

2015 SOUTH AFRICAN SUB-YOUTH BEST PERFORMANCES

COMPILED BY SAAS

BOYS

100m

10.88	0.7	Retshidisitswe Mlenga	270200	AGN	1	Rustenburg	25 to 27-Mar
10.89	0.4	Ruben Els		AGN	1h3	Bloemfontein	09 to 11-Apr
11.01	1.0	Donavan du Toit		ACNW	1h1	Rustenburg	25 to 27-Mar
11.03	1.0	Mlenga-2			2h1	Rustenburg	25 to 27-Mar
11.05	0.7	Tshenolo Lemao	170600	AFS	2	Rustenburg	25 to 27-Mar
11.05	0.1	Adriaan Maans		BOLA	1s2	Bloemfontein	09 to 11-Apr
11.08	0.1	Mlenga-3			2	Bloemfontein	09 to 11-Apr
11.20	-0.1	Jayson Weber		WPA	3s1	Bloemfontein	09 to 11-Apr
11.22	0.7	Pieter Kunz		AMPU	4	Rustenburg	25 to 27-Mar
11.23	0.1	Duwayne Pieteron		EPA	4s2	Bloemfontein	09 to 11-Apr

200m

21.34	0.8	Ruben Els		AGN	1	Bloemfontein	09 to 11-Apr
21.82	0.7	Retshidisitswe Mlenga	270200	AGN	1	Rustenburg	25 to 27-Mar
22.22	0.8	Jayson Weber		WPA	3	Bloemfontein	09 to 11-Apr
22.32	0.7	Pieter Kunz		AMPU	2	Rustenburg	25 to 27-Mar
22.32	0.8	Adriaan Maans		BOLA	4	Bloemfontein	09 to 11-Apr
22.38	-1.8	Benje Momberg		BOLA	1	Paarl	26-28-Feb
22.53	0.7	Tshenolo Lemao	170600	AFS	3	Rustenburg	25 to 27-Mar
22.60	1.2	Francois Viljoen		AFS	1h1	Rustenburg	25 to 27-Mar
22.64	1.2	Curtlee Davids		BOLA	2h1	Rustenburg	25 to 27-Mar
22.73	-0.2	Thabiso Monyane		AGN	3	Pretoria	20/21-Mar

400m

49.58	Pieter Kunz		AMPU	1	Rustenburg	25 to 27-Mar
49.82	Siyabonga Tshabalala		AMPU	5s1	Bloemfontein	09 to 11-Apr
49.93	Ruben Giessanberg		ACNW	6s2	Bloemfontein	09 to 11-Apr
49.95	Keabaryleng Mokopi		ANWN	6s1	Bloemfontein	09 to 11-Apr
50.08	Devinito Fourie		ATRA	7s2	Bloemfontein	09 to 11-Apr
50.16	Sokwakhana Zazini		EPA	2	Rustenburg	25 to 27-Mar
50.18	Bongumusa Mdlala		KZNA	7s1	Bloemfontein	09 to 11-Apr
50.20	Lewis Ngwenya	240400	AGN	3	Rustenburg	25 to 27-Mar

800m

1:54.30	Lewis Ngwenya	240400	AGN	3	Potchefstroom	08/09-May
1:54.56	Ngwenya-2			1	Bloemfontein	09 to 11-Apr
1:57.51	Alden Deysel		CGA	2	Bloemfontein	09 to 11-Apr
1:57.57	Tertius Mentz		AMPU	3	Bloemfontein	09 to 11-Apr
1:58.59	Lexton Swiegelaar		WPA	4	Bloemfontein	09 to 11-Apr
1:59.11	Willean Janse van Rensburg		AMPU	5h1	Bloemfontein	09 to 11-Apr
1:59.13	Riaan van Rhyn		GAU	3	Rustenburg	25 to 27-Mar
1:59.21	A Sikhumba		EPA	5	Rustenburg	25 to 27-Mar
1:59.96	Robert de Villiers		ACNW	5	Bloemfontein	09 to 11-Apr
2:00.04	Ntuthuko Ndimande		CGA	6	Bloemfontein	09 to 11-Apr
2:00.16	Ronan Oosthuizen		ANWN	6	Rustenburg	25 to 27-Mar

1 500m

4:09.23	Avela Nazo		ATRA	1	Rustenburg	25 to 27-Mar
4:09.79	Mohlouwa Molutsi	050100	AFS	2	Rustenburg	25 to 27-Mar
4:10.04	Ronan Oosthuizen		ANWN	3	Rustenburg	25 to 27-Mar
4:11.57	Keegan Dally		AGN	4	Rustenburg	25 to 27-Mar
4:13.40	Amos Khoza		AMPU	5	Rustenburg	25 to 27-Mar
4:13.88	Ngconde Matwebu	040600	AFS	6	Rustenburg	25 to 27-Mar
4:15.39	Tumi Lephoto		GAU	7	Rustenburg	25 to 27-Mar
4:16.00	Ntuthuko Ndimande		CGA	2	Bloemfontein	09 to 11-Apr
4:16.29	Sanele Mokoena	270900	AFS	3	Bloemfontein	09 to 11-Apr
4:16.85	Lewis Ngwenya	240400	AGN	3	Pretoria	7-Feb

