

# South African Track & Field Performances 2019

28th February 2019

## Senior (Any athlete 16 years & Older born 2003 and earlier)

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

### 50m

5.83	Indoors	Gerrit	WICKENS	01Jun1996	AGN	1	Luxembourg,LUX	02-Feb
6.00	Indoors	Gerrit	WICKENS	01Jun1996	AGN	2h1	Luxembourg,LUX	02-Feb

### 60m

6.71	Indoors	Gerrit	WICKENS	01Jun1996	AGN	2r3	Reims, FRA	30-Jan
6.76	Indoors	Theodore	YOUNG		ACNW	1h1	Apeldoorn, NED	26-Jan
6.79	Indoors	Lebogang	MALOKA			2h5	Lubbock TX	09-Feb

### 100m

10.33	0.8	Gideon	TROTTER	1992/03/03	AFS	1h5	Bloemfontein	23-Feb
10.34	+1.7	Shaadid	MOTALA	19Sep1997	AGN	1h3	TUKS-Pretoria	09-Feb
10.41	+0.3	Chederick	VAN WYK	18Feb1995	ACNW	1h1	NWU/McArthur-Potch	19-Feb
10.44	+1.7	Shaun	MASWANGANYI	01Feb2001	AGN	2h3	TUKS-Pretoria	09-Feb
10.45	+1.7	Nicholas	FERNS	14Jan197	AGN	3h3	TUKS-Pretoria	09-Feb
10.50	1.2	Tsebo	MATSOSO	1999/05/27	AFS	1h6	Bloemfontein	23-Feb
10.51	+1.7	Thabang	HLOHLOLO	14Oct2002	AGN	1h2	TUKS-Pretoria	09-Feb

10.55	+0.3	Theodor	YOUNG	05Jul1996	ACNW	2h1	NWU/McArthur-Potch	19-Feb
10.55	+0.7	Obakeng	BALEI	07Mar1998	AGN	1h2	NWU/McArthur-Potch	19-Feb
10.56	+1,2	Sibusiso	MATSENIWA	020588		1h1	PILDITCH - Pretoria	26-Jan

**WIND**

10.49	<b>4.3</b>	Sifiso	MIYA			1S1	RUIMSIG	02-Feb
10.53	<b>3.3</b>	Iveyano	VYFER	18-Sep-92	WPA	1	PAROW	09-Feb
10.54	<b>+2.6</b>	Tshenolo	LEMAO	17Jun2000	AGN	1h4	TUKS-Pretoria	09-Feb
10.55	<b>+2.6</b>	Keenan	MICHAU	17Jan1995	AGN	2h4	TUKS-Pretoria	09-Feb

**200m**

20.64	+1.2	Sinesipho	DANBILE	02Mar2002	AGN	1h1	TUKS-Pretoria	09-Feb
20.88	+0.8	Theodor	YOUNG	05Jul1996	ACNW	1h1	NWU/McArthur-Potch	19-Feb
20.97	+0.8	Chederick	VAN WYK	18Feb1995	ACNW	2h1	NWU/McArthur-Potch	19-Feb
21.03	1.7	Gardeo	ISAACS	15-Feb-95	BOLA	1	GREENPOINT	16-Feb
21.09	0.0	Tsebo	MATSOSO	1999/05/27	AFS	1h3	Bloemfontein	22-Feb
21.21	+1.5	Lesego	MOTLATLA	28Feb1995	AGN	1h4	TUKS-Pretoria	09-Feb
21.21	1.6	Gratitude	MOHOERA		AFS	1h2	Bloemfontein	22-Feb
21.24	0.9	Oratile	SETLHABI	1997/09/21	AFS	2	Bloemfontein	22-Feb
21.32	1.0	Tsebo	MATSOSO	27May1999	AFS	1	Bloemfontein	26-Jan
21.33	1.7	Simon	MAGAKWE	25-May-85	WPA	2	GREENPOINT	16-Feb

**Wind**

20.92	<b>4.6</b>	ROSCOE	ENGEL	06-Aug-89	WPA	1r2	PAROW	26-Jan
21.07	<b>+2.4</b>	Elviano	JOHNSON	12Nov2002	AGN	1h2	TUKS-Pretoria	09-Feb
21.20	<b>+3.2</b>	DUKE	KUALI	260598		1h1	TUKS- Pretoria	12-Jan
21.29	<b>+2.3</b>	Mudimeli	FNATUWANI	28Dec1994		1h5	TUKS-Pretoria	09-Feb
21.32	<b>3.8</b>	IVEYANO	VYFER	18-Sep-92	WPA	1	PAROW	09-Feb

