

# South African Track & Field Performances 2019

28th February 2019

## Under 20 {JUNIOR} (Born 2000/2001)

Compiled by : Clyde Kinloch, assisted by Sarina Cronje, Staci Chislett & Marilize Goosen

Checked and Edited by : Danie & Neil Cornelius

Under the Auspices of SAAS and the Rules of IAAF & ASA

<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>
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# Male

<u>100m</u>								
10.69	0.6	Mark	GAINES	19-Aug-00	KZNA	1H2	KINGS PARK-Durban	23-Feb
10.83	0.7	Phemelo	MOJE	02Feb2001	CGA	2h2	NWU/McArthur-Potch	19-Feb
10.88	-1.8	Mark	GAINES	19-Aug-00	KZNA	1	Kings Park-DURBAN	09-Feb
10.89	1.5	Nthakuseni	VILANKULU		AFS	1h1	Bloemfontein	23-Feb
10.97	1.5	Thato	MELEMATSHA	2001/06/05	AFS	2h1	Bloemfontein	23-Feb
11.01	+0.7	Sammy	NGOVENI	31Jul2001	AGN	1h1	TUKS-Pretoria	09-Feb
11.05	1.0	Relebohile	MOLETE	2000/02/23	AFS	1h2	Bloemfontein	23-Feb
11.06	+0.7	Mojela	KONESHE	27Jan2001	ACNW	2	NWU/McArthur-Potch	12-Feb
11.09	+0.7	Jerry	VENTER	18Jul2000	ACNW	3h2	NWU/McArthur-Potch	19-Feb
11.13	1.0	Realeboga	MAYENENG		AFS	3h2	Bloemfontein	23-Feb
	<u>WIND</u>							
10.49	<b>4.3</b>	Sifiso	MIYA			1S1	RUIMSIG	02-Feb
10.76	<b>2.4</b>	Simbarashe	MAKETA			2	RUIMSIG	02-Feb
10.79	<b>2.1</b>	Ntahuseni	VILANKULU			1S9	RUIMSIG	02-Feb

<b><u>200m</u></b>								
21.21	1.6	Gratitude	MOHOERA		AFS	1h2	Bloemfontein	22-Feb
21.33	0.6	Mosuwe	HLONGWANE	2001/06/17	AFS	2	Bloemfontein	22-Feb
21.36	1.6	Nthakuseni	VILANKULU		AFS	2h2	Bloemfontein	22-Feb
21.55	0.8	Phatutshedzo	MASWANGANYI			1S9	RUIMSIG	02-Feb
21.69	1.6	Mosuwe	HLONGWANE	2001/06/17	AFS	1h1	Bloemfontein	22-Feb
21.71	1.6	Thato	PHASHA	2001/07/11	AFS	2h1	Bloemfontein	22-Feb
21.73	1.6	Handre	JONKER	18-Jun-00		2	RUIMSIG	02-Feb
21.84	1.7	Jayson	WEBER	01-Jan-01	WPA	5	GREENPOINT	16-Feb
21.89	-3.3	Luke	DAVIDS	17-Jul-01	WPA	1	GREENPOINT	16-Feb
21.93	+0.3	Rorisang	SEGATLHE	31Jan2001	AGN	1h2	TUKS-Pretoria	09-Feb
<b><u>WIND</u></b>								
21.69	<b>4.7</b>	Jayson	WEBER	01-Jan-01	WPA	1	PAROW	02-Feb
22.00	<b>4.7</b>	Azhaar	LALLA	08-Aug-00	WPA	2	PAROW	02-Feb
<b><u>400m</u></b>								
47.96		Thato	PHASHA	2001/07/11	AFS	1	Bloemfontein	23-Feb
48.45		Gert	JONKER		CGA	1	GERMISTON	26-Jan
48.49		JD	PRINSLOO		CGA	1	RUIMSIG	02-Feb
48.55		Carlin	ENOCH		CGA	2	RUIMSIG	02-Feb
48.62		JAYSON	WEBER	01-Jan-01	WPA	1	PAROW	15-Feb
48.82		Benjamin	MEINTJIES		AFS	2h1	Bloemfontein	23-Feb
48.84		Mosuwe	HLONGWANE	2001/06/17	AFS	2	Bloemfontein	23-Feb
49.18		Ruan	DE JONGH	19Feb2000	AGN	1h1	TUKS-Pretoria	09-Feb
49.32		David	SEETE	22-Mar-01		1S1	RUIMSIG	02-Feb
49.64		Carlin	ENOCH		CGA	2S2	RUIMSIG	02-Feb
<b><u>800m</u></b>								
1:51.04		Reinard	REITSMA	02Feb2000	ACNW	2	NWU/McArthur-Potch	19-Feb
1:53.91		Sbusiso	NHLEPHO	04Apr2001	AGN	2	TUKS-Pretoria	09-Feb
1:53.93		Nhloso	NDLOVU	2000/05/10	AFS	1	Bloemfontein	22-Feb
1:54.04		Warren	THIEL	06-Feb-01		1S1	RUIMSIG	02-Feb
1:54.04		Tshagofatso	NWAGU		AGN	3	TUKS-Pretoria	09-Feb

