

South African Track & Field Top 10 Performances 2016

as @ 23 November 2016

Senior (Any athlete 16 years & Older born 2000 and earlier)

Compiled by : Clyde Kinloch, assisted by Sarina Cronje, Wesley Botton, Staci Kiloh and Lisa Goosen
Under the Auspices of SAAS

<u>Performance</u>	<u>w/r</u>	<u>Name</u>	<u>Surname</u>	<u>DOB</u>	<u>Prov</u>	<u>Pos</u>	<u>Place</u>	<u>Date</u>
<u>MEN</u>								
<u>60m</u>								
06.62	indoors	Henrico	Bruintjies	160793	AGN	2	Berlin, GER	13-Feb
06.81	indoors	Ncincihli	Titi	151293	AGN	4h1	Fayetteville, AR	26-Feb
06.98	indoors	Roelf	Pienaar	231293	Arkansas	4h1	Birmingham, AL	22-Feb
07.00	indoors	Kwame	Fordwor	061293		3h4	Boston, MA	26-Feb
<u>100m</u>								
09.89	1.9	Akani	Simbini	210993	AGN	1	Székesfehérvár, HUN	18-Jul
09.98	1.5	Wayde	Van Niekerk	150792	AFS	1	Bloemfontein	12-Mar
10.09	2.2	Henricho	Bruintjies	160793	AGN	2h1	Praha, CZE	06-Jun
10.21	0.0	Gift	Leotlela	120598	AGN	1	Palafrugell, ESP	28-May
10.28	0.6	Thando	Roto		AGN	3s1	Durban	22-Jun
10.28	0.3	Roscoe	Engel	060389	WPA	1	Rhede, GER	24-Jun
10.28	0.7	CLARENCE	MUNYAI	200298	AGN	2h1	Sasolburg	08-Apr
10.29	1.2	Ncincihli	Titi	151293	AGN	1	Athens GA	09-Apr
10.29	-0.2	Emile	Erasmus	030492	AGN	3	Stellenbosch	15-Apr
10.31	1.5	Lebokeng	Sesele		AGN	3h2	Turku, FIN	29-Jun

200m

20.02	1.8	Wayde	Van Niekerk		AFS	1	Durban	26-Jun
20.16	0.7	Akani	Simbini	210993	AGN	1	Székesfehérvár, HUN	18-Jul
20.51	1.4	Hendrik	Maartens		AFS	1	Germiston	02-Apr
20.53	0.7	Anaso	Jobodwane	300792	EPA	4h2	Rio de Janeiro, BRA	16-Aug
20.57	3.6	Ncincihli	Titi	151293	AGN	5q2	Jacksonville FL	28-May
20.59	0.0	Gift	Leotlela	120598	AGN	4h4	Rio de Janeiro, BRA	16-Aug
20.60	0.9	Roscoe	Engel	060389	WPA	1	Rhede, GER	24-Jun
20.66	0.4	Clarence	Munyai	200298	AGN	3h6	Rio de Janeiro, BRA	16-Aug
20.67	2.5	Phemelo	Matlhabe		ANWN	1	Potchefstroom	12-Mar
20.80	-0.2	Lebokeng	Sesele		AGN	2s1	Pilditch	11-Ma

300m

31.03		Wayde	van Niekerk	150792	AFS	1	Kingston, JAM	11-Jun
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400m

0:43.03		Wayde	van Niekerk	150792	AFS	1	Rio de Janeiro, BRA	14-Aug	
0:45.64		Thapelo	Phora		AGN	1	Pilditch	08-Mar	2
0:45.90		Shaun	de Jager	280691	BOLA	2	Stellenbosch	16-Apr	3
0:45.94		Pieter	Conradie	201094	ACNW	1	Germiston	02-Apr	4
0:46.15		Jon	Seeliger		AGN	2	Pilditch	12-Mar	5
0:46.34		Phemelo	Matlhabe		ANWN	1	Potchefstroom	12-Mar	6
0:46.38		Ashley	Hlungwani	250491	AGN	4	Stellenbosch	16-Apr	7
0:46.46		Lesedi	Mokogbinyane		ANWN	2	Potchefstroom	12-Mar	8
0:46.52		Ranti	Digale	120787	ECA	4	Gaborone, BOT	21-May	9
0:46.58		Sonwabisisi	Skhosana	151295	Coastal	2	Norman OK	23-Apr	10

800m

1:45.33		Rynardt	van Rensburg	230392	AFS	5s2	Rio de Janeiro, BRA	13-Aug	1
1:45.38		Jacob	Rozani	240188	ANWN	2	Durban	24-Jun	2

1:46.71		Motlalepula		Mothosola		AMPU	3	Stellenbosch	16-Apr	3
1:47.45		George		Kusche		AGN	4	Stellenbosch	16-Apr	4
1:47.79		Andre		Olivier		ACNW	1h2	Stellenbosch	15-Apr	5
1:47.83		Kabelo		MOHLOSI		ANWN	3h1	Sasolburg	08-Apr	6
1:48.00	HT	Theodore		Nothling		AGN	2	Pilditch	08-Mar	7
1:48.30		HENCO		UYS		ACNW	4h1	Sasolburg	08-Apr	8
1:48.35		Treasure		Derison		AFS	5	Stellenbosch	16-Apr	9
1:48.38		Themba		Madima		AGN	6	Stellenbosch	16-Apr	10

1500m

03:36.65		Dumisane		Hlaselo	080689	CGA	9	Doha, QAT	06-May	1
03:37.49		Johan		Cronje	130482	AFS	3	Nancy, FRA	14-Jun	2
03:39.38		Jerry		Motsau	120390	ACNW	9	Padova, ITA	17-Jul	3
03:40.88		Elroy		Galant	250886	ACNW	8	Oordegem, BEL	28-May	4
03:41.20		Folavio		Sehohle		CGA	2	Cape Town	22-Mar	5
03:41.68		Amos		Nyongo			2	Stellenbosch	13-Feb-16	6
03:43.15		Clinton		Swanepoel		CGA	4	Cape Town	22-Mar	7
03:43.37		Jeromy		Andreas		CGA	3	Port Elizabeth	19-Apr	8
03:43.84		Treasure		Derison		AFS	5	Stellenbosch	16-Apr	9
03:43.97		Nkosinathi		Sibiya		KZNA	6	Stellenbosch	16-Apr	10