**400m**

0:45.67	Indoors	Derrick	MOKALENG			2	Lubbock TX	09-Feb
0:47.81	Indoors	Lesley	MAHLAKOANE			1	Maryville MO	19-Jan
0:48.09	Indoors	Braam	BISSCHOP	26Jul1998	AGN	2h6	Birmingham AL	17-Feb
0:48.20	Indoors	Pieter	CONRADIE	20Oct1994	ACNW	4rB	Karlsruhe, GER	02-Feb

<b><u>400m</u></b>							
46.20		Jon	SEELIGER	27Apr1995	AGN	1h1	TUKS-Pretoria 09-Feb
46.59		Lythe	PILLAY		CGA	1	GERMISTON 26-Jan
47.14		Ntando	MAHLANGU (T61)	26Jan2002	AGN	1h2	TUKS-Pretoria 09-Feb
47,28		Wayde	VAN NIEKERK		AFS	1	Bloemfontein 23-Feb
47,44		Kefilwe	MOGAWANE	11Oct1997		2h1	TUKS-Pretoria 09-Feb
47,50		Cornel	FREDERICKS	1990/03/03	AFS	2	Bloemfontein 23-Feb
47.62		Lythe	PILLAY	25-Feb-03		1	RUIMSIG 02-Feb
47.72		Pieter	CONRADIE	20Oct1994	ACNW	1h2	NWU/McArthur-Potch 12-Feb
47.94		Stefan	BRUWER	01Feb1995	ACNW	2h1	NWU/McArthur-Potch 19-Feb
47,96		Thato	PHASHA	2001/07/11	AFS	1	Bloemfontein 23-Feb

<b><u>800m</u></b>							
1:50.77	Indoors	George	KUSCHE	16Aug1998	AGN	1	Lincoln, NE 26-Jan
1:52.46	Indoors	Larry	LOMBARD	16Apr1996		2	Birmingham AL 08-Feb
1:53.05	Indoors	Heinrich	HERBST	21Feb1997	AGN	7	Lubbock TX 02-Feb
1:53.87	Indoors	Phelani	MADUWA	29Oct1999	AVT	8	Boston MA 26-Jan

<b><u>800m</u></b>							
1:47.78		Simon	MOHLOSI	20Jan1993	ANWN	1	NWU/McArthur-Potch 19-Feb
1:48.94		Ntando	MAHLANGU (T61)	26Jan2002	AGN	1	TUKS-Pretoria 09-Feb
1:50.53		Dillan	VAN ROOYEN	23Jun1998	ACNW	1	NWU/McArthur-Potch 12-Feb
1:50.93		Hannes	NAUDE	1990/03/14	AFS	1	Bloemfontein 22-Feb
1:51.04		Reinard	REITSMA	02Feb2000	ACNW	2	NWU/McArthur-Potch 19-Feb
1:51.95		Pieter	CONRADIE	20Oct1994	ACNW	2	NWU/McArthur-Potch 12-Feb
1:52.09		Treasure	DERISON	1992/09/04	AFS	2	Bloemfontein 22-Feb
1:52.21		Duran	FARO	05-Feb-94	WPA	1	GREENPOINT 16-Feb
1:52.36		Darren	STEVENS	12-Aug-96	WPA	1	PAROW 23-Jan
1:52.55		Bruce-Lynn	DAMONS	20-Jun-96	WPA	1	PAROW 09-Feb

<b><u>1500m</u></b>							
3:43.31		Ashley	SMITH	09-Sep-96	WPA	1	PAROW 23-Jan

3:43.50		Jerry	MOTSAU	12Mar1990	ACNW	1	NWU/McArthur-Potch	19-Feb
3:48.99		Llewellyn	GROENEVELD	07-Feb-95	BOLA	1	GREENPOINT	16-Feb
3:49.16		Tumelo	MACHABA		AGN	1	TUKS-Pretoria	09-Feb
3:49.80		Dikotsi	LEKOPA		AGN	2	TUKS-Pretoria	09-Feb
3:49.92		Luan	MUNNIK	22Apr2000	ACNW	1	TUKS-Pretoria	09-Feb
3:50.12		Treasure	DERISON	1992/09/04	AFS	1	Bloemfontein	23-Feb
3:50.96		Sibusiso	MAGWAZA	10-Jul-93	WPA	2	GREENPOINT	16-Feb
3:52.47		Anthony	TIMOTEUS	27-May-95	WPA	2	PAROW	23-Jan
3:53.28		Milton	KEKANA	031095	AGN	1	PILDITCH - Pretoria	26-Jan

### Mile

3:59.61	Indoors	George	KUSCHE	06Aug1998	AGN	2	Lincoln, NE	02-Feb
4:13.68	Indoor	Lebogang	MOSITO	22Mar1995		2	Nashville TN	19-Jan
4:14.80	Indoor	Moses	DIRANE			11	Pittsburg KS	26-Jan
4:15.29	Indoors	Warno	POTGIETER			5	Birmingham AL	03-Feb
4:16.33	Indoors	Heinrich	VAN NIEKERK	21Feb1997		13rB	Allendale MI	08-Feb