1:54.60	Retschedisitswe	SHAI	2000/09/20	AFS	2	Bloemfontein	22-Feb
1:54.62	Mohlouwa Koos	MOLUTSI	05-Jan-00	KZNA	1	KINGS PARK-Durban	22-Feb
1:54.74	Martin	BLIGNAUT	19Jun2000	AGN	4	TUKS-Pretoria	09-Feb
1:55.16	Handre	JONKER	18-Jun-00		1S2	RUIMSIG	02-Feb
1:55.45	Gomolemo	KERILENG	23May2000	ACNW	6	NWU/McArthur-Potch	19-Feb

### 1000m

2:27.09	Reinard	REITSMA	02/02/2000	ACNW	1	McArthur-Potchefstroom	29-Jan
2:36.69	Olebogeng	MOREMI	17/03/2000	ACNW	4	McArthur-Potchefstroom	29-Jan
2:40.61	Frans-Josef	MENTZ	04/01/2000	ACNW	5	McArthur-Potchefstroom	29-Jan

### 1500m

3:49.92	Luan	MUNNIK	22Apr2000	ACNW	1	TUKS-Pretoria	09-Feb
3:55.59	Nontobeko	NTULI	08-Aug-01	KZNA	1	Kings Park-DURBAN	09-Feb
3:56.43	Ngconde	MATWEBU			1S1	RUIMSIG	02-Feb
3:56.80	Christopher	SWART	090400	AGN	1	PILDITCH - Pretoria	26-Jan
3:56.83	Luan	MUNNIK			2S1	RUIMSIG	02-Feb
3:57.37	Robert	DE VILLIERS	04Mar2000	ACNW	5	NWU/McArthur-Potch	19-Feb
3:58.23	Mohlouwa Koos	MOLUTSI	05-Jan-00	KZNA	1	KINGS PARK-Durban	23-Feb
3:58.66	Ruschin	FORTUIN	16-Mar-00	WPA	3	PAROW	23-Jan
3:58.72	Travis	KOEKEMOER	02May2001	AGN	6	NWU/McArthur-Potch	19-Feb
3:58.85	Stephen	MILLARD	18-Mar-01	WPA	1	GREENPOINT	16-Feb

### 3000m

8:36.83	Luan	MUNNIK	22/04/2000	ACNW	2	McArthur-Potchefstroom	29-Jan
8:37.41	Robert	DE VILLIERS	04Mar2000	ACNW	1	NWU/McARTHUR-POTCH	05-Feb
8:40.53	Oliver	STEWART	22-Feb-01	WPA	1	GREENPOINT	16-Feb
9:05.42	Phemelo	NTOE		CGA	1	GERMISTON	26-Jan
9:07.51	Chris	MHLANGA		CGA	2	GERMISTON	26-Jan
9:09.44	Andries	SESEDI		CGA	3	GERMISTON	26-Jan
9:10.32	Lethu	CETYWAYO	02-Jan-00	WPA	2	GREENPOINT	16-Feb
9:11.17	Nkosinathi	MNDABA		KZNA	3	KINGS PARK - Durban	26-Jan
9:13.56	Thulisang	KHAMBULE		KZNA	4	KINGS PARK - Durban	26-Jan

9:19.13	Amogelang	MADITO		CGA	4	GERMISTON	26-Jan
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### 5000m

14:46.53	Ngconde	MATWEBU		AFS	1	Bloemfontein	22-Feb
15:03.17	Tshiamo	MARIBE		KZNA	1	KINGS PARK-Durban	24-Feb
15:12.55	Bonginkosi	MABUYAKHULU	28-Feb-00	KZNA	2	KINGS PARK-Durban	24-Feb
15:24.06	Sithembiso	MTAMBO	17-Oct-01	KZNA	3	KINGS PARK-Durban	24-Feb
15:24.17	Thulisang	KHAMBULE	07-Sep-01	KZNA	4	KINGS PARK-Durban	24-Feb
15:27.08	Joshua	PHOLOANA	2001/01/03	AFS	2	Bloemfontein	22-Feb
15:41.55	Nkosinathi	MNDABA	22-Apr-00	KZNA	5	KINGS PARK-Durban	24-Feb
15:42.08	Moses	BUKWANE	08Jan2000	ACNW	5	NWU/McArthur-Potch	12-Feb
15:45.57	Caleb	BEUKES	21Jan2000	AGN	1	TUKS-Pretoria	09-Feb
15:50.30	Thabo	MOHOKANE	2000/06/20	AFS	3	Bloemfontein	22-Feb

### 10000m

32:51.09	Thulisang	KHAMBULE	07-Sep-01	KZNA	1	KINGS PARK-Durban	22-Feb
33:01.16	Mzwandile	MATHE		KZNA	2	KINGS PARK-Durban	22-Feb
33:09.19	Seieti	DONALD	29-May-00	KZNA	3	KINGS PARK-Durban	22-Feb
33:09.98	Fernando	SPONDO	16-Jul-00	WPA	2	PAROW	Feb-19
34:35.94	Nkosinathi	MNDABA	25-Apr-00	KZNA	4	KINGS PARK-Durban	22-Feb
36:40.69	Mluleki	MBATHA	16-Oct-00	KZNA	5	KINGS PARK-Durban	22-Feb
37:15.96	Qiniso	NALA	23-Mar-00	KZNA	6	KINGS PARK-Durban	22-Feb
38:08.29	Jabulani	MAJOMBOZI	11-Mar-00	KZNA	7	KINGS PARK-Durban	22-Feb

