2015 SA NATIONAL YOUTH BEST PERFORMANCES

Compiled by SAAS

BOYS

100m

10.20	1.5	Gift Leotlela	120598	AGN	1	Apia, SAM	07-Sep
10.48	1.5	Kyle Appel	100598	WPA	6	Apia, SAM	07-Sep
10.56	-1.1	Clarence Munyai	200298	AGN	1h1	Pretoria	07-Mar
10.64	0.1	Thando Dlodlo	220499	ACNW	4	Bloemfontein	09 to 11-Apr
10.64	0.1	Ethan Noble	110798	WPA	3	Bloemfontein	09 to 11-Apr
10.71	0.6	Kristiaan de Wet		BOLA	1	Rustenburg	25 to 27-Mar
10.72	0.1	Lehlogonolo Maseko	110399	AGN	1h3	Bloemfontein	09 to 11-Apr
10.73	0.3	Sandile Mlangeni		AMPU	1s1	Rustenburg	25 to 27-Mar
10.76	0.8	Dlodlo-2			1	Potchefstroom	13-Mar
10.76	0.3	Johan van der Merwe		CGA	2s1	Rustenburg	25 to 27-Mar

200m

20.57	-0.4	Kyle Appel	100598	WPA	2	Cali, COL	19-Jul
20.63	0.2	Gift Leotlela	120598	AGN	1	Pretoria	20/21-Mar
20.77	0.2	Clarence Munyai	200298	AGN	2	Pretoria	20/21-Mar
21.16	0.9	Malesela Senona	070399	AGN	1	Rustenburg	25 to 27-Mar
21.20	0.3	Thando Dlodlo	220499	ACNW	4	Bloemfontein	09 to 11-Apr
21.48	0.9	Gianno Peddy		ANWC	2	Rustenburg	25 to 27-Mar
21.49	0.9	Johan van der Merwe		CGA	3	Rustenburg	25 to 27-Mar
21.57	0.9	Johannes Swart		GAU	4	Rustenburg	25 to 27-Mar
21.60	0.9	Marnus Uys		LIMA	5	Rustenburg	25 to 27-Mar
21.71	0.2	Thembo Monareng		AGN	5	Pretoria	20/21-Mar

400m

47.43		Nikolas Marich	120398	CGA	1	Bloemfontein	09 to 11-Apr

47.49	Theuns Ehlers	031298	AGN	1	Rustenburg	25 to 27-Mar
47.90	Andre Warich		GAU	2	Rustenburg	25 to 27-Mar
48.37	Phawu Mantashe		EPA	3	Rustenburg	25 to 27-Mar
48.40	Jan Nieuwoudt		BOLA	2	Bloemfontein	09 to 11-Apr
48.43	Ashraf Pietersen		WPA	4	Rustenburg	25 to 27-Mar
48.46	Benje Momberg		BOLA	1	Stellenbosch	13/14-Mar
48.68	Zakhiti Nene		KZNA	3	Bloemfontein	09 to 11-Apr
48.78	Lehlogonolo Septokele		AGN	5	Bloemfontein	09 to 11-Apr
48.89	Braam Bisschop	260798	AGN	2	Potchefstroom	08/09-May

800m

1:49.32	Theuns Ehlers	031298	AGN	5	Cali, COL	18-Jul
1:51.31	Vuni Madonsela		AMPU	2	Bloemfontein	09 to 11-Apr
1:52.63	Wilhelm Berrange		ANWN	1h3	Rustenburg	25 to 27-Mar
1:52.99	Phelani Maduwa	291099	GAU	2h3	Rustenburg	25 to 27-Mar
1:53.05	Sylvin Dirkse		BOLA	3h3	Rustenburg	25 to 27-Mar
1:53.59	Heinrich Bruhns	170298	AFS	2	Rustenburg	25 to 27-Mar
1:54.36	Juan Jones		WPA	3	Bloemfontein	09 to 11-Apr
1:54.36	Ofentse Molefe		GAU	4	Rustenburg	25 to 27-Mar
1:54.73	Karabo Motheiwana		CGA	4	Bloemfontein	09 to 11-Apr

1 500m

3:56.67	Vuni Madonsela		AMPU	1	Bloemfontein	09 to 11-Apr
3:58.42	Thabile Mkupheni		ATRA	2	Bloemfontein	09 to 11-Apr
3:58.47	Migael Strydom	090898	CGA	3	Bloemfontein	09 to 11-Apr
3:58.82	Thabo Masina	210499	GAU	1	Rustenburg	25 to 27-Mar
3:59.95	Phelani Maduwa	291099	AVT	2	Rustenburg	25 to 27-Mar
4:01.05	Ryan Mphahlele	200698	CGA	4	Bloemfontein	09 to 11-Apr
4:02.28	Rowahaldo Ratz	200398	WPA	1	Cape Town	08-Feb
4:02.43	Ratz-2			1	Stellenbosch	13/14-Mar
4:02.87	Ian Slinger		AGN	7	Pretoria	24-Feb
4:03.17	Mvelo Nkomo	190998	KZNA	1	Durban	20-Feb