5000m

13:04.88		Elroy		Gelant	250886	ACNW	4	Hengelo, NED	22-May	
13:40.81		Stephen		Mokoka		AGN	1	Stellenbosch	15-Apr-16	2
13:46.73		Sibusiso		Nzima		CGA	3	Stellenbosch	15-Apr-16	3
13:54.99		Gladwin		Mzazi			1	Port Elizabeth	19-Apr	4
14:04.40		Precious		Mashele		AGN	4	Stellenbosch	15-Apr-16	5
14:07.77		Johan		Cronje		AFS	2	Cape Town	22-Mar	6
14:10.44		Kgosi		Tsosane			3	Cape Town	22-Mar	7
14:10.48		Marko		Bucarizza		CGA	5	Stellenbosch	15-Apr-16	8
14:10.88		Ikageng		Gaorekwe		CGA	4	Cape Town	22-Mar	9

14:12.02	Pierre	Malherbe		BOLA	5	Cape Town	22-Mar	10
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10 000m

27:48.84	Stephan	Mokoka		AGN	17	Eugene OR	27-May	1
28:24.50	Gladwin	Mzazi		CGA	7	Durban	22-Jun	2
28:27.10	Xolisa	Tyali	021289	CGA	12	Leiden, NED	11-Jun	3
28:36.85	Sibusiso	Nzima		CGA	3	Stellenbosch	16-Apr	4
29:23.24	Precious	Mashele		AGN	4	Stellenbosch	16-Apr	5
29:26.43	Collen	Mulaudzi		AGN	5	Stellenbosch	16-Apr	6
29:31.16	Phillimon	Mathiba		CGA	6	Stellenbosch	16-Apr	7
29:31.25	Marianio	Eesou		EPA	7	Stellenbosch	16-Apr	8
29:39.43	Xolisani	Zamkele		ATRA	8	Stellenbosch	16-Apr	9
29:53.07	Zolani	Ngqaqa		EPA	9	Stellenbosch	16-Apr	10

3000m Steep 91.4cm

08:31.72	Rantso	Mokopane	080894	ACNW	2	Oordegem, BEL	28-May	1
08:32.79	Dikotsi	Lekopa	070788	ACNW	3	Oordegem, BEL	28-May	2
08:33.61	Tumisang	Monnatlala	310195	CGA	4	Oordegem, BEL	28-May	3
08:38.28	Sibusiso	Madikizela		WPA	2	Cape Town	22-Mar	4
08:39.82	Tumelo	Motagale		CGA	3	Stellenbosch	16-Apr	5
08:55.85	Sibuniso	Soldaka		WPA	5	Stellenbosch	16-Apr	6
08:57.40	Ashley	Smith		WPA	6	Cape Town	22-Mar	7
08:59.81	Merlin	Klaaste		WPA	7	Cape Town	22-Mar	8
08:59.96	Ikageng	Gaorekwe		CGA	8	Stellenbosch	16-Apr	9
09:00.07	Kabelo	Seboko		CGA	9	Stellenbosch	16-Apr	10

60m Hurdles 106.7cm

07.76	Indoors	Antonio		Alkana	120490	WPA	4h1	Portland, OR	19-Mar
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110m Hurdle 106.7cm

13.28	1.4	Antonio		Alkana	120490	WPA	3	Rabat, MAR	22-May	1
13.65	0.7	Ruan		de Vries		AGN	1	Pilditch	12-Mar	2

13.65	-0.1	Tshepo	Lefete		CGA	2	Stellenbosch	16-Apr	3
13.78	-0.1	Tiaan	Smit		AGN	4	Stellenbosch	16-Apr	4
14.01	-0.3	Muntingh	Hamman		AGN	2h1	Stellenbosch	15-Apr	5
14.50	1.2	Tiaan	Kleynhans		ACNW	2	Germiston	02-Apr	6
14.51	1.3	Shaun	Bownes (Master)		ACNW	1	Potchefstroom	12-Mar	7
14.52	0.1	FRED-CHARLES	PIETERSE		ACNW	1h1	Sasolburg	08-Apr	8
14.54	1.1	Kobus	Moolman	080191	AFS	1	Bloemfontein	12-Mar	9
14.58	1.3	Theodore	Young		ACNW	2	Potchefstroom	12-Mar	10

400m Hurdle 91.4cm

0:48.67		LJ	van Zyl	200785	AGN	1	Ostrava, CZE	20-May	1
0:49.40		Lindsay	Hanekom	150593	AGN	1h1	Bloemfontein	06-May	2
0:49.44		Le Roux	Hamman	060192	AGN	1	Turku, FIN	29-Jun	3
0:49.75		Cornel	Fredericks	030390	AGN	2	Stellenbosch	15-Apr	4
0:50.00		Constant	Pretorius		AGN	3	Stellenbosch	15-Apr	5
0:50.71		Bernard	Pretorius		AGN	1h1	Pilditch	11-Mar	6
0:51.35		PC	Beneke		AGN	4	Pilditch	11-Mar	7
0:51.74		Hardus	Maritz		ACNW	1	Potchefstroom	11-Mar	8
0:51.93		Tshegofatso	Mathopa		AGN	2	Germiston	02-Apr	9
0:52.38		Schalk	Burger		ACNW	1h2	UJ-Johannesburg	18-Mar	10

