

South African Track & Field Performances 2019

28th February 2019

Under 18 {YOUTH} (Born 2002/2003)

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

100m

10.51	+1.7	Thabang	HLOHLOLO	14Oct2002	AGN	1h2	TUKS-Pretoria	09-Feb
10.63	+1.7	Mbhoni	MABUNDA	19Mar2003	AGN	2h2	TUKS-Pretoria	09-Feb
10.69	0.7	Keenan	CLOETE	2002/02/23	AFS	1	Bloemfontein	23-Feb
10.90	0.7	Andile	BENGELL	2002/02/10	AFS	2	Bloemfontein	23-Feb
10.94	1.5	Lucky	MOLEYANE	2003/02/07	AFS	1h2	Bloemfontein	23-Feb
10.96	1.5	Andile	BENGELL	2002/02/10	AFS	2h2	Bloemfontein	23-Feb
11.09	+2.0	Rivaldo	MOLEFE	03Jul2002	AGN	1h3	TUKS-Pretoria	09-Feb
11.22	-1.1	Kyle	ZINN	14-Jan-03	WPA	1	PAROW	15-Feb
11.24	0.2	Ndabinzihle	NDLOVU	02-Sep-02	KZNA	1	KINGS PARK-Durban	24-Feb
11.27	0.7	Tsholofelo	TSOKODIBANE	2003/03/24	AFS	3	Bloemfontein	23-Feb

WIND

10.67	2.2	Rebotile	MOHALE	25-Jan-02		1	RUIMSIG	02-Feb
10.87	3.5	Samuel	GRAY	11Feb2002	AGN	1h1	TUKS-Pretoria	09-Feb
10.99	2.2	Lincon	ADAMS			2	RUIMSIG	02-Feb
10.99	2.2	Rappie	NKAHLE			2	RUIMSIG	02-Feb

200m

20.64	+1.2	Sinesipho	DANBILE	02Mar2002	AGN	1h1	TUKS-Pretoria	09-Feb
21.59	-0.1	Keenan	CLOETE	2002/02/23	AFS	1	Bloemfontein	22-Feb
21.80	+1.2	Mbhoni	MABUNDA	19Mar2003	AGN	2h1	TUKS-Pretoria	09-Feb
21.82	-0.2	Matt	NORTJE	020202	AGN	1h1	TUKS- Pretoria	12-Jan
22.05	+1.2	Samuel	GRAY	11Feb2002	AGN	3h1	TUKS-Pretoria	09-Feb
22.16	-1.5	Kelvin	TEMBO	03-Mar-02	KZNA	1	KINGS PARK-Durban	22-Feb
22.29	0.3	Christopher	CHAKAIPA			1	RUIMSIG	02-Feb
22.34	-3.6	Jesse	JOSIAS	27-Mar-02	WPA	1	GREENPOINT	16-Feb
22.34	-0.1	Shaheed	BOTHA		AFS	2	Bloemfontein	22-Feb
22.36	0.3	Marnus	VILJOEN			2	RUIMSIG	02-Feb
22.37	0.3	Kyle	ZINN	14-Jan-03	WPA	1	PAROW	02-Feb

WIND

21.07	+2.4	Elviano	JOHNSON	12Nov2002	AGN	1h2	TUKS-Pretoria	09-Feb
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400m

46.59		Lyche	PILLAY	25-Feb-03	CGA	1	GERMISTON	26-Jan
47.14		Ntando	MAHLANGU (T61)	26Jan2002	AGN	1h2	TUKS-Pretoria	09-Feb
48.98		Elviano	JOHNSON	121102	AGN	1h2	PILDITCH - Pretoria	26-Jan
49.36		Shaheed	BOTHA		AFS	1	Bloemfontein	23-Feb
49.52		Karabo	MADONSELA	21Jun2003	AGN	1h1	TUKS-Pretoria	09-Feb
49.62		Happy	DINGILE			2	RUIMSIG	02-Feb
49.66		Zola	SOKHELA	13-Mar-02	KZNA	1	KINGS PARK-Durban	24-Feb
49.82		Happy	DINGILE		CGA	2	GERMISTON	26-Jan
50.08		Jack	JUDS	17-Dec-02		3	RUIMSIG	02-Feb
50.10		Fanelesibonge	MABASO	01-Feb-03	KZNA	2	KINGS PARK-Durban	24-Feb

800m

1:48.94		Ntando	MAHLANGU (T61)	26Jan2002	AGN	1	TUKS-Pretoria	09-Feb
1:53.46		Zola	SOKHELA	13-Mar-02	KZNA	1	KINGS PARK-Durban	22-Feb
1:54.02		Jason	BOWERS	10Feb2003	AVT	3	NWU/McArthur-Potch	12-Feb
1:55.37		Karabo	MADONSELO	21Jun2003	AGN	2	TUKS-Pretoria	09-Feb

1:56.68	Gift	MBOXWANA	2002/02/16	AFS	1	Bloemfontein	23-Feb
1:56.79	Khethelo	HADEBE		KZNA	2	Kings Park-DURBAN	09-Feb
1:57.38	Abednico	CHOBAN	02Jul2002	AGN	3	TUKS-Pretoria	09-Feb
1:57.41	Thabang	MOKONE	03-Dec-03	KZNA	2	KINGS PARK-Durban	22-Feb
1:57.77	Aldo	RAUTENBACH	18-Mar-02	BOLA	1	PAROW	02-Feb
1:57.99	Katlego	GOPANE	2003/02/21	AFS	2	Bloemfontein	22-Feb