3 000m

8:59.89	Ngconde Matwebu	040600	AFS	1	Rustenburg	25 to 27-Mar
9:02.37	Tumi Lephoto	270200	CGA	2	Rustenburg	25 to 27-Mar
9:06.71	Pholoso Mothopa		LIMA	3	Rustenburg	25 to 27-Mar
9:07.03	Avela Nazo		EPA	4	Rustenburg	25 to 27-Mar
9:13.75	Morena Mochesane		AFS	2	Bloemfontein	06-Mar
9:14.71	Caleb Beukes	210100	CGA	2	Bloemfontein	09 to 11-Apr
9:15.45	Aviwe Scout		EPA	5	Rustenburg	25 to 27-Mar
9:15.83	Vuyo Kamlane		AFS	3	Bloemfontein	06-Mar
9:17.44	Christopher Swart		AGN	3	Bloemfontein	09 to 11-Apr
9:18.20	Omphile Molotsi		ANWN	4	Bloemfontein	09 to 11-Apr

1 500m steeplechase

4:43.72	Sanele Mokoena		AFS	1	Bloemfontein	07-Mar
4:54.50	Morena Mochesane		AFS	2	Bloemfontein	07-Mar

100m hurdles

12.86	1.4	Andricus Douwie	ANWN	1	Rustenburg	25 to 27-Mar
12.95	1.4	Dimitri Mngqgolo	BOLA	2	Rustenburg	25 to 27-Mar
13.08	0.4	CJ Moyo	AGN	1h2	Rustenburg	25 to 27-Mar
13.14	1.4	Stephanus van der Walt	GAU	3	Rustenburg	25 to 27-Mar
13.15	0.6	Andricus Douwie	ANWN	1h3	Rustenburg	25 to 27-Mar
13.31	0.4	Van der Walt-2		2h2	Rustenburg	25 to 27-Mar
13.36	1.2	Gustav Meyer	AGN	2	Pretoria	20/21-Mar
13.40	1.4	Dalvon Blood	BOLA	4	Rustenburg	25 to 27-Mar
13.43	1.4	William Thulare	LIMA	5	Rustenburg	25 to 27-Mar
13.47	1.4	Waylin Booysen	WC	6	Rustenburg	25 to 27-Mar

300m hurdles

38.49		Sokwakhana Zazizi	EPA	1	Rustenburg	25 to 27-Mar
38.79		Liam Pietersen	WPA	2	Rustenburg	25 to 27-Mar

39.00	Waylin Booysen		WPA	3	Rustenburg	25 to 27-Mar
39.26	Gustav Meyer		AGN	1	Pretoria	20/21-Mar
39.46	Coenraad Visser		AMPU	1h1	Rustenburg	25 to 27-Mar
39.48	CJ Moyo		AGN	2	Pretoria	20/21-Mar
39.67	Kyle Janse van Rensburg		ANWN	4	Rustenburg	25 to 27-Mar
39.71	Damian Losper		AMPU	2h1	Rustenburg	25 to 27-Mar
40.01	Lindokuhle Gora		AGN	4h1	Rustenburg	25 to 27-Mar
40.01	William Thulare		LIMA	5h1	Rustenburg	25 to 27-Mar

High jump

2.05	Breyton Poole	230300	WPA	1	Stellenbosch	13-Nov
2.00	Stephanus van der Walt		GAU	1	Rustenburg	25 to 27-Mar
2.00	Matome Shabangu		CGA	3	Rustenburg	25 to 27-Mar
2.00	Marcel Maree		BOLA	1	Paarl	26 to 28-Feb
1.95	Giovanni Matthews		BOLA	3	Paarl	26 to 28-Feb
1.95	Peter Louw		BOLA	2	Paarl	26 to 28-Feb
1.95	Emelio Bassick		BOLA	4	Rustenburg	25 to 27-Mar
1.90	Cas Mouton		BOLA	4	Paarl	26 to 28 Feb
1.90	Roelof van der Walt	060100	CGA	1	Germiston	24-Jan

Pole vault

3.60	Christiaan Duvenhage	030901	AFS	1	Bloemfontein	09 to 11-Apr
3.60	Jacques Stoltz	290301	AFS	1	Rustenburg	25 to 27-Mar
3.50	Zaine de la Rey	130500	AFS	2	Bloemfontein	09 to 11-Apr
3.50	Sarel Mouton	080601	AFS	2	Rustenburg	25 to 27-Mar
3.50	Valco van Wyk	260300	BOLA	3	Bloemfontein	09 to 11-Apr
3.40	Christiaan Beukes	180200	BOLA	5	Bloemfontein	09 to 11-Apr
3.40	Heinrich Schaefer	020100	BOLA	4	Bloemfontein	09 to 11-Apr
3.00	Luke Smuts		EPA	5	Rustenburg	25 to 27-Mar
2.70	Marnel Coertze		SWD	4	Stellenbosch	13/14-Mar
2.60	Jako van Wyk	200700	BOLA	1	Stellenbosch	31-Jan