3 000m

08:36.16		Rowhaldo Ratz	200398	WPA	1	Bloemfontein	09 to 11-Apr
08:38.94		Thabo Masina	210499	CGA	2	Bloemfontein	09 to 11-Apr
08:40.09		Fregan Fortuin		BOLA	2	Stellenbosch	13/14-Mar
08:47.30		Dais Malebana		AGN	1	Pretoria	20/21-Mar
08:47.44		Aubrey Kotze		WPA	3	Stellenbosch	13/14-Mar
08:47.45		Thabile Mkupheni		ATRA	3	Bloemfontein	09 to 11-Apr
08:50.56		Songezo Njubane		AGN	4	Bloemfontein	09 to 11-Apr
08:54.43		Nope Moleyane		AFS	5	Bloemfontein	09 to 11-Apr
08:55.95		Thamsanqa Khonco	160298	GAU	5	Rustenburg	25 to 27-Mar
08:56.78		Ronaldo January		WPA	4	Stellenbosch	13/14-Mar

2 000m steeplechase

5:57.70		Thapelo Makofane	140498	AGN	1	Pretoria	20/21-Mar
5:58.88		Thabo Masina		GAU	1	Rustenburg	25 to 27-Mar
5:59.48		Kabelo Seboko		CGA	2	Rustenburg	25 to 27-Mar
5:59.63		Joseph Mokoteli		AFS	3	Rustenburg	25 to 27-Mar
5:59.68		Thamsanqa Khonco		CGA	4	Rustenburg	25 to 27-Mar
5:59.90		Songezo Njubane		AGN	2	Pretoria	20/21-Mar
6:02.40		Proud Mngomezulu		AGN	3	Pretoria	20/21-Mar
6:03.40		Romano Slinger		AGN	4	Pretoria	20/21-Mar

110m hurdles

13.44	1.2	Mpho Tladi	020198	CGA	1	Rustenburg	25 to 27-Mar
13.62	-0.5	Morne van As	020198	AGN	2	Potchefstroom	08/09-May
13.64	1.2	Levert Pieterse	240398	EPA	3	Rustenburg	25 to 27-Mar
13.68	0.9	Van As-2			1h2	Bloemfontein	09 to 11-Apr
13.74	1.2	Thapelo Legodi	110390	AGN	4	Rustenburg	25 to 27-Mar
13.78	0.5	Gianni Lombard	220198	BOLA	1h3	Bloemfontein	09 to 11-Apr
13.79	1.9	Thabo Maganyele	150198	AGN	2	Pretoria	20/21-Mar
13.81	0.2	Alwyn Bothma	240298	ANWN	2h3	Rustenburg	25 to 27-Mar
13.87	-0.5	Vutivi Shibodze		AGN	4	Potchefstroom	08/09-May

14.04	1.9	Ruhan van der Walt		AGN	4	Pretoria	20/21-Mar

400m hurdles

51.49	Morne van As	020198	AGN	1	Bloemfontein	09 to 11-Apr
51.76	Gianni Lombard	220198	BOLA	2	Bloemfontein	09 to 11-Apr
51.94	Linford Maree	310199	BOLA	3	Bloemfontein	09 to 11-Apr
52.22	Nico Prinsloo	010498	AFS	4	Bloemfontein	09 to 11-Apr
53.05	Johan Burger		AGN	1h3	Bloemfontein	09 to 11-Apr
54.07	Kevin Minnaar		BOLA	2h1	Bloemfontein	09 to 11-Apr
54.08	Clive Davis	030398	CGA	1	Germiston	14-Mar
54.09	Mphoerane Kamogelo		GAU	3	Rustenburg	25 to 27-Mar
54.11	Cheslin Kortje		BOLA	2h3	Bloemfontein	09 to 11-Apr
54.29	Edrich Jacobs		AVT	3h1	Bloemfontein	09 to 11-Apr

High jump

2.03	Luhallan van den Heever	CGA	2	Potchefstroom	08/09-May
2.02	Leandre van Rooyen	AGN	1	Pretoria	07-Mar
2.00	Frederick Conradie	BOLA	1	Stellenbosch	13/14-Mar
2.00	Ofentse Mothibi	GAU	1	Rustenburg	25 to 27-Mar
2.00	Monqoba Nkosi	AMPU	3	Rustenburg	25 to 27-Mar
1.98	Pieter Kruger	LIMA	1	Bloemfontein	09 to 11-Apr
1.95	Sherno Pick	SWD	2	Stellenbosch	13/14-Mar
1.90	Conradt Blaauw	AFS	8	Rustenburg	25 to 27-Mar
1.90	Galin Cleophas	BOLA	2	Paarl	26-28 Feb
1.90	Wesley Frisby	AVT	9	Rustenburg	25 to 27-Mar
1.90	Jacobus Kruger	LIMA	3	Potchefstroom	08/09-May
1.90	Nicos Pekklivana	AMPU	10	Rustenburg	25 to 27-Mar
1.90	Blaze Thompson	EPA	6	Rustenburg	25 to 27-Mar

