stellenbosch	24/25-Apr
15.92	0.3	Jason Sewanyana	030182	WPA	2	Stellenbosch	18-Apr

(4 athletes; 10 performances)

15.59	0.3	Duwayne Boer	080195	AGN	1	Potchefstroom	26-Mar
15.56	-0.2	Apelele Rasmeni	060491	CGA	2	Potchefstroom	26-Mar
15.47	0.7	Kwezi Mtoba	280596	BOLA	3	Stellenbosch	18-Apr
15.40	0.0	Jubilant Motlhake	290296	AGN	3	Potchefstroom	08/09-May
15.36	0.9	Teboho Molibeli	180696	AFS	1	Bloemfontein	09 to 11-Apr
15.27	-0.1	Koketso Mogapi	240192	ACNW	4	Potchefstroom	26-Mar
15.26	0.9	Charles le Roux	050585	AGN	3	Pretoria	20/21-Mar
15.25	0.5	Tumelo Thagane	070384	ACNW	5	Stellenbosch	18-Apr
14.96	0.9	Sefako Mokhosa	130396	AFS	3	Bloemfontein	09 to 11-Apr
14.95	-0.4	Itumeleng Dikoko	030195	AVT	2	Bloemfontein	09 to 11-Apr
14.81	-0.4	Wandile Sibiya		AMPU	3	Bloemfontein	09 to 11-Apr
14.54	1.4	C Mhyeni		AGN	4	Pretoria	20/21-Mar
14.53	1.1	Aden Ajam		WPA	4	Rustenburg	25 to 27-Mar
14.50	0.9	Baholo Makhomo	240996	AFS	5	Bloemfontein	09 to 11-Apr
14.45	0.1	Cheslin Kortje		BOLA	1	Bloemfontein	09 to 11-Apr
14:42	0.3	John-Daniel Josephs		WPA	5	Potchefstroom	26-Mar
14.41	1.4	Keanu Moodie	060795	AGN	5	Pretoria	20/21-Mar
14.40	0.9	Dillon Solomons		WPA	6	Bloemfontein	09 to 11-Apr
14.38	0.1	Wynand Mouton		LIMA	2	Bloemfontein	09 to 11-Apr
14.30	1.1	Christiaan Don		WC	5	Rustenburg	25 to 27-Mar

#### Indoor

15.48		Sabelo Ndlovu	240694	AGN	2	Albuquerque NM, USA	7-Mar
-------	--	---------------	--------	-----	---	---------------------	-------

#### Wind assisted

16.21	2.9	Reneilwe Aphane	240890	AGN	2	Pretoria	28-Feb
15.71	3.4	Duwayne Boer	080195	AGN	1	Pretoria	20/21-Mar
15.61	3.0	Roelf Pienaar	231293	Arkansas State		Mobile AL, USA	10-May



## Shot put

20.49	Orazio Cremona	010789	AGN	1	Stellenbosch	17-Apr
20.45	Jaco Engelbrecht	080387	CGA	2	Stellenbosch	17-Apr
20.00	Engelbrecht-2			1	Stellenbosch	24/25-Apr
20.00	Engelbrecht-3			1	Germiston	28-Mar
19.94	Cremona-2			1	Pretoria	2-Feb
19.85	Cremona-3			1	Pretoria	24-Feb
19.55	Engelbrecht-4			3	Brazzaville, CGO	14-Sep
19.51	Cremona-4			8	New York NY, USA	13-Jun
19.50	Cremona-5			5	Hengelo, NED	24-May
19.46	Engelbrecht-5			1	Sasolburg	19-Mar

(2 athletes; 10 performances)

17.98	Tumelo Thage	240290	AGN	1	Germiston	16-May
17.53	Johnny Botha	290993	CGA	1	Bloemfontein	09 to 11-Apr
17.51	Nico Grobler	30988	AGN	3	Stellenbosch	17-Apr
17.49	Ruan Combrinck	110395	AGN	4	Stellenbosch	17-Apr
17.23	Brynn-Peter Kemp		BOLA	6	Stellenbosch	17-Apr
16.80	Ryno van Winkel	220290	AFS	1	Bloemfontein	6-Mar
16.64	Ruan Murray	130691	ACNW	7	Leiden, NED	13-Jun
16.61	Constand van Rooyen	250192	ACNW	1	Potchefstroom	13-Mar
16.26	Russell Tucker	041190	AGN	5	Pretoria	24-Feb
15.88	Tumelo Ngubeni		AGN	2	Pretoria	13-Feb
15.68	Donovan Stebbing	020192	CGA	6	Stellenbosch	24/25-Apr
14.94	Zane Weir	070995	WPA	1	Parrow	14-Feb
14.89	Conradie Scheepers	200967	AFS	5	Sasolburg	19-Mar
13.80	Johan Labuschagne	040472	KZNA	1	Durban	20/21-Mar
13.78	Johan Scholtz	040396	CGA	3	Germiston	28-Mar

## Discus throw

64.56	Victor Hogan	250789	BOLA	2	Leiria, POR	09-Aug
63.13	Hogan-2			1	Amsterdam, NED	02-Aug
62.86	Hogan-3			1	Stellenbosch	18-Apr
62.86	Hogan-4			1	Mauritius, MRI	13-Jun

62.74	Russell Tucker	041190	AGN	1	Stellenbosch	24/25-Apr
62.41	Hogan-5			8gA	Beijing, CHN	27-Aug
62.21	Hogan-6			5	Hengelo, NED	24-May
62.18	Tucker-2			2	Stellenbosch	18-Apr
61.82	Hogan-7			3	Leiria, POR	08-Aug
61.23	Tucker-3			1q1	Stellenbosch	24/25-Apr

(2 athletes; 10 performances)

59.72	Jan-Louw Kotze	180394	South Alabama	1	Mobile AL, USA	10-May
59.34	Gerhard de Beer	050794	Arizona	1	Tempe AZ, USA	01-May
57.01	Ruan Murray	130691	ACNW	5	St Pölten, AUT	04-Jun
56.37	Dewald van Heerden	040491	CGA	1	Germiston	28-Mar
56.23	Brynn-Peter Kemp		BOLA	3	Stellenbosch	18-Apr
55.00	Johan Scholtz	040394	CGA	6	Stellenbosch	18-Apr
52.97	Charl Grobler	230592	AGN	2	Pretoria	14-Mar
52.06	Jaco Engelbrecht	080387	CGA	5	Stellenbosch	24/25-Apr
50.90	Conrad Burger		BOLA	2	Stellenbosch	13-Feb
50.68	Johnny Botha	290993	CGA	1	Germiston	14-Mar
48.68	Wynand Carstens	141192	WPA	7	Stellenbosch	18-Apr
48.30	Stefan Botha		BOLA	3	Stellenbosch	13-Feb
48.07	Cameron Donkin	270494	BOLA	4	Stellenbosch	13-Feb
47.93	Ryno van Winkel	180290	AFS	8	Stellenbosch	18-Apr
46.73	Constand van Rooyen	250192	ACNW	2	Potchefstroom	13-Mar
46.48	Jan Swanepoel		AGN	3	Pretoria	14-Mar
46.43	Charl du Toit	310196	AFS	8	Stellenbosch	24/25-Apr
46.32	Ruan Combrinck	010395	AGN	3	Pretoria	20/21-Mar
45.28	Roland Pienaar	180996	AFS	5q1	Stellenbosch	24/25-Apr
43.77	Conray Flynn	240393	AFS	2	Bloemfontein	6-Mar

### Hammer throw

74.00	Chris Harmse	310573	AFS	1	Potchefstroom	10-Mar
73.49	Harmse-2			2	Brazzaville, CGO	16-Sep
73.00	Harmse-3			1	Potchefstroom	08/09-May
72.60	Harmse-4			1	Bloemfontein	7-Mar

71.98	Harmse-5			1	Stellenbosch	17-Apr
71.38	Harmse-6			1	Sasolburg	19-Mar
69.67	Renaldo Frechou	040392	South Alabama	1	Mobile AL, USA	08-May
69.65	Harmse-7	310573		1	Mauritius, MRI	12-Jun
68.98	Tshepang Makhetha	190296	AFS	1	Potchefstroom	7-Nov
63.42	Alan Cumming	210396	ACNW	1	Potchefstroom	18-Feb

(4 athletes; 10 performances)

63.39	Johan Kruger	150487	BOLA	2	Stellenbosch	17-Apr
61.60	Kristiaan Bekker	160680	CGA	1	Pretoria	28-Feb
60.88	Jan-Louw Kotze	180394	South Alabama	3	Mobile AL, USA	08-May
57.93	Juan Muller	070695	AFS	1	Bloemfontein	09 to 11-Apr
57.81	Donovan Stebbing	020192	CGA	2	Stellenbosch	20-Apr
56.87	Shaun Jansen		BOLA	1	Stellenbosch	20-Apr
56.74	Henco Uys	040692	ACNW	2	Stellenbosch	20-Apr
55.97	Vincent van Rensburg		CGA	2	Germiston	24-Jan
53.60	Martin Venter	020970	AGN	3	Potchefstroom	08/09-May
52.70	Dean Janse van Rensburg	070789	AFS	3	Bloemfontein	7-Mar
52.64	Conray Flynn	240393	AFS	4	Bloemfontein	07-Mar
52.24	Lionel Drury		EPA	1	Port Elizabeth	7-Feb
51.21	Terrence Janse van Vuuren		AFS	4	Potchefstroom	08/09-May
50.80	Tone van Rensburg	050165	CGA	3	Pretoria	28-Feb
47.61	Faan Greyling	140295	AFS	4	Stellenbosch	24/25-Apr
46.70	Pierre Janeke	050996	AFS	5	Stellenbosch	24/25-Apr
46.48	Vincent Meiring	240465	AGN	2	Pretoria	20/21-Mar
45.20	Anre Kotze	050696	ACNW	6	Potchefstroom	08/09-May
44.66	Werner Behr	110188	CGA	4	Germiston	14-Mar
44.65	Mitchell Gates		AFS	6	Bloemfontein	7-Mar