### 3000m Steeplechase

09:41.33	Lebohang	MAHLOANE		AFS	1	Bloemfontein	23-Feb
09:50.99	Lindokuhle	XIMBA	04-Sep-01	KZNA	1	KINGS PARK-Durban	22-Feb
09:51.21	Travis	KOEKEMOER	02May2001	AGN	1	TUKS-Pretoria	09-Feb
09:51.88	Tshiamo	MARIBE		KZNA	2	KINGS PARK-Durban	22-Feb
10:04.58	Bongelani	MKHWANAZI	23-Dec-00	KZNA	3	KINGS PARK-Durban	22-Feb
10:15.55	Daniel	ARENDSE	13-Mar-00	WPA	1	GREENPOINT	Feb-19
10:20.20	Fernando	SPONDO	16-Jul-00	WPA	2	PAROW	Feb-19
10:24.10	bandile	MNYANDU	19-Apr-00	KZNA	4	KINGS PARK-Durban	22-Feb

10:39.49		Patric	SHOBA	10-Sep-01	KZNA	5	KINGS PARK-Durban	22-Feb
10:40.10		Reatile	TLHABANKWE	2001/04/08	AFS	2	Bloemfontein	23-Feb

### **110m Hurdles**

14.18	1.7	Ruan	DE LANGE			1	RUIMSIG	02-Feb
14.36	1.7	Jordan	JOHNSON			2	RUIMSIG	02-Feb
14.53	-2.4	Jason	OCTOBER	31-May-00	BOLA	1	GREENPOINT	16-Feb
14.66	2.0	Wicus	VOSLOO	2001/03/21	AFS	1	Bloemfontein	22-Feb
14.98	1.5	Ronoldo	MACKENZIE	08-Apr-00	BOLA	2	PAROW	26-Jan
15.44	1.7	Michael	SCHOEMAN			3	RUIMSIG	02-Feb
15.53	-2.4	Pierre	DE JONGH	04-Feb-01	WPA	2	GREENPOINT	16-Feb
15.56	1.7	Kay	SMITH			4	RUIMSIG	02-Feb
15.87	-2.4	Jarrod	GRUNEWALD	28-Apr-00	WPA	3	GREENPOINT	16-Feb
15.88	-2.4	Alejandro	ALDANA	30-Dec-01	WPA	4	GREENPOINT	16-Feb

### **WIND**

14.95	<b>3.7</b>	Alejandro	ALDANA	30-Dec-01	WPA	1	PAROW	09-Feb
15.05	<b>3.7</b>	Ronoldo	MACKENZIE	08-Apr-00	BOLA	2	PAROW	09-Feb

### **400m Hurdles**

0:55.57		Aiden	TANGO	01-Jan-00	WPA	1	PAROW	02-Feb
0:55.98		Ruan	SCHUTTE	2000/07/04	AFS	1	Bloemfontein	23-Feb
0:56.80		Jean-Jacques	VAN SCHALKWYK	24-Apr-01	WPA	2	PAROW	02-Feb
0:57.32		Sphesile	SHONGWE	21-Sep-01	KZNA	1S2	KINGS PARK-Durban	22-Feb
0:57.61		Siphokuhle	NDABA	03-Mar-01	KZNA	1S1	KINGS PARK-Durban	22-Feb
0:57.93		Mighty	NYALUNG	2001/02/22	AFS	2	Bloemfontein	23-Feb

### **High Jump**

2.15		Breyton	POOLE	23-Mar-00	WPA	1	PAROW	09-Feb
2.00		Usaamah	VALLY	10-Jan-01	KZNA	1	RUIMSIG	02-Feb
2.00		Usaamah	VALLY	10-Jan-01	KZNA	1	Kings Park-DURBAN	09-Feb
1.95		Katleho	NYELELE	10Jan2000	AFS	1	Bloemfontein	26-Jan
1.95		Usaamah	VALLY	10Jan2001	KZNA	1	KINGS PARK - Durban	19-Jan
1.95		Cornel	COETZEE			2	RUIMSIG	02-Feb

1.95		Thabelo	MAKUMULE	2001/03/27	AFS	1	Bloemfontein	22-Feb
1.90		Nathanael	DE SWART		CGA	1	GERMISTON	26-Jan
1.90		Mauritz	LOTTERING		CGA	2	GERMISTON	26-Jan
1.90		Mauritz	LOTTERING			3	RUIMSIG	02-Feb
1.90		Owen	BROWN	24-Apr-01	BOLA	1	PAROW	15-Feb
1.90		Edriech	GRIEB	27Mar2001	AGN	1	TUKS-Pretoria	09-Feb
1.90		Thabo	NTOMBELA		KZNA	1	KINGS PARK-Durban	24-Feb

### **Pole Vault**

4.90		VALCO	VAN WYK	26-Jul-00	BOLA	1	GREENPOINT	16-Feb
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### **Long Jump**