Pole vault

4.75	Lukas van der Watt	240198	BOLA	1	Stellenbosch	6-Jun
4.60	Willie Naude	090799	AFS	1	Rustenburg	25 to 27-Mar

4.30		Christoff Janse van Vuuren	130198	AFS	2	Bloemfotein	07-Mar
4.30		Stian Stoltz	050299	AFS	2	Bloemfontein	09 to 11-Apr
4.20		Ewie Loubser	200298	BOLA	2	Stellenbosch	7-Feb
4.20		Naude-2			3	Bloemfontein	09 to 11-Apr
4.10		Jean Fourie		BOLA	3	Paarl	26-28 Feb
4.10		Ekhardt van der Watt	041099	BOLA	2	Stellenbosch	13/14-Mar
4.10		Bradley Odendaal		WC	6	Rustenburg	25 to 27-Mar
3.90		Jonathan Allison		AFS	7	Rustenburg	25 to 27-Mar

Long jump

7.37	0.4	Maudas Banda	200598	AMPU	1	Bloemfontein	09 to 11-Apr
7.10	0.1	Ruan Minnaar		ACNW	2	Rustenburg	25 to 27-Mar
7.03	0.1	Sandile Mpemvu		GAU	3	Rustenburg	25 to 27-Mar
6.99	0.5	Muller Pieterse		AGN	1	Pretoria	07-Mar
6.99	0.4	Norbert Ponnisammy		AMPU	2	Bloemfontein	09 to 11-Apr
6.98	0.0	Jano Muller		AGN	1	TUKS-Pretoria	04-Mar
6.96	-3.3	Dylan Stiemmie		AFS	1	Bloemfontein	06-Mar
6.92	1.3	Muller du Plessis		BOLA	1	Paarl	26-28 Feb
6.83	0.4	Zinedine Meiring		WPA	5	Bloemfontein	09 to 11-Apr
6.83	0.1	Junior Mpefu		BOLA	5	Rustenburg	25 to 27-Mar

Triple jump

14.45	0.1	Cheslin Kortje		BOLA	1	Bloemfontein	09 to 11-Apr
14.38	0.1	Wynand Mouton		LIMA	2	Bloemfontein	09 to 11-Apr
14.05	0.1	Luyanda Mngadi		KZNA	3	Bloemfontein	09 to 11-Apr
13.85	0.1	Sikhumbozo Nkosi		AMPU	4	Bloemfontein	09 to 11-Apr
13.60	0.1	Bathandwa Mqhayi		BORA	5	Bloemfontein	09 to 11-Apr
13.55	0.1	Alu Mbewana		KZNA	6	Bloemfontein	09 to 11-Apr
13.51	1.8	Pollie Bezuidenhout		AGN	1	Pretoria	20/21-Mar
13.50	0.1	Zinedine Meiring		WPA	7	Bloemfontein	09 to 11-Apr
13.50	0.1	Tumisang Lehihi		AFS	8	Bloemfontein	09 to 11-Apr
13.25	0.1	Gontse Selebogo		ANWN	9	Bloemfontein	09 to 11-Apr

Shot put

20.97	Burger Lambrechts Jnr	060898	AGN	4	Cali, COL	15-Jul
20.62	Patrick Duvenage	170298	CGA	1	Bloemfontein	09 to 11-Apr
19.78	Werner Visser	270298	AGN	2	Apia, SAM	09-Sep
18.03	Riaan Barnard		BOLA	2	Rustenburg	25 to 27-Mar
17.67	Kyle Blignaut		GAU	4	Rustenburg	25 to 27-Mar
16.46	Brendan Vermaak		LIMA	5	Rustenburg	25 to 27-Mar
16.23	Franco Boshoff		WC	6	Rustenburg	25 to 27-Mar
16.22	Hanru Sirgel		EPA	7	Rustenburg	25 to 27-Mar
16.03	Lohan Zeelie	160398	AFS	1	Bloemfontein	14-Feb
15.50	Francois Crafford		ACNW	8	Rustenburg	25 to 27-Mar

Discus throw

64.88	Werner Visser	270298	AGN	1	Mauritius	24/25-Apr
63.55	Burger Lambrechts Jnr	060898	AGN	1	Potchefstroom	08/09-May
63.34	Patrick Duvenage	220198	CGA	1	Bloemfontein	09 to 11-Apr
52.84	Johan Marais	231198	CGA	2	Germiston	24-Jan
50.75	Kananelo Shikakane		AGN	4	Bloemfontein	09 to 11-Apr
50.55	Christoff Muller		ACNW	1	Potchefstroom	13-Mar
50.00	Zandre Cordier		AMPU	3	Rustenburg	25 to 27-Mar
49.88	Ryno Blom	170298	CGA	4	Rustenburg	25 to 27-Mar
49.73	Francois Crafford		ANWN	5	Rustenburg	25 to 27-Mar
48.83	Robert Rossouw		ACNW	1	Potchefstroom	3-Feb

Hammer throw

68.03	Carel Haasbroek	270298	AFS	1	Potchefstroom	08/09-May
61.92	Ryan Koen	070598	AFS	2	Bloemfontein	07-Mar
61.72	Brandon Hermitage		AGN	1	Pretoria	07-Mar
61.59	JC Schultz	130299	AFS	2	Potchefstroom	08/09-May
58.28	Kabelo Zibi	010798	AFS	3	Bloemfontein	07-Mar
58.09	Christoff Janse van Vuuren	130198	AFS	5	Bloemfontein	07-Mar
54.30	Jacques Tredoux		BOLA	1	Paarl	26-28 Feb