High Jump

2.20		Keagan	Fourie	090791	BOLA	1	Stellenbosch	12-Mar-16	1
2.16	indoors	Tiaan	Steenkamp	140396		2	Jonesboro, AR	23-Jan	2
2.15		Moleya	Chris		AGN	2	Pilditch	08-Mar	3
2.15		Keegan	Fourie		BOLA	1	Stellenbosch	16-Apr	4
2.10		Mpho	Links		AGN	1	Germiston	02-Apr	5
2.10		Chris	Moleya		AGN	2	Stellenbosch	16-Apr	6
2.10		Garth	Ellis		EPA	3	Stellenbosch	16-Apr	7
2.05		Clyde	Ruiters		WPA	1	UJ-Johannesburg	18-Mar	8
2.05		Breyton	Poole		WPA	6	Stellenbosch	16-Apr	9
2.00		Teboho	Mosise		CGA	6	Pilditch	08-Mar	10

Pole Vault

5.50		Eben	Beukes		AGN	1	Stellenbosch	15-Apr	1
5.40		Cheyne	Rahme	01/23/1991	BOLA	1	Stellenbosch	17-Mar-16	2
5.25		Migael	Cilliers		AGN	2	Pilditch	12-Mar	3
5.00		Coleman	Britz		AGN	2	Cape Town	22-Mar	4
5.00		Lukas	van der Watt		BOLA	3	Cape Town	22-Mar	5
5.00		Coleman	Brits		AGN	2	Sasolburg	08-Apr	6
4.90		SMIT	HEINDRICH		AGN	3	Sasolburg	08-Apr	7
4.70		Juan	De Swardt		BOLA	1	Stellenbosch	13-Feb-16	8

Long Jump

8.38	0.8	Rushwal	Samaai	250991	CGA	1	Rabat, MAR	22-May	1
8.37	-0.3	Luvo	Manyonga	181191	AGN	2	Rio de Janeiro, BRA	13-Aug	2
8.22	1.3	Stefan	Brits	190192	Florida State	1	Tallahassee FL	14-May	3
7.93	0.4	Roelf	Pienaar	231293	Arkansas	2	Eugene OR	08-Jun	4
7.90	0.8	Zarck	Visser	150989	CGA	1	Heuden, BEL	16-Jul	5
7.86	1.2	Dylan	Cotter		CGA	1	UJ-Johannesburg	18-Mar	6
7.74	1.2	Juvan	Van Vuuren		AFS	2	UJ-Johannesburg	18-Mar	7
7.68	1.2	Koketso	Mogapi		ACNW	3	UJ-Johannesburg	18-Mar	8
7.67	0.5	Peter	Makgato		CGA	1	Germiston	02-Apr	9
7.57	1.2	Jason	Farao		CGA	5	UJ-Johannesburg	18-Mar	10

Triple Jump

	13m								
16.77	1.7	Khotso	Mokoena	060385	CGA	3	Durban	25-Jun	1
16.43	1.9	Menzi	Mthembu		CGA	1	Germiston	02-Apr	2
16.21	0.7	Dylan	Cotter	230891	CGA	3	Šamorín, SVK	04-Jun	3
15.98	0.2	Reneilwe	Aphane		AGN	3	Pilditch	08-Mar	4
15.88	1.3	Roelf	Pienaar	231293	Arkansas	1	Lafayette LA	15-May	5
15.10	-0.2	Jubilant	Mothlake		CGA	4	Pilditch	08-Mar	6

14.99	0.8	Sefako	Mokhosoa		AFS	3	Germiston	02-Apr	7
14.73	0	Junior	Mpefu		BOLA	1	Stellenbosch	17-Mar-16	8
14.47	1.2	Kwezi	Mtoba		BOLA	4	Stellenbosch	15-Apr	9
14.44	0.6	Sabelo	Ndlovu		ACNW	2	Potchefstroom	11-Mar	10

Shot Put

7.26kg

20.05		Orazio	Cremona	010789	AGN	1	Pilditch	08-Mar	1
20.00		Jaco	Engelbrecht		CGA	1	Durban	22-Jun	2
17.90		Burger	Lambrechts		AGN	3	Stellenbosch	16-Apr	3
17.49		Burger	Lambrechts (Jnr)		AGN	4	Stellenbosch	16-Apr	4
17.00		JASON	VAN ROOYEN		CGA	4	Port Elizabeth	19-Apr	5
16.91		Zane	Weir		WPA	1	Germiston	01-Apr	6
16.76		Jan-Louw	Kotze	180394	S. Alabama	4	Lafayette LA	14-May	7
16.73		Brynn-Peter	Kemp		BOLA	1	Stellenbosch	20-Feb	8
16.48		Tumelo	Thage		AGN	3	Pilditch	08-Mar	9
16.44		Ross	Jordaan		BOLA	6	Stellenbosch	16-Apr	10

Discus

2kg

67.62		Victor	Hogan	250789	BOLA	1	Stellenbosch	15-Apr	1
63.96		Russel	Tucker	041190	AGN	2	Stellenbosch	15-Apr	2
62.11		Jan-Louw	Kotze	180394	S. Alabama	1	Gainesville FL	02-April	3
61.97		Gerhard	de Beer	050794	Arizona	3	Tucson AZ	21-May	4
59.75		Dewald	van Heerden		CGA	3	Stellenbosch	15-Apr	5
57.45		Brynn-Peter	Kemp		BOLA	2	Stellenbosch	20-Feb	6
55.05		Johan	Scholtz		CGA	5	Stellenbosch	15-Apr	7
54.67		Cameron	Donkin		BOLA	3	Stellenbosch	20-Feb	8
54.40		Ruan	Murray		ACNW	1	Potchefstroom	11-Mar	9
47.19		Jan	Swanepoel (Master)		AGN	1	Pilditch	11-Mar	10