### Javelin throw

85.39	Rocco van Rooyen	231292	WPA	1	Cape Town	23-May
80.56	Van Rooyen-2			1	Potchefstroom	08/09-May
80.33	Van Rooyen-3			7	Rome, ITA	04-Jun
78.86	Stephan Beukes	140794	ACNW	1	Bloemfontein	09 to 11-Apr

77.96	Van Rooyen-4			1	Stellenbosch	17-Apr
76.85	Phil-Mar van Rensburg	230689	AGN	3	Brazzaville, CGO	17-Sep
76.78	Van Rooyen-5			2	Sopot, POL	27-Jun
75.55	Van Rooyen-6			14gA	Beijing, CHN	24-Aug
75.45	Van Rensburg-2			1	Pretoria	20/21-Mar
74.41	Van Rooyen-7			4	Orimattila, FIN	12-Jul

(3 athletes; 10 performances)

73.83	Tobie Holtzhausen	250587	AGN	2	Pretoria	20/21-Mar
73.14	Chad Herman	260592	AGN	2	Stellenbosch	17-Apr
72.65	Jayson Henning	130890	ACNW	2	Potchefstroom	13-Mar
72.50	Stephen Klue	210294	WPA	1	Stellenbosch	20-Apr
71.90	Pieter Kriel	230195	ACNW	2	Stellenbosch	24/25-Apr
71.80	Danie Maree	190796	ACNW	3	Potchefstroom	08/09-May
71.56	Leon Laubser	070384	ACNW	3	Stellenbosch	24/25-Apr
71.06	Reinhardt van Zyl	070294	Cloud Country	2	Tuscaloosa AL, USA	19-Mar
70.10	LJ Basson	160895	ACNW	3	Potchefstroom	13-Mar
69.38	Johan Grobler	060897	AGN	6	Potchefstroom	08/09-May
67.82	Morne Moolman	010994	Florida State	1	Tallahassee FL, USA	28-Mar
64.86	JG Crous		ACNW	5	Potchefstroom	13-Mar
63.81	Wayde McCarthy	230195	KZNA	1	Durban	20/21-Mar
63.29	Willem Coertzen	301282	ACNW	7	Stellenbosch	24/25-Apr
63.19	Ulrich Damon	231090	WPA	4	Cape Town	23-May
62.73	Dewaldt Cooke		BOLA	4	Stellenbosch	20-Apr
61.54	Nico Liebenberg	311086	AGN	3	Pretoria	07-Mar
61.09	Frans Human	100379	AFS	1	Bloemfontein	6-Mar
61.01	Heinrich Wiese		ACNW	12	Potchefstroom	08/09-May
60.44	Dante de Wet	010396	BOLA	2	Stellenbosch	20/21-Mar

## Decathlon

8398	Willem Coertzen	301282	ACNW	3	Götzis, AUT	30/31 May
					10.99 (0.3) - 7.46 (-1.0) - 14.14 - 2.03 - 48.73 - 14.17 (1.5) - 44.84 - 4.60 - 68.43 - 4:22.22	
8341	Coertzen-2			2	Ratingen, GER	27/28-Jun
					11.08 (-0.4) - 7.48 (3.1) - 14.50 - 2.01 - 48.50 - 14.06 (1.1) - 43.94 - 4.50 - 68.79 - 4:26.52	

8187	Coertzen-3			1	Talence, FRA	19/20-Sep
	10.96 (1.4) - 7.44 (-0.3) - 13.66 - 1.98 - 48.92 - 14.27 (-0.2) - 43.69 - 4.65 - 67.21 - 4:35.64					
7764	Fredriech Pretorius	040895	AGN	1	Pretoria	20/21-Mar
	10.99 (NW) - 7.33(1.6) - 13.14 - 1.93 - 49.60 - 14.39 (2.8) - 42.85 - 4.40 - 55.98 - 4:36.50					
7186	Pretorius-2			3	Brazzaville, CGO	13/14-Sep
	11.39 (-0.1) - 7.01 (-0.6) - 12.71 - 1.91 - 51.92 - 15.25 (0.1) - 35.75 - 4.50 - 60.00 - 4:53.76					
<hr/>						
(2 athletes; 5 performances)						
6968	Gert Swanepoel	200391	ACNW	2	Pretoria	20/21-Mar
	11.24 (NW) - 6.50 (-0.2) - 12.05 - 1.90 - 49.50 - 15.90 (2.8) - 38.90 - 4.00 - 50.94 - 4:37.50					
6763	Lee van den Berg	260894	ACNW	2	Stellenbosch	17/18-Apr
	11.71 (-3.3) - 6.68 (2.7) - 11.68 - 1.96 - 51.54 - 15.08 (0.2) - 30.13 - 4.20 - 51.03 - 4:47.82					
6635	Nardus Greyling	230291	AFS	3	Stellenbosch	17/18-Apr
	11.37 (-3.3) - 6.91 (4.9) - 12.57 - 1.72 - 51.28 - 15.81 (0.2) - 37.90 - 4.00 - 45.89 - 4:55.85					
6136	JC van Biljon	190495	AFS	4	Stellenbosch	24/25-Apr
5803	Brandon Barnard	131093	ACNW	5	Stellenbosch	24/25-Apr
	11.04 (0.0) - 5.96 (NW) - 12.68 - 1.70 - 52.53 - 18.31 (1.4) - 34.59 - 3.80 - 44.03 - 5:36.87					

#### 4x100m relay

39.44	SA Students		USSA	3h2	Gwangju, KOR	11-Jul
	Ncincilili Titi, Gideon Trotter, Eckhardt Rossouw, Akani Simbine					
39.66	Western Province		WPA	1	Stellenbosch	18-Apr
39.68	SA Students		USSA	3	Gwangju, KOR	12-Jul
	Ncincilili Titi, Gideon Trotter, Eckhardt Rossouw, Akani Simbine					
40.03	University of Pretoria		AGN	1	Stellenbosch	20-Apr
40.39	University of the Free State		AFS	1	Stellenbosch	24/25-Apr
40.47	South Africa			2	Mauritius, MRI	12-Jun
40.54	Gauteng North Invitation		AGN	2	Stellenbosch	18-Apr
40.85	Gauteng North U-23		AGN	1	Bloemfontein	09 to 11-Apr
40.90	University of Western Cape		WPA	2	Stellenbosch	20-Apr
40.92	Central Gauteng U-23		CGA	2	Bloemfontein	09 to 11-Apr

#### 4x400m Relay

3:04.79	SA Students		USSA	1h1	Gwangju, KOR	11-Jul
---------	-------------	--	------	-----	--------------	--------

Pieter Conradie, Jon Seeliger, Lindsay Hanekom, Shaun de Jager

3:10.11	Gauteng North		AGN	1	Stellenbosch	18-Apr
3:10.48	Gauteng North U-23		AGN	1	Bloemfontein	09 to 11-Apr
3:10.78	Central North West U-23		ACNW	2	Bloemfontein	09 to 11-Apr
3:11.41	North-West University		ACNW	1	Stellenbosch	24/25-Apr
3:12.58	Central Gauteng Juniors		CGA	1	Bloemfontein	09 to 11-Apr
3:13.38	University of Pretoria		AGN	2	Stellenbosch	24/25-Apr
3:13.55	Gauteng North Invitation		AGN	2	Stellenbosch	18-Apr
3:13.62	University of Johannesburg		CGA	3	Stellenbosch	24/25-Apr
3:14.18	Free State Schools		AFS	1	Rustenburg	25 to 27-Mar

### 10 000m walk (track)

44:24.43	Pierre Vermaak	010498	CGA	1	Bloemfontein	09 to 11-Apr
45:23.15	Mthembi Chauque	110293	AFS	1	Bloemfontein	7-Mar
46:36.60	Mthunzi Mnisi	231188	AGN	1	Pretoria	20/21-Mar
47:45.98	Mduduzi Mavundla	050594	CGA	2	Bloemfontein	09 to 11-Apr
48:06.71	Moeketsi Mamarara	220794	CGA	3	Bloemfontein	09 to 11-Apr
48:11.80	Thami Hlatswayo	200782	AGN	2	Pretoria	20/21-Mar
48:18.44	Juandre Petersen		WPA	1	Stellenbosch	13/14-Mar
48:35.00	Sizwe Ndebele	200194	KZNA	1	Durban	31-Jan
49:22.15	Thando Magingxa		BOLA	2	Stellenbosch	13/14-Mar
49:22.19	Carel van der Merwe		BOLA	3	Stellenbosch	13/14-Mar