Long jump

6.74	0.1	Brent Manuel	BOLA	1	Rustenburg	25 to 27-Mar
6.70	2.0	Nathan de Lange	BOLA	1	Bloemfontein	09 to 11-Apr
6.65	0.1	Waylin Booysen	WC	3	Rustenburg	25 to 27-Mar
6.65	0.1	Donavan du Toit	ACNW	2	Rustenburg	25 to 27-Mar
6.48	0.1	Wyclef Viitoor	AFS	4	Rustenburg	25 to 27-Mar
6.38	0.7	Marlon Hendricks	BOLA	3	Paarl	26-28 Feb
6.36	1.0	Tristan Farao	BOLA	1	Paarl	26-28 Feb
6.31	0.1	Obakeng Molefe	ANWN	5	Rustenburg	25 to 27-Mar
6.22	1.3	Javian Slingers	BOLA	4	Paarl	26-28 Feb
6.21	0.1	Dean Lategan	GAU	6	Rustenburg	25 to 27-Mar

Triple jump

13.32	-0.3	Jesse Fisher	WC	1	Rustenburg	25 to 27-Mar
13.00	0.1	Tsegofatsa Thlabang	AFS	1	Bloemfontein	09 to 11-Apr
12.98	0.4	Tlhagi Ramafuthula	AGN	1	Pretoria	28-Feb
12.98	0.1	Javian Slingers	BOLA	2	Bloemfontein	09 to 11-Apr
12.96	-0.3	Christiaan le Roux	AGN	2	Rustenburg	25 to 27-Mar
12.66	0.1	Sifiso Miya	AGN	4	Bloemfontein	09 to 11-Apr
12.62	-0.3	Keolebogile Tshokudu	ANWN	4	Rustenburg	25 to 27-Mar
12.55	-0.3	Brent Manuel	WC	6	Rustenburg	25 to 27-Mar
12.46	-0.3	Kyle Mashiya	GAU	7	Rustenburg	25 to 27-Mar
12.45	-0.3	Murendeni Sithole	AFS	8	Rustenburg	25 to 27-Mar

Shot put

19.70		Jonathan de Lacey		AVT	1	Bloemfontein	09 to 11-Apr
18.04		Morne Brandon	251100	CGA	2	Bloemfontein	09 to 11-Apr
17.94		Dewald Pienaar		GAU	1	Rustenburg	25 to 27-Mar
16.64		Nicolaas Taljaard		LIMA	4	Rustenburg	25 to 27-Mar
15.87		Herman Agenbag	020200	AFS	3	Bloemfontein	09 to 11-Apr
15.44		Jannie Crous		AFS	5	Rustenburg	25 to 27-Mar
15.38		Victor Potgieter		LIMA	6	Rustenburg	25 to 27-Mar

15.21	Hannes Kruger	120401	AFS	4	Bloemfontein	09 to 11-Apr
15.00	Renier Janse van Rensburg		BOLA	1	Paarl	26 to 28-Feb
14.81	Kobus du Toit		AMPU	5	Bloemfontein	09 to 11-Apr

Discus throw

64.57	Morne Brandon	251100	CGA	1	Germiston	14-Mar
63.78	Jonathan de Lacey		AVT	1	Bloemfontein	09 to 11-Apr
59.51	Stefan Smit		AMPU	3	Bloemfontein	09 to 11-Apr
56.20	Herman Agenbag	020200	AFS	4	Bloemfontein	09 to 11-Apr
55.84	Nicolaas Taljaard		LIMA	3	Rustenburg	25 to 27-Mar
53.90	Dewald Pienaar		GAU	5	Rustenburg	25 to 27-Mar
52.57	Smit-2			6	Rustenburg	25 to 27-Mar
52.04	Wynand Conradie	200100	KZNA	7	Rustenburg	25 to 27-Mar
51.48	Jean-Pierre Luise		WPA	5	Bloemfontein	09 to 11-Apr
50.73	Henco de Beer		BOLA	8	Rustenburg	25 to 27-Mar

Hammer throw

63.09	Paul du Plessis		EPA	1	Bloemfontein	09 to 11-Apr
59.43	James Havinga		AFS	2	Bloemfontein	09 to 11-Apr
56.80	Johan Minnaar		ACNW	3	Bloemfontein	09 to 11-Apr
52.07	Herman Agenbag	020200	AFS	4	Bloemfontein	09 to 11-Apr
50.78	Jomar Oosthuizen		AFS	5	Bloemfontein	09 to 11-Apr
49.98	Ludwig Bruwer		BOLA	1	Paarl	26 to 28-Feb
49.95	Cedric Kobokoane		AFS	6	Bloemfontein	09 to 11-Apr
49.28	Ludwig Bruwer		BOLA	1	Stellenbosch	13/14-Mar
48.60	Karel Kleynhans		SWD	7	Bloemfontein	09 to 11-Apr
47.35	Charl van der Merwe		AFS	5	Rustenburg	25 to 27-Mar