### 3000m

7:57.16	Indoors	George	KUSCHE	06Aug1998	AGN	5	Ames IA	09-Feb
8:21.55	Indoor	Lebogang	MOSITO	22Mar1995		1	Birmingham AL	12-Jan
8:29.48	Indoors	Warno	POTGIETER			6	Birmingham AL	19-Feb

### 3000m

8:04.98		Jerry	MOTSAU	12/03/1990	ACNW	1	McArthur-Potchefstroom	29-Jan
8:05.57		Ashley	SMITH	09-Sep-96	WPA	1	GREENPOINT	16-Feb
8:14.06		Mbuileli	MATHANGA		KZNA	1	KINGSPARK - Durban	02-Feb
8:16.96		Marko	BUCARIZZA		CGA	1	GERMISTON	26-Jan
8:19.58		Rowhaldo	RATZ	20-Mar-98	WPA	2	GREENPOINT	16-Feb
8:27.99		Kabelo	MELAMU		CGA	2	GERMISTON	26-Jan
8:32.15		Andre	AFRIKA	16-Apr-94	WPA	3	GREENPOINT	16-Feb
8:35.13		Sipho	MBANJWA		KZNA	2	KINGSPARK - Durban	02-Feb
8:36.63		Late	ENTRY		WPA	4	GREENPOINT	16-Feb
8:36.83		Luan	MUNNIK	22/04/2000	ACNW	2	McArthur-Potchefstroom	29-Jan

**5000m**

14:14.16	Indoors	Lebogang	MOSITO	22Mar1995		2	Birmingham AL	17-Feb
14:22.75	Indoors	George	KUSCHE	06Aug1998	AGN	14	Ann Arbor MI	23-Feb

**5000m**

14:12.20		Anthony	TIMOTEUS	27-May-95	WPA	1	PAROW	23-Jan
14:22.53		Thabang	MOSIAKO	23Feb1995	ACNW	1	NWU/McArthur-Potch	12-Feb
14:26.05		Milton	KEKANA	03Oct1995	AGN	1	TUKS-Pretoria	09-Feb
14:33.52		Puseletso	MOFOKENG	03Mar1993	ACNW	2	NWU/McArthur-Potch	12-Feb
14:34.23		Vuyolwethu	MBUKUSHE	20-Feb-91	WPA	2	PAROW	23-Jan
14:35.80		Marco	BUCARIZZA	22Dec1988	AGN	2	TUKS-Pretoria	09-Feb
14:41.86		Nkosinathi	SIBIYA		KZNA	1	KINGS PARK - Durban	19-Jan
14:44.00		Rabson	CHIGARA	20-Dec-78	WPA	3	PAROW	23-Jan
14:46.53		Ngconde	MATWEBU		AFS	1	Bloemfontein	22-Feb
14:51.32		Malefetsane	MOTLOUNG	1988/11/30	AFS	1	Bloemfontein	22-Feb

**10000m**

30:44.48		Ayanda	NGCOBO		KZNA	1	KINGSPARK - Durban	02-Feb
31:00.05		Mahlomola	SEKHONYANA		KZNA	2	KINGSPARK - Durban	02-Feb
32:03.87		Sokhela	NDUMISO		KZNA	3	KINGSPARK - Durban	02-Feb
32:26.84		Sipho	NGXONGO (M)		KZNA	4	KINGSPARK - Durban	02-Feb
32:45.32		Lindohule	SITHOLE		KZNA	5	KINGSPARK - Durban	02-Feb
32:51.09		Thulisang	KHAMBULE	07-Sep-01	KZNA	1	KINGS PARK-Durban	22-Feb
32:58.39		Gershwin	VAN STADEN	10-Apr-96	WPA	1	PAROW	15-Feb
33:01.16		Mzandwele	MATHE		KZNA	2	KINGS PARK-Durban	22-Feb
33:09.19		Seitei	DONALD	29-May-00	KZNA	3	KINGS PARK-Durban	22-Feb
33:09.98		Fernando	SPONDO	16-Jul-00	WPA	2	PAROW	15-Feb

**3000m Steeplechase**

9:29.44		Mohau	MALISE		AFS	1	Bloemfontein	23-Feb
9:36.07		Sipho	RAMOHOTSI	1997/05/21	AFS	2	Bloemfontein	23-Feb
9:41.33		Lebohang	MAHLOANE		AFS	1	Bloemfontein	23-Feb