Hammer Thr

7.26kg

73.32		Chris	HARMSE (Master)	310573	AFS	1	Stellenbosch	16-Apr	1
70,26		Tshepang	Makhetha		ACNW	1	Pretoria	05-Mar	2

69.94	CAREL	HAASBROEK		AFS	2	Sasolburg	08-Apr	3
66.37	Renaldo	Frechou	040392	S. Alabama	1	Lafayette LA	15-May	4
64.18	Johan	Kruger	150487	BOLA	3	Stellenbosch	16-Apr	5
63.54	JC	SCHULTZ		AFS	4	Sasolburg	08-Apr	6
62.00	Alan	Cumming		ACNW	4	Stellenbosch	16-Apr	7
58.67	Juan	Muller	070695	AFS	3	Germiston	01-Apr	8
58.36	Vincent	van Rensburg		CGA	5	Stellenbosch	16-Apr	9
58.12	Kristiaan	Bekker		CGA	6	Stellenbosch	16-Apr	10

Javelin

800g

78.88	Phil-Mar	Janse van Rensburg		AGN	1	Stellenbosch	15-Apr	1
78.48	Rocco	van Rooyen	231292	WPA	13gA	Rio de Janeiro, BRA	17-Aug	2
76.81	CHAD	HERMAN		AGN	2	Stellenbosch	15-Apr	3
74.83	Tobias	Holtzhauzen		AGN	1	Pilditch	12-Mar	4
74.80	STEPHAN	BEUKES		ACNW	3	Stellenbosch	15-Apr	5
74.54	Reinhardt	van Zyl	070294	Cloud County	2	Athens GA	09-Apr	6
73.49	Danie	Maree		ACNW	3	Potchefstroom	11-Mar	7
72.58	Ulrich	Damon		ACNW	4	Potchefstroom	11-Mar	8
72.22	LJ	Basson		ACNW	1	Germiston	02-Apr	9
70.66	ERICH	WIESE		ACNW	4	Stellenbosch	15-Apr	10

4 x 100m Relay

0:38.84	RSA			RSA	1	Durban	24-Jun	
0:40.02	AGN"A"	(Malasela Senona, Thando Roto, Clarence Munyai, Gift Leotlela)		AGN	1	Stellenbosch	16-Apr	
0:40.04	RSA			RSA	2h2	Durban	23-Jun	
0:40.07	WPA"A"	(Antonio Alkana, Kyle Appel, Roscoe Engel, Ethan Noble)		WPA	2	Stellenbosch	16-Apr	
0:40.29	UJ			CGA	1	UJ-Johannesburg	18-Mar	
0:40.35	TUKS			AGN	1	Stellenbosch	07-Apr	
0:40.54	UJ			CGA	2	Stellenbosch	07-Apr	
0:40.83	AGN			AGN	1	Germiston	01-Apr	
0:40.97	EPA"A"	(Casper Lotter, Aidan Tuohy, Johan Steyn, Luxolo Adams)		EPA	3	Stellenbosch	16-Apr	
0:40.98	ACNW			ACNW	2	Germiston	01-Apr	

0:41.02	CGA	CGA	3	Germiston	01-Apr
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4 x 400m Relay

3:04.73	RSA	RSA	3	Durban	26-Jun
3:08.29	AGN"A" (Lindsay Hanekom, Jon Seeliger, Thapelo Phora, Willie de Beer)	AGN	1	Stellenbosch	16-Apr
3:08.45	indoors Thapelo Phora, Ofentse Mogawana, Jon Seeliger, Shaun de Jager	RSA Team	4h1	Portland, OR	19-Mar
3:08.93	SA A Team	RSA	1	Polokwane	24-May
3:09.97	CGA (Quinton Norris, Nicholas Marich, Willinton Nukwa, Derick Mokalleng)	CGA	2	Stellenbosch	16-Apr
3:12.71	CGA IND (Henk Beukes, Warno Potgieter, Ivan Prinsloo, Herman Kritzinger)	CGA	3	Stellenbosch	16-Apr
3:13.53	ATRA (Devinito Fourie, Dywili Tshepiso, Mdid Mtshayeki, Sanele Hlengwa)	ATRA	4	Stellenbosch	16-Apr
3:16.19	WPA (Neil le Roux, Darren Stevens, Kyle Appel, Berend Kokemoer)	WPA	5	Stellenbosch	16-Apr
3:16.37	ANWN (Mohlosi Kabelo, Tshegofatso Meshoe, Phemelo Matlhabe, Jacob Rozani)	ANWN	6	Stellenbosch	16-Apr
3:16.61	AGN"B" (Bernard Pretorius, LeRoux Hamman, Themba Madima, PC Beneke)	AGN	7	Stellenbosch	16-Apr
3:23.99	SA B Team	RSA	3	Polokwane	24-May
3:25.15	AGN IND (Lehlogonolo Septokele, George Kusche, Theuns Ehlers, Bram Bisschop)	AGN	8	Stellenbosch	16-Apr
3:31.96	Limpopo	LIMA	4	Polokwane	24-May

20km Walk (Road)

1:20:06.00	Lebogang	Shange	010890	CGA	2	Adelaide, AUS	21-Feb	
1:21:45.00	Wayne	Snyman	080385	AGN	8	Adelaide, AUS	21-Feb	2
1:27:08.00	Marc	Mundell	070783	AGN	13	Adelaide, AUS	21-Feb	3
1:29:52.00	Mthembi	Chauque	110293	AFS	23	Dudince, SVK	19-Mar	4
1:36:12.00	Sizwe	Ndebele		AGN	98	Rome, ITA	07-May	5

50km Walk (Road)

3:56:12.00	Marc	Mundell	070783	AGN	20	Dudince, SVK	19-Mar
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Heptathlon (Indoors)

4920	Indoors	60m ; Long Jump ; Shot Put ; High Jump ; 60m Hurdles ; Pole Vault ; 1000m			6	Birmingham-USA	22/23-Feb
	Niel	Giliomee					