Javelin throw

67.15	Jannes Schlebusch	260800	AFS	1	Rustenburg	25 to 27-Mar
63.80	Stefan Smit		AMPU	1	Bloemfontein	09 to 11-Apr
61.07	Joshua Maas		AMPU	3	Rustenburg	25 to 27-Mar

59.72	Diego Appollis		AGN	1	Pretoria	20/21-Mar
58.48	Zandre Combrinck		GAU	4	Rustenburg	25 to 27-Mar
57.20	Emile Kruger		LIMA	5	Rustenburg	25 to 27-Mar
56.19	Thomas Bezuidenhout		BOLA	1	Stellenbosch	13/14-Mar
55.92	Wynand Conradie	200100	KZNA	1	Durban	24-Jan
54.81	Lohan Roode		AGN	2	Pretoria	20/21-Mar
54.71	Tristan Dullisear		GAU	7	Rustenburg	25 to 27-Mar

Pentathlon

3008	Liam Pieteron		WPA	1	Stellenbosch	17-Apr
	14.66 (-3.5) - 10.74 - 1.73 - 5.41 (3.5) - 2:53.62					
3003	Neil Scott		AMPU	2	Stellenbosch	17-Apr
	15.36 (-3.4) - 12.71 - 1.70 - 5.36 (3.4) - 2:54.28					
2491	Sandile Matjeni		CGA	3	Stellenbosch	17-Apr
	16.47 (-3.5) - 08.19 - 1.50 - 5.49 (2.3) - 2:53.23					
2491	Koketso Seane		CGA	4	Stellenbosch	17-Apr
	17.7 (-3.4) - 01.05 - 1.50 - 5.51 (3.8) - 2:55.64					
2345	Matome Shabangu		CGA	5	Stellenbosch	17-Apr
	15.91 (-3.5) - 09.52 - NM - 6.15 (3.9) - 2:56.70					

4x100m relay

43.56	Boland		BOLA	1	Bloemfontein	09 to 11-Apr
43.67	Gauteng Schools		GAU	1	Rustenburg	25 to 27-Mar
43.68	Free State Schools		AFS	2	Rustenburg	25 to 27-Mar
43.91	Gauteng North		AGN	2	Bloemfontein	09 to 11-Apr
44.19	Western Cape Schools		WC	3	Rustenburg	25 to 27-Mar
44.33	Mpumalanga Schools		AMPU	4	Rustenburg	25 to 27-Mar
44.41	Eastern Cape Schools		EPA	5	Rustenburg	25 to 27-Mar
44.43	Western Province		WPA	3	Bloemfontein	09 to 11-Apr
44.43	North West Schools		ACNW	6	Rustenburg	25 to 27-Mar
45.48	Eastern Province		EPA	4	Bloemfontein	09 to 11-Apr

1 000m medley relay

1:59.16	Gauteng Schools	GAU	1	Rustenburg	25 to 27-Mar
1:59.94	Gauteng North	AGN	1	Bloemfontein	09 to 11-Apr
2:01.09	Western Province	WPA	2	Bloemfontein	09 to 11-Apr
2:01.38	Western Cape Schools	WC	2	Rustenburg	25 to 27-Mar
2:02.01	Boland	BOLA	3	Bloemfontein	09 to 11-Apr
2:02.70	North West Schools	ACNW	3	Rustenburg	25 to 27-Mar
2:02.81	Gauteng North	AGN	4	Bloemfontein	09 to 11-Apr
2:04.34	Free State	AFS	5	Bloemfontein	09 to 11-Apr
2:04.51	Mpumalanga Schools	AMPU	4	Rustenburg	25 to 27-Mar

3 000m walk (track)

17:31.45	Petrus van Aarde	091202	ACNW	1	Potchefstroom	29-Jan
18:41.39	Andiswa Mbatha	200601	KZNA	1	Durban	20-Feb

5 000m walk (track)

23:28.03	Francois Jacobs		BOLA	1	Paarl	26 to 28-Feb
25:25.66	Sibusiso Mdluli		KZNA	2	Rustenburg	25 to 27-Mar
25:53.06	Simphiwe Hadebe		KZNA	2	Bloemfontein	09 to 11-Apr
26:00.06	Juandray Pieterse		WPA	1	Cape Town	08-Feb
26:21.29	Jacques Heymans		AFS	3	Bloemfontein	09 to 11-Apr
27:13.41	Gerhard Eckley		WPA	5	Rustenburg	25 to 27-Mar
28:15.24	Kyle Duvenhage		BOLA	2	Paarl	26 to 28-Feb
28:23.32	Leandre Galant		WPA	3	Stellenbosch	13/14-Mar
28:40.27	Taariq Klink		BOLA	4	Stellenbosch	13/14-Mar
29:16.48	Westley Merkuur		WPA	5	Stellenbosch	13/14-Mar