9:42.40		Neo	SEGOPOLO	1997/06/16	AFS	3	Bloemfontein	23-Feb
9:50.99		LINDOKUHLE	XIMBA	04-Sep-01	KZNA	1	KINGS PARK-Durban	22-Feb
9:51.21		Travis	KOEKEMOER	02May2001	AGN	1	TUKS-Pretoria	09-Feb
9:51.88		TSHIAMO	MARIBE		KZNA	2	KINGS PARK-Durban	22-Feb
9:57.19		Sello	LITABE	1999/10/21	AFS	4	Bloemfontein	23-Feb
9:58.47		GERSHWIN	VAN STADEN	10-Apr-96	WPA	1	PAROW	23-Jan
10:00.14		Bongani	NKUTHA	1997/03/11	AFS	5	Bloemfontein	23-Feb

### 60m Hurdles

8.37	Indoors	Eric	VAN DER WALT	10Feb1999	AGN	1h1	Norman OK	22-Feb
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### 110m Hurdles

14.23	+1.6	Tiaan	KLEYNHANS	13Jul1996	ACNW	1	NWU/McArthur-Potch	12-Feb
14.52	+0.2	Alwyn	BOTHMA	24Feb1998	ACNW	1	NWU/McArthur-Potch	19-Feb
14.68	2.0	Petrus	JACOBS	1999/09/20	AFS	1	Bloemfontein	23-Feb
14.70	+1.6	Alwyn	BOTHMA	24Feb1998	ACNW	2	NWU/McArthur-Potch	12-Feb
14.72	1.5	Darren	RIDDLES	30-Jun-98	WPA	1	PAROW	26-Jan
15.02	1.5	Azile	MADINI	20-May-99	WPA	4	PAROW	26-Jan
15.29	+1.6	Christiaan	KRUGER	11Jul1996	ACNW	3	NWU/McArthur-Potch	12-Feb
15.33	-1.1	George	WEILBACH	23-Apr-97	BOLA	2	GREENPOINT	16-Feb
15.44	2.0	Kelepile	MOGOROSI	1997/05/02	AFS	2	Bloemfontein	23-Feb
15.94	2.0	Moshale	MOHLAKOANE		AFS	3	Bloemfontein	23-Feb

### WIND

14.68	<b>3.0</b>	DARREN	RIDDLES	30-Jun-98	WPA	1	PAROW	09-Feb
14.82	<b>3.0</b>	AZILE	MADINI	20-May-99	WPA	2	PAROW	09-Feb
15.19	<b>3.0</b>	DARREN	ELLIOT		WPA	3	PAROW	09-Feb

### 400m Hurdles

54.12		Ruan	LABUSCHAGNE	25-Apr-00	BOLA	1	GREENPOINT	16-Feb
54.32		Armand	VAN ZYL	23May1997	ACNW	1	NWU/McArthur-Potch	19-Feb
65.56		Paballo	MAIMANE	04Apr1999	ACNW	2	NWU/McArthur-Potch	19-Feb
54.74		Masego	SESELE	1997/03/25	AFS	1	Bloemfontein	22-Feb
54.76		Sabelo	DHLAMINI		CGA	1	GERMISTON	26-Jan

55.57	Aiden	TANGO	01-Jan-00	WPA	1	PAROW	02-Feb
55.66	Hendrik	SUSAN	01Apr1998	ACNW	3	NWU/McArthur-Potch	19-Feb
55.73	Siphophelo	NDLOVU	09Nov1998	AFS	1	Bloemfontein	26-Jan
55.98	Ruan	SCHUTTE	2000/07/04	AFS	1	Bloemfontein	23-Feb
56.06	Hansie	NORTJE	1998/06/02	AFS	2	Bloemfontein	22-Feb

### **High Jump**

2.07	Indoors	Tiaan	STEENKAMP	14Mar1996		3	Birmingham AL	19-Feb
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### **High Jump**

2.20	Keagan	FOURIE	07-Sep-91	BOLA	1	PAROW	09-Feb
2.15	Breyton	POOLE	23-Mar-00	WPA	1	PAROW	09-Feb
2.15	Mpho	LINKS	20Jun1996	ACNW	1	NWU/McArthur-Potch	19-Feb
2.00	Usaamah	VALLY	10-Jan-01	KZNA	1	RUIMSIG	02-Feb
2.00	Luvo	NKEWU	13-Nov-91	BOLA	2	PAROW	09-Feb
2.00	Keenan	PLATT	26Apr2000	AGN	1	TUKS-Pretoria	09-Feb
1.95	Katleho	NYELELE	10Jan2000	AFS	1	Bloemfontein	26-Jan
1.95	Sarel	PRINSLOO	260593	AGN	1	TUKS- Pretoria	12-Jan
1.95	Usaamah	VALLY	10Jan2001	KZNA	1	KINGS PARK - Durban	19-Jan
1.95	Cornel	COETZEE			2	RUIMSIG	02-Feb
1.95	Clyde	RUITERS	15-Jan-94	WPA	3	PAROW	15-Feb
1.95	Thabelo	MAKUMULE	2001/03/27	AFS	1	Bloemfontein	22-Feb