7.25 ; 6.61 ; 10.74 ; 1.70 ; 8.89 ; 4.95 ; 3:00.19

Decathlon

100m ; Long Jump ; Shot Put ; High Jump ; 400m ; 110m Hurdles ; Discus ; Pole Vault ; Javelin ; 1500m

7815	Friederich	Pretorius	040895	AGN	17	Hypo GÖTZIS, AUT	28/29-May	1
	10.96(0.0) ; 7.13(-0.9) ; 12.88 ; 1.91 ; 0:49.57 ; 14.50(-0.5) ; 40.22 ; 4.70 ; 51.26 ; 04:31.33							
6570	Gert	Swanepoel	200391	AGN	4	Mauritius	1-2 Apr	2
	11.54(0.4) ; 6.36(3.1) ; 11.29 ; 1.84 ; 51.24 ; 16.58(0.3) ; 38.00 ; 4.10 ; 47.64 ; 04:39.06							
6074	Duncan	McGladery		AGN		Pilditch	11/12-Mar	3
	11.39(-0.7) ; 6.11m(-0.2) ; 12.09m ; 1.89m ; 0:52.44 ; 16.70(-1) ; 36.65m ; 3.20m ; 50.41m ; 05:25.75							
5927	JC	van Biljon		AFS		Pilditch	11/12-Mar	4
	11.72(-0.7) ; 6.26m(0.1) ; 09.66m ; 1.86m ; 0:54.43 ; 17.41(-1) ; 33.93m ; 4.30m ; 46.21m ; 05:19.74							
4555	Carel	Swanepoel		AGN		Pilditch	11/12-Mar	5
	11.69(-0.7) ; 6.54m(-1.3) ; 07.75m ; 1.56m ; 0:53.68 ; 17.31(-1) ; 23.78m ; NM ; 26.66m ; 05:09.18							

WOMEN

60m

07.16	Indoors	Carina	Horn	090389	AGN	7	Glasgow, GBR	20-Feb	1
07.49	Indoors	Cherise	Jones	051285	AGN	2r3	Bratislava, SVK	31-Jan	2

100m

11.07	2	Carina	Horn	090389	AGN	2	Durban	23-Jun	1
11.23	0.6	Alyssa	Conley	270491	CGA	2	Gavardo, ITA	29-May	2
11.40	0.8	Tebogo	Mamathu		AGN	3	Pilditch	08-Mar	3
11.55	0.3	Tamzin	THOMAS		WPA	2s2	Stellenbosch	15-Apr	4
11.60	0.8	Wenda	Nel		AGN	4	Pilditch	08-Mar	5
11.71	0.9	Tsholofelo	Thipe		ANWN	1	Potchefstroom	11-Mar	6

11.71	1.1	Cherese	Jones		AGN	2h1	Sasolburg	08-Apr	7
11.79	1.7	Maryke	Britz		AFS	1	Germiston	01-Apr-16	8
11.80	1.1	CASSIDY	WILLIAMSON		KZNA	4h1	Sasolburg	08-Apr	9
11.80	2	Melissa	SWANEPOEL		ACNW	2h1	Stellenbosch	15-Apr	10

200m

22.84	1.2	Alyssa	Conley	270491	CGA	2	Durban	26-Jun	1
23.22	1.2	Justine	Palframan	110493	BOLA	4	Durban	26-Jun	2
23.73	1.6	Tsholofelo	Thipe		ANWN	1	Potchefstroom	12-Mar	3
23.73	-0.3	Wenda	Nel		AGN	2	Pilditch	08-Mar	4
23.89	-0.1	Tamzin	Thomas		WPA	1	Port Elizabeth	19-Apr	5
24.04	0.4	Robyn	Haupt		WPA	1	Germiston	02-Apr	6
24.20	1.6	Ariane	Nel		ACNW	2	Potchefstroom	12-Mar	7
24.21	0.1	Zoé	Engler	010692	KZNA	2h1	Gaborone, BOT	22-May	8
24.23	0.1	Margaret	Olwoch		AGN	2h1	UJ-Johannesburg	20-Feb	9
24.24	0.7	Madia	Ehlers		AGN	3	Stellenbosch	16-Apr	10

400m

0:50.74		Caster	Semenya	070191	ACNW	1	Stellenbosch	16-Apr	1
0:52.27		Wenda	Nel		AGN	1	Pilditch	12-Mar	2
0:52.73		Tsholofelo	Thipe	091286	ANWN	2	Potchefstroom	12-Mar	3
0:53.01		Justine	Palframan	041193	BOLA	7	Kingston, JAM	11-Jun	4
0:53.30		Zoe'	Engler	010692	KZNA	2	Stellenbosch	16-Apr	5
0:54.20		Jeanelle	Griesel		AGN	4h2	Durban	22-Jun	6
0:54.22		Rorisang	Romonye		ANWN	3	Potchefstroom	12-Mar	7
0:54.45		Rorisang	Rammony		ANWN	4	Stellenbosch	16-Apr	8
0:54.82		Sonja	van der Merwe		WPA	5	Port Elizabeth	19-Apr	9
0:54.84		Soandri	Meyer		AGN	2	Pilditch	12-Mar	10

800m

1:55.28		Caster	Semenya	070191	ACNW	1	Rio de Janeiro, BRA	20-Aug	1
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2:05.75		Liza	Kellerman		CGA	2	Stellenbosch	16-Apr	2
2:05.86		Gena	Lofstrand	231095	ACNW	8	Padova, ITA	17-Jul	3
2:06.05	Indoors	Dominique	Scott	240692	Arkansas	3	Fayetteville, AR	29-Jan	4
2:06.62		TSHOLOFELO	THIPE		ACNW	1	Sasolburg	08-Apr	5
2:06.65		SIMONE	WEITSZ		AGN	2	Sasolburg	08-Apr	6
2:06.72		Anuscha	Nice		AGN	2	Pilditch	08-Mar	7
2:07.16		Mandie	Brandt	051182	BOLA	4	Stellenbosch	16-Apr	8
2:08.22		Keltso	Senosi		AGN	3	Cape Town	22-Mar	9
2:08.90		Fina	Dube		CGA	5	Stellenbosch	16-Apr	10