GIRLS

100m

12.17	1.6	Nicola van der Merwe	ANWN	1	Rustenburg	25 to 27-Mar
-------	-----	----------------------	------	---	------------	--------------

12.25	1.6	Prudence Kgadima	110400	GAU	2	Rustenburg	25 to 27-Mar
12.33	1.6	Shere Janse van Rensburg		GAU	3	Rustenburg	25 to 27-Mar
12.39	0.1	Kgadima-2			1s2	Bloemfontein	09 to 11-Apr
12.42	1.1	Anina Claasen		WC	1h2	Rustenburg	25 to 27-Mar
12.43	1.6	Jade Pause		WC	4	Rustenburg	25 to 27-Mar
12.50	0.7	Jessica Bompas		KZNA	1h2	Bloemfontein	09 to 11-Apr
12.50	1.6	Toinette Murray		GAU	5	Rustenburg	25 to 27-Mar
12.54	1.6	Soleil Botha		EPA	6	Rustenburg	25 to 27-Mar
12.59	0.3	Jade Pause		BOLA	3	Bloemfontein	09 to 11-Apr

200m

24.75	1.1	Prudence Kgadima		CGA	1	Rustenburg	25 to 27-Mar
24.83	1.1	Nicola van der Merwe	110400	ANWN	2	Rustenburg	25 to 27-Mar
25.02	1.1	Anina Claasen		WC	3	Rustenburg	25 to 27-Mar
25.28	1.1	Shere Janse van Rensburg		AVT	4	Rustenburg	25 to 27-Mar
25.46	-0.4	Toinette Murray		GAU	2h1	Rustenburg	25 to 27-Mar
25.65	1.1	Melissa Steenkamp		ANWN	6	Rustenburg	25 to 27-Mar
25.73	-0.4	Joviale Mbisha		AFS	3h1	Rustenburg	25 to 27-Mar
25.74	1.7	Jessica Bompas	180401	KZNA	1	Dueban	13/14-Mar
25.76	1.3	Angel Kivido		AFS	1h4	Bloemfontein	09 to 11-Apr
25.77	1.6	Janke van Schalkwyk		WC	4h3	Rustenburg	25 to 27-Mar

400m

55.86		Zeney van der Walt		AGN	2	Potchefstroom	08/09-May
56.30		Van der Walt-2			1	Pretoria	20/21-Mar
56.80		Marlie Viljoen	010800	AGN	1	Bloemfontein	09 to 11-Apr
56.88		Beatrice Themane	030200	CGA	1	Rustenburg	25 to 27-Mar
56.91		Itumeleng Rasakanya		GAU	2	Rustenburg	25 to 27-Mar
57.10		Themane-2			2	Bloemfontein	09 to 11-Apr
57.66		Dalene Mpiti		ANWN	3	Rustenburg	25 to 27-Mar
57.78		Chandre Erasmus		AFS	4	Rustenburg	25 to 27-Mar
57.79		Ane van der Merwe		AFS	5	Rustenburg	25 to 27-Mar
58.00		Hennelie Gericke		AGN	2	Pretoria	20/21-Mar

800m

2:10.57	Beatrice Themane	030200	CGA	1	Bloemfontein	09 to 11-Apr
2:11.85	Lee-Ann Blake	140101	KZNA	1	Durban	13/14-Mar
2:12.50	Keletso Senosi	011001	AGN	1	Pretoria	20/21-Mar
2:12.60	Hennelie Gericke		AGN	2	Pretoria	20/21-Mar
2:12.87	Itumeleng Rasekanya		CGA	2	Bloemfontein	09 to 11-Apr
2:13.30	Nicole Louw	260701	AFS	1	Rustenburg	25 to 27-Mar
2:13.74	Senosi-2			1	Pretoria	07-Mar
2:13.95	Fina Dube		CGA	4	Bloemfontein	09 to 11-Apr
2:14.31	Blake-2			3h4	Bloemfontein	09 to 11-Apr
2:14.60	Dube-2			1h2	Bloemfontein	09 to 11-Apr

1 500m

4:30.80	Keletso Senosi	011001	AGN	1	Bloemfontein	09 to 11-Apr
4:32.25	Nicole Louw	260701	AFS	1	Rustenburg	25 to 27-Mar
4:33.10	Louw-2			2	Bloemfontein	09 to 11-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
4:35.00	Matea-2			4	Rustenburg	25 to 27-Mar
4:38.42	Christelle Coetzer		LIMA	5	Bloemfontein	09 to 11-Apr
4:38.74	Yandiswa Shange		GAU	5	Rustenburg	25 to 27-Mar
4:41.04	Lee-Ann Blake	140101	KZNA	1	Durban	13/14-Mar
4:41.14	Christelle Coetzer		LIMA	6	Rustenburg	25 to 27-Mar