### **Pole Vault**

4.94	Indoors	Ekhardt	VAN DER WATT	04Oct1999	Boland	2	Nampa ID	22-Feb
4.81	Indoors	Ekhardt	VAN DER WATT	04Oct1999	Boland	1	Maryville MO	19-Jan

### **Pole Vault**

5.10	Kyle	RADEMEYER	29-Jan-02	BOLA	1	GREENPOINT	16-Feb
4.90	Nicolai	VAN HUYSSTEEN	07-Aug-02	BOLA	2	GREENPOINT	16-Feb
4.90	Valco	VAN WYK	26-Jul-00	BOLA	1	GREENPOINT	16-Feb
4.90	Marcelle	DE JAGER	24-Jan-96	WPA	1	GREENPOINT	16-Feb
4.60	Fredriech	PRETORIUS	04Aug1995	AGN	1	TUKS-Pretoria	09-Feb

4.60		Arend	PRETORIUS	2002/08/06	AFS	1	Bloemfontein	23-Feb
4.20		Elmar	SCHUTTE	17Jun1999	AGN	2	TUKS-Pretoria	09-Feb
4.20		Duncan	MCGLADDERY	04Jun1994	AGN	3	TUKS-Pretoria	09-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

### Long Jump

7.56	-0.4	Michael	SKOSANA	18Sep2000	AFS	1	Bloemfontein	26-Jan
7.55	0.8	Divan	MANUEL	15-Sep-96	BOLA	1	PAROW	15-Feb
7.22	-0.5	Jovan	VAN VUUREN		AGN	1	TUKS- Pretoria	12-Jan
7.07	-0.8	Norbert	PONISAMMY	1998/07/07	AFS	1	Bloemfontein	23-Feb
7.06	-2.0	Nolo	RAMOKGOPA			1	RUIMSIG	02-Feb
7.06	1.1	Mark	GAINES	19-Aug-00	KZNA	1	KINGS PARK-Durban	24-Feb
7.04	-0.3	Lutho	BARA	28Aug1995	AFS	2	Bloemfontein	26-Jan
7.04	-0.4	Michael	SKOSANA	2000/09/18	AFS	1	Bloemfontein	23-Feb
7.04	-0.9	Frank	SEBOHO	1997/07/08	AFS	2	Bloemfontein	23-Feb
6.97	0.3	Junior	MPHEFU	18-Jul-98	BOLA	2	PAROW	15-Feb

### WIND

7.21	<b>2.8</b>	Bevan	SASMAN	09-Jan-99	WPA	1	PAROW	09-Feb
6.98	<b>+3,4</b>	Muller	PIETERSE	11/01/1999	ACNW	2	McArthur-Potchefstroom	29-Jan
6.95	<b>3.1</b>	Neo	BALOYI	01-Sep-98	WPA	2	PAROW	09-Feb
6.86	<b>5.8</b>	Daivaan	WYNGAARD	04-Jun-02	WPA	1	PAROW	09-Feb
6.81	<b>2.5</b>	Mlungisi	MABASO	22-Nov-01	KZNA	2	KINGS PARK-Durban	24-Feb

### NWI

7.70	NW	Jovan	VAN VUUREN	17Jul1996	AGN	1	TUKS-Pretoria	09-Feb
7.34	NW	Muller	PIETERSE	11Jan1999	ACNW	2	NWU/McARTHUR-POTCH	05-Feb
7.29	NW	Shaun	MAWANGANYI	01Feb2001	AGN	1	TUKS-Pretoria	09-Feb

### Triple Jump

15.35	-3.0	Attoyin	MUGOMO		CGA	2	TUKS-Pretoria	09-Feb
15.35	-6.3	Dylon	LOTTER	23Aug1991	CGA	3	TUKS-Pretoria	09-Feb
15.30	0.3	Sefako	MOKHOSOA	1996/03/13	AFS	1	Bloemfontein	22-Feb
15.04	-1.9	Lezlo	BRAMWILL	25Mar1992	CGA	4	TUKS-Pretoria	09-Feb



14.41	-3.0	Itumeleng	DIKOKO		AVT	6	TUKS-Pretoria	09-Feb
13.84	-0.7	Cheslin	KORTJE	12-May-98	BOLA	1	GREENPOINT	16-Feb
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