52.80	Jacques Lambrechts		BOLA	1	Stellenbosch	13/14-Mar
51.83	Jacques Jordaan		BOLA	2	Stellenbosch	13/14-Mar
51.52	Christie Pretorius		ACNW	1	Potchefstroom	13-Mar

Javelin throw

79.04	Hercules van Vuuren	150498	AFS	1qB	Cali, COL	18-Jul
78.49	Paul Botha	010198	ANWN	1	Cali, COL	19-Jul
71.72	Brendon Skinner	040299	AGN	3	Bloemfontein	09 to 11-Apr
68.60	Hanno Kriel		ACNW	1	Potchefstroom	10-Mar
68.10	Werner Bouwer		AMPU	4	Bloemfontein	09 to 11-Apr
67.86	Waldo Smith		ACNW	2q	Bloemfontein	09 to 11-Apr
67.54	Stefan Nel		LIMA	3	Rustenburg	25 to 27-Mar
67.27	Mitchell van der Merwe		ANWN	4	Rustenburg	25 to 27-Mar
66.77	Frederick Turner		WC	5	Rustenburg	25 to 27-Mar
66.62	Hanro Crous		WPA	1	Cape Town	08-Feb

Decathlon

6002	Everhardus Loubser		BOLA	1	Stellenbosch	17/18-Apr
	12.06 (-1.6) - 5.68 (3.4) - 11.60 - 1.67 - 54.68 - 15.21 (1.4) - 37.04 - 4.20 - 39.70 - 4:54.79					
5080	Nurdeen Joshua		WPA	2	Stellenbosch	17/18-Apr
	12.59 (NW) - 5.75 (2.4) - 10.09 - 1.52 - 0:53.16 - 17.20 (0.0) - 29.79 - 2.90 - 32.51 - 4:36.06					
4854	Daniel Marais		WPA	3	Stellenbosch	17/18-Apr
	12.62(NW) ; 6.20(3.0) ; 08.75 ; 1.58 ; 0:55.57 ; 16.21(0.0) ; 26.64 ; 2.60 ; 31.12 ; 5:06.21					
4841	Joshua Rhode		WPA	4	Stellenbosch	17/18-Apr
	12.61(NW) ; 6.14(3.6) ; 09.34 ; 1.55 ; 0:57.27 ; 15.64(1.4) ; 27.77 ; 2.20 ; 38.88 ; 5:09.78					
4075	Grove Coetzee		AFS	5	Stellenbosch	17/18-Apr
	13.13(NW) ; 5.02(2.4) ; 12.78 ; 1.49 ; 1:00.29 ; 17.97(1.4) ; 30.22 ; NM ; 48.90 ; 6:06.78					

4x100m relay

41.18	Gauteng Schools		GAU	1	Rustenburg	25 to 27-Mar
41.51	Western Province		WPA	1	Bloemfontein	09 to 11-Apr
41.89	Free State Schools		AFS	2	Rustenburg	25 to 27-Mar

42.02	Mpumalanga Schools		AMPU	3	Rustenburg	25 to 27-Mar
42.10	Mpumalanga		AMPU	2	Bloemfontein	09 to 11-Apr
42.30	Limpopo Schools		LIMA	4	Rustenburg	25 to 27-Mar
42.92	Free State		AFS	3	Bloemfontein	09 to 11-Apr
42.93	Gauteng North		AGN	4	Bloemfontein	09 to 11-Apr
43.02	Central North West		ACNW	5	Bloemfontein	09 to 11-Apr
43.06	Western Cape Schools		WC	5	Rustenburg	25 to 27-Mar

1 000m medley relay

1:53.60	South Africa		RSA	1	Mauritius	26-Apr
	Gift Leotela, Kyle Appel, Mpho Tladi, Morne van As					
1:54.86	South Africa		RSA	2h2	Mauritius	25-Apr
1:54.86	Tlotliso Leotela, Kyle Appel, Nikolas Marich, Morne van As					
1:55.59	Gauteng Schools		GAU	1	Rustenburg	25 to 27-Mar
1:55.78	Limpopo Schools		LIMA	2	Rustenburg	25 to 27-Mar
1:57.20	Western Cape Schools		WC	3	Rustenburg	25 to 27-Mar
1:57.58	Free State Schools		AFS	4	Rustenburg	25 to 27-Mar
1:58.44	Mpumalanga Schools		AMPU	5	Rustenburg	25 to 27-Mar
1:59.00	Eastern Cape Schools		EPA	6	Rustenburg	25 to 27-Mar
2:16.42	North West Schools		ACNW	7	Rustenburg	25 to 27-Mar

5 000m walk (track)

Hand timed

25:15.30	Pierre Vermaak	010498	CGA	2	Germiston	24-Jan
30:12.30	Sandile Linda	230598	CGA	6	Germiston	24-Jan

10 000m walk (track)