7.56	-0.4	Michael	SKOSANA	18Sep2000	AFS	1	Bloemfontein	26-Jan
7.06	1.1	Mark	GAINES	19-Aug-00	KZNA	1	KINGS PARK-Durban	24-Feb
6.87	-0.0	Jordan	KOK	03Nov2000	ACNW	1	NWU/McArthur-Potch	19-Feb
6.84	-1.6	Marnus	LINDE	220700	AGN	1	TUKS- Pretoria	12-Jan
6.77	-3.3	Tiaan	JOUBERT			1	RUIMSIG	02-Feb
6.75	-3.1	Sanele	TOLBADI			2	RUIMSIG	02-Feb
6.72	-3.1	Divan	GROBLER			3	RUIMSIG	02-Feb
6.69	0.5	Khanyisani	MABASO	07-Jan-00	KZNA	3	KINGS PARK-Durban	24-Feb
6.61	-1.0	Thato	MALEMATSHA	2001/06/05	AFS	2	Bloemfontein	23-Feb
6.53	-4.9	Ethan	FISHER	29-Jan-01		4	RUIMSIG	02-Feb

### **Wind**

6.81	<b>2.5</b>	Mlungisi	MABASO	22-Nov-01	KZNA	2	KINGS PARK-Durban	24-Feb
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### **NWI**

7.29	NW	Shaun	MAWANGANYI	01Feb2001	AGN	1	TUKS-Pretoria	09-Feb
6.82	NW	Matome	SHABANGU	14Aug2000	AGN	2	TUKS-Pretoria	09-Feb
6.47	NW	Marnus	LINDE	220700	AGN	1	PILDITCH - Pretoria	26-Jan

### **Triple Jump**

13.83	-0.0	Jordan	KOK	03Nov2000	ACNW	1	NWU/McArthur-Potch	19-Feb
13.77	+0.8	Marnus	LINDE	220700	AGN	1	TUKS- Pretoria	12-Jan
13.55	0.9	Jesse	FISHER	05-Apr-00	WPA	1	PAROW	02-Feb

13.37	1.6	Zhane	MNGADI	04-Sep-01	KZNA	1	KINGS PARK-Durban	23-Feb
13.12	+1.4	Coert	COETZEE	21Feb2000	ACNW	1	NWU/McArthur-Potch	12-Feb
13.12	-2.5	Emmanuel	NDJADI	25-Dec-00	WPA	1	PAROW	09-Feb
13.08	1.5	Luzuko	MAHLATHI	20-Oct-00	KZNA	2	KINGS PARK-Durban	23-Feb

### **Shot Put**

17.96		Chris	VAN NIEKERK	30AUG2000	ACNW	3	NWU/McArthur-Potch	19-Feb
16.53		Hannes	KRUGER	2001/04/12	AFS	1	Bloemfontein	22-Feb
15.89		Jonathan	DE LACEY LACEY	05Jan2000	ACNW	4	NWU/McArthur-Potch	19-Feb
15.16		Aaron	LOMBARD		ATRA	1	KINGS PARK - Durban	19-Jan
13.32		Nico	VAN NIEUWENHUIZEN	2001/02/02	AFS	2	Bloemfontein	22-Feb
13.04		Johann	GROBBELAAR	2001/01/14	AFS	3	Bloemfontein	22-Feb
12.80		Roux	DUVENHAGE	2000/05/03	AFS	4	Bloemfontein	22-Feb
12.55		Rian	SWARTZ	28-Jun-01	KZNA	1	KINGS PARK-Durban	22-Feb
12.17		Athenkosi	MATSHEKE	19-Jul-01	KZNA	2	KINGS PARK-Durban	22-Feb
12.11		Marcel	NEL	07-Sep-00	KZNA	3	KINGS PARK-Durban	22-Feb

### **Discus**

53.11		Chris	VAN NIEKERK	30Aug2000	AGN	1	TUKS-Pretoria	09-Feb
52.51		Jannie	VISSER	13-Mar-00	BOLA	1	GREENPOINT	16-Feb
46.80		Hannes	KRUGER	2001/04/12	AFS	1	Bloemfontein	22-Feb
45.94		Jonathan	DE LACEY LACEY	05Jan2000	ACNW	3	NWU/McARTHUR-POTCH	05-Feb
45.40		Tjaart	BREEDT	060101	AGN	1	PILDITCH - Pretoria	26-Jan
42.31		Nico	VAN NIEUWENHUIZEN	2001/02/02	AFS	2	Bloemfontein	22-Feb
42.08		Aaron	LOMBARD		ATRA	1	KINGS PARK - Durban	19-Jan
41.86		Ronaldo	MACKENZIE	08-Apr-00	BOLA	2	PAROW	26-Jan
41.65		Thato	KHUNOU	170500	AGN	3	PILDITCH - Pretoria	26-Jan
38.35		Johann	GROBBELAAR	2001/01/14	AFS	3	Bloemfontein	22-Feb

### **Hammer Throw**

60.72		James	HAVINGA	2000/09/27	AFS	1	Bloemfontein	22-Feb
60.50		Christiaan	LE ROUX		GWA	2	Bloemfontein	22-Feb
58.47		James	HAVINGA	27Sep2000	AFS	1	Bloemfontein	26-Jan

54.49	Jaunu	OLIVIER	27-May-01	BOLA	1	GREENPOINT	16-Feb
49.25	JT	VAN DER WALT		AFS	3	Bloemfontein	22-Feb
45.65	Gilbert	VAN RENSBURG	2001/10/01	AFS	4	Bloemfontein	22-Feb
45.38	Nico	VAN NIEWENHUIZEN	2001/02/02	AFS	5	Bloemfontein	22-Feb
44.66	Emile	SHEICHER	23Jan2001	ACNW	8	NWU/McArthur-Potch	19-Feb