1500m

3:59.17	Zola	SOKHELA	13-Mar-02	KZNA	1	KINGS PARK-Durban	23-Feb
3:59.82	Ruchen	BLAAUW	03-Feb-02	WPA	1	PAROW	02-Feb
4:01.19	Thapelo	RAMAKHOASE			1S2	RUIMSIG	02-Feb
4:02.37	Abednico	CHOBAN	02Jul2002	AGN	1	TUKS-Pretoria	09-Feb
4:03.15	Siphesihle	KHOZA	25Apr2003	AGN	2	TUKS-Pretoria	09-Feb
4:04.62	Wian	VAN NIEKERK			1S1	RUIMSIG	02-Feb
4:05.83	Sbonelo	KHUMALO	21-Sep-02	KZNA	3	KINGS PARK-Durban	23-Feb
4:10.25	Bongani	MGCINA	02Aug2002	AGN	3	TUKS-Pretoria	09-Feb
4:10.44	Juandre	DE BRUIN			2S2	RUIMSIG	02-Feb
4:10.86	Lehlonolono	MBHELE	22-Mar-02	KZNA	2S1	KINGS PARK-Durban	23-Feb

3000m

8:39.93	Jason	BOWERS	10/02/2003	ACNW	3	McArthur-Potchefstroom	29-Jan
8:45.97	SBONELO	KHUMALO	21-Sep-02	KZNA	2	KINGS PARK-Durban	24-Feb
8:57.61	BHEKUMUZI	DLAMINI	12-May-03	KZNA	3	KINGS PARK-Durban	24-Feb
8:58.85	EDWARD	JACK	03-Aug-02	WPA	1	PAROW	26-Jan
9:04.43	ELYAS	AYYOUB	10-Nov-02	WPA	1	PAROW	09-Feb
9:10.28	Mzwakhe	MASHABA		CGA	1	GERMISTON	26-Jan
9:15.03	NAYLAN	DREYER	30-Jul-03	WPA	2	PAROW	09-Feb
9:17.08	JOHAGEN	JANSEN	09-Jun-03	WPA	2	PAROW	26-Jan
9:18.35	TYRONE	GORDON	22-Feb-01	WPA	2	PAROW	02-Feb
9:23.43	Tsediso	MOLOKE	2003/03/28	AFS	1	Bloemfontein	22-Feb

5000m

16:24.08	Zola	SOKHELA		KZNA	8	KINGS PARK - Durban	19-Jan
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2000m Steeplechase

6:22.14	Karabo	MASHILO	27-Sep-02	KZNA	1	KINGS PARK-Durban	22-Feb
6:32.53	Tshepo	FATHANE		AGN	1	TUKS-Pretoria	09-Feb
6:33.81	Kamohelo	MONYATSI	2003/06/06	AFS	1	Bloemfontein	23-Feb
6:36.80	Tshiamo	MOAGI	2003/09/03	AFS	2	Bloemfontein	23-Feb
6:36.83	Tshepiso	LEMAO	2003/01/23	AFS	3	Bloemfontein	23-Feb
6:41.88	Thato	SETSHOHO	10Sep2002	AGN	2	TUKS-Pretoria	09-Feb
6:45.39	Nacko	EDICK	25-Feb-02	WPA	1	PAROW	09-Feb
6:53.09	Neville	SPONDO	29-Sep-02	WPA	1	PAROW	02-Feb
6:54.51	Vicky-Hano	JULIES	10-Apr-02	WPA	1	PAROW	26-Jan
7:01.14	Simangaliso	NGALWANA	02-Apr-02	WPA	2	PAROW	09-Feb

3000m Steeple Chase

10:07.24	Nacko	EDICK	25-Feb-02	WPA	1	GREENPOINT	16-Feb
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110m Hurdles

13.62	0.8	Reynard	STRAUSS		AGN	1S2	RUIMSIG	02-Feb
14.15	0.8	Dylan	COETZEE			1S1	RUIMSIG	02-Feb
14.26	0.8	Eduan	COETZEE			2S1	RUIMSIG	02-Feb
14.36	0.8	Gerhard	GROBLER			2S2	RUIMSIG	02-Feb
14.51	0.5	Sw	NEL			1S3	RUIMSIG	02-Feb
14.52	0.8	Roberto	AGRIZZI	20-May-02		3S1	RUIMSIG	02-Feb
14.87	0.5	Lungile	HLENGANE	06-Aug-03		2S3	RUIMSIG	02-Feb
14.92	+0.6	SW	NEL	110902	AGN	2	PILDITCH - Pretoria	26-Jan
14.98	1.7	Lian	VD MERWE	2003/09/17	AFS	1	Bloemfontein	23-Feb
15.02	0.3	Kelvin	TEMBO	03-Mar-02	KZNA	1S1	KINGS PARK-Durban	23-Feb

NWI

14.17	NW	Dylan	COETZEE	15May2002	AGN	1	TUKS-Pretoria	09-Feb
14.70	NW	Zander	WILDERS	13Jun2002	AGN	2	TUKS-Pretoria	09-Feb
14.78	NW	Hanco	MEINTJIES	01Jan2002	AGN	3	TUKS-Pretoria	09-Feb