44:24.43	Pierre Vermaak	010498	CGA	1	Bloemfontein	09 to 11-Apr
50:42.59	Hanru Colling		BOLA	2	Rustenburg	25 to 27-Mar
52:04.14	Elwich van Wyk		SWD	2	Bloemfontein	09 to 11-Apr
53:30.11	Thabo Ntuthu		BOLA	2	Paarl	26-28 Feb

54:03.60		Vusi Hlongwane	290998	CGA	9	Germiston	14-Mar
54:15.76		Elrick van Zyl		SWD	2	Stellenbosch	13/14-Mar
54:38.58		Ruan Lochner		BOLA	3	Paarl	26-28 Feb
54:40.60		Andries Swart	190299	CGA	10	Germiston	14-Mar
54:56.72		Russell Pratt		SWD	4	Stellenbosch	13/14-Mar
55:00.40		Siyabonga Kolomba		EPA	3	Rustenburg	25 to 27-Mar

GIRLS

100m

11.71	0.2	Nicola de Bruyn	310599	AGN	1	Pretoria	24-Feb
12.00	-0.1	Madia Ehlers	190198	AGN	1s1	Bloemfontein	09 to 11-Apr
12.28	-0.8	Mercia Oosthuizen	121199	BOLA	2h1	Rustenburg	25 to 27-Mar
12.38	0.0	Luca Hartman		BOLA	1h1	Bloemfontein	09 to 11-Apr
12.40	0.3	Rudine Botha		ACNW	1	Potchefstroom	10-Mar
12.41	0.2	Stoni Lawrence	240598	AGN	2	Pretoria	24-Feb
12.43	0.8	Billanca Lombaard		ACNW	2h2	Bloemfontein	09 to 11-Apr
12.46	-0.1	Christin Fox		ANWU	2h2	Rustenburg	25 to 27-Mar
12.49	0.0	Inge van der Merwe		AMPU	2h1	Bloemfontein	09 to 11-Apr

Wind assisted

11.64	2.2	Nicola	310599	AGN	1s1	Mauritius	24-Apr

200m

23.38	-0.7	Nicola de Bruyn	310599	AGN	3	Cali, COL	19-Jul
24.01	0.5	Madia Ehlers	190198	AGN	3	Mauritius	26-Apr
24.14	0.7	Julia Lutz	240699	CGA	3	Bloemfontein	09 to 11-Apr
24.84	-0.3	Stoni Lawrence	240598	AGN	2	Potchefstroom	08/09-May
24.96	0.5	Sherine van der Westhuizen	090199	CGA	3	Rustenburg	25 to 27-Mar
25.13	2.0	Cassidy Williamson		KZNA	3h2	Durban	01-Apr
25.19	1.8	Luca Hartman		BOLA	1h2	Bloemfontein	09 to 11-Apr
25.27	0.7	Taylor Underhay		GAU	2h2	Rustenburg	25 to 27-Mar

25.30	1.1	Rudine Bota		GAU	3h1	Rustenburg	25 to 27-Mar
25.33	0.5	Catherina Lombard		ANWN	4	Rustenburg	25 to 27-Mar

400m

55.20		Hesmari Coetzee	280298	AFS	1	Potchefstroom	08/09-May
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
56.00		Lara Schutte		LIMA	2	Bloemfontein	09 to 11-Apr
56.77		Carien Sander	150299	AFS	4	Rustenburg	25 to 27-Mar
56.90		Julia Lutz	240699	CGA	3h1	Germiston	14-Mar
57.00		Renate van Tonder	100498	AGN	1	Pretoria	20/21-Mar
57.17		Bianca Rossouw		LIMA	6	Rustenburg	25 to 27-Mar
57.58		Andree Roux		SWD	1	Stellenbosch	13/14-Mar

800m

2:08.22		Liza Kellerman	160999	CGA	1	Potchefstroom	08/09-May
2:09.21		Celia Stamrood		CGA	2	Rustenburg	25 to 27-Mar
2:12.95		Courtney du Preez	290798	KZNA	2	Durban	20/21-Mar
2:13.12		Lethogonolo Magoro		AGN	3	Rustenburg	25 to 27-Mar
2:14.28		Du Preez-2			4	Bloemfontein	09 to 11-Apr
2:15.20		Carien Sander	150299	AFS	4	Rustenburg	25 to 27-Mar
2:15.26		Louise Conradie		BOLA	1h1	Bloemfontein	09 to 11-Apr
2:15.41		Jane Lambrechts		BOLA	6	Bloemfontein	09 to 11-Apr
2:15.70		Niene Muller		AGN	2	Pretoria	20/21-Mar
2:16.39		Nadine Gouws		ACNW	1	Potchefstroom	13-Mar

1 500m

4:25.36		Simonay Weitsz	260499	CGA	4	Mauritius	26-Apr
4:32.20		Liza Kellerman	160999	CGA	2	Bloemfontein	09 to 11-Apr
4:35.85		Nicole van der Merwe	281098	CGA	3	Bloemfontein	09 to 11-Apr
4:38.63		Lethogonolo Magoro		AGN	2	Rustenburg	25 to 27-Mar
4:41.39		Nontlantla Gcina	040499	KZNA	3	Rustenburg	25 to 27-Mar