### Javelin

63.05	Jannes	SCHLEBUSCH	26Aug2000	AFS	1	Bloemfontein	26-Jan
62.73	Matthew	JOUBERT	03-Jan-01	KZNA	1	KINGS PARK-Durban	22-Feb
62.32	Jacques	KLEYNHANS	19Apr2001	AGN	1	TUKS-Pretoria	09-Feb
58.78	Jaco	KOK	27Jan2001	AGN	2	TUKS-Pretoria	09-Feb
58.44	Lohan	ROODE	24Jan2000		3	TUKS-Pretoria	09-Feb
52.64	Chris	VAN NIEKERK	30Aug2000	ACNW	7	NWU/McArthur-Potch	12-Feb
51.13	Xander	JORDAAN	2000	CGA	5	NWU/McARTHUR-POTCH	05-Feb
48.99	Stephan	MARAIS	2001/03/10	AFS	1	Bloemfontein	22-Feb
46.05	Ruan	VOSLOO	18-Oct-01	KZNA	2	KINGS PARK-Durban	22-Feb
44.95	Ronaldo	MACKENZIE	08-Apr-00	BOLA	1	PAROW	Feb-19

### 3000m Walk (Track)

13:14.35	Antonio	FARMER	21Dec2000	ACNW	2	NWU/McARTHUR-POTCH	Feb-19
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### 5km Walk (Track)

22:50.83	Antonio	FARMER	21Dec2000	ACNW	2	NWU/McArthur-Potch	Feb-19
24:06.78	Jacques	HEYMANS	14Feb2000	AGN	1	TUKS-Pretoria	09-Feb
25:40.19	Wentsley	MERKUUR	13-Feb-00	BOLA	1	PAROW	Feb-19
26:15.05	Lebogang	MBULAWA		CGA	1	GERMISTON	26-Jan
27:12.71	Vincent	NHLAPO	12Mar2001	AGN	2	TUKS-Pretoria	09-Feb
28:17.36	Kgosi	NGAKE		CGA	2	GERMISTON	26-Jan
32:30.97	Hendry	MAZIBUKO		CGA	3	GERMISTON	26-Jan
32:52.16	Sfiso	MOSIA		CGA	4	GERMISTON	26-Jan

### 10000m Walk (Track)

0:50:49.33	Sandile	GUMEDE	13-Apr-01	KZNA	1	KINGS PARK-Durban	22-Feb
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0:56:11.61	Ntokozo	MAJOZI	24-Sep-01	KZNA	2	KINGS PARK-Durban	22-Feb
0:57:21.21	Phelelani	MEMELA	12-Aug-00	KZNA	4	KINGS PARK-Durban	22-Feb

### Decathlon

5397	Tashriq	PARKER	07-May-00	WPA	1	GREENPOINT	15-16-Feb
4982	Jamie	FIELD	19-Sep-01	WPA	2	GREENPOINT	15-16-Feb
4355	Andre	SWANEPOEL	25-Aug-01	BOLA	3	GREENPOINT	15-16-Feb

# Female

### 100m

11.98	1.9	Rose	XEYI		AGN	1	RUIMSIG	02-Feb
12.09	-0.2	Jessica	BOMPAS	18-Apr-01	KZNA	1	KINGS PARK-Durban	24-Feb
12.23	0.3	Portia	MACHABA		AFS	1	Bloemfontein	23-Feb
12.36	0.3	Rogail	JOSEPH	22-Apr-00	WPA	1	PAROW	15-Feb
12.36	+2.0	Remoneiloe	PHASHA	01Feb2001	AGN	1h2	TUKS-Pretoria	09-Feb
12.41	+2.0	Karabo	LEGODI		AGN	2h2	TUKS-Pretoria	09-Feb
12.41	0.3	Joviale	MBISHA	2000/10/31	AFS	2	Bloemfontein	23-Feb
12.42	1.9	Clarise	BRITS	05-Jan-01		3	RUIMSIG	02-Feb
12.44	-0.2	Akhona	MATHONSI	03-Oct-01	KZNA	2	KINGS PARK-Durban	24-Feb
12.47	+0.7	Toinette	MURRAY	08Jul2000	ACNW	1h1	NWU/McArthur-Potch	12-Feb

### 200m

24.61	0.2	Antoinette	VD MERWE			1	RUIMSIG	02-Feb
24.97	0.2	Jessica	BOMPAS	18-Apr-01	KZNA	2	RUIMSIG	02-Feb
25.07	1.1	Portia	MACHABA		AFS	1	Bloemfontein	22-Feb
25.10	+0.6	Zenobea	JEWASKIEWITZ	22Jul2000	ACNW	2h1	NWU/McArthur-Potch	12-Feb
25.35	-0.1	Marlie	VILJOEN	010800	AGN	1	TUKS- Pretoria	12-Jan
25.39	0.2	Nikiwe	MONGWE	18-May-01		3	RUIMSIG	02-Feb

25.44	1.5	Suzie	BURGESS			1S2	RUIMSIG	02-Feb
25.69	0.2	Clarise	BRITS	05-Jan-01		5	RUIMSIG	02-Feb
25.71	-0.3	Zinam	KLAAS	06-Jul-01	WPA	1	PAROW	02-Feb