400m Hurdles

0:57.24	AJ	BOTHA		AFS	1	Bloemfontein	22-Feb
0:57.71	Lian	VD MERWE	2003/09/17	AFS	2	Bloemfontein	22-Feb
0:59.63	Nelash	PETERSEN	26-Jun-02	WPA	1	GREENPOINT	16-Feb
0:59.71	Soisa	MOFOKENG	2002/04/20	AFS	3	Bloemfontein	22-Feb
0:59.95	Fanelesibongwe	MABASO	01-Feb-03	KZNA	1	KINGS PARK-Durban	22-Feb

High Jump

1.90	Jacques	OOSTHUIZEN		AGN	1	TUKS- Pretoria	12-Jan
1.90	Karel	OLWAGE			1	PILDITCH - Pretoria	26-Jan
1.90	Niellyn	DE KLERK	02-Jul-02		1	RUIMSIG	02-Feb
1.85	Ruan	BRONKHORST		CGA	1	GERMISTON	26-Jan
1.85	Jan	BLIGNAUT	02Oct2002	ACNW	2	NWU/McArthur-Potch	19-Feb
1.85	Khahliso	MALAPE	2003/05/11	AFS	1	Bloemfontein	22-Feb
1.83	Mongezi	LANGA	23-Dec-02	KZNA	1	KINGS PARK-Durban	23-Feb

Pole Vault

5.10	Kyle	RADEMEYER	29-Jan-02	BOLA	1	GREENPOINT	16-Feb
4.90	Nicolai	VAN HUYSTEEN	07-Aug-02	BOLA	2	GREENPOINT	16-Feb
4.60	Arend	PRETORIUS	2002/08/06	AFS	1	Bloemfontein	23-Feb
4.20	SJ	FOURIE	2002/03/27	AFS	2	Bloemfontein	23-Feb
4.00	Henrico	DU PLESSIS	2002/12/20	AFS	3	Bloemfontein	23-Feb
3.50	Adrian	HAGE	13-Jun-03	BOLA	1	GREENPOINT	16-Feb
3.40	Franco	VAN TONDER	2003/05/27	AFS	4	Bloemfontein	23-Feb

Long Jump

7.06	-2.0	Nolo	RAMOKGOPA		1	RUIMSIG	02-Feb
6.86	-2.4	Lesedi	MOLOTO	27-Feb-03	2	RUIMSIG	02-Feb
6.79	-1.6	Sanele	SHOBA		3	RUIMSIG	02-Feb
6.70	-2.3	Liam	NESS	09-Jul-02	4	RUIMSIG	02-Feb
6.68	0.7	Ethan	MARAIS	17-Apr-02	WPA	1	PAROW
6.68	0.7	Daiyaan	WYNGAARD	04-Jun-02	WPA	1	PAROW
6.51	1.9	Siyabulela	XULU	15-Feb-02	KZNA	2	KINGS PARK-Durban
6.43	0.9	Xolela	MOROKE	14-Jan-02	KZNA	3	KINGS PARK-Durban

6.41	-1.6	Siyabulela	XULU		KZNA	1	Kings Park-DURBAN	09-Feb
6.28	0.9	Andile	MBAMBO	08-May-03	KZNA	4	KINGS PARK-Durban	22-Feb
WIND								
6.86	5.8	Daiyaan	WYNGAARD	04-Jun-02	WPA	1	PAROW	09-Feb
6.54	2.2	Ntsikelelo	MAKHANYA	14-Feb-02	KZNA	1	KINGS PARK-Durban	22-Feb
NWI								
6.59	NW	Malvin	MIYA		CGA	1	GERMISTON	26-Jan
6.58	NW	Thabang	MAILULA		CGA	2	GERMISTON	26-Jan
6.46	NW	Siyabulela	XULU		KZNA	1	KINGS PARK - Durban	19-Jan

Triple Jump

14.16	0.5	Ethan	MARAIS	17-Apr-02	WPA	2	PAROW	02-Feb
14.03	-2.8	Azola	TEMBANI	24Apr2002	AGN	1	TUKS-Pretoria	09-Feb
13.94	0.8	Siyabulela	XULU	15-Feb-02	KZNA	1	KINGS PARK-Durban	24-Feb
13.18	-0.1	Kwanele	MANUKUZA	24-Jan-03	KZNA	2	KINGS PARK-Durban	24-Feb
12.93	1.4	Nkazimulo	MZOLO	12-Jun-03	KZNA	3	KINGS PARK-Durban	24-Feb
12.90	+1.3	Marinus	SWART	170301	AGN	1	TUKS- Pretoria	12-Jan
12.89	-2.1	Kandoro	ESLHAMMAH	07Jun2002	AGN	2	TUKS-Pretoria	09-Feb
12.86	-0.4	Elshuman	KUNDORO	070602	AGN	1	PILDITCH - Pretoria	26-Jan
WIND								
13.91	2.8	Ethan	MARAIS	17-Apr-02	WPA	1	PAROW	26-Jan
12.62	2.5	Xolela	MOROKE	14-Jan-02	KZNA	4	KINGS PARK-Durban	24-Feb

Shot Put

17.61		Wynand	SWANEPEOL	2002/06/18	AFS	1	Bloemfontein	23-Feb
17.40		Juan	OOSTHUYZEN		CGA	1	GERMISTON	26-Jan
17.12		Markus	KOTZE	020302	AGN	1	PILDITCH - Pretoria	26-Jan
16.58		Tian	VAN ZYL	11Feb2002	AGN	1	TUKS-Pretoria	09-Feb
16.19		Reinhardt	PRETORIUS	10Feb2003	AGN	2	TUKS-Pretoria	09-Feb
16.11		Tielman	NIEUWOUDT	2002/04/25	AFS	2	Bloemfontein	23-Feb
16.09		Kevin	LOCKE	250203	AGN	3	PILDITCH - Pretoria	26-Jan
15.95		Roux	NIEUWOUDT	03-Jan-02	WPA	1	PAROW	15-Feb
15.68		DJ	LIEBENBERG	2003/02/18	AFS	3	Bloemfontein	23-Feb