4:41.47		Nadine Gouws		ACNW	4	Rustenburg	25 to 27-Mar
4:44.09		Marie-Tinka Olivier		ANWN	5	Rustenburg	25 to 27-Mar
4:44.10		Caelin van der Westhuizen		AGN	2	Pretoria	20/21-Mar
4:45.50		Carla Venter		AGN	3	Pretoria	20/21-Mar
4:46.70		Monique Geel		AGN	4	Pretoria	20/21-Mar

3 000m

09:58.65		Simonay Weitsz	260499	CGA	1	Germiston	14-Mar
10:00.20		Nicole van der Merwe	281098	CGA	2	Germiston	14-Mar
10:06.00		Tshegofatso Setlhakgoe		AGN	1	Pretoria	20/21-Mar
10:07.10		Tshwarelo Maruping		GAU	1	Rustenburg	25 to 27-Mar
10:07.86		Jani van der Merwe		CGA	2	Bloemfontein	09 to 11-Apr
10:13.70		Thobile Amon		AGN	2	Pretoria	20/21-Mar
10:14.45		Lethabo Makgoga		GAU	3	Rustenburg	25 to 27-Mar
10:23.02		Nontlantla Gcina	040499	KZNA	1	Durban	13/14-Mar

2 000m steeplechase

6:54.40		Tshegofatso Setlhakgoe		AGN	1	Pretoria	20/21-Mar
7:02.99		Sharlon Boer		BOLA	1	Rustenburg	25 to 27-Mar
7:24.95		Chantelle de Wet		ANWN	2	Rustenburg	25 to 27-Mar
7:25.57		Lesego Moshe		CGA	3	Rustenburg	25 to 27-Mar
7:30.03		Melicia Maree		AFS	4	Rustenburg	25 to 27-Mar
7:43.29		Ane Venter		ANWN	5	Rustenburg	25 to 27-Mar
7:43.40		Rachel Modise		AGN	2	Pretoria	20/21-Mar
7:49.48		Bongeka Magubane		CGA	2	Bloemfontein	09 to 11-Apr
7:51.92		Tinyiko Mdluli		CGA	4	Bloemfontein	09 to 11-Apr
7:58.86		Michaela Tyrell		CGA	5	Bloemfontein	09 to 11-Apr

100m hurdles

13.18	1.6	Taylon Bieldt	041198	AGN	1	Apia, SAM	09-Sep
13.93	1.8	Micayla du Toit		AGN	2	Pretoria	20/21-Mar
13.93	0.8	Maryna van Wyk	020498	AFS	2h1	Rustenburg	25 to 27-Mar

13.99	-1.8	Inge van der Merwe		AMPU	3	Rustenburg	25 to 27-Mar
14.13	0.8	Martelize Jordaan		WC	3h1	Rustenburg	25 to 27-Mar
14.17	0.9	Michaela du Toit		AGN	1h2	Rustenburg	25 to 27-Mar
14.18	0.2	Tanya Ehrke		CGA	3	Bloemfontein	09 to 11-Apr
14.35	-1.8	Mercia Oosthuizen		WC	6	Rustenburg	25 to 27-Mar
14.42	0.9	Thea Penberthy		CGA	3h2	Rustenburg	25 to 27-Mar
14.65	0.1	Anja Kotze		AFS	2	Bloemfontein	07-Mar

400m hurdles

59.22	Taylon Bieldt	041198	AGN	1	Mauritius	26-Apr
1:00.75	Armoure le Roux	270298	CGA	2	Rustenburg	25 to 27-Mar
1:01.48	Maryna van Wyk	020498	AFS	2	Bloemfontein	09 to 11-Apr
1:01.78	Renate van Tonder	100498	AGN	4	Rustenburg	25 to 27-Mar
1:03.43	Lara Rabinowitz	260398	KZNA	4	Bloemfontein	09 to 11-Apr
1:03.92	Gretl Rens		AMPU	5	Bloemfontein	09 to 11-Apr
1:04.14	Riandi Niemand		GAU	5	Rustenburg	25 to 27-Mar
1:04.60	Andree Roux		SWD	1	Stellenbosch	13/14-Mar
1:04.62	Tanya Ehrke		CGA	2h1	Bloemfontein	09 to 11-Apr
1:04.92	Ane Erasmus		AFS	4h2	Rustenburg	25 to 27-Mar

High jump

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
1.70	Fezile Mabena		AGN	4	Rustenburg	25 to 27-Mar
1.70	Kristi Snyman		WPA	1	Stellenbosch	13/14-Apr
1.69	Yvonne Robson		AMPU	1	Bloemfontein	09 to 11-Apr
1.66	Micaela Mulder		ACNW	1	Potchefstroom	13-Mar
1.65	Marionique Wentzel	220200	ACNW	1	Potchefstroom	10-Mar
1.65	Bianca Odendaal	010498	CGA	2	Germiston	14-Mar
1.65	Marielle Kriedemann	050898	CGA	3	Germiston	14-Mar