### Shot Put

20.10	Indoors	Orazio	CREMONA	01Jul1989	AGN	3	Sabnitz, GER	09-Feb
18.93	Indoors	Burger	LAMPRECHTS	06Aug1998	AGN	2	Lincoln, NE	02-Feb

### Shot Put

19.54		Jason	VAN ROOYEN	04Feb1997	CGA	1	NWU/McArthur-Potch	19-Feb
19.15		Kayle	BLIGNAUT	09Nov1999	CGA	1	GERMISTON	26-Jan
18.12		Jason	VAN ROOYEN		CGA	2	GERMISTON	26-Jan
16.50		Tumelo	THAGE	24Feb1990	AGN	1	TUKS-Pretoria	09-Feb
12.61		Hermanus	BLOM	210786	AGN	1	PILDITCH - Pretoria	26-Jan
12.13		Awie	VAN ZYL	170673	AGN	2	PILDITCH - Pretoria	26-Jan
11.86		Juan	VAN OREDEN		CGA	3	GERMISTON	26-Jan
11.69		Rian	SWARTZ		KZNA	1	KINGS PARK - Durban	19-Jan

### Discus

58.92		Werner	VISSER	27Feb1998	CGA	1	NWU/McArthur-Potch	19-Feb
56.37		Dewald	VAN HEERDEN	040491	AGN	1	TUKS- Pretoria	12-Jan
53.12		Ignatius	MARAIS	04Mar1999	ACNW	1	NWU/McArthur-Potch	12-Feb
51.71		Johan	SCHOLTZ	04Mar1996	AGN	3	TUKS-Pretoria	09-Feb
50.00		Johan	SCHOLTZ	040396	AGN	1	PILDITCH - Pretoria	26-Jan
48.94		Patrick	DUVENHAGE	170298	AGN	#REF!	PILDITCH - Pretoria	26-Jan
46.22		Ewan	PIETERS	07-Sep-98	WPA	1	PAROW	09-Feb
45.90		Franco	VERMEULEN	23-Mar-99	BOLA	1	GREENPOINT	16-Feb
42.60		Marcelle	DE JAGER	24-Jan-96	WPA	3	GREENPOINT	16-Feb

### Javelin

79.28		Brendon	SKINNER	04Feb1999	ACNW	1	NWU/McArthur-Potch	12-Feb
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75.47	Johann	GROBLER	06Aug1997	ACNW	1	NWU/McARTHUR-POTCH	05-Feb
74.76	Ruan	OOSTHUIZEN		CGA	1	GERMISTON	26-Jan
72.22	Erich	WIESE	01Jun1997	ACNW	2	NWU/McARTHUR-POTCH	05-Feb
70.67	Coenraad	KOTZE	04Mar1999	ACNW	3	NWU/McARTHUR-POTCH	05-Feb
69.90	Anro	VAN EEDEN	19May1999	ACNW	2	NWU/McArthur-Potch	19-Feb
69.40	Dylan	LINDSAY		CGA	2	GERMISTON	26-Jan
68.01	Hernu	V VUUREN	15Apr1998	CGA	1	TUKS-Pretoria	09-Feb
66.62	Coenraad	KOTZE	04Mar1999	ACNW	5	NWU/McArthur-Potch	12-Feb
64.81	Leon	LAUBSER	21Feb1996	ACNW	6	NWU/McArthur-Potch	12-Feb

### **3000m Walk (Track)**

12:34.15	Tebatso	MASHIMBY	14Feb1995	CGA	1	NWU/McARTHUR-POTCH	05-Feb
13:14.35	Antonio	FARMER	21Dec2000	ACNW	2	NWU/McARTHUR-POTCH	05-Feb
15:00.04	Petrus	VAN AARDE	09/12/2002	ACNW	4	McArthur-Potchefstroom	29-Jan

### **5km Walk (Track)**

21:35.50	Tebatso	MASHIMBYI	14Feb1995	CGA	1	NWU/McArthur-Potch	19-Feb
22:29.63	Mzwakhe	MAVUNDLA		CGA	1	GERMISTON	26-Jan
22:50.83	Antonio	FARMER	21Dec2000	ACNW	2	NWU/McArthur-Potch	19-Feb
24:06.78	Jacques	HEYMANS	14Feb2000	AGN	1	TUKS-Pretoria	09-Feb
24:22.58	Mzwakhe	KOBUE	11May1981	AGN	1	TUKS-Pretoria	09-Feb
24:53.82	Petrus	VAN AARDE	09Dec2002	ACNW	3	NWU/McArthur-Potch	19-Feb
25:00.25	Gideon	CILLIE (M)	25-May-77	WPA	1	PAROW	26-Jan
25:06.82	Mthunzi	MNISI	231188	AGN	1	TUKS- Pretoria	12-Jan
25:33.68	Kamohelo	POLITE		CGA	2	GERMISTON	26-Jan
25:38.12	Bheja	MNYAMANA	05Jan2002	AGN	1	TUKS-Pretoria	09-Feb