Discus

59.04	Wynand	SWANEPEOL	2002/06/18	AFS	1	Bloemfontein	23-Feb
54.45	Diaan	MARAIS	2002/05/14	AFS	2	Bloemfontein	23-Feb
50.57	Reinhard	PRETORIUS	10Feb2003	AGN	1	TUKS-Pretoria	09-Feb
50.45	Niel	NELSON	12-Apr-02	WPA	1	GREENPOINT	16-Feb
50.17	Jean	BOTHA		AGN	1	PILDITCH - Pretoria	26-Jan
50.16	Markus	KOTZE	200302	AGN	1	TUKS- Pretoria	12-Jan
49.73	Kevin	LOCK	230203	AGN	#REF!	PILDITCH - Pretoria	26-Jan
49.71	Tian	VAN ZYL	11Feb2002	AGN	2	TUKS-Pretoria	09-Feb
47.96	Marcel	SCHUTTE	10Feb2002	AGN	3	TUKS-Pretoria	09-Feb
45.93	Francois	JOUBERT	18-Jan-02	WPA	2	PAROW	09-Feb

Javelin

66.12	Ruan	HUMAN		AGN	1	TUKS- Pretoria	12-Jan
63.28	Armant	VAN DER LINDEN		CGA	1	GERMISTON	26-Jan
62.19	Riaan	VLOK	2002/02/25	AFS	1	Bloemfontein	23-Feb
62.00	Reghardt	BOTHA		AGN	1	TUKS-Pretoria	09-Feb
61.30	Jan	DU TOIT	2003/12/04	AFS	2	Bloemfontein	23-Feb
59.08	Ruben	LOMBARD	04Mar2003	AGN	2	TUKS-Pretoria	09-Feb
59.03	JW	VAN DER MERWE		AFS	3	Bloemfontein	23-Feb
55.29	Kevin	DU PREEZ		AGN	3	TUKS-Pretoria	09-Feb
55.20	Testimony	DODO	28-Apr-02	KZNA	1	KINGS PARK-Durban	22-Feb
52.78	Volker	STEYN		AGN	2	TUKS- Pretoria	12-Jan

3000m Walk (Track)

15:00.04	Petrus	VAN AARDE	09Dec2002	ACNW	4	McArthur-Potchefstroom	29-Jan
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5km Walk (Track)

24:53.82	Petrus	VAN AARDE	09Dec2002	ACNW	3	NWU/McArthur-Potch	19-Feb
25:38.12	Bhela	MNYAMANA	05Jan2002	AGN	1	TUKS-Pretoria	09-Feb
25:56.51	Nhlanhla	NDLAZI	30Dec2002	AGN	2	TUKS-Pretoria	09-Feb
27:11.44	Ndlazi	NHLANHLA	301202	AGN	3	PILDITCH - Pretoria	26-Jan

27:12.94	Junior	SEGWAI	04Aug2002	AGN	3	TUKS-Pretoria	09-Feb
27:14.59	Sibonukuhle	ZUNGU	22Sep2002	AGN	4	TUKS-Pretoria	09-Feb
27:52.41	Jonas	MOKOENA		CGA	1	GERMISTON	26-Jan
27:56.05	Ethan	GERTZE	16-Jul-02	WPA	2	PAROW	09-Feb
28:00.05	Jumbo	SLEM	040802	AGN	3	TUKS- Pretoria	12-Jan
28:00.64	Lonwabo	SEZELA		KZNA	1	KINGSPARK - Durban	02-Feb

10000m Walk (Track)

0:52:10.97	MAZWAMHLE	MASANGO	28-Aug-03	KZNA	1	KINGS PARK-Durban	22-Feb
0:52:25.17	SPHIWE	NTOMBELA	26-Aug-01	KZNA	2	KINGS PARK-Durban	22-Feb
0:54:55.31	SIYANDA	GUMEDE	28-Jun-02	KZNA	3	KINGS PARK-Durban	22-Feb
0:54:55.31	KHAYELIHLE	SIBIYA	09-Dec-02	KZNA	3	KINGS PARK-Durban	22-Feb
0:57:20.34	LONWABO	SEZELA	12-Feb-03	KZNA	5	KINGS PARK-Durban	22-Feb
1:00:51.99	MHOLI	CIBANE	12-Jun-02	KZNA	6	KINGS PARK-Durban	22-Feb
1:02:14.46	PHILASANDE	MLAMBO	09-Sep-02	KZNA	7	KINGS PARK-Durban	22-Feb
1:02:20.88	SENAMISO	HLELA	30-Jan-03	KZNA	8	KINGS PARK-Durban	22-Feb
1:02:42.64	ETHAN	GERTZE	16-Jul-02	WPA	1	PAROW	02-Feb