### 20km walk (road)

1:21:43.00	Lebogang Shange	010890	CGA	11	Beijing, CHN	23-Aug
1:21:50.00	Shange-2			2	Lugano,	15-Mar
1:21:51.00	Shange-3			11	La Coruna, ESP	06-Jun
1:22:44.00	Shange-4			1	Dudince, SVK	21-Mar
1:23:00.00	Shange-5			1	Stellenbosch	18-Apr
1:23:42.00	Wayne Snyman	080385	AGN	2	Stellenbosch	18-Apr
1:26:34.00	Marc Mundell	070783	AGN	44	La Coruna, ESP	06-Jun
1:26:43.00	Shange-6			1	Brazzaville, CGO	15-Sep
1:26:50.00	Snyman-2			46	La Coruna, ESP	06-Jun

1:27:32.00	Snyman-3			3	Brazzaville, CGO	15-Sep
<hr/>						
(3 athletes; 10 performances)						
1:30:30.00	Mthembi Chauque	110293	AFS	1	Stellenbosch	24/25-Apr
1:32:18.00	Pierre de Villiers	180885	WPA	4	Stellenbosch	18-Apr
1:32:31.00	Mthunzi Mnisi	231188	AGN	5	Stellenbosch	18-Apr
1:35:07.00	Sizwe Ndebele	010194	KZNA	6	Stellenbosch	18-Apr
1:35:31.00	Thando Lumkwana	010388	AGN	2	Stellenbosch	24/25-Apr
1:36:28.00	Lindokuhle Ntombela		KZNA	7	Stellenbosch	18-Apr
1:37:14.00	Moeketsi Mamarara	220794	CGA	9	Stellenbosch	18-Apr
1:39:40.00	Gideon Cillie	250577	WPA	10	Stellenbosch	18-Apr
1:39:49.00	Aaron Mahlangu	220891	KZNA	3	Durban	20/21-Mar
1:40:16.00	Mavudla Mzwakle	060694	CGA	3	Stellenbosch	24/25-Apr

### 50km walk (road)

3:54:11.00	Marc Mundell	070783	AGN	3	Melbourne	12-Dec
3:56:47.00	Mundell-2			10	Dudince, SVK	21-Mar
4:02:41.00	Mundell-3			33	Beijing, CHN	29-Aug

## WOMEN

### 100m

11.06	1.2	Carina Horn	090389	AGN	1s2	Madrid, ESP	11-Jul
11.10	1.0	Horn-2			3	Madrid, ESP	11-Jul
11.15	-0.2	Horn-3			6s3	Beijing, CHN	24-Aug
11.16	1.1	Horn-4			1	Turku, FIN	25-Jun
11.19	-1.2	Horn-5			3	Scékesfehérvár, HUN	07-Jul
11.24	-0.2	Horn-6			5	Stockholm, SWE	30-Jul
11.30	-1.2	Horn-7			3	Tomblaine, FRA	01-Jul
11.31	-0.1	Horn-8			4	Rabat, MAR	14-Jun
11.40	-2.1	Horn-9			1	Stellenbosch	18-Apr
11.45	-3.0	Horn-10			1s1	Stellenbosch	17-Apr

(1 athlete; 10 performances)

11.58	1.0	Tamzin Thomas	061097	WPA	1	Germiston	16-May
11.63	1.0	Cherise Jones	051285	AGN	2	Germiston	16-May
11.71	0.2	Nicola de Bruyn	310599	AGN	1	Pretoria	24-Feb
11.75	0.1	Melissa Hewitt	200591	ACNW	1	Potchefstroom	13-Mar
11.75	0.0	Justine Palframan	041193	BOLA	1	Stellenbosch	20-Apr
11.77	1.0	Tsoane Sebele	271093	CGA	3	Germiston	16-May
11.80	-0.6	Wenda Nel	300188	AGN	1h1	Pretoria	13-Feb
11.81	-2.1	Tsholofelo Thipe	091286	ANWN	2	Stellenbosch	18-Apr
11.88	0.3	Tebogo Mamatu	270595	AGN	1h2	Pretoria	7-Feb
11.88	0.3	Samantha Pretorius	30292	BOLA	1h2	Stellenbosch	24/25-Apr
11.90	0.0	Margaret Olwoch	030691	AGN	2	Stellenbosch	24/25-Apr
11.90	1.0	Welme van Zyl	151288	AGN	4	Germiston	16-May
11.92	-0.5	Arlene Gowar	260891		1	Ogden UT, USA	11-Apr
12.00	-0.1	Madia Ehlers	190198	AGN	1s1	Bloemfontein	09 to 11-Apr
12.01	1.0	Meghan Phillips	210497	CGA	1h2	Bloemfontein	09 to 11-Apr
12.03	0.9	Ariane Nel	060396	ACNW	3	Sasolburg	19-Mar
12.06	1.3	Shanice Marnce	140695	KZNA	1	Durban	20/21-Mar
12.08	1.7	Ilse Hayes	300885	BOLA	2	Stellenbosch	20/21-Mar
12.09	-2.5	Adri Schoeman	130770	AGN	2h2	Stellenbosch	17-Apr
12.11	1.0	Simone du Plooy	140496	AGN	2h2	Bloemfontein	09 to 11-Apr

#### Wind assisted

11.08	2.3	Carina Horn	090389	AGN	3h4	Beijing, CHN	23-Aug
11.56	4.3	Melissa Hewitt	200591	ACNW	1h2	Pretoria	20/21-Mar
11.57	2.1	Wenda Nel	300188	AGN	1h1	Pretoria	28-Feb
11.64	2.2	Nicola de Bruyn	310599	AGN	1s1	Mauritius	24-Apr
11.64	2.4	Tamzin Thomas	061097	WPA	1h2	Parrow	14 Feb

#### 200m

22.96	1.9	Justine Palframan	041193	BOLA	1	Stellenbosch	24/25-Apr
23.04	-0.1	Palframan-2			6s3	Beijing, CHN	27-Aug
23.09	0.2	Palframan-3			3h2	Beijing, CHN	26-Aug



23.22	0.8	Palframan-4			1	Bloemfontein	09 to 11-Apr
23.26	-2.2	Palframan-5			1	Stellenbosch	18-Apr
23.28	0.1	Palframan-6			1	Bilboa, ESP	20-Jun
23.36	-0.3	Palframan-7			2	Velenje, SLO	01-Jul
23.38	-0.7	Nicola de Bruyn	310599	AGN	3	Cali, COL	19-Jul
23.50	1.7	Anneri Ebersohn	090890	AGN	1h1	Pretoria	7-Feb
23.55	2.0	Wenda Nel	300188	AGN	1h1	Pretoria	28-Feb

(4 athletes; 10 performances)

23.72	0.6	Tamzin Thomas	061097	WPA	1	Bloemfontein	09 to 11-Apr
23.73	1.9	Margaret Olwoch	030691	AGN	2	Stellenbosch	24/25-Apr
23.87	0.6	Ariane Nel	060396	ACNW	2	Bloemfontein	09 to 11-Apr
23.90	1.7	Simone du Plooy	140496	AGN	2h1	Pretoria	7-Feb
23.91	0.7	Zoe Engler	010692	KZNA	1	Durban	20/21-Mar
23.94	0.8	Melissa Hewitt	200591	ACNW	2	Potchefstroom	26-Mar
23.94	1.9	Tsoane Sebele	271093	CGA	3	Stellenbosch	24/25-Apr
24.01	0.5	Madia Ehlers	190198	AGN	3	Mauritius	26-Apr
24.13	-1.9	Welme van Zyl	151288	AGN	2	Potchefstroom	08/09-May
24.14	0.7	Julia Lutz	240699	CGA	3	Bloemfontein	09 to 11-Apr
24.16	-0.3	Robyn Haupt	040196	BOLA	1s3	Stellenbosch	24/25-Apr
24.25	-2.0	Adri Schoeman	130770	AGN	2h2	Stellenbosch	17-Apr
24.27	2.0	Tsholefelo Thipe	091286	ANWN	2h1	Pretoria	28-Feb
24.35	-0.4	Rorisang Ramonnye	311290	ANWN	2	Pretoria	07-Mar
24.45	1.9	Bevin Smith	130791	AFS	5	Stellenbosch	24/25-Apr
24.48	1.3	Cayla Seddon	121097	EPA	1	Rustenburg	25 to 27-Mar
24.58	0.0	Arlene Gowar	260891		1s1	Provo UT, USA	25-Apr
24.60	1.7	Janet Seeliger	270495	AGN	4h1	Pretoria	7-Feb
24.60	0.6	Rese Smith		BOLA	5	Bloemfontein	09 to 11-Apr
24.62	2.0	Shanice Marncce	140695	KZNA	2h2	Durban	01-Apr

**Wind assisted**

22.92	2.1	Justine Palframan	041193	BOLA	1s1	Stellenbosch	24/25-Apr
23.88	2.6	Melissa Hewitt	200591	ACNW	1	Reduit, MRI	12-Apr
24.00	2.1	Tsoane Sebele	271093	CGA	2s1	Stellenbosch	24/25-Apr

24.27	5.0	Margaret Olwoch	030691	AGN	1	Pretoria	14-Mar
24.66	3.1	Arlene Gowar	260891		4	Boise ID, USA	02-May

#### 400m

51.27		Justine Palframan	041193	BOLA	1	Gwangju, KOR	10-Jul
51.78		Palframan-2			1s1	Stellenbosch	24/25-Apr
52.09		Wenda Nel	300788	AGN	1h1	Potchefstroom	08/09-May
52.23		Palframan-3			1s2	Gwangju, KOR	09-Jul
52.43		Nel-2		AGN	1	Pretoria	07-Mar
52.45		Palframan-4			6h4	Beijing, CHN	24-Aug
52.49		Palframan-5			1	Stellenbosch	18-Apr
52.75		Palframan-6			5s1	Brazzaville, CGO	14-Sep
52.83		Nel-3			1	Pretoria	13-Feb
52.84		Palframan-7			3	Sopot, POL	27-Jun