Pole vault

3.60		Christy Nell	230498	BOLA	1	Bloemfontein	09 to 11-Apr
3.30		Esli Lamley	160398	AFS	1	Rustenburg	25 to 27-Mar
3.30		Nadja Fourie		AFS	2	Rustenburg	25 to 27-Mar
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		Zabeth Venter	190298	BOLA	2	Stellenbosch	14-Mar
3.00		Rozanne Compion		WPA	2	Stellenbosch	13/14-Mar
2.90		Megan Mare		AGN	4	Bloemfontein	09 to 11-Apr

Long jump

6.06	1.8	Renate van Tonder	100498	AGN	1	Bloemfontein	09 to 11-Apr
5.70	-0.9	Gabrielle Lochoff		AGN	2	Pretoria	20/21-Mar
5.60	1.8	Rudine Botha		ACNW	3	Bloemfontein	09 to 11-Apr
5.55	1.8	Michaela Wright	160899	CGA	4	Bloemfontein	09 to 11-Apr
5.44	-0.9	Dorah Modisane		AGN	3	Pretoria	20/21-Mar
5.40	0.3	Wright-2			3	Rustenburg	25 to 27-Mar
5.39	0.3	Inge van der Merwe		AMPU	4	Rustenburg	25 to 27-Mar
5.28	-0.7	Aninika Strydom		AGN	4	Pretoria	20/21-Mar
5.26	1.8	Desiree van Wyk		EPA	6	Bloemfontein	09 to 11-Apr
5.23	1.8	Darnelle Lewies		WPA	7	Bloemfontein	09 to 11-Apr

Wind assisted

6.26	3.1	Renate van Tonder	100498	AGN	1	Apia, SAM	08-Sep

Triple jump

11.81	1.1	Somien Schutte		AGN	1	Bloemfontein	09 to 11-Apr
11.52	1.1	Amber Nakas		EPA	2	Bloemfontein	09 to 11-Apr
11.38	1.1	Desiree van Wyk		EPA	3	Bloemfontein	09 to 11-Apr
11.33	0.1	Tshepang Rathaba		AFS	2	Rustenburg	25 to 27-Mar
11.30	1.1	Bophelo Seoe	040499	KZNA	4	Bloemfontein	09 to 11-Apr

11.28	1.1	Gabrielle Lochoff		AGN	6	Bloemfontein	09 to 11-Apr
11.27	0.1	Marichen van Zyl		WC	3	Rustenburg	25 to 27-Mar
11.23	-0.9	Fezile Mabena		AGN	2	Pretoria	20/21-Mar
11.21	-0.8	Mahlatsi Dombeni		AGN	3	Pretoria	20/21-Mar
10.93	1.1	Nerine Jordaan		AFS	8	Bloemfontein	09 to 11-Apr

Shot put

16.41	Yolandi Stander	271198	AGN	1	Pretoria	20/21-Mar
15.46	Angeline Smit	090698	BOLA	1	Stellenbosch	6-Mar
15.01	Anneke Kapp		EPA	2	Bloemfontein	09 to 11-Apr
14.76	Jana Steinman		AFS	1q	Bloemfontein	09 to 11-Apr
14.20	Elzaan van Tonder	100298	CGA	3q	Bloemfontein	09 to 11-Apr
14.16	Rachel Wepener	301198	CGA	1	Germiston	14-Mar
14.12	Tharina van der Walt		AFS	2	Potchefstroom	08/09-May
13.46	Maggie le Roux	110699	CGA	3	Germiston	14-Mar
13.19	Clarissa Steyn		CGA	8q	Bloemfontein	09 to 11-Apr
13.14	Kayle de Swart		AGN	1	Pretoria	04-Mar

Discus throw

47.85	Yolandi Stander	271198	AGN	7	Cali, COL	15-Jul
45.47	Angeline Smit	090698	BOLA	2	Potchefstroom	08/09-May
44.39	Chane Coetzee		BOLA	2	Bloemfontein	09 to 11-Apr
42.52	Colette Uys		AFS	3	Potchefstroom	08/09-May
41.85	Susanna Luther		GAU	3	Rustenburg	25 to 27-Mar
40.40	Bronwyn Leonard		AFS	4	Bloemfontein	09 to 11-Apr
39.70	Marilet Schoeman		ANWN	4	Rustenburg	25 to 27-Mar
38.85	Anel Pienaar		BOLA	3	Stellenbosch	13/14-Mar
38.82	Jana Steinman	180899	AFS	5	Bloemfontein	09 to 11-Apr
38.78	Tharina van der Walt		AFS	4	Potchefstroom	08/09-May

Hammer throw

58.19	Marga Cumming		EPA	1	Bloemfontein	09 to 11-Apr

58.00	Marinda Greyling	040699	AFS	2	Bloemfontein	09 to 11-Apr
57.40	Tharina van der Walt		AFS	1	Potchefstroom	08/09-May
55.76	Lizelle Fourie		CGA	3	Bloemfontein	09 to 11-Apr
53.95	Tamlyn Leonard		EPA	4	Bloemfontein	09 to 11-Apr
51.82	Thelo Marobela		AFS	5	Bloemfontein	09 to 11-Apr
48.54	Juane Serfontein		AFS	6	Bloemfontein	09 to 11-Apr
46.85	Karlene Lambrechts		BOLA	7	Bloemfontein	09 to 11-Apr
46.31	Janeke Oelofse		EPA	6	Rustenburg	25 to 27-Mar
46.22	Monique Vosloo		BORA	8	Bloemfontein	09 to 11-Apr