Decathlon

4650	Jaden	SOLOMON	22-Feb-03	WPA	1	GREENPOINT	15-16-Feb
4450	Duwayne	DAVIDS	08-Jan-02	WPA	2	GREENPOINT	15-16-Feb
4401	Adrina	HAGE	13-Jun-03	BOLA	3	GREENPOINT	15-16-Feb
3968	Ethan	BARENDIS	27-Oct-03	WPA	4	GREENPOINT	15-16-Feb
3963	Safwaan	JONAS	24-Apr-02	WPA	5	GREENPOINT	15-16-Feb

Female

100m

12.21	1.8	Annamé	FOURIE	2002/04/11	AFS	1	Bloemfontein	23-Feb
12.43	+2.0	ODETTE	VAN WYK	220802	AGN	1h1	TUKS- Pretoria	12-Jan

12.53	+1.7	Bianca	NEL	18Jun2002		1h1	TUKS-Pretoria	09-Feb
12.65	+1.7	Rudzi	RAMUKHUBATHI	21Feb2003	AGN	2h1	TUKS-Pretoria	09-Feb
12.75	0.1	Dayle	KOEKEMOER	10-Aug-03	KZNA	1	KINGS PARK-Durban	24-Feb
12.76	+1.3	Rozelle	HATTINGH		AGN	1h1	PILDITCH - Pretoria	26-Jan
12.79	0.8	Monja	THEART	10-Mar-03	WPA	1	PAROW	26-Jan
12.79	1.8	Jinesse	FOUCHE		AFS	2	Bloemfontein	23-Feb
12.83	-0.7	Dayle	KOEKEMOER		KZNA	1	Kings Park-DURBAN	09-Feb

WIND

12.11	3.4	Nosipho	MALINGA			1S1	RUIMSIG	02-Feb
12.14	3.2	Mariska	JONKER			1	RUIMSIG	02-Feb

200m

23.92	+1.5	Angelique	STRIJDOM	01Feb2002	AGN	1h1	TUKS-Pretoria	09-Feb
24.24	+1.5	Charlize	EILERD	15Feb2003	AGN	2h1	TUKS-Pretoria	09-Feb
24.61	+1.5	Shani	VERMAAK	05Nov2003	AGN	3h1	TUKS-Pretoria	09-Feb
24.92	+1.5	Liza	HONIBALL	21Jun2002	AGN	4h1	TUKS-Pretoria	09-Feb
24.94	-0.2	Megan	STARBUCK	30-Jul-02		1	RUIMSIG	02-Feb
25.17	+1.5	Bea-Mari	WERNER	08Sep2003	AGN	5h1	TUKS-Pretoria	09-Feb
25.21	-0.2	SimonÈ	DE WET	10-Apr-03		2	RUIMSIG	02-Feb
25.61	+0.8	Odette	VAN WYK	220802	AGN	1	PILDITCH - Pretoria	26-Jan
25.76	0.8	Grace	DIKIO	2002/03/25	AFS	1	Bloemfontein	22-Feb
25.80	-1.1	Dayle	KOEKEMOER		KZNA	1	Kings Park-DURBAN	09-Feb

WIND

24.18	+2.8	Erin	ZIETSMAN	09Dec2002	AGN	1h2	TUKS-Pretoria	09-Feb
25.41	+2.8	Anisha	OOSTHUIZEN	02Apr2002	AGN	2h2	TUKS-Pretoria	09-Feb
25.62	2.5	SimonÈ	DE WET	10-Apr-03		1S7	RUIMSIG	02-Feb

400m

55.94		Amy	NAUDE	07-Jan-02	KZNA	1	KINGS PARK-Durban	24-Feb
56.70		Prudence	SEKGODISO		AGN	1	TUKS-Pretoria	09-Feb
58.05		Lane	VAN HEERDEN		CGA	1	GERMISTON	26-Jan
58.10		Robin	THORBURN	270603		2h1	PILDITCH - Pretoria	26-Jan
25.22		Lene	VAN HEERDEN		CGA	2	RUIMSIG	02-Feb

58.46	Sue-Marie	CLAASSEN	2003/03/19	AFS	1	Bloemfontein	23-Feb
58.94	Charne	SWART	020102	AGN	1h1	PILDITCH - Pretoria	26-Jan
59.00	Chazel	BEZUIDENHOUT			3	RUIMSIG	02-Feb
59.42	Talita	GROENEWALD			4	RUIMSIG	02-Feb
59.73	Simankele	DUBE	13Aug2003	AGN	2	TUKS-Pretoria	09-Feb

800m

2:14.77	Shannon	BOTHA			1S1	RUIMSIG	02-Feb
2:15.06	Sandra	WIJTENBURG	04-Jan-02		1S2	RUIMSIG	02-Feb
2:16.17	Nadia	POTGIETER	111003	AGN	1	TUKS- Pretoria	12-Jan
2:17.24	Gabriella	GAIT-SMITH	140103	AGN	1	PILDITCH - Pretoria	26-Jan
2:17.44	Nicola	MIDDLETON	10-Jan-03	WPA	1	GREENPOINT	16-Feb-19
2:18.53	Kharnya	FRANCIS	16-Mar-03	WPA	1	PAROW	09-Feb
2:19.04	Tamica	JOOSTE	03-Nov-03	WPA	2	PAROW	09-Feb
2:19.33	Bongikele	MANYONI	07-Jun-02	KZNA	1S1	KINGS PARK-Durban	22-Feb
2:19.62	Hlokomelo	SEHLASI	05Jan2002	AGN	1	TUKS-Pretoria	09-Feb
2:19.96	Kylin	MOUTON	29-Dec-02	WPA	3	GREENPOINT	16-Feb