(2 athletes; 10 performances)

53.12		Caster Semenya	070191	ACNW	1	Metují, CZA	25-Jul
53.31		Rorisang Ramonnye	311290	ANWN	2	Pretoria	07-Mar
53.38		Jeanelle Griesel		AGN	3	Stellenbosch	18-Apr
53.42		Zoe Engler	010692	KZNA	4	Stellenbosch	18-Apr
54.11		Soandri Meyer	280788	AGN	2	Pretoria	28-Feb
54.31		Sonja van der Merwe	150592	WPA	6	Stellenbosch	18-Apr
54.57		Ariane Nel	060396	ACNW	2	Bloemfontein	09 to 11-Apr
54.58		Anneri Ebersohn	090890	AGN	2	Pretoria	13-Feb
55.20		Hesmari Coetzee	280298	AFS	1	Potchefstroom	08/09-May
55.32		Anuscha Nice	260891	AGN	1h1	Pretoria	24-Feb
55.48		Chante Finger	190196	AGN	2	Pretoria	2-Feb
55.62		Armoure le Roux	270298	CGA	2	Rustenburg	25 to 27-Mar
55.80		Cindy von Ahlefeldt	050298	CGA	3	Rustenburg	25 to 27-Mar
55.83		Robyn Haupt	040196	BOLA	3	Bloemfontein	09 to 11-Apr
55.86		Zeney van der Walt		AGN	2	Potchefstroom	08/09-May
55.92		Mariska van Dyk		AGN	4	Bloemfontein	09 to 11-Apr
56.00		Lara Schutte		LIMA	2	Bloemfontein	09 to 11-Apr
56.07		Janet Seeliger	270495	AGN	2	Bloemfontein	09 to 11-Apr

56.80	Marizanne Minnaar	120796	ACNW	5A	Sasolburg	19-Mar
56.80	Marlie Viljoen	010800	AGN	1	Bloemfontein	09 to 11-Apr

### 800m

1:59.59	Caster Semenya	070191	ACNW	3h1	Beijing, CHN	26-Aug
2:00.51	Semenya-2			8	Berlin, GER	06-Sep
2:00.72	Semenya-3			1	Linz, AUT	01-Aug
2:00.97	Semenya-4			1	Brazzaville, CGO	14-Sep
2:03.18	Semenya-5			8s1	Beijing, CHN	27-Aug
2:03.65	Anuscha Nice	260891	AGN	5s2	Gwangju, KOR	09-Jul
2:04.19	Semenya-6			5	Dakar, SEN	23-May
2:04.58	Semenya-7			1	Potchefstroom	08/09-May
2:05.01	Nice-2			4rB	Sopot, POL	27-Jun
2:05.05	Semenya-8			1	Stellenbosch	18-Apr

(2 athletes; 10 performances)

2:05.89	Lebogang Phalula	091283	CGA	2	Stellenbosch	18-Apr
2:06.30	Mandie Brandt	051182	BOLA	3	Stellenbosch	18-Apr
2:06.70	Diana-Lebo Phalula	091283	AGN	1	Pretoria	20/21-Mar
2:06.91	Gira Carstens		ACNW	5	Linz, AUT	01-Aug
2:07.26	Rorisang Ramonnye	311290	ANWN	1	Pretoria	28-Feb
2:08.22	Liza Kellerman	160999	CGA	1	Potchefstroom	08/09-May
2:08.75	Kelly Fletcher	030994	KZNA	5	Stellenbosch	18-Apr
2:09.21	Celia Stamrood		CGA	6	Stellenbosch	18-Apr
2:10.41	Thato Makhafola	100494	CGA	2	Bloemfontein	09 to 11-Apr
2:10.45	Rizani van Aswegen	160692	AFS	7	Stellenbosch	18-Apr
2:10.52	Thandi Sehohle	131296	CGA	1	Rustenburg	25 to 27-Mar
2:10.57	Beatrice Themane	030200	CGA	1	Bloemfontein	09 to 11-Apr
2:10.65	Gena Lofstrand	231095	ACNW	2	Stellenbosch	20-Apr
2:10.82	Adel Vermaak	260993	AGN	3	Bloemfontein	09 to 11-Apr
2:11.02	Marida Leen		SWD	2	Rustenburg	25 to 27-Mar
2:11.41	Danel du Plessis		AMPU	3	Rustenburg	25 to 27-Mar
2:11.45	Lushano Smit	260594	KZNA	3	Stellenbosch	24/25-Apr
2:11.70	Thineke Fourie		BOLA	1	Stellenbosch	25-Feb

2:11.85	Lee-Ann Blake	140101	KZNA	1	Durban	13/14-Mar
2:11.90	Happiness Mkhize	151292	AGN	4	Pretoria	20/21-Mar

**Indoor**

2:07.53	Dominique Scott	240692	Arkansas State	1	Fayetteville AR, USA	16-Jan
---------	-----------------	--------	----------------	---	----------------------	--------

**1500m**

4:08.65	Dominique Scott	240692	Arkansas State	6	Lignano, ITA	07-Jul
4:12.16	Scott-2			7	Walnut AL, USA	17-Apr
4:14.43	Diana-Lebo Phalula	091283	CGA	1	Stellenbosch	18-Apr
4:15.20	Scott-3			1	Starkville MS, USA	16-May
4:16.44	Lebogang Phalula	091283	CGA	1	Cape Town	23-May
4:17.33	L Phalula-2			2	Stellenbosch	18-Apr
4:17.63	D Phalula-2			2	Cape Town	23-May
4:21.43	Thineke Fourie		BOLA	3	Stellenbosch	18-Apr
4:21.63	Caster Semenya	070191	ACNW	1	Stellenbosch	24/25-Apr
4:21.90	L Phalula-3			1	Reduit, MRI	12-Apr

(5 athletes; 10 performances)

4:25.36	Simonay Weitsz	à	CGA	4	Mauritius	26-Apr
4:25.48	Mamphielo Sibanda	050293	CGA	3	Stellenbosch	24/25-Apr
4:26.12	Anuscha Nice	260891	AGN	4	Stellenbosch	24/25-Apr
4:26.38	Lorraine Novela	050391	CGA	6	Stellenbosch	18-Apr
4:26.58	Aynslee van Graan	151295	Coastal Carolina	6	Raleigh NC, USA	27-Mar
4:26.97	Lizerie Ferreira	280696	AGN	5	Stellenbosch	24/25-Apr
4:28.52	Stella Marais	251192	AGN	6	Stellenbosch	24/25-Apr
4:30.80	Keletso Senosi	011001	AGN	1	Bloemfontein	09 to 11-Apr
4:31.10	Carina Viljoen	150497	CGA	1	Bloemfontein	09 to 11-Apr
4:31.21	Gira Carstens		ACNW	5	Kobenhavn, DEN	05-Aug
4:31.98	Kataza Shipalana	190886	AGN	2	Pretoria	24-Feb
4:32.20	Liza Kellerman	160999	CGA	2	Bloemfontein	09 to 11-Apr
4:32.25	Nicole Louw	260701	AFS	1	Rustenburg	25 to 27-Mar
4:32.96	Thato Makhafola	100494	CGA	7	Stellenbosch	24/25-Apr
4:33.14	Tshwanelo Maruping	190300	CGA	3	Bloemfontein	09 to 11-Apr

4:33.29	Mmamolemo Matea		CGA	4	Bloemfontein	09 to 11-Apr
4:34.87	Marlise Jordaan	020392	WPA	8	Stellenbosch	24/25-Apr
4:35.77	Gena Lofstrand	231095	ACNW	1	Potchefstroom	29-Jan
4:35.85	Nicole van der Merwe	281098	CGA	3	Bloemfontein	09 to 11-Apr
4:37.34	Leanda du Bruyn		WPA	10	Stellenbosch	18-Apr

## 1 Mile

### Indoor

4:32.48	Dominique Scott	240692	Arkansas State	1	Lexington KY, USA	24-Jan
4:32.49	Scott-2	240692		1	Lexington KY, USA	28-Feb
4:47.41	Scott-3	240692		2h2	Lexington KY, USA	27-Feb

## 3 000m

9:42.78	Letitia Saayman	281092	Coastal Carolina	1	Greenville NC, USA	11-Apr
9:44.31	Glenrose Xaba	311294	AGN	1	Pretoria	04-Mar
9:49.85	Caster Semenya	070191	ACNW	1	Stellenbosch	20-Apr
9:50.55	Thineke Fourie		BOLA	2	Stellenbosch	20-Apr
9:50.82	Mamphielo Sibanda	050293	CGA	3	Stellenbosch	20-Apr
9:51.37	Stella Marais	251192	AGN	4	Stellenbosch	20-Apr
9:51.42	Nicole Louw	260701	AFS	1	Bloemfontein	09 to 11-Apr
9:53.84	Tshwanelo Maruping	190300	CGA	2	Bloemfontein	09 to 11-Apr
9:54.27	Lizerie Ferreira	280696	AGN	2	Pretoria	04-Mar
9:58.65	Simonay Weitsz	260499	CGA	1	Germiston	14-Mar
10:00.20	Nicole van der Merwe	281098	CGA	2	Germiston	14-Mar
10:01.73	Gena Lofstrand	231095	ACNW	1	Potchefstroom	3-Feb
10:01.76	Yandiswa Shange	300600	CGA	3	Bloemfontein	09 to 11-Apr
10:02.70	Keletso Senosi	011001	AGN	1	Potchefstroom	08/09-May
10:03.35	Bernadene Mcloud	020395	ACNW	2	Potchefstroom	3-Feb