3 000m

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
10:01.76	Yandiswa Shange	300600	CGA	3	Bloemfontein	09 to 11-Apr
10:02.70	Keletso Senosi		AGN	1	Potchefstroom	08/09-May
10:07.85	Lethabo Makgoga		CGA	4	Bloemfontein	09 to 11-Apr
10:09.67	Shongwe-2			2	Rustenburg	25 to 27-Mar

10:18.60		Shanley-Lourita Koekemoer		AGN	1	Pretoria	20/21-Mar
10:23.00		Lizeth van Wyk		AGN	2	Pretoria	20/21-Mar
10:25.40		Jeanne de Beer		AGN	3	Pretoria	20/21-Mar
10:28.17		Chane Wilson	131001	CGA	4	Germiston	14-Mar

90m hurdles

12.92	-0.4	Susanna Trumpie		AGN	1	Rustenburg	25 to 27-Mar
13.14	0.9	Gladys Mokoena		AMPU	2h1	Rustenburg	25 to 27-Mar
13.14	-0.4	Charne-Lee Ilkers		GAU	2	Rustenburg	25 to 27-Mar
13.46	-0.4	Jacqueline Louwrens		GAU	4	Rustenburg	25 to 27-Mar
13.46	-0.4	Lydia Landman		AMPU	5	Rustenburg	25 to 27-Mar
13.57	0.9	Gontse Morake		GAU	3h1	Rustenburg	25 to 27-Mar
13.59	0.1	Carmine van der Westhuizen		CGA	4	Bloemfontein	09 to 11-Apr
13.61	-0.4	Gontse Morake		GAU	6	Rustenburg	25 to 27-Mar
13.64	-0.4	Lu-Zahn Janse van Rensburg	031200	AFS	7	Rustenburg	25 to 27-Mar
13.68	0.9	Deidre Jonker		AFS	4h1	Rustenburg	25 to 27-Mar

300m hurdles

42.41		Zeney van der Walt		AGN	1	Bloemfontein	09 to 11-Apr
43.23		Gladys Mokoena		AMPU	2	Rustenburg	25 to 27-Mar
43.51		Gontse Morake		AGN	2	Bloemfontein	09 to 11-Apr
43.61		Lolla Mokoena		AMPU	1h2	Bloemfontein	09 to 11-Apr
44.41		Dalene Mpiti		ANWN	4	Rustenburg	25 to 27-Mar
44.61		Liezel Theron		AGN	4	Bloemfontein	09 to 11-Apr
44.82		Carmine van der Westhuizen	230300	CGA	5	Bloemfontein	09 to 11-Apr
45.41		Janke van Schalkwyk		BOLA	1	Stellenbosch	13/14-Mar
45.62		Carmine van der Westhuizen		CGA	3h2	Bloemfontein	09 to 11-Apr
46.52		Deidre Jonker		AFS	8	Rustenburg	25 to 27-Mar

High jump

1.75		Michelle Ngozo		GAU	1	Rustenburg	25 to 27-Mar
1.75		Nica Human		CGA	2	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
1.65	Jamie-Lee Venter		GAU	6	Rustenburg	25 to 27-Mar
1.65	Nozwelo Ngomane		AMPU	7	Rustenburg	25 to 27-Mar
1.60	Cassidy Visser		BOLA	1	Stellenbosch	13/14-Mar
1.60	Ngozo-2			1	Pretoria	07-Mar
1.60	Franci Louwrens		AMPU	9	Rustenburg	25 to 27-Mar
1.60	Ilona Ferreira		AGN	2	Pretoria	20/21-Mar
1.60	Mahlatse Dombeni		AGN	2	Pretoria	07-Mar

Pole vault

3.00	Zeney van der Walt		GAU	1	Rustenburg	25 to 27-Mar
2.60	Janeli de Jager	290700	AFS	5	Rustenburg	25 to 27-Mar
2.60	Lynn-Marie du Plessis	091000	BOLA	3	Rustenburg	25 to 27-Mar
2.60	Kian-Lee du Toit	101201	BOLA	1	Stellenbosch	13/14-Mar
2.60	Margit Gibbens		BOLA	2	Bloemfontein	09 to 11-Apr
2.60	Margaux le Roux	151201	AFS	2	Rustenburg	25 to 27-Mar
2.60	Denielle Viljoen		AFS	4	Rustenburg	25 to 27-Mar
2.40	Minke Kriel	240601	AFS	2	Bloemfontein	6-Mar
2.40	Marusckha Niewoudt		AFS	7	Rustenburg	25 to 27-Mar
2.20	Connie Faber		AFS	3	Bloemfontein	6-Mar
2.20	Niewoudt-2			4	Bloemfontein	6-Mar
2.20	Simonn Swanevelder	040100	SWD	3	Stellenbosch	13/14-Mar