1000m

2:56.33	Danike	PENELAER	17/06/2002	ACNW	1	ARTHUR-POTCHEFSTROK	29-Jan
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1500m

4:42.07	Alme	JORDAAN	02-May-02	BOLA	1	GREENPOINT	16-Feb
4:44.46	GenÈ	COETZEE	05-Dec-02		1	RUIMSIG	02-Feb
4:45.68	Prudence	SEKGODISO	05Jan2002	AGN	1	TUKS-Pretoria	09-Feb
4:47.27	Kirsti	BELL			2	RUIMSIG	02-Feb
4:47.43	Sarah	COPELAND			3	RUIMSIG	02-Feb
4:49.11	Cyla	BOTHA	24Apr2003	AGN	2	TUKS-Pretoria	09-Feb
4:49.65	Bongekile	MANYONI	07-Jun-02	KZNA	1	KINGS PARK-Durban	23-Feb
4:50.43	Chanelle	KRUGER			4	RUIMSIG	02-Feb
4:50.61	Smangaliso	MADLALA	15-Oct-03	KZNA	2	KINGS PARK-Durban	23-Feb
4:50.64	Nonhlanhla	MABUZA	06Mar2003	AGN	3	TUKS-Pretoria	09-Feb

3000m

10:15.57		Smangaliso	MADLALA	15-Oct-03	KZNA	1	KINGS PARK-Durban	24-Feb
10:21.77		Slindile	MJWARA	14-Apr-02	KZNA	2	KINGS PARK-Durban	24-Feb
11:02.03		Leshan	CURLEWIS	190902	AGN	1	TUKS- Pretoria	12-Jan
11:05.45		Sinegugu	XULU	08-Sep-03	KZNA	3	KINGS PARK-Durban	24-Feb
11:14.10		Namsile	SITHOLE	07-Dec-02	KZNA	4	KINGS PARK-Durban	24-Feb
11:14.28		Asanda	HADEBE	13-Oct-03	KZNA	5	KINGS PARK-Durban	24-Feb
11:16.53		Mohrike	MULLER	28-Jun-02	WPA	1	GREENPOINT	16-Feb
11:17.08		Bailisa	MONAKALI	20-Dec-03	KZNA	6	KINGS PARK-Durban	24-Feb
11:45.86		Spumhehlele	GUMEDE	20-Oct-03	KZNA	8	KINGS PARK-Durban	24-Feb

5000m

17:12.68		Carmie	PRINSLOO	13Jan2002	AGN	1	TUKS- Pretoria	12-Jan
24:48.52		Lusanda	GUMEDE		KZNA	1	KINGS PARK - Durban	26-Jan

2000m Steeplechase

7:41.59		Lienke	SNYMAN	2002/06/26	AFS	1	Bloemfontein	23-Feb
7:50.47		Leshan	CURLEWIS	190902	AGN	1	TUKS- Pretoria	12-Jan
8:26.87		Jacoba Johanna	VAN ROOY	2002/01/15	AFS	2	Bloemfontein	23-Feb
8:49.22		Nomvelo	KUNENE	06-Dec-02	KZNA	1	KINGS PARK-Durban	22-Feb
9:05.6	HT	Kirsti	BELL	080502	AGN	1	PILDITCH - Pretoria	26-Jan
9:26.88		Anuka	VALENTYN	03-May-03	WPA	1	PAROW	26-Jan
9:27.20		Yunisha	COETZEE	02-Nov-02	WPA	2	PAROW	26-Jan
9:44.6	HT	Leshan	CURLEWIS	190902	AGN	3	PILDITCH - Pretoria	26-Jan
10:04.64		Thembela	MKHIZE	26-Mar-03	KZNA	2	KINGS PARK-Durban	22-Feb

100m Hurdles

14.21	-0.3	SimonÈ	DE WET	10-Apr-03		1S1	RUIMSIG	02-Feb
14.72	1	Diana	VAN ZYL	27-Feb-02		1S2	RUIMSIG	02-Feb
14.91	+1.6	Chazel	BEZUIDENHOUT	180202	AGN	1	PILDITCH - Pretoria	26-Jan
15.00	-0.3	Milla	COMPAAN		AGN	3S1	RUIMSIG	02-Feb
15.08	1.0	Sane	GROENEWALD	2003/09/29	AFS	1	Bloemfontein	23-Feb
15.10	+1.6	Mila	COMPAAN	160103	AGN	2	PILDITCH - Pretoria	26-Jan

15.13	1	Inaldi	UYS			2S2	RUIMSIG	02-Feb
15.14	1	Jade	ADAMS			3S2	RUIMSIG	02-Feb
15.33	-3.5	Marga	VAN DER LINDE	18-Apr-02	WPA	1	PAROW	15-Feb
15.46	1.0	Cherien	VAN ZYL	2002/05/21	AFS	2	Bloemfontein	23-Feb
<u>NWI</u>								
14.32	NW	Megan	STARBUCK		CGA	1	GERMISTON	26-Jan
14.87	NW	Jade	ADAMS		CGA	2	GERMISTON	26-Jan
14.97	NW	D	VAN ZYL		CGA	3	GERMISTON	26-Jan