1500m

04:01.99		Caster	Semenya	070191	ACNW	1	Durban	24-Jun	1
04:13.38	Indoors	Dominique	Scott	240692	Arkansas	11	New York, NY	20-Feb	2
04:19.57		Aynslee	van Graan	151295	Coastal Carolina	6h2	Jacksonville FL	26-May	3
04:20.63		Lebogang	Phalula		CGA	1	Port Elizabeth	19-Apr	4
04:22.03		Simonay	Weitsz		CGA	2	Port Elizabeth	19-Apr	5
04:22.09		Mandie	Brandt	051182	BOLA	3	Port Elizabeth	19-Apr	6
04:23.94		STELLA	MARAIS		AGN	4	Port Elizabeth	19-Apr	7
04:24.50		Laura	Labuschagne		S Alabama	5	Auburn AL	22-Apr	8
04:25.66		Yandisa	Shange		CGA	6	Stellenbosch	16-Apr	9
04:25.80		KESA	MOLOTSANA		AFS	1	Stellenbosch	07-Apr	10

5000m

15:25.10		Dominique	Scott	240692	Arkansas	1	Stanford CA	01-Apr	1
15:55.64		Nolene	Conrad	260785	KPMG	6	Lier, BEL	11-Jun	2
16:02.63		Irvette	van Zyl		AGN	1	Stellenbosch	15-Apr	3
16:20.26		Kesa	Molotsane		AFS	2	Stellenbosch	15-Apr	4
16:35.36		Glenrose	Xaba		AMPU	3	Stellenbosch	15-Apr	5
16:38.35		Murendwa	Davhana		AGN	2	Cape Town	22-Mar	6
16:42.87		Kyla	van Graan	141094	Carolina	1rB	Raleigh NC	25-Mar	7
16:46.00		Keneilwe	Sessing			3	Cape Town	22-Mar	8

16:59.67		Zintle	Xiniwe		4	Cape Town	22-Mar	9
17:09.05	Indoors	Nokuthula	Dlamini	Monroe Coll	8rB	Boston MA	12-Feb	10

10000m

31:51.47		Dominique	Scott	240692	WPA	21	Rio de Janeiro, BRA	12-Aug	1
34:23.56		Glenrose	Xaba		AMPU	1	Stellenbosch	16-Apr	2
35:00.50		Keneilwe	Sesing		CGA	2	Stellenbosch	16-Apr	3
35:20.49		Jenet	Dlamini		KZNA	3	Stellenbosch	16-Apr	4
37:00.26		Puseletso	Dladla		KZNA	4	Stellenbosch	16-Apr	5
37:13.40		Lusanda	Bomvana		ATRA	5	Stellenbosch	16-Apr	6
37:35.40		Ashley	Simonis	101094	BOLA	1	Stellenbosch	12-Mar-16	7
37:43.45		Kataza	Shiplana		AGN	1	Pilditch	11-Mar	8
38:08.02		Tumi	Matlou		CGA	7	Stellenbosch	16-Apr	9
38:31.71		Bathobile	Mkhize		KZNA	2	Germiston	01-Apr	10

3000m Steep 76.2cm

10:15.47		Nolene	Conrad	260785	WPA	18	Oordegem, BEL	28-May	1
10:43.77		Thembi	Baloyi		AGN	2	Stellenbosch	16-Apr	2
10:57.30		Cherise	Sims		EPA	3	Stellenbosch	16-Apr	3
11:05.87		Carina	Swiegers		ACNW	4	Stellenbosch	16-Apr	4
11:05.88		Larra	Orrock		AFS	5	Stellenbosch	16-Apr	5
11:07.58		Bathobile	Mkhize		KZNA	6	Stellenbosch	16-Apr	6
11:43.40		Ileana	Dreyer		BOLA	1	Stellenbosch	27-Feb	7
12:00.36		Palesa	Madoa		ACNW	1	Potchefstroom	12-Mar	8
12:19.28		Ronelda	Valem		BOLA	9	Stellenbosch	16-Apr	9
12:22.82		Bernadene	McCloud		ACNW	2	Potchefstroom	12-Mar	10

100m Hurdle 84cm

13.35	1.6	Claudia	Heunis		AGN	1	Durban	23-Jun	1
13.47	1.6	Maryke	Brits		AFS	3	Durban	23-Jun	2
13.47	1.6	Taylon	Bieldt		AGN	4	Durban	23-Jun	3
13.99	-1.1	LIZZY	KRIEL		AFS	1	Stellenbosch	07-Apr	4

14.10	-0.5	Mercia	Venter		ACNW	3	UJ-Johannesburg	18-Mar	5
14.11	-1.1	Ansulet	Potgieter		AFS	4	Stellenbosch	16-Apr	6
14.16	-0.2	Jean-Mari	Senekal	111292	BOLA	2r2	Oordegem, BEL	04-Jun	7
14.25	0.6	Kayla	Gilbert		CGA	3	Pilditch	08-Mar	8
14.27	-1.1	Carina	Lindeque		AGN	6	Stellenbosch	16-Apr	9
14.29	-1.1	JANKE	VAN WYK		BOLA	2	Stellenbosch	07-Apr	10

Wind

13.53	2.5	Maryke	Brits		AFS	1	Germiston	02-Apr	
13.94	2.1	Ansulet	Potgieter	270491	AFS	1	Bloemfontein	12-Mar	
14.09	2.1	Maryke	Brits	240294	AFS	2	Bloemfontein	12-Mar	