### **10000m Walk (Track)**

0:46:47.97	Mthembi	CHAUQUE	1993/02/11	AFS	1	Bloemfontein	23-Feb
0:50:49.33	Sandile	GUMEDE	13-Apr-01	KZNA	1	KINGS PARK-Durban	22-Feb
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	Khalileye	SIBIYA	09-Dec-02	KZNA	3	KINGS PARK-Durban	22-Feb
0:56:11.61	Ntokozo	MAJOZI	24-Sep-01	KZNA	2	KINGS PARK-Durban	22-Feb
0:57:20.34	Lonwabo	SEZELA	12-Feb-03	KZNA	5	KINGS PARK-Durban	22-Feb
0:57:21.21	Phelelani	MEMELA	12-Aug-00	KZNA	4	KINGS PARK-Durban	22-Feb
1:00:51.99	Mholi	CIBANE	12-Jun-02	KZNA	6	KINGS PARK-Durban	22-Feb

### Decathlon

5094	Elgar	THEUNIS	21-May-95	WPA	1	GREENPOINT	15-16-Feb
4274	Abdul Maalik	MAJIET	06-Dec-98	WPA	2	GREENPOINT	15-16-Feb
4073	Andrew	FRANCIS	10-Jul-97	WPA	3	GREENPOINT	15-16-Feb

# Female

<b><u>100m</u></b>							
11.89	1.5	Sokwakana	MOGWASI	19Mar1998	AFS	1	Bloemfontein 23-Feb
11.97	1.7	Cayla	SEDDON		AFS	1h2	Bloemfontein 23-Feb
11.98	-0.1	Justine	PALFRAMAN	04-Nov-93	BOLA	1	PAROW 15-Feb
11.98	1.9	Rose	XEYI		AGN	1	RUIMSIG 02-Feb
11.98	-0.8	Rea	MOLOI	12Mar1996	AGN	1h2	TUKS-Pretoria 09-Feb
12.08	-0.8	Cherese	JONES	05Dec1985	AGN	2h2	TUKS-Pretoria 09-Feb
12.09	-0.2	Jessica	BOMPAS	18-Apr-01	KZNA	1	KINGS PARK-Durban 24-Feb
12.17	-0.1	Nabeela	PARKER	10-Dec-94	WPA	2	PAROW 15-Feb
12.20	-0.8	Valeska	NEL	20Apr1999	AGN	3h2	TUKS-Pretoria 09-Feb
12.21	1.8	Annamé	FOURIE	2002/04/11	AFS	1	Bloemfontein 23-Feb
	<b><u>WIND</u></b>						
11.68	<b>5.8</b>	Jutine	PALFRAMAN	04-Nov-93	BOLA	1	PAROW 09-Feb

11.75	<b>5.8</b>	Nabeela	PARKER	10-Dec-94	WPA	2	PAROW	09-Feb
11.96	<b>5.8</b>	Petuna	OBISI	19-Jan-93	WPA	3	PAROW	09-Feb
12.03	<b>3.4</b>	Rose	XEYI			1S1	RUIMSIG	02-Feb

### 200m

23.53	-0.4	Agne	SERKSNIENE	18/02/1988	ACNW	1	ARTHUR-POTCHEFSTROOC	29-Jan
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
24.26	+0.6	Caster	SEMENYA	07Jan1991	AGN	1h3	TUKS-Pretoria	09-Feb
24.40	-0.1	Ariane	NEL	010596	ACNW	1	TUKS- Pretoria	12-Jan
24.41	-1.6	Justine	PALFRAMAN	04-Nov-93	BOLA	1	GREENPOINT	16-Feb
24.61	0.2	Antoinette	VD MERWE			1	RUIMSIG	02-Feb
24.61	+1.5	Shani	VERMAAK	05Nov2003	AGN	3h1	TUKS-Pretoria	09-Feb
24.75	-0.4	Silke	LEMMENS	30/11/1999	ACNW	2	ARTHUR-POTCHEFSTROOC	29-Jan
24.77	+0.6	Danielle	DU TOIT	23Mar1999	AGN	2h3	TUKS-Pretoria	09-Feb

### WIND

23.89	<b>4.3</b>	Justine	PALFRAMAN	04-Nov-93	BOLA	1	PAROW	09-Feb
24.18	<b>+2.8</b>	Erin	ZIETSMAN	09Dec2002	AGN	1h2	TUKS-Pretoria	09-Feb
24.50	<b>+4.0</b>	Boipelo	TSHEMESE	14May1997		1h2	TUKS-Pretoria	09-Feb
24.99	<b>+2.4</b>	Simone	KELLERMAN	07Feb2000	AGN	1h1	TUKS-Pretoria	09-Feb