### Indoor

8:52.56	Dominique Scott	240692	Arkansas State	1	Seattle WA, USA	14-Feb
---------	-----------------	--------	----------------	---	-----------------	--------

8:55.20	Scott-2			1	Fayetteville AR, USA	14-Mar
9:27.24	Scott-3			1	Lexington KY, USA	27-Feb
9:38.83	Letitia Saayman	281092	Coastal Carolina	1	Birmingham AL, USA	13-Feb
9:45.75	Saayman-2			2rB	Winston-Salem NC, USA	30-Jan

### 5 000m

15:32.55	Dominique Scott	240692	Arkansas State	18	Stanford CA, USA	02-May
15:40.47	Scott-2			2	Eugene OR, USA	13-Jun
15:50.07	Scott-3			1h2	Austin TX, USA	29-May
16:06.52	Scott-4			1	Starkville MS, USA	16-May
16:19.72	Diana-Lebo Phalula	091283	CGA	1	Stellenbosch	17-Apr
16:24.24	Nolene Conrad	260785	CGA	2	Stellenbosch	17-Apr
16:42.72	Glenrose Xaba	311294	AMPU	3	Stellenbosch	17-Apr
16:49.48	Caylee Ellero	180897	KZNA	1	Durban	20/21-Mar
16:51.56	Letitia Saayman	281092	Coastal Carolina	1	High Point NC, USA	16-May
16:52.41	Mpho Mabuza	091179	CGA	4	Stellenbosch	17-Apr

(7 athletes; 10 performances)

16:53.42	Mamphielo Sibanda	050293	CGA	1	Stellenbosch	24/25-Apr
17:13.68	Bulelwa Simae	100477	WPA	5	Stellenbosch	17-Apr
17:15.72	Lizerie Ferreira	280696	AGN	2	Stellenbosch	24/25-Apr
17:16.41	Cornelia Joubert	220688	CGA	1	Germiston	16-May
17:16.76	Stella Marais	251192	AGN	3	Stellenbosch	24/25-Apr
17:27.28	Maria Magoshing		CGA	6	Stellenbosch	17-Apr
17:28.05	Ashleigh Schnetler	020691	CGA	7	Stellenbosch	17-Apr
17:51.60	Thembi Baloyi	070189	AGN	2	Pretoria	20/21-Mar
17:53.78	Pamela Moyikwa	100496	WPA	2	Parrow	14 Feb
17:54.31	Michelle Strydom	260494	CGA	8	Stellenbosch	17-Apr
17:56.38	Leanda du Bruyn		WPA	3	Parrow	14 Feb
17:59.95	Palesa Madoa	160691	ACNW	9	Stellenbosch	17-Apr
18:04.52	Sthembile Radebe	280395	KZNA	3	Durban	20/21-Mar
18:05.08	Cherise Sims	060693	AFS	5	Stellenbosch	24/25-Apr
18:05.95	Anneline Roffey	110381	WPA	4	Parrow	14 Feb
18:06.14	Murendwa Davhana	020294	AGN	2	Bloemfontein	09 to 11-Apr

18:07.60	Tanya Scott		WPA	5	Parrow	14 Feb
18:09.47	Bernadene Mcloud		ACNW	3	Bloemfontein	09 to 11-Apr
18:13.43	Anneke Gildenhuis	010492	EPA	6	Stellenbosch	24/25-Apr
18:15.80	Lize Botha		AGN	1	Pretoria	20/21-Mar

### 10 000m

32:11.60	Dominique Scott	240692	Arkansas State	5	Stanford CA, USA	03-Apr
33:24.60	Glenrose Xaba	311294	AGN	1	Pretoria	20/21-Mar
33:25.81	Scott-2			2	Eugene OR, USA	11-Jun
34:25.46	Scott-3			3	Austin TX, USA	28-May
34:26.63	Nolene Conrad	260785	CGA	1	Stellenbosch	18-Apr
34:33.85	Letitia Saayman	281092	Coastal Carolina	5	Raleigh NC, USA	27-Mar
35:19.51	Mpho Mabuza	091179	CGA	3	Stellenbosch	18-Apr
35:44.79	Jenet Dlamini		KZNA	4	Stellenbosch	18-Apr
36:03.44	Lorraine Novela	050391	CGA	5	Stellenbosch	18-Apr
36:03.85	Ebeth Marais		BOLA	6	Stellenbosch	18-Apr

(8 athletes; 10 performances)

36:52.40	Maria Shai		ACNW	1	Potchefstroom	13-Mar
36:59.20	Marli van Staden		AGN	2	Pretoria	20/21-Mar
37:23.34	Lusanda Bomvana		ATRA	7	Stellenbosch	18-Apr
37:32.46	Michelle Strydom	260494	CGA	2	Stellenbosch	24/25-Apr
37:35.90	Vuyohazi Gebe		AGN	3	Pretoria	20/21-Mar
37:51.93	Ashleigh Simonis	220198	WPA	9	Stellenbosch	18-Apr
37:53.41	Lindokuhle Gabela	300486	KZNA	2	Durban	20/21-Mar
38:10.22	Slindile Chili	030794	KZNA	3	Durban	20/21-Mar
38:26.04	Tholoana Peu	051296	AGN	3	Stellenbosch	24/25-Apr
38:32.30	Patience Khumalo	081188	AGN	4	Pretoria	20/21-Mar

### 3 000m steeplechase

10:22.94	Thembi Baloyi	070189	AGN	1	Cape Town	23-May
10:28.33	Baloyi-2			1	Stellenbosch	18-Apr
10:32.43	Baloyi-3			12	Gwangju, KOR	10-Jul
10:40.40	Jeanette Bokadi	021096	CGA	2	Stellenbosch	18-Apr

10:50.97		Baloyi-4			1	Stellenbosch	24/25-Apr
10:54.80		Baloyi-5			1	Pretoria	20/21-Mar
10:56.77		Baloyi-6			1	Pretoria	07-Mar
10:58.56		Cherise Sims	060693	AFS	2	Stellenbosch	24/25-Apr
11:01.24		Sims-2			3	Stellenbosch	18-Apr
11:02.08		Sims-3			2	Cape Town	23-May

\_\_\_\_\_ (3 athletes; 10 performances)

11:11.79		Leani Grimes	310994	AGN	2	Bloemfontein	09 to 11-Apr
11:14.82		Ashleigh Schnetler	020691	CGA	4	Stellenbosch	18-Apr
11:52.10		Jessica Bezuidenhout	100297	CGA	2	Bloemfontein	09 to 11-Apr
11:57.38		Ileana Dreyer		WPA	3	Cape Town	23-May
11:52.49		Tshegofatso Sethlakgoe		AGN	2	Pretoria	07-Mar

### 100m Hurdles

13.36	0.9	Claudia Heunis	010589	AGN	1	Stellenbosch	18-Apr
13.40	-0.3	Heunis-2			1	Potchefstroom	08/09-May
13.45	-0.1	Heunis-3			5	Brazzaville, CGO	15-Sep
13.54	0.2	Heunis-4			4h1	Brazzaville, CGO	14-Sep
13.58	1.3	Heunis-5			1	Pretoria	20/21-Mar
13.61	-0.1	Heunis-6			1h2	Stellenbosch	18-Apr
13.61	-0.1	Heunis-7			1	Germiston	16-May
13.74	0.6	Heunis-8			1	Pretoria	07-Mar
13.89	0.9	Cayla Seddon	121097	EPA	1	Rustenburg	25-27-Mar
13.91	0.9	Kayla Gilbert	050193	CGA	2	Stellenbosch	18-Apr

\_\_\_\_\_ (3 athletes; 10 performances)

14.05	-0.9	Jean-Mare Senekal	111292	BOLA	1	Stellenbosch	24/25-Apr
14.08	-0.2	Claudine Viljoen		AGN	1	Sasolburg	19-Mar
14.11	-0.6	Lizzy Kriel	110294	AFS	1h1	Stellenbosch	24/25-Apr
14.15	1.3	Carina Etsebeth	180290	AGN	2	Pretoria	20/21-Mar
14.20	0.7	Wilmarie Weyers	Weyers	AGN	2	Bloemfontein	09 to 11-Apr
14.47	0.3	Micayla du Toit		AGN	1	Pretoria	28-Feb
14.48	0.9	Janke van Wyk	050397	WPA	5	Stellenbosch	18-Apr
14.50	0.9	Denise Hartman	220197	ACNW	3	Rustenburg	25 to 27-Mar