**WIND**

24.99	<b>+2.4</b>	Simone	KELLERMAN	07Feb2000	AGN	1h1	TUKS-Pretoria	09-Feb
25.52	<b>+2.4</b>	Remoneiloe	PHASHA	01Feb2001	AGN	2h1	TUKS-Pretoria	09-Feb
25.61	<b>+2.4</b>	Sancha	V NIEKERK	31Aug2000	AGN	3h1	TUKS-Pretoria	09-Feb

**400m**

56.04		Carla	HATTINGH		CGA	1	RUIMSIG	02-Feb
56.18		Kirsten	AHRENS	18-Jun-00	KZNA	1	KINGS PARK-Durban	24-Feb
57.39		Nicola	GIBBON	09Oct2000	ACNW	1	NWU/McArthur-Potch	12-Feb
57.55		Nicole	FAULHA	06-Mar-01	KZNA	2	KINGS PARK-Durban	24-Feb
57.86		Morgan	PATERSON	2001/04/04	AFS	1	Bloemfontein	23-Feb
57.87		Juli	VERCUIEL	25-Jan-00	BOLA	1	PAROW	15-Feb
59.62		Nicola	BLOUNT	21Jan2000	KZNA	#REF!	PILDITCH - Pretoria	26-Jan
59.64		Xante	DE KLERK	05-Jan-01		3	RUIMSIG	02-Feb
59.97		Michelle	MOFONNE	200801	AGN	4	PILDITCH - Pretoria	26-Jan
60.02		Meagan	THOMSON		CGA	2	GERMISTON	26-Jan

**800m**

2:14.19		Ntsoaki	MALAHOE			1	RUIMSIG	02-Feb
2:16.43		Rhode	BOON	05Jul2000	ACNW	4	NWU/McArthur-Potch	19-Feb
2:17.39		Janie	JV RENSBURG	09Aug2000	AGN	1	TUKS-Pretoria	09-Feb
2:17.97		Lyndi	ROELOFSE			2	RUIMSIG	02-Feb
2:20.79		Sarah	KIET			3	RUIMSIG	02-Feb
2:21.60		paige	MACKENZIE	08-Dec-00	KZNA	1	KINGS PARK-Durban	22-Feb
2:21.81		Athemba	NQUMASHE	25-Nov-01	WPA	1	GREENPOINT	16-Feb
2:23.38		Kia	GIBBS	09-Dec-01	WPA	2	GREENPOINT	16-Feb
2:24.21		Jeanne	DE BEER	250501	AGN	1	TUKS- Pretoria	12-Jan
2:24.81		Amber	RAYNERS	14Feb2001	AGN	3	TUKS-Pretoria	09-Feb

**1500m**

4:39.24		Lyndi	ROELOFSE			1	RUIMSIG	02-Feb
4:42.41		Vicky	OELOFSE	2000/10/09	AFS	1	Bloemfontein	23-Feb
4:44.14		Lee-Anne	BLAKE	14Jan2001	ACNW	3	NWU/McArthur-Potch	19-Feb
4:44.16		Ntsoaki	MALAHOE			2	RUIMSIG	02-Feb
4:46.1	HT	Izabel	STICKELLS	01May2001	AGN	1	TUKS-Pretoria	09-Feb
4:47.3	HT	Amber	RAYNERS	04Dec2001	AGN	2	TUKS-Pretoria	09-Feb
4:49.01		PAIGE	MACKENZIE	08-Dec-00	KZNA	1	KINGS PARK-Durban	23-Feb
4:50.5	HT	Keletso	SENOSI	01Oct2001	AGN	3	TUKS-Pretoria	09-Feb
4:51.9	HT	Mianca	KOTZE	23Mar2001	AGN	4	TUKS-Pretoria	09-Feb
4:52.10		Tayla	KAVANAGH		KZNA	1	Kings Park-DURBAN	09-Feb

### **3000m**

10:20.42		Cara	DU PREEZ	13Oct2001	ACNW	1	NWU/McArthur-Potch	05-Feb
10:23.12		Vicky	OELOFSE	2000/10/09	AFS	1	Bloemfontein	22-Feb
10:49.30		Kia	GIBBS	09-Dec-01	WPA	1	PAROW	09-Feb
11:46.33		Maja	VAN ASWEGEN	27-Apr-01	BOLA	1	GREENPOINT	16-Feb
12:46.61		Anke	BRONN	2001/10/02	AFS	2	Bloemfontein	22-Feb

### **5000m**

17:53.85		Zelmari	VORSTER	140200	AGN	1	PILDITCH - Pretoria	26-Jan
18:50.75		Kia	GIBBS	09-Dec-01	WPA	4	PAROW	23-Feb
19:09.89		Sisanda	DUMISA	23Aug2000	AGN	1	TUKS-Pretoria	09-Feb
19:12.38		Aphelele	JILEKA	01-Dec-01	KZNA	1	KINGS PARK-Durban	24-Feb
19:14.95		Sbagongakonke	ZULU	29-Aug-01	KZNA	2	KINGS PARK-Durban	24-Feb
19:26.51		Vicky	OELOFSE	09Oct2000	AFS	1	Bloemfontein	26-Jan
20:40.35		Nontobeko	NTULI	08-Aug-01	KZNA	3	KINGS PARK-Durban	24-Feb
21:34.09		Ntobeko	MCHUNU	20-Apr-00	KZNA	4	KINGS PARK-Durban	24-Feb
21:48.32		Miranda	MAZIBUKO	08-Jan-01	KZNA	5	KINGS PARK-Durban	24-Feb
27:25.58		Malehlohonolo	MOTAUNG	2001/01/13	AFS	1	Bloemfontein	23-Feb