Javelin throw

53.10	Anneke Germishuys	251198	WPA	6	Cali, COL	16-Jul
50.31	Corli Nieuwenhuizen		AGN	1	Potchefstroom	08/09-May
49.03	Maggie le Roux	110699	CGA	2	Bloemfontein	09 to 11-Apr
49.01	Germishuys-2			2	Potchefstroom	08/09-May
48.26	Leandri Lamprecht		AMPU	2	Rustenburg	25 to 27-Mar
44.94	Chantelle Erasmus		ACNW	1	Potchefstroom	13-Mar
44.80	Tanita van Dyk		AGN	1	Pretoria	20/21-Mar
44.57	Shania-Lee Swart		AMPU	5	Bloemfontein	09 to 11-Apr
43.84	Xante van Heerden		ACNW	2	Potchefstroom	13-Mar
42.77	Anika Roux		ANWN	5	Rustenburg	25 to 27-Mar

Heptathlon

4388	Cindy van Bers		AGN	1	Pretoria	20/21-Mar
	15.45(0.1) ; 1.45 ; 09.63 ; 26.21(0) ; 5.10(1.2) ; 25.16 ; 2:23.00					
4336	Megan Bogner		AGN	2	Pretoria	20/21-Mar
	16.35(0.1) ; 1.45 ; 09.23 ; 27.10(0) ; 5.37(1.5) ; 34.56 ; 2:30.30					
4070	Mahlatsi Dombeni		AGN	3	Pretoria	20/21-Mar
	15.78(0.1) ; 1.60 ; 09.35 ; 28.27(0) ; 5.41(2.1) ; 29.83 ; 3:01.80					
3789	Marne Kriedeman	50898	CGA	3	Stellenbosch	17/18-Apr
	17.93(-2.4) ; 1.60 ; 10.48 ; 30.20(-2.7) ; 4.50(-0.4) ; 26.23 ; 2:29.86					
3774	Leandri Lamprecht		AVT	4	Pretoria	20/21-Mar
	18.18(0.1) ; 1.36 ; 11.60 ; 28.45(0) ; 4.83(1.8) ; 44.88 ; 3:04.10					

3745	Dombeni-2		4	Stellenbosch	17/18-Apr
	16.66(-2.4) ; 1.66 ; 08.93 ; 29.21(-2.7) ; 5.31(0.7) ; 23.96 ; 3:07.64				

4x100m relay

46.69	Gauteng Schools	GAU	1	Rustenburg	25 to 27-Mar
47.36	Gauteng North	AGN	1	Bloemfontein	09 to 11-Apr
48.71	Central Gauteng	CGA	2	Bloemfontein	09 to 11-Apr
49.34	Free State Schools	AFS	2	Rustenburg	25 to 27-Mar
49.45	Mpumalanga Schools	AMPU	3	Rustenburg	25 to 27-Mar
49.95	Gauteng North	AGN	3	Bloemfontein	09 to 11-Apr
50.00	Free State	AFS	4	Bloemfontein	09 to 11-Apr
50.03	Mpumalanga	AMPU	5	Bloemfontein	09 to 11-Apr
50.51	Limpopo Schools	LIMA	4	Rustenburg	25 to 27-Mar
51.15	Vaal Triangle	AVT	6	Bloemfontein	09 to 11-Apr

1 000m medley relay

2:09.25	Gauteng Schools	GAU	1	Rustenburg	25 to 27-Mar
2:11.21	South Africa	RSA	2	Mauritius	24-Apr
	Nicola de Bruyn, Madia Ehlers, Amoure le Roux, Taylon Bieldt				
2:15.31	Freestate Schools	AFS	2	Rustenburg	25 to 27-Mar
2:16.63	Limpopo Schools	LIMA	3	Rustenburg	25 to 27-Mar
2:19.03	Mpumalanga Schools	AMPU	4	Rustenburg	25 to 27-Mar

5 000m walk (track)

24:39.10	Mizan Viljoen	280499	AFS	1	Bloemfontein	09 to 11-Apr
24:48.21	Milandre Stafford		ACNW	2	Bloemfontein	09 to 11-Apr
25:45.94	Sibongile Nocutha	220798	CGA	9	Germiston	14-Mar
26:19.00	Noeline Roussouw		BOLA	1	Paarl	26-28 Feb
27:35.02	Anette Koen		ACNW	2	Potchefstroom	08/09-May
29:02.53	Mika Nieuwoudt		BOLA	2	Stellenbosch	13/14-Mar
29:25.41	Meandri Erasmus		ACNW	3	Potchefstroom	08/09-May
29:47.16	Edgarline Samaai		WPA	3	Stellenbosch	13/14-Mar

30:03.62	Ena van Aarde		ACNW	1	Potchefstroom	13-Mar
30:04.03	Palesa Msheba	240198	AGN	4	Bloemfontein	09 to 11-Apr