14.65	-0.3	Talita Vorster	180494	AGN	3	Potchefstroom	08/09-May
14.69	0.7	Jeanelle Laubsher		BOLA	4	Bloemfontein	09 to 11-Apr
14.70	0.3	Bernise van Dyk		AGN	2	Pretoria	28-Feb
14.72	-0.3	Bianca Schwan		AGN	4	Potchefstroom	08/09-May
14.79	-0.9	Chrizanne Markram	150995	CGA	3	Stellenbosch	24/25-Apr
14.82	-0.6	Cynthia Tsetsewa	110695	ACNW	3h1	Stellenbosch	24/25-Apr
14.86	-0.6	Helga-Wendy Bensusan	121194	CGA	4h1	Stellenbosch	24/25-Apr
14.86	0.7	Manilinde Maritz	190697	BOLA	5	Bloemfontein	09 to 11-Apr
15.09	0.0	Stacey Welsch	200794	AGN	5	Stellenbosch	20-Apr
15.28	0.6	June Roelofse	190392	AGN	4	Pretoria	07-Mar
15.37	-0.2	Bianca Jones		ACNW	4	Sasolburg	19-Mar
15.47	-0.2	Tracy-Lee Cullis	300394	CGA	3h1	Stellenbosch	24/25-Apr

#### 400m hurdles

54.37		Wenda Nel	300788	AGN	1	Beijing, CHN	20-May
54.45		Nel-2			2h3	Beijing, CHN	23-Aug
54.61		Nel-3			1	Saint-Denis, FRA	04-Jul
54.63		Nel-4			2s1	Beijing, CHN	24-Aug
54.81		Nel-5			5	London, GBR	24-Jul
54.90		Nel-6			1	Potchefstroom	08/09-May
54.94		Nel-7			7	Beijing, CHN	26-Aug
55.20		Nel-8			1	Pretoria	20/21-Mar
55.20		Nel-9			1	Prague, CZE	08-Jun
55.26		Nel-10			5	Stockholm, SWE	30-Jul

(1 athlete; 10 performances)

57.31		Anneri Ebersohn	090890	AGN	1	Pretoria	28-Feb
58.58		Jean-Mare Senekal	111292	BOLA	3	Stellenbosch	18-Apr
58.81		Gezelle Magerman	210497	BOLA	1	Stellenbosch	20/21-Mar
1:00.01		Helene Swanepoel	050896	BOLA	4	Coral Gables FL, USA	11-Apr
1:00.32		Rozelle Meier		WPA	2	Bloemfontein	09 to 11-Apr
1:00.97		Wilmarie Weyers		AGN	3	Bloemfontein	09 to 11-Apr
1:01.04		L Sharp		EPA	1	Port Elizabeth	NMMU-Port Eliz;
1:01.45		Denise Hartman	220197	ACNW	4	Bloemfontein	09 to 11-Apr
							7-Feb

1:01.77	Cynthia Tsetsewa	110695	ACNW	1	Bloemfontein	09 to 11-Apr
1:01.79	Elzanne Kelbrick		AGN	5	Bloemfontein	09 to 11-Apr
1:01.94	Beauty Rakumakwe	251296	AFS	3	Stellenbosch	24/25-Apr
1:02.08	Bianca Visser	100294	AGN	6	Stellenbosch	18-Apr
1:02.36	Ilse Moolman	190294	AGN	2	Bloemfontein	09 to 11-Apr
1:02.80	Noluthando Mazibuko		AGN	2	Pretoria	20/21-Mar
1:02.90	Belindi van der Merwe		AGN	3	Pretoria	20/21-Mar
1:03.53	Liriska Botha	090793	AFS	1	Bloemfontein	7-Mar
1:03.69	Jade Botha		GAU	3	Rustenburg	25 to 27-Mar
1:04.65	Chrizane Forssman		ACNW	5	Bloemfontein	09 to 11-Apr
1:05.90	Charmaine Lemmer		AGN	5	Pretoria	20/21-Mar
1:06.08	Tracy-Lee Cullis	300394	CGA	7	Stellenbosch	18-Apr

### High jump

1.80	Julia du Plessis	270596	ACNW	1	Stellenbosch	18-Apr
1.80	Marilize Higgins		AGN	1	Addis Ababa ETH	07-Mar
1.80	Bianca Erwee	040390	ACNW	2	Potchefstroom	08/09-May
1.80	Du Plessis-2			1	Boissana, ITA	01-Jul
1.80	Du Plessis-3			3	Brazzaville, CGO	14-Sep

(3 athletes; 5 performances)

1.75	June Roelofse	190392	AGN	1	Pretoria	7-Feb
1.75	Geraldine King	110897	WPA	3	Stellenbosch	18-Apr
1.75	Tanya van Deventer	220697	ANWN	1	Rustenburg	25 to 27-Mar
1.75	Nica Human		CGA	1	Potchefstroom	08/09-May
1.75	Katelyn-Faye Rothballer	160699	CGA	1	Rustenburg	25 to 27-Mar
1.75	Mieke Pretorius		AGN	2	Rustenburg	25 to 27-Mar
1.75	Helen Wessels		AFS	3	Rustenburg	25 to 27-Mar
1.75	Michelle Ngozo		GAU	1	Rustenburg	25 to 27-Mar
1.74	Brittany Uys	120496	KZNA	1	Bloemfontein	09 to 11-Apr
1.70	Tillanie Grosskopf		AGN	2	Pretoria	28-Feb
1.70	Erikah Seyama	190194	AGN	2	Pretoria	13-Feb
1.70	Mcayla Mienie		AFS	7	Stellenbosch	18-Apr
1.70	Tarryn Volenhoven		WPA	2	Stellenbosch	24/25-Apr

1.70	Danica Kirsten	110897	ANWN	3	Rustenburg	25 to 27-Mar
1.70	Fezile Mabena		AGN	4	Rustenburg	25 to 27-Mar
1.70	Marionique Wentzel	210200	ACNW	3	Rustenburg	25 to 27-Mar
1.70	Kristi Snyman		WPA	1	Stellenbosch	13/14-Mar
1.70	Carmen Britz		ANWN	4	Rustenburg	25 to 27-Mar

### Pole vault

3.80	Deone Joubert	101287	AGN	1	Pretoria	13-Feb
3.70	Mar-Leze Vos	300895	AGN	1	Stellenbosch	24/25-Apr
3.70	Vos-2			1	Pretoria	20/21-Mar
3.60	Vos-3			1	Stellenbosch	17-Apr
3.60	Vos-4			2	Pretoria	13-Feb
3.60	Vos-5			1	Pretoria	07-Mar
3.60	Vos-6			1	Bloemfontein	09 to 11-Apr
3.60	Joubert-2			1	Germiston	28-Mar
3.60	Christy Nell	230498	BOLA	1	Bloemfontein	09 to 11-Apr
3.55	Dominique Mann	280685	KZNA	1	Pretoria	28-Jan

(4 athletes; 10 performances)

3.50	Carla Werth		WPA	2	Stellenbosch	17-Apr
3.40	Kaitlyn Sparks		BOLA	1	Stellenbosch	20/21-Mar
3.30	Jody Sedras	260894	BOLA	1	Stellenbosch	14-Feb
3.30	Kulthoom Gaidien	191194	BOLA	5	Stellenbosch	17-Apr
3.30	Eslie Lamley	160398	AFS	1	Rustenburg	25 to 27-Mar
3.30	Nadja Fourie		AFS	2	Rustenburg	25 to 27-Mar
3.20	Danielle Labuschagne	241091	AGN	2	Germiston	28-Mar
3.10	Jeannie van Dyk	220992	EPA	1	Port Elizabeth	7-Feb
3.10	Catherine Swanepoel		AGN	3	Bloemfontein	09 to 11-Apr
3.10	Anneen Schoeman		AGN	1	Pretoria	28-Feb
3.10	Lize Jacobs		AFS	4	Rustenburg	25 to 27-Mar
3.10	Jani Malan		BOLA	5	Rustenburg	25 to 27-Mar
3.00	Elandi Steyger		ACNW	1	Potchefstroom	10-Mar
3.00	Laurika Pansegrouw		AFS	1	Rustenburg	25 to 27-Mar
3.00	Bianca Steyn		AFS	4	Bloemfontein	09 to 11-Apr

3.00		Zabeth Venter	190298	BOLA	2	Stellenbosch	14-Mar
3.00		Rozanne Compion		WPA	2	Stellenbosch	13/14-Mar
3.00		Zeney van der Walt		GAU	1	Rustenburg	25 to 27-Mar

### Long jump

6.55	0.7	Lynique Prinsloo	300391	AGN	1	Stellenbosch	17-Apr
6.32	1.4	Prinsloo-2			1	Pretoria	20/21-Mar
6.28	0.9	Kayla Gilbert	050193	CGA	1	Bloemfontein	09 to 11-Apr
6.23	0.7	Carla Marais	101287	AGN	2	Pretoria	20/21-Mar
6.23	1.5	Samantha Pretorius	030292	BOLA	1	Stellenbosch	20/21-Mar
6.21	1.3	Marais-2			1	Pretoria	28-Feb
6.20	1.2	Maryke Brits	250294	CGA	1	Stellenbosch	24/25-Apr
6.17	1.2	Gilbert-2	050193		1	Germiston	28-Mar
6.15	-0.9	Carla Johnson	070597	WPA	1	Bloemfontein	09 to 11-Apr
6.08	-0.6	Zinzi Chabangu	280996	CGA	8	Brazzaville, CGO	16-Sep

(7 athletes; 10 performances)