Long jump

5.36	1.5	Michelle Ngozo		AGN	2	Pretoria	20/21-Mar
5.26	2.0	Tanika Pieterse		AGN	3	Pretoria	20/21-Mar
5.06	1.0	Elisette Leso		AGN	1	Pretoria	07-Mar
4.94	0.4	Nadene Niemond	070100	CGA	3	Germiston	24-Jan
4.89	1.9	Lana van der Very		AGN	7	Pretoria	20/21-Mar
4.83	1.1	Kimberley Cawood		AGN	2	Pretoria	07-Mar
4.80	1.9	Lane van Vuuren	140100	AFS	1	Bloemfontein	6-Mar

4.77	1.8	Elmere van der Berg		AFS	2	Bloemfontein	6-Mar
4.73	1.1	Liane van Jaarsveld	230101	CGA	5	Germiston	24-Jan
4.64	1.4	Marja Gous-Venter		WPA	1	Cape Town	08-Feb

Triple jump

11.28	-0.6	Brithaney Ludick		BOLA	1	Rustenburg	25 to 27-Mar
10.96	-0.6	Nolwazi Mashba		WC	2	Rustenburg	25 to 27-Mar
10.92	-0.5	Bianca Bezuidenhout		AVT	1	Bloemfontein	09 to 11-Apr
10.43	-0.6	Stephanie Heenop		SWD	4	Rustenburg	25 to 27-Mar
10.35	-0.5	Carla Lowe		CGA	3	Bloemfontein	09 to 11-Apr
10.26	-0.6	Liane van Jaarsveld		CGA	5	Rustenburg	25 to 27-Mar
10.25	-0.6	Adivhavho Tshivhivhuvhi		ANWN	6	Rustenburg	25 to 27-Mar
10.18	-0.6	Tatum Hendricks		WC	7	Rustenburg	25 to 27-Mar
10.12	-0.6	Shannon Benjamin		WC	8	Rustenburg	25 to 27-Mar
09.92	-0.5	Janke de Klerk		AGN	7	Bloemfontein	09 to 11-Apr

Shot put

14.75		Meike Strydom	250800	SWD	1	Bloemfontein	09 to 11-Apr
13.92		Danae Janse van Rensburg		AGN	2	Rustenburg	25 to 27-Mar
13.79		Tharina van der Walt	220200	AFS	2	Bloemfontein	09 to 11-Apr
13.49		Jancke van Tonder	130300	CGA	4	Bloemfontein	09 to 11-Apr
13.47		Monique Language		AMPU	5	Bloemfontein	09 to 11-Apr
13.30		Chante Ferreira		AGN	2	Pretoria	20/21-Mar
13.30		Kaylee de Swardt		AGN	6	Bloemfontein	09 to 11-Apr
13.29		Ferreira-2			2	Pretoria	07-Mar
13.16		Anke Botha		GAU	4	Rustenburg	25 to 27-Mar
12.91		De Swardt-2			3	Pretoria	07-Mar

Discus throw

44.08		Colette Uys	200400	AFS	1	Bloemfontein	09 to 11-Apr
43.37		Tharina van der Walt	220200	AFS	2	Bloemfontein	09 to 11-Apr
39.21		Lize Blignaut		ACNW	1	Potchefstroom	13-Mar

37.73	Lucy Strydom		GAU	4	Rustenburg	25 to 27-Mar
37.09	Kaylee de Swardt		AGN	3	Bloemfontein	09 to 11-Apr
36.95	Ilke van Vuuren		EPA	5	Rustenburg	25 to 27-Mar
36.70	Zandri Meyer	050101	KZNA	1	Durban	13/14-Mar
34.38	Jaliesha de Beer		CGA	7	Bloemfontein	09 to 11-Apr
34.30	Rhody Grobbelaar		AFS	7	Rustenburg	25 to 27-Mar
34.29	Elze van Tonder		SWD	8	Bloemfontein	09 to 11-Apr

Hammer throw

53.45	Shaylene de Jager	140100	EPA	1	Rustenburg	25 to 27-Mar
53.36	Tharina van der Walt	220200	AFS	1	Bloemfontein	7-Mar
43.00	Hanli Vorstman		AFS	3	Bloemfontein	09 to 11-Apr
42.94	Kaylin Kapp		EPA	4	Bloemfontein	09 to 11-Apr
41.75	Danica Windt	110800	AFS	3	Rustenburg	25 to 27-Mar
41.59	Phettisang Makhethe		AVT	1	Sasolburg	19-Mar
41.03	Kayla Smit		WPA	5	Bloemfontein	09 to 11-Apr
40.22	Skye Boshoff		BOLA	5	Rustenburg	25 to 27-Mar
38.85	Anria Kanse van Vuuren		AFS	6	Rustenburg	25 to 27-Mar
38.55	Marizel van Dyk	170800	AFS	2	Bloemfontein	7-Mar