400m Hurdle 76.2cm

0:54.61		Wenda	Nel	300788	AGN	2	Rome, ITA	02-Jun	1
0:57.85		Jean-Marie	Senekal	111292	BOLA	4	Durban	26-Jun	2
0:58.38		Gezelle	Magerman		AGN	1	Cape Town	22-Mar	3
0:58.64		ANNERI	MOOLMAN		AFS	1	Sasolburg	08-Apr	4
1:00.09		Chanel	Leuvenik		AGN	1	Germiston	02-Apr	5
1:00.98		Bilindi	van der Merwe		AGN	1	Port Elizabeth	19-Apr	6
1:01.05		Denise	Hartman		ACNW	1	Potchefstroom	11-Mar	7
1:01.16		ARMOURE	LE ROUX		CGA	3	Sasolburg	08-Apr	8
1:01.17		CYNTHIA	TSETSEWA		ACNW	2	Port Elizabeth	19-Apr	9
1:01.48		Hesmarie	Coetzee			4	Port Elizabeth	19-Apr	10

High Jump

1.83		Julia	du Plessis		ACNW	1	Stellenbosch	07-Apr-16	1
1.75		Bianca	Erwee		ACNW	2	Cape Town	22-Mar-16	2
1.75		Britanny	Uys		KZNA	2	Stellenbosch	16-Apr	3
1.70		Kristi	Snyman		WPA	3	Cape Town	22-Mar-16	4
1.70		Erikah	Seyema		AGN	4	Cape Town	22-Mar-16	5
1.70		Geraldine	King		WPA	5	Cape Town	22-Mar-16	6
1.70		Michelle	Pretorius		AGN	2	UJ-Johannesburg	18-Mar	7

1.70	Marlize	Higgins		CGA	3	Germiston	02-Apr-16	8
1.70	Tillanie	Grosskopf		AGN	1	Pilditch	12-Mar-16	9
1.70	Mariette	Botha		CGA	3	Stellenbosch	16-Apr	10

Pole Vault

3.70	Jodie	Sedras	260894	BOLA	1	Germiston	01-Apr-16	1
3.50	Christie	Nell		BOLA	1	Stellenbosch	15-Apr	2
3.35	Dominique	Mann	280685	KZNA	2	Stellenbosch	13-Feb-16	3
3.30	Kulthoom	Gaidien		WPA	3	Stellenbosch	15-Apr	4
3.30	Nadja	Fourie		AFS	4	Stellenbosch	15-Apr	5
3.30	Asli	Lamley		AFS	8	Durban	23-Jun	6
3.10	Jani	Malan		BOLA	4	Port Elizabeth	19-Apr	7
3.00	Bianca	de Wee		BOLA	5	Port Elizabeth	19-Apr	8
2.90	Rozanne	Compion		WPA	2	Stellenbosch	20-Feb	9
2.80	Dorita	du Toit		ACNW	1	Potchefstroom	11-Mar	10

Long Jump

6.59	0.3	Lynique	Prinsloo	300391	CGA	1	Stellenbosch	16-Apr	1
6.54	-0.7	Maryke Brits	Brits	240294	AFS	2	Stellenbosch	16-Apr	2
6.34	1.3	Samantha	Pretorius	030292	BOLA	1	Stellenbosch	12-Mar-16	3
6.33	0.5	Zinzi	Chabangu		CGA	3	Stellenbosch	16-Apr	4
6.18	0.1	Carla	Marais		AGN	2	Pilditch	08-Mar	5
6.02	-0.3	Zanri	van der Merwe	140593	Kansas State	1	Manhattan KS	07-May	6
6.00	1	Renate	van Tonder		AGN	5	Stellenbosch	16-Apr	7
5.98	1.9	Kayla	Gilbert		CGA	6	Stellenbosch	16-Apr	8
5.84	1.5	Samantha	Ross		WPA	3	UJ-Johannesburg	18-Mar	9
5.84	1.3	Marleen	van der Westhuizen		ACNW	3	Potchefstroom	11-Mar	10

Triple Jump

11m									
13.57	0.5	Patience	Ntshingila		CGA	1	Stellenbosch	15-Apr	1

13.53	0.6	Zinzi	Chabangu	CGA	2	Stellenbosch	15-Apr	2
12.80	1.3	Matsie	Dikotla	AGN	3	Stellenbosch	15-Apr	3
12.68	0.5	CATHRINE	MAKAYA	CGA	2	Stellenbosch	07-Apr	4
12.60	-0.2	Helga-Wendy	Bensusan	CGA	3	Stellenbosch	07-Apr	5
12.14	1.7	Taylia	Visagie	AGN	5	Stellenbosch	15-Apr	6
12.10	0.2	Renate	van Tonder	AGN	6	Stellenbosch	15-Apr	7
11.97	0.3	Somien	Schutte	AGN	7	Stellenbosch	15-Apr	8
11.96	0.6	Maruska	Janse van Rensburg	EPA	4	Stellenbosch	07-Apr	9
11.86	-0.8	Bennita	Botha	AGN	1	Pilditch	12-Mar	10

Shot Put

4kg

15.74		Ischke	Senekal	EPA	1	Stellenbosch	07-Apr	1
15.54		Sonia	Smuts	AGN	1	Pilditch	12-Mar	2
14.82		Lezaan	Jordaan		6	Durban	26-Jun	3
13.84		Meike	Strydom	ASWD	2	Stellenbosch	15-Apr	4
13.74		Monique	Wagner	CGA	3	Stellenbosch	15-Apr	5
13.50		Cecile	Meyer	AFS	1	Germiston	01-Apr	6
13.15		Angeline	Smit	BOLA	4	Stellenbosch	15-Apr	7
13.08		Wanzel	Breytenbach	CGA	2	Germiston	01-Apr	8
12.72		Yolande	Willemse	EPA	3	Germiston	01-Apr	9
12.62		Nienka	du Toit	BOLA	3	Stellenbosch	07-Apr	10