6.07	0.1	Patience Ntshingila	260889	CGA	1	Sasolburg	19-Mar
6.06	1.8	Renate van Tonder	100498	AGN	1	Bloemfontein	09 to 11-Apr
5.95	0.0	Cindy Naude		ACNW	1	Potchefstroom	3-Feb
5.90	0.3	Nicholeen McLaren	100590	AMPU	4	Cape Town	23-May
5.81	1.8	Birdie Carstens	130592	BOLA	2	Stellenbosch	20/21-Mar
5.78	1.4	Tamryn Cupido		AGN	3	Pretoria	20/21-Mar
5.75	0.8	Kelly Kingwell	020191	EPA	4	Stellenbosch	24/25-Apr
5.75	0.0	Zanri van der Merwe	140593	AGN	4	Tempe AZ, USA	11-Apr
5.73	0.6	Bianca Erwee	040390	ACNW	2	Potchefstroom	26-Mar
5.70	2.0	June Roelofse	190392	AGN	1	Pretoria	07-Mar
5.70	1.2	Jadee Johannes		WPA	1	Rustenburg	25 to 27-Mar
5.70	-0.9	Gabrielle Lochoff		AGN	2	Pretoria	20/21-Mar
5.62	-0.9	Marleen van der Westhuizen		ACNW	3	Bloemfontein	09 to 11-Apr
5.60	1.8	Rudine Botha		ACNW	3	Bloemfontein	09 to 11-Apr
5.59	-0.9	Anita Madike		BORA	4	Bloemfontein	09 to 11-Apr
5.55	1.8	Michaela Wright		CGA	4	Bloemfontein	09 to 11-Apr
5.52	-0.2	Helga Bensusan	121194	CGA	2q1	Stellenbosch	24/25-Apr

5.52	1.2	Liezel Hechter		AGN	5	Pretoria	20/21-Mar
5.50	1.0	Samantha Ross	090595	WPA	7	Stellenbosch	24/25-Apr
5.50	0.2	Stephanie Esonguwune		AGN	2	Pretoria	20/21-Mar

#### Wind assisted

6.53	2.3	Carla Marais	101287	AGN	2	Stellenbosch	17-Apr
6.32	4.2	Zinzi Chabangu	280996	CGA	3	Stellenbosch	17-Apr
6.29	2.7	Kayla Gilbert	050193	CGA	4	Stellenbosch	17-Apr
6.26	3.1	Renate van Tonder	100498	AGN	1	Apia, SAM	08-Sep
6.24	3.2	Samantha Pretorius	030292	BOLA	5	Stellenbosch	17-Apr

#### Triple jump

13.32	1.0	Patience Ntshingila	260889	CGA	1	Stellenbosch	18-Apr
13.31	-0.1	Ntshingila-2			1	Germiston	16-May
13.29	0.1	Ntshingila-3			1	Stellenbosch	24/25-Apr
13.24	1.4	Ntshingila-4			1	Germiston	28-Mar
13.18	0.9	Matsie Dikotla	030987	AGN	2	Stellenbosch	18-Apr
13.18	0.5	Zinzi Chabangu	280996	CGA	2	Stellenbosch	24/25-Apr
13.14	-0.8	Chabangu-2			3	Stellenbosch	18-Apr
13.08	-0.7	Chabangu-3			1	Potchefstroom	08/09-May
12.82	-0.7	Taylia Visagie	160296	AGN	6	Stellenbosch	24/25-Apr
12.27	1.2	Helga-Wendy Bensusan	121194	CGA	4	Stellenbosch	24/25-Apr

(5 athletes; 10 performances)

12.13	0.5	Manthibe Kunutu		AGN	6	Stellenbosch	18-Apr
12.00	0.6	Megan van Rooyen		AVT	2	Bloemfontein	09 to 11-Apr
11.96	0.5	Bennita Botha	240594	AGN	7	Stellenbosch	18-Apr
11.96	-0.6	Marelise Campher		AFS	2	Bloemfontein	09 to 11-Apr
11.94	0.6	Stephanie Esonguwune		AGN	3	Bloemfontein	09 to 11-Apr
11.84	1.8	Nicole Dirk	081092	WPA	5	Stellenbosch	24/25-Apr
11.81	1.1	Somien Schutte		AGN	1	Bloemfontein	09 to 11-Apr
11.60	1.0	Tamryn Cupido		AGN	7	Stellenbosch	24/25-Apr
11.57	0.6	Lebo Molefe		AFS	5	Bloemfontein	09 to 11-Apr
11.55	-0.6	Carina Meyer	070994	AFS	4	Bloemfontein	09 to 11-Apr

## Shot put

16.03	Sonia Smuts	270495	AGN	1	Pretoria	28-Feb
15.94	Geraldine Duvenage	170895	ACNW	1	Germiston	24-Jan
15.78	Smuts-2			1	Stellenbosch	20-Apr
15.65	Smuts-3			1	Pretoria	07-Mar
15.51	Ischke Senekal	080193	EPA	1	Stellenbosch	18-Apr
15.49	Smuts-4			1	Mauritius, MRI	13-Jun
15.47	Duvenage-2			2	Stellenbosch	18-Apr
15.36	Duvenage-3			2	Stellenbosch	20-Apr
15.35	Smuts-5			1	Pretoria	13-Feb
15.33	Duvenage-4			1	Stellenbosch	24/25-Apr
<hr/> <p>(3 athletes; 10 performances)</p>						
15.19	Lezaan Jordaan	171095	CGA	4	Stellenbosch	20-Apr
14.01	Cecile Meyer	070694	AFS	3	Bloemfontein	09 to 11-Apr
13.26	Elizabeth Loots	020596	CGA	5	Stellenbosch	18-Apr
13.07	Tanya Treurnicht	040184	AGN	6	Stellenbosch	18-Apr
13.00	Angeline Smit	090698	BOLA	7	Stellenbosch	18-Apr
12.87	Yolande Willemse	290496	EPA	7	Stellenbosch	24/25-Apr
12.47	Wine van Rooyen		AGN	1	Pretoria	24-Jan
11.78	Wanzel Breytenbach	260496	CGA	8	Stellenbosch	24/25-Apr
11.20	Susann Malan	170294	CGA	3	Germiston	24-Jan
10.68	Maria Compion		WPA	2	Cape Town	23-May
10.67	June Roelofse	190392	AGN	2	Pretoria	07-Mar
10.60	Chandre Naude		ACNW	1	Potchefstroom	3-Feb
10.60	Marilize Coetzee	271276	WPA	3	Cape Town	23-May
10.52	Helene Peens		BOLA	1	Stellenbosch	6-Mar
10.52	Merene Kotze		AGN	2	Pretoria	24-Jan
10.34	Caioly Gabriel		WPA	4	Cape Town	23-May
10.32	Babalwa Latsha	310394	WPA	6	Stellenbosch	20-Apr
10.31	Nienka du Toit	170397	BOLA	5	Cape Town	23-May
10.30	Riette Heyns		ACNW	2	Potchefstroom	3-Feb
10.25	Tarinka Truter		BOLA	2	Stellenbosch	20/21-Mar

## Discus throw

55.65	Geraldine Duvenage	170895	ACNW	1	Potchefstroom	26-Mar
54.45	Duvenage-2			1	Pretoria	7-Feb
53.43	Duvenage-3			1	Stellenbosch	24/25-Apr
53.00	Duvenage-4			1	Stellenbosch	18-Apr
51.84	Maryke Oberholzer	271189	AGN	1	Pretoria	13-Feb
51.18	Ischke Senekal	080193	EPA	5qB	Gwangju, KOR	08-Jul
51.17	Duvenage-5			1	Potchefstroom	29-Jan
50.67	Duvenage-6			1	Potchefstroom	18-Feb
50.53	Ischke Senekal	080193	EPA	12	Gwangju, KOR	09-Jul
50.53	Senekal-2			2	Brazzaville, CGO	16-Sep

(4 athletes; 10 performances)

47.55	Leandri Geel	140797	CGA	1	Cape Town	23-May
45.00	Sonia Smuts	051091	AGN	1	Mauritius, MRI	13-Jun
43.23	Angeline Smit	090698	BOLA	2	Cape Town	23-May
42.68	Yolandi Stander	271198	AGN	2	Pretoria	2-Feb
42.32	Chane Coetzee		BOLA	5	Stellenbosch	18-Apr
41.07	Elizabeth Loots	020596	CGA	4	Potchefstroom	26-Mar
40.03	Tanya Treurnicht	040194	AGN	1	Germiston	28-Mar
39.42	Hanri du Preez	270495	ACNW	1	Potchefstroom	13-Mar
37.51	Caioly Gabriel		WPA	5	Potchefstroom	26-Mar
36.98	Rudine Botha		ACNW	4	Potchefstroom	29-Jan
36.68	Eunice Olevano	210292	AFS	6	Stellenbosch	24/25-Apr
36.23	Riette Heyns		ACNW	1	Potchefstroom	3-Feb
35.88	Nadia Botha	070891	AFS	7	Stellenbosch	24/25-Apr
35.87	Lize Blignaut		ACNW	1	Potchefstroom	10-Feb
35.71	Janita Eva		AGN	2	Pretoria	28-Feb

## Hammer throw

60.99	Annemie Smith	240392	SWD	3	East Lansing MI, USA	15-May
60.28	Smith-2			2	Tempe AZ, USA	20-Mar
59.87	Smith-3			2	Iowa City IS, USA	02-May