400m Hurdles

63.26		Sue-Marie	CLAASSEN	2003/03/19	AFS	1	Bloemfontein	22-Feb
63.32		Marga	VAN DER LINDE	18-Apr-02	WPA	1	GREENPOINT	16-Feb
67.19		Tia	CROUS	05-May-03	WPA	2	GREENPOINT	16-Feb
37.30		Cherien	VAN ZYL	2002/05/21	AFS	2	Bloemfontein	22-Feb
68.17		Hanlie	VISSER	12-Apr-02	WPA	3	GREENPOINT	16-Feb
68.42		Burnedette	BREYTENBACH		AGN	1	TUKS-Pretoria	09-Feb
70.34		Linda	MENTZ	07-Mar-03	BOLA	2	PAROW	02-Feb
70.35		D	VAN ZYL		CGA	1	GERMISTON	26-Jan
70.92		Stephanie	SCHIPPERS	12-May-03	WPA	3	PAROW	26-Jan
73.46		Lehara	NAIDU	29-May-03	WPA	4	PAROW	02-Feb

High Jump

1.65		Nicole	WHITTINGTON		CGA	1	GERMISTON	26-Jan
1.65		Alara	EICH		CGA	2	GERMISTON	26-Jan
1.60		Rita	BISSCHOFF	030203	AGN	1	PILDITCH - Pretoria	26-Jan
1.60		Rita	BISSCHOFF		AGN	1	TUKS-Pretoria	09-Feb
1.55		Amore	VLOK		CGA	3	GERMISTON	26-Jan
1.55		Samantha	DREYER		KZNA	1	KINGSPARK - Durban	02-Feb
1.55		Caelin	COETZEE	21Jan2003	AGN	2	TUKS-Pretoria	09-Feb
1.55		Dene	GERBER	30Nov2004	AGN	2	TUKS-Pretoria	09-Feb
1.50		Danelle	JACOBS		CGA	4	GERMISTON	26-Jan
1.50		Zihle	MAKAMBA	110202	AGN	5	PILDITCH - Pretoria	26-Jan
1.50		Anlik	BOTHA	24-Jan-02	WPA	1	PAROW	02-Feb

1.50		Mikayla	BASSON			2	RUIMSIG	02-Feb
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Pole Vault

3.30		Lenieke	DE BEER	2002/10/11	AFS	1	Bloemfontein	22-Feb
3.10		Onet	TALLIE	26-Mar-02	BOLA	1	GREENPOINT	16-Feb
3.10		Carla	KRUGER	30Apr2003	ACNW	2	NWU/McArthur-Potch	19-Feb
3.10		Elaine	PIENAAR	2002/07/02	AFS	2	Bloemfontein	22-Feb
2.80		Bianca	LESSING	2002/04/18	AFS	3	Bloemfontein	22-Feb
2.70		Carla	KRUGER	30Apr2003	ACNW	3	NWU/McArthur-Potch	12-Feb
2.70		Jana	SWANEPOEL	27-May-02	WPA	2	GREENPOINT	16-Feb
2.60		Carla	KRUGER	30/04/2003	ACNW	3	McARTHUR-POTCHEFSTROOM	29-Jan

Long Jump

5.38	1.3	Inezka	RADEMAN			1	RUIMSIG	02-Feb
5.37	-1.5	Dani	NOLTE	110102	AGN	1	PILDITCH - Pretoria	26-Jan
5.33	1.9	Marna	VAN GREUNEN			2	RUIMSIG	02-Feb
5.12	-2.8	Cailine	DAVIES			3	RUIMSIG	02-Feb
5.11	-0.8	Cora	GROENEWALD	2002/01/12	AFS	1	Bloemfontein	23-Feb
5.10	0.0	Marnie	DREYER		AFS	2	Bloemfontein	23-Feb
5.07	1.0	Jessica	SWART			4	RUIMSIG	02-Feb
4.96	-2.2	Sinead	MEYER			5	RUIMSIG	02-Feb
4.89	1.3	Mondumiso	MDLALOSE	22-Feb-02	KZNA	1	KINGS PARK-Durban	24-Feb
4.85	-0.8	Asanda	THUNGO	01-Sep-03	KZNA	2	KINGS PARK-Durban	24-Feb

WIND

4.99	3.6	Sarah	BARBER		KZNA	1	Kings Park-DURBAN	09-Feb
4.57	3.7	Ceesha	BOOTH	11-Aug-03	WPA	1	PAROW	09-Feb

Triple Jump

10.92	-0.2	Grace	DIKIO	2002/03/25	AFS	1	Bloemfontein	22-Feb
10.90	-3.2	Danii	NOLTE	11Jan2002	AGN	1	TUKS-Pretoria	09-Feb
10.42	-3.3	Jenna	DOREN	22Apr2002	AGN	2	TUKS-Pretoria	09-Feb
10.34	-3.6	Kaylin	BOUWER	15Apr2003	AGN	3	TUKS-Pretoria	09-Feb
10.32	+0.0	Theanè	CLOETE	02Feb2003	ACNW	1	NWU/McArthur-Potch	19-Feb

10.15	-4.8	Eulike	SMIDT	15Nov2002	AGN	4	TUKS-Pretoria	09-Feb
10.13	-6.4	KAYLIN	BOUWER	150403	AGN	1	TUKS- Pretoria	12-Jan
10.07	-2.1	GRETA	MALAN	28-Aug-03	BOLA	1	PAROW	02-Feb