Javelin throw

46.21	Chante Ferreira		AGN	1	Rustenburg	25 to 27-Mar
45.21	Nadine de Klerk		AGN	2	Pretoria	20/21-Mar
43.88	Jonette Labuschagne		ACNW	3	Bloemfontein	09 to 11-Apr
41.11	Jana van Schalkwyk		BOLA	1	Paarl	26to 28-Feb
38.57	Micha van der Berg	200800	AFS	3	Rustenburg	25 to 27-Mar
38.56	Anneke Maritz	180401	AFS	5	Bloemfontein	09 to 11-Apr
38.52	Danae Janse van Rensburg		AGN	1	Pretoria	07-Mar
38.41	Gestelle Snyman		AGN	6	Bloemfontein	09 to 11-Apr
38.06	Martha Coetzee		ANWN	4	Rustenburg	25 to 27-Mar
38.00	Lonika Maartens		GAU	5	Rustenburg	25 to 27-Mar

Pentathlon

2962	Rogail Joseph	BOLA	1	Stellenbosch	18-Apr
	13.89 (0.4) - 06.61 - 1.52 - 4.99 (1.6) - 2:32.08				
2914	Prudence Kgadima	110400 CGA	2	Stellenbosch	18-Apr
	14:04 (-0.6) - 08.13 - 1.49 - 5.00(0.9) - 2:40.01				
2841	Leandre Ketch	BOLA	3	Stellenbosch	18-Apr
	14.50c(0.4) - 10.70 - 1.52 - 5.00 (1.0) - 3:00.19				
2716	Ancker Botha	CGA	4	Stellenbosch	18-Apr
	15.68 (0.4) - 13.02 - 1.46- 4.52 (1.9) - 2:53.47				
2544	Monique Language	AMPU	1	Pretoria	20/21-Mar
	15.45 (0.6) - 13.32- 1.45- 4.49 (-0.5) - 3:19.60				

4x100m relay

48.45	Gauteng Schools	GAU	1	Rustenburg	25 to 27-Mar
49.03	Western Cape Schools	WC	2	Rustenburg	25 to 27-Mar
49.32	Free State Schools	AFS	3	Rustenburg	25 to 27-Mar
49.44	Gauteng North	AGN	1	Bloemfontein	09 to 11-Apr
49.90	Central Gauteng	CGA	2	Bloemfontein	09 to 11-Apr
50.56	Free State	AFS	3	Bloemfontein	09 to 11-Apr
50.71	Gauteng North	AGN	4	Bloemfontein	09 to 11-Apr
50.73	Eastern Province	EPA	5	Bloemfontein	09 to 11-Apr
50.94	Vaal Triangle	AVT	6	Bloemfontein	09 to 11-Apr
51.49	Mpumalanga Schools	AMPU	4	Rustenburg	25 to 27-Mar

1 000m medley relay

2:13.72	Gauteng North	AGN	1	Bloemfontein	09 to 11-Apr
2:15.41	Gauteng Schools	GAU	1	Rustenburg	25 to 27-Mar
2:17.80	Central Gauteng	CGA	2	Bloemfontein	09 to 11-Apr
2:18.22	Free State	AFS	3	Bloemfontein	09 to 11-Apr
2:18.52	Central Gauteng	CGA	4	Bloemfontein	09 to 11-Apr
2:19.07	Vaal Triangle	AVT	5	Bloemfontein	09 to 11-Apr
2:19.62	Free State Schools	AFS	2	Rustenburg	25 to 27-Mar

2:20.48	Limpopo Schools		LIMA	3	Rustenburg	25 to 27-Mar
2:21.74	Western Cape Schools		WC	4	Rustenburg	25 to 27-Mar
2:22.14	North West Schools		ACNW	5	Rustenburg	25 to 27-Mar

3 000m walk (track)

16:24.29	Annique Cloete		ACNW	1	Potchefstroom	29-Jan
17:31.76	Marizaan van Dyk	250501	ACNW	2	Potchefstroom	29-Jan
17:38.40	Candy Khumalo	190402	KZNA	1	Durban	20-Feb
18:23.90	Khumalo-2		KZNA	1	Durban	6-Feb
19:26.93	Nothando Sithole	030602	KZNA	2	Durban	20-Feb

5 000m walk (track)

26:48.05	Hilda du Toit		BOLA	1	Paarl	26to 28-Feb
27:36.33	Annique Cloete		ACNW	1	Potchefstroom	13-Mar
27:58.20	Mariska Stander		AFS	1	Rustenburg	25 to 27-Mar
28:23.00	Meandri Erasmus		ACNW	2	Potchefstroom	13-Mar
28:55.05	Leonie Pietersen		BOLA	3	Rustenburg	25 to 27-Mar
28:56.91	Mone Geldenhuys		SWD	3	Bloemfontein	09 to 11-Apr
29:13.82	Leandrie de Toit		BOLA	3	Stellenbosch	13/14-Mar
29:25.48	Candy Khumalo	190402	KZNA	1	Durban	24-Jan
29:37.93	Kyla Avenant		BOLA	3	Paarl	26 to 28-Feb
29:54.11	Moesha Eksteen		BOLA	5	Paarl	26 to 28-Feb