### **10000m**

42:10.28		Nontobeko	NTULI		KZNA	2	KINGSPARK - Durban	02-Feb
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**3000m Steeplechase**

13:31.97		Caitlyn	SCHLEHMEYER	07-Mar-00	WPA	2	PAROW	26-Jan
16:36.01		Nicolette	SCHLEHMEYER	07-Mar-00	WPA	3	PAROW	26-Jan

**100m Hurdles**

14.48	-1.4	Rogail	JOSEPH	22-Apr-00	WPA	2	PAROW	15-Feb
15.16	0.6	Elitha	SYLVESTER	22-Aug-01	WPA	1	PAROW	02-Feb
15.89	0.6	Gabrielle	LAZARUS	26-Jun-01	WPA	2	PAROW	02-Feb
16.00	1.0	Lu-Zahn	JANSEN VAN RENSBURG		AFS	1	Bloemfontein	23-Feb
16.31	-1.4	Zeanne	KRUGER	31-Jan-01	BOLA	1	PAROW	15-Feb
16.62	-1.4	Ammerah	DONOUGH	05-Feb-01	WPA	2	PAROW	15-Feb
16.70	-1.4	Leandre	KETCH	17-Feb-01	WPA	3	PAROW	15-Feb

**WIND**

14.05	<b>2.2</b>	Antoinette	VD MERWE			1	RUIMSIG	02-Feb
14.35	<b>5.5</b>	Rogail	JOSEPH	22-Apr-00	WPA	1	PAROW	09-Feb
14.80	<b>5.5</b>	Elitha	SYLVESTER	22-Aug-01	WPA	2	PAROW	09-Feb

**400m Hurdles**

60.40		Rogail	JOSEPH	22-Apr-00	WPA	1	GREENPOINT	16-Feb
64.08		Nicola	GIBBON	09Oct2000	ACNW	1	NWU/McArthur-Potch	12-Feb
64.67		Casey	ADENDORFF	2000/11/30	AFS	1	Bloemfontein	22-Feb
64.83		Elitha	SYLVESTER	22-Aug-01	WPA	2	PAROW	09-Feb
64.98		Tatum	MAHER	04-Feb-01	WPA	2	GREENPOINT	16-Feb
66.44		Kirsten	AHRENS	18-Jun-00	KZNA	1	KINGS PARK-Durban	22-Feb
66.85		Dane	POTGIETER	12-Apr-01	KZNA	2	KINGS PARK-Durban	22-Feb
67.89		Charne-Lee	OLKERS	23Mar2000	AGN	1	TUKS-Pretoria	09-Feb
71.25		Nika	REINACH		AFS	2	Bloemfontein	22-Feb
72.93		Vuyo	BUSAKWE		AFS	3	Bloemfontein	22-Feb

**High Jump**

1.65		KRISTI	SNYMAN	15-Dec-00	WPA	1	PAROW	15-Feb
1.65		Michelle	NGOZO	15May2000	ACNW	2	NWU/McArthur-Potch	19-Feb
1.60		Carmen	BRITZ	30May2001	AGN	1	TUKS-Pretoria	09-Feb

1.59	LEANDRE	KETCH	17-Feb-01	WPA	1	PAROW	15-Feb
1.58	Arne	VAN DER MERWE		AFS	1	Bloemfontein	23-Feb
1.55	Nica	HUMAN	16Feb2000	ACNW	5	NWU/McArthur-Potch	19-Feb
1.55	AKHONA	MATHONSI	03-Oct-01	KZNA	1	KINGS PARK-Durban	24-Feb

### Pole Vault

3.20		ANJE	VILJOEN	01-Dec-00	BOLA	1	GREENPOINT	16-Feb
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### Long Jump

5.58	-0.2	gabrielle	LAZARUS	26-Jun-01	WPA	1	PAROW	15-Feb
5.54	-0.5	Carissa	VAN WYK			1	RUIMSIG	02-Feb
5.42	-0.7	Jessica	STEYN			2	RUIMSIG	02-Feb
5.41	+2.0	Odette	VAN WYK	220802	AGN	1	PILDITCH - Pretoria	26-Jan
5.21	-1.9	Angelique	VAN NIEKERK	03-Feb-01		3	RUIMSIG	02-Feb
5.08	-2.2	Zeanne	KRUGER	31-Jan-01	BOLA	1	GREENPOINT	16-Feb
5.00	0.4	Liane	JACOBS	27-Jul-00	BOLA	2	PAROW	15-Feb

### WIND

5.37	<b>3.0</b>	Lene	DUNCAN	17-Feb-00	WPA	1	PAROW	09-Feb
5.07	<b>2.1</b>	Ameerah	DONOUGH	05-Feb-01	WPA	2	PAROW	02-Feb
5.02	<b>3.0</b>	Blessings	SITHOLE			4	RUIMSIG	02-Feb

### NWI

5.30	NW	Bethel	MOKONI	22Jul2000	AGN	1	TUKS-Pretoria	09-Feb
5.10	NW	Mizelle	WICHMANN	26/07/2000	ACNW	4	ARTHUR-POTCHEFSTROOC	29-Jan
5.08	NW	Mizelle	WICHMANN	26Jul2000	ACNW	3	NWU/McArthur-Potch	05-Feb