Shot Put

16.54		Minè	DE KLERE	2003/03/30	AFS	1	Bloemfontein	22-Feb
16.10		Dane	ROETS		CGA	1	GERMISTON	26-Jan
14.34		Heike	DE NYSSCHEN	2002/02/01	AFS	2	Bloemfontein	22-Feb
14.26		Zonica	LINDIQUE		CGA	2	GERMISTON	26-Jan
14.19		Marzanne	VAN HEERDEN	2003/02/07	AFS	3	Bloemfontein	22-Feb
13.98		Christelle	GROBLER		CGA	3	GERMISTON	26-Jan
13.95		Bodine	DEGLI UMBERTI	31Jan2002	AGN	1	TUKS-Pretoria	09-Feb
13.59		Su-Mari	GOUWS		AFS	4	Bloemfontein	22-Feb
13.16		Brittny	RITCHIE	31Jan2002	AGN	2	TUKS-Pretoria	09-Feb
13.11		Bianca	KELLERMAN	2003/05/16	AFS	5	Bloemfontein	22-Feb

Discus

42.80		Minè	DE KLERE	2003/03/30	AFS	1	Bloemfontein	22-Feb
42.12		Belinda	JV RENSBURG		AGN	1	TUKS-Pretoria	09-Feb
41.00		Chandre	ESTERHUYSE	12May2003	AGN	1	TUKS-Pretoria	09-Feb
40.65		Bodine	DEGLI UMBERTI	31Jan2002	AGN	2	TUKS-Pretoria	09-Feb
40.00		Ilandre	PONT	01Jun2002	AGN	3	TUKS-Pretoria	09-Feb
39.55		Belinda	JANSE VAN RENSBURG		AGN	1	PILDITCH - Pretoria	26-Jan
38.91		Anzel	MAREE	2003/11/17	AFS	2	Bloemfontein	22-Feb
38.18		Marzanne	VAN HEERDEN	2003/02/07	AFS	3	Bloemfontein	22-Feb
37.48		Anja	ENGELBRECHT	2002/04/14	AFS	4	Bloemfontein	22-Feb
37.40		Lindie	IMMELAMAN	121203	AGN	5	PILDITCH - Pretoria	26-Jan

Hammer Throw

60.15		Phethisang	MAKHETHE		AFS	1	Bloemfontein	23-Feb
51.94		Marzanne	VAN HEERDEN	2003/02/07	AFS	2	Bloemfontein	23-Feb
51.00		Elaine	PRETORIUS		AFS	3	Bloemfontein	23-Feb
50.99		Marli	BOTHA	14-Jan-03	WPA	1	GREENPOINT	16-Feb

49.84	Chamel	ELS	2002/02/04	AFS	4	Bloemfontein	23-Feb
49.61	Carina	VAN VREDEN	2002/08/06	AFS	5	Bloemfontein	23-Feb
46.94	Anzel	MAREE	2003/11/17	AFS	6	Bloemfontein	23-Feb
46.20	Su-Mari	GOUWS		AFS	7	Bloemfontein	23-Feb
44.41	Melissa	HOFFMAN	25-Mar-02	WPA	2	GREENPOINT	16-Feb
42.64	Idele	DU TOIT	27May2002	ACNW	1	NWU/McArthur-Potch	19-Feb

Javelin

47.14	Chane	VAN ZYL		AGN	1	TUKS-Pretoria	09-Feb
47.11	Heike	DE NYSSCHEN	2002/02/01	AFS	1	Bloemfontein	23-Feb
44.70	Chane	VAN ZYL	080802	AGN	1	PILDITCH - Pretoria	26-Jan
40.03	Cailan	WESSELS	100202	AGN	#REF!	TUKS- Pretoria	12-Jan
38.84	Leandi	CONRADIE		AGN	2	TUKS-Pretoria	09-Feb
38.66	Ine	SMIT	220802	AGN	3	TUKS- Pretoria	12-Jan
36.98	Leandi	CONRADIE		AGN	#REF!	PILDITCH - Pretoria	26-Jan
36.42	Anouk	HEUER	08-Apr-02	BOLA	1	GREENPOINT	16-Feb-19
36.10	Ruzel	GELDENHUYS	24Nov2003	CGA	3	TUKS-Pretoria	09-Feb
35.66	Megan	ERASMUS		AGN	4	PILDITCH - Pretoria	26-Jan

5km Walk (Track)

27:00.40	Migshaan	ANDREWS	30-Sep-03	WPA	3	PAROW	09-Feb
27:34.78	Marissa	SWANEPOEL	22Jan2002	AGN	1	TUKS-Pretoria	09-Feb
27:45.60	Sibonkuhle	SWANEPOEL	220102	AGN	1	PILDITCH - Pretoria	26-Jan
28:22.23	Marissa	ZUNGU	220902	AGN	2	PILDITCH - Pretoria	26-Jan
28:30.98	Candy	SWANEPOEL	220102	AGN	1	TUKS- Pretoria	12-Jan
29:06.71	Keitumetse	KHUMALO	19-Apr-02	KZNA	1	KINGS PARK-Durban	22-Feb
29:08.90	Malwande	KHOLA		CGA	1	GERMISTON	26-Jan
29:45.95	Anele	HLOPE	24-May-03	KZNA	2	KINGS PARK-Durban	22-Feb
30:18.13	Olwethu	MTESHANE	19-Sep-02	KZNA	3	KINGS PARK-Durban	22-Feb
31:02.14	Carryn	NDLOVU	230203	AGN	4	PILDITCH - Pretoria	26-Jan

Heptathlon

2448	Nicole	MADDEN	24-Feb-03	BOLA	1	GREENPOINT	16-Feb-19
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