58.88	Smith-4			23	Austin TX, USA	28-May
58.84	Smith-5			5	Gainesville FL, USA	04-Apr
57.86	Smith-6			7	Walnut AL, USA	17-Apr
57.41	Smith-7			4	Des Moines IA, USA	25-Apr
55.93	Stefanie Greyling	250396	ACNW	1	Potchefstroom	26-Mar
55.02	Chene Coetzee	090694	AGN	1	Pretoria	28-Feb
54.28	Coetzee-2			1	Bloemfontein	09 to 11-Apr
<hr/>						
(3 athletes; 10 performances)						
53.95	Letitia Janse van Vuuren		ACNW	1	Cape Town	23-May
51.34	Mieke Stander	150195	EPA	2	Bloemfontein	09 to 11-Apr
50.15	Nadia Botha	070891	AFS	4	Potchefstroom	08/09-May
47.94	Tanya Treurnicht	040184	AGN	1	Germiston	14-Mar
45.83	Jennifer Janse van Vuuren		AFS	6	Potchefstroom	08/09-May
45.09	Nadia Meiring	220197	AFS	4	Stellenbosch	17-Apr
44.54	Marilize Coetzee	271276	WPA	5	Stellenbosch	17-Apr
38.26	Felrie Oettle		BOLA	2	Stellenbosch	25-Feb
35.93	Chandre Fredricks	010793	WPA	6	Stellenbosch	24/25-Apr
33.83	Dawn Lubisi	020394	CGA	8	Stellenbosch	24/25-Apr

### Javelin throw

66.62	Sunette Viljoen	060183	ACNW	1	Melbourne, AUS	21-Mar
65.79	Viljoen			3	Beijing, CHN	29-Aug
64.36	Viljoen			2	Oslo, NOR	11-Jun
64.14	Viljoen			1	Stellenbosch	18-Apr
64.03	Viljoen			2	Stockholm, SWE	30-Jul
63.93	Viljoen			3gA	Beijing, CHN	28-Aug
63.60	Viljoen			2	Shanghai, CHN	17-May
63.15	Viljoen			2	Saint-Denis, FRA	04-Jul
63.14	Viljoen			4	London, GBR	25-Jul
57.18	Viljoen			10	Zürich, SUI	03-Sep
<hr/>						
(1 athlete; 10 performances)						
52.30	Megan Wilke	230895	ACNW	1	Bloemfontein	09 to 11-Apr
51.89	Gezelle Bernard	060591	ACNW	1	Potchefstroom	08/09-May



51.40	Janike Kotze	230389	ACNW	2	Bloemfontein	09 to 11-Apr
50.52	Jo-Ane van Dyk	031097	ASWD	3	Brazzaville, CGO	15-Sep
49.57	Gerlize de Klerk	230389	ACNW	2	Potchefstroom	08/09-May
47.29	Zandri Bailey		WPA	3	Bloemfontein	09 to 11-Apr
46.86	Sane van Zyl	120895	ACNW	4	Potchefstroom	08/09-May
43.60	Danielle Coetzee	040996	AGN	4	Stellenbosch	24/25-Apr
43.01	Chelsea Boshoff	090895	CGA	1	Germiston	28-Mar
41.37	Zane Fourie		ACNW	4	Potchefstroom	10-Feb

### Heptathlon

5249	Bianca Erwee	040391	ACNW	1	Stellenbosch	24/25-Apr
	14.88 (-0.2) - 1.79 - 10.56 - 26.29 (-0.9) - 5.67 (2.6) - 38.54 - 2:29.61					
5040	Erwee-2			4	Reduit, MRI	12-Apr
	15.02 - 1.73 - 10.73 - 26.55- 5.69 - 38.70 - 2:38.97					
5001	June Roelofse	190392	AGN	2	Stellenbosch	24/25-Apr
	15.15 (0.0) - 1.73 - 10.86 - 26.60 (-0.5) - 5.88 (0.5) - 27.81 - 2:28.40					
4919	Roelofse-2			1	Pretoria	20/21-Mar
	15.00 (0.1) 1.72 - 10.71 - 26.72 (0.0) - 5.72 (1.9) - 26.44 - 2:28.40					
4582	Helene Peens		BOLA	4	Stellenbosch	24/25-Apr
	16.44 (0.0) - 1.58 - 10.10 - 26.87 (-0.5) - 5.46 (3.4) - 33.40 - 2:27.77					
(3 athletes; 5 performances)						
3604	Anri Salim		ACNW	5	Stellenbosch	24/25-Apr
	17.65 (0.0) - 1.67 - 8.69 - 28.49 (-0.5) - 4.58 (1.3) - 22.80 - 2:52.83					
3495	Jolanda Loubser	290388	EPA	3	Stellenbosch	17/18-Apr
	18.10 (-3.6) - 1.36 - 8.16 - 27.94 (-2.3) - 4.83 (0.9) - 19.97 - 2:29.55					
3204	Nadine van der Westhuizen		ACNW	4	Stellenbosch	17/18-Apr
	20.59 (-3.6) - 1.33 - 08.37 - 27.22 (-2.3) - 4.23 (1.9) - 25.36 - 2:34.13					

### 4x100m relay

45.96	Gauteng North Invitation		AGN	1	Stellenbosch	18-Apr
46.26	Stellenbosch University		BOLA	1	Stellenbosch	20-Apr
46.26	Gauteng North		AGN	2	Stellenbosch	18-Apr
46.35	Gauteng North Invitation		AGN	3	Stellenbosch	18-Apr

46.41	Boland		BOLA	4	Stellenbosch	18-Apr
46.49	SA Juniors		RSA	2	Addis Ababa, ETH	07-Mar
	(Carla Johnson, Simone du Plooy, Robyn Haupt, Tamzin Thomas)					
46.66	University of Pretoria		AGN	1	Potchefstroom	26-Mar
46.68	North-West University		ACNW	2	Potchefstroom	26-Mar
46.69	Gauteng Schools		GAU	1	Rustenburg	25 to 27-Mar
47.02	South Africa		RSA	1	Mauritius, MRI	12-Jun
47.02	University of Pretoria		AGN	2	Stellenbosch	20-Apr

### 4x400m relay

3:35.57	Gauteng North		AGN	1	Stellenbosch	18-Apr
3:40.12	Boland		BOLA	2	Stellenbosch	18-Apr
3:43.41	South Africa		RSA	2	Mauritius, MRI	13-Jun
3:44.83	Western Province		WPA	3	Stellenbosch	18-Apr
3:46.04	Central Gauteng		CGA	4	Stellenbosch	18-Apr
3:46.73	SA Students		USSA	6	Gwangju, KOR	12-Jul
	(Anneri Ebersohn, Anuscha Nice, Mamphielo Sibanda, Justine Palframan)					
3:49.39	Gauteng North Juniors		AGN	1	Bloemfontein	09 to 11-Apr
3:50.89	University of Pretoria		AGN	1	Stellenbosch	24/25-Apr
3:51.52	North-West University		ACNW	2	Stellenbosch	24/25-Apr
3:51.55	Mpumalanga Schools		AMPU	1	Rustenburg	25 to 27-Mar

### 10 000m walk (track)

49:45.40	Anel Oosthuizen	220495	CGA	3	Germiston	14-Mar
54:34.58	Annette Koen		ACNW	1	Potchefstroom	13-Mar
54:47.40	Rose Shabalala	100393	CGA	11	Germiston	14-Mar
55:39.20	Udelle de Winnaar	201296	CGA	12	Germiston	14-Mar
56:15.00	Zelda Schultz	150292	KZNA	1	Durban	31-Jan
56:15.12	Nthatsi Mokhele	260693	CGA	2	Bloemfontein	09 to 11-Apr
57:46.43	Ester van der Merwe		BOLA	1	Stellenbosch	13/14-Mar
58:10.35	Chanice Klink	301195	AGN	3	Bloemfontein	09 to 11-Apr
59:06.30	Delia Meyer		BOLA	2	Paarl	26-28 Feb
59:32.70	Bianca Roberts		BOLA	3	Paarl	26-28 Feb

**20km walk (road)**

1:38:03	Anel Oosthuizen	220495	CGA	1	Stellenbosch	18-Apr
1:38:20	Oosthuizen-2			1	Stellenbosch	24/25-Apr
1:39:05	Oosthuizen-3			20	La Coruna, ESP	06-Jun
1:40:33	Corli Swart	050391	AGN	2	Stellenbosch	24/25-Apr
1:42:07	Swart-2			2	Stellenbosch	18-Apr
1:42:54	Swart-3			19	Lugano, SUI	15-Mar
1:43:13	Swart-4			16	Dudince, SVK	21-Mar
1:46:16	Oosthuizen-4	220495	CGA	5	Brazzaville, CGO	15-Sep
1:48:29	Zelda Schultz	150292	KZNA	3	Stellenbosch	18-Apr
1:53:17	Michelle Hopkins	091188	CGA	4	Stellenbosch	18-Apr
<hr/> <b>(4 athletes; 10 performances)</b>						
1:57:46	Rose Shabalala	100393	CGA	5	Stellenbosch	18-Apr
1:59:20	Chanice Klink	301195	AGN	3	Stellenbosch	24/25-Apr
2:01:16	Nthatsi Mokhele	260693	CGA	6	Stellenbosch	18-Apr
2:03:37	Inge Kotze		BOLA	1	Stellenbosch	20/21-Mar
2:08:54	Phelokazi Gcolotela		AGN	4	Stellenbosch	24/25-Apr
2:13:49	Xoli Mahlangu	130493	KZNA	2	Durban	20/21-Mar
2:24:37	Nontobeko Ndawonde		KZNA	3	Durban	20/21-Mar
2:24:37	Sindisiwe Mntungwa		KZNA	4	Durban	20/21-Mar
2:28:33	Thabisile Thango	140796	KZNA	5	Durban	20/21-Mar
2:52:24	Chante Jephta		BOLA	5	Stellenbosch	24/25-Apr



















