Discus

1kg

56.86		Ischke	Senekal	EPA	1	Stellenbosch	16-Apr	1
50.95		Leandri	Geel	CGA	2	Stellenbosch	16-Apr	2
49.85		Riette	Heyns	ACNW	1	Potchefstroom	12-Mar	3
46.74		Tharina	van der Walt	AFS	4	Stellenbosch	16-Apr	4
46.71		Yolandi	Stander	AGN	2	Port Elizabeth	19-Apr	5
44.88		Ashley	Nieuwenhuyzen	ACNW	6	Stellenbosch	16-Apr	6
40.40		Anneke	Kapp	EPA	4	Port Elizabeth	19-Apr	7
38.29		Ilke	van Vuuren	EPA	5	Port Elizabeth	19-Apr	8
36.89		Madeleine	Stander	AGN	1	Pilditch	11-Mar	9

36.86	Tarinka	Truter	180196	BOLA	1	Stellenbosch	20-Feb	10
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Hammer Thr 4kg

57.37	Stefanie	Greyling		ACNW	1	Potchefstroom	11-Mar	1
55.48	Marga	Cummings		EPA	7	Durban	22-Jun	2
55.46	ZANELE	MYENI			1	Sasolburg	08-Apr	3
53.67	Tharina	van der Walt		AFS	2	Stellenbosch	16-Apr	4
53.52	Nadia	Botha		AFS	3	Stellenbosch	16-Apr	5
53.31	Chene	Coetzee		AGN	2	Stellenbosch	07-Apr	6
53.20	Letitia	Janse van Rensburg		ACNW	2	Germiston	02-Apr	7
49.84	Karin	Le Roux	03/26/1987	BOLA	1	Stellenbosch	12-Mar-16	8
48.23	Lizelle	Fourie		CGA	5	Stellenbosch	16-Apr	9
47.63	Marinda	Greyling			5	Cape Town	22-Mar	10

Javelin 600g

65.14	Sunette	Viljoen	060183	ACNW	1	Doha, QAT	06-May	1
56.22	Jo-Ane	van Dyk		ACNW	2	Durban	25-Jun	2
53.13	Megan	Wilke		ACNW	1	Pilditch	08-Mar	3
51.59	Zandri	Bailey		WPA	1	Stellenbosch	20-Feb	4
47.9	Linda	van Vreden		CGA	4	Stellenbosch	15-Apr	5
45.03	Kelsy-Ann	Mostert		AGN	5	Sasolburg	08-Mar	6
43.34	Carli	Neuwenhuis			6	Pilditch	08-Mar	7
42.85	Zane	Fourie		ACNW	2	Germiston	01-Apr	8
42.34	Danielle	Coetzee		AGN	1	Pilditch	11-Mar	9
41.15	Natasha	Oescger			3	UJ - Johannesburg	18-Mar	10

4 x 100m Relay

0:43.66	SA Team (Tebogo Mamatu, Alyssa Conely, Tamzin Thomas, Carina Horn)			RSA	1	Durban	24-Jun	
0:46.25	TUKS			AGN	1	UJ-Johannesburg	18-Mar	
0:46.65	TUKS			AGN	1	Stellenbosch	07-Apr	
0:46.98	UWC			WPA	2	Stellenbosch	07-Apr	
0:47.13	MATIES			BOLA	3	Stellenbosch	07-Apr	

0:47.13	SA Team			RSA	1	Polokwane	24-May
0:47.16	UJ			CGA	4	Stellenbosch	07-Apr
0:47.23	Maties			BOLA	2	UJ-Johannesburg	18-Mar
0:47.33	CGA (Leana du Toit, Alyssa Conley, Thea Penberthy, Patience Ntshingila)			CGA	1	Stellenbosch	16-Apr
0:47.46	PUKKE			ACNW	3	UJ-Johannesburg	18-Mar

4 x 400m Relay

3:28.49	SA Team (Jeanelle Griesel, Wenda Nel, Justne Palframan, Caster Semenya)			RSA	1	Durban	26-Jun
3:44.66	AGN (Soandri Meyer, Gezelle Magerman, Jeanelle Griesel, Wenda Nel)			AGN	1	Stellenbosch	16-Apr
3:48.41	CGA A (Beetrice Themane, Armoure le Roux, Fina Dube, Cindy von Alefeldt)			CGA	2	Stellenbosch	16-Apr
4:16.83	CGA B (Thandi Sehohle, Simonay Weitsz, Liza Kellerman, Yandisa Shange)			CGA	3	Stellenbosch	16-Apr

20km Walk (Road)

1:34:49.00	Anél	Oosthuizen	220495	CGA		Podébrady, CZE	09-Apr	1
1:41:46.00	Corli	Swart	050391	AGW	2	Stellenbosch	16-Apr	2
1:42:41.00	Zelda	Schultz	150292	KZNA	32	Dudince, SVK	19-Mar	3
1:44:55.00	Natalie	le Roux		KZNA	4	Stellenbosch	16-Apr	4

Heptathlon

100m Hurdles ; High Jump ; Shot Put ; 200m ; Long Jump ; Javelin ; 800m

5395	Bianca	Erwee		ACNW	1	Stellenbosch	15/16-Apr
							15.01(0.3) ; 1.77 ; 10.94 ; 25.8(0.4) ; 5.97(-0.5) ; 37.53 ; 2:25.25
4977	Nienka	du Toit	170397	BOLA	5	Mauritius	1-2 April
							14.80(0.3) ; 1.60 ; 12.21 ; 26.41(1.1) ; 5 46(0.0) ; 35.44 ; 2:31.95
4390	Nicola	Schoeman		AGN	1	Pilditch	11/12 Mar
							16.81(-0.1) ; 1.60m ; 08.88m ; 26.87(1.1) ; 5.23(-1.3) ; 37.34m ; 2:35.89
4091	Anri	Salim		ACNW	3	Stellenbosch	15/16-Apr
							16.94(0.3) ; 1.68 ; 09.50 ; 27.60(0.4) ; 5.17(0.3) ; 22.76 ; 2:43.72

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