### Triple Jump

11.51	-7.7	Esther	SOLARIN	120901	AGN	1	TUKS- Pretoria	12-Jan
11.13	<b>5.7</b>	Ameerah	DONOUGH	05-Feb-01	WPA	1	PAROW	26-Jan

### WIND

### Shot Put

15.79		Meike	STRYDOM		CGA	1	GERMISTON	26-Jan
12.06		Nicola	THERON	210401	AGN	1	PILDITCH - Pretoria	26-Jan

12.05	Colette	UYS	2000/04/20	AFS	1	Bloemfontein	23-Feb
11.40	Kayla	HARRIS	17-Sep-01	KZNA	1	KINGS PARK-Durban	22-Feb
11.27	Anzel	VAN DER WALT	2006/09/01	AFS	2	Bloemfontein	23-Feb
11.23	Skyf	BOSHOFF	08-Mar-00	BOLA	1	PAROW	09-Feb
10.18	Leandre	KETCH	17-Feb-01	WPA	1	PAROW	15-Feb
10.06	Georgia	CHANNON	19-Mar-01	BOLA	2	PAROW	02-Feb
10.05	Chinelle	SWANEPOEL	30/06/2000	ACNW	3	ARTHUR-POTCHEFSTROG	29-Jan

### Discus

48.60	Kayla	SMIT	06-Apr-01	WPA	1	PAROW	26-Jan
45.66	Colette	UYS	2000/04/20	AFS	1	Bloemfontein	23-Feb
43.20	Georgia	CHANNON	19-Mar-01	BOLA	1	PAROW	26-Jan
41.90	Lize	BLIGNAUT	26Sep2000	ACNW	3	NWU/McArthur-Potch	05-Feb
37.90	Liezl	MARAIS	29Jun2001	AGN	1	TUKS-Pretoria	09-Feb
37.48	Claudia	VAN DER WESTHUIZEN	01-Jan-01	WPA	1	GREENPOINT	16-Feb
37.04	Anzel	VAN DER WALT	2006/09/01	AFS	2	Bloemfontein	23-Feb
36.90	Lize	BLIGNAUT	26Sep2000	ACNW	3	NWU/McArthur-Potch	19-Feb
36.44	Heidie	STASSEN	21-Jul-00	WPA	3	PAROW	26-Jan
36.15	Lauren	McMORRAN	20-Nov-00	WPA	2	PAROW	26-Jan

### Hammer Throw

54.74	Tharina	VAN DER WALT	22Feb2000	AFS	1	Bloemfontein	26-Jan
49.61	Kayla	SMIT	06-Apr-01	WPA	1	PAROW	02-Feb
49.01	Skye	BOSHOFF	08-Mar-00	BOLA	1	GREENPOINT	16-Feb
45.91	Kayla	SMIT	06-Apr-01	WPA	2	GREENPOINT	16-Feb
41.34	Klarine	SCHUTTE	250701	AGN	1	PILDITCH - Pretoria	26-Jan
36.46	Lauren	McMORRAN	20-Nov-00	WPA	2	PAROW	02-Feb
35.42	Mariza	BOTHA	11Jan2000	AFS	4	Bloemfontein	26-Jan
11.76	Elouise	BOUWER	2001/08/12	AFS	4	Bloemfontein	22-Feb

### Javelin

44.25	Savannah	COMBRINCK		AGN	1	TUKS- Pretoria	12-Jan
41.27	Gestelle	SNYMAN	27Jul2000		1	TUKS-Pretoria	09-Feb

39.86	Jana	VAN SCHALKWYK	07-Mar-01	BOLA	1	GREENPOINT	16-Feb
39.51	Gestelle	SNYMAN	240700		1	TUKS- Pretoria	12-Jan
36.02	Arne	VAN DER MERWE		AFS	1	Bloemfontein	23-Feb
35.41	Mischa	VAN DEN BERG	2001/05/03	AFS	2	Bloemfontein	23-Feb

**00m Walk (Track)**

15:46.89	Meanri	ERASMUS	28Feb2001	ACNW	3	NWU/McArthur-Potch	05-Feb
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**km Walk (Track)**

26:17.30	Meanri	ERASMUS	28Feb2001	ACNW	3	NWU/McArthur-Potch	19-Feb
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**km Walk (Track)**

1:10:47.58	Sphelele	FAKUDE	07-Feb-01	KZNA	1	KINGS PARK-Durban	22-Feb
1:11:06.69	Sinethemba	KUNENE	24-Feb-01	KZNA	2	KINGS PARK-Durban	22-Feb
1:14:07.18	Londiwe	MBATHA	30-Jan-01	KZNA	3	KINGS PARK-Durban	22-Feb
1:23:33.41	Nompilo	KHANYILE	31-Mar-00	KZNA	4	KINGS PARK-Durban	22-Feb

**Heptathlon**

3949	Leandre	KETCH	17-Feb-01	WPA	1	GREENPOINT	16-Feb-19
3859	Zeanne	KRUGER	31-Jan-01	BOLA	2	GREENPOINT	16-Feb-19
3852	Ammerah	DONOUGH	05-Feb-01	WPA	3	GREENPOINT	16-Feb-19