### 400m

56.48	Indoors	Hesmari	COETZEE	28Feb1998	AFS	3rB	Birmingham AL	19-Feb
56.59	Indoors	Christal	LIEBENBERG			3rB	Lynchburg VA	23-Feb

### 400m

55.65		Ariane	NEL	06Mar1996	ACNW	1h1	NWU/McArthur-Potch	19-Feb
55.72		Susanna	BANJO			1	TUKS- Pretoria	12-Jan
55.93		Danel	HOLTON	21Jul1994	ACNW	2h1	NWU/McArthur-Potch	19-Feb
55.94		Amy	NAUDE	07-Jan-02	KZNA	1	KINGS PARK-Durban	24-Feb
56.04		Carla	HATTINGH			1	RUIMSIG	02-Feb
56.18		Kirsten	AHRENS	18-Jun-00	KZNA	1	KINGS PARK-Durban	24-Feb
56.70		Prudence	SEKGODISO		AGN	1	TUKS-Pretoria	09-Feb

56.98	Morenike	OLOTUNTOBA	1998/01/28	EPA	1	Bloemfontein	23-Feb
57.07	Sunè	ALBERTS	26Oct1995	ACNW	3h1	NWU/McArthur-Potch	19-Feb
57.26	Jeanelle	GRIESEL	28Feb1997	AGN	1	TUKS-Pretoria	09-Feb

### **800m**

2:11.59	Elize	GROENEVELD	28-Sep-95	BOLA	1	PAROW	23-Feb
2:11.71	Niene	MULLER	02Feb1999	AGN	1	TUKS-Pretoria	09-Feb
2:11.76	Thineke	CLOETE	11-Nov-91	BOLA	1	PAROW	26-Jan
2:12.03	Sunel	JACOBS	19-Jan-93	WPA	2	GREENPOINT	16-Feb
2:12.48	Danèl	HOLTON	21Jul1994	ACNW	1	NWU/McArthur-Potch	19-Feb
2:12.95	Simonay	WEITZ	24Apr1999	AGN	2	NWU/McArthur-Potch	19-Feb
2:13.82	Carina	SWIEGERS	15May1995	AGN	2	TUKS-Pretoria	09-Feb
2:13.92	Kobie	GRIFFITHS	22-Feb-85	WPA	2	PAROW	26-Jan
2:14.08	Danette	MARAIS	25Nov1996	ACNW	3	NWU/McArthur-Potch	19-Feb
2:14.19	Ntsoaki	MALAHOE			1	RUIMSIG	02-Feb

### **1000m**

2:51.35	Indoors	Nokuthula		DLAMINI	5	Lubbock TX	23-Feb
3:01.19	Indoors	Mikaela	07May1997	JONSSON	2rC	Birmingham AL	11-Jan
3:06.94	Indoors	Malethabo	11Mar1997	SEEMA	2rB	Staten Island NY	12-Jan
3:20.36	Indoors	Cindy	05Feb1998	VON AHLEFELDT	9rB	Birmingham AL	11-Jan

### **1500m**

04:26.94	Thineke	CLOETE	11-Nov-91	BOLA	1	GREENPOINT	16-Feb
04:31.27	Leanda	DU BRUYN	28-Jan-94	WPA	2	GREENPOINT	16-Feb
04:35.52	Marne	MENTZ	1996/05/28	AFS	2	Bloemfontein	23-Feb
04:39.24	Lyndi	ROELOFSE			1	RUIMSIG	02-Feb
04:40.50	Simonay	WEITSZ	26Apr1999	AGN	1	NWU/McArthur-Potch	19-Feb
04:42.07	Alme	JORDAAN	02-May-02	BOLA	1	GREENPOINT	16-Feb
04:42.41	Vicky	OEOLOFSE	2000/10/09	AFS	1	Bloemfontein	23-Feb
04:42.56	Sunel	JACOBS	19-Jan-93	BOLA	1	PAROW	26-Jan
04:43.73	Danette	MARAIS	25Nov1996	ACNW	2	NWU/McArthur-Potch	19-Feb

04:44.14		Lee-Anne	BLAKE	14Jan2001	ACNW	3	NWU/McArthur-Potch	19-Feb
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**Mile**

04:33.88	Indoor	Carina	VILJOEN	15Apr1997	CGA	3	Fayetteville, AR	26-Jan
05:20.82	Indoor	Michaela	LOUW		AFS	5	Chapel Hill, NC	11-Jan

**3000m**

09:38.62	Indoors	Nokuthula	DLAMINI			10	Seattle WA	08-Feb
09:52.85	Indoors	Sherilene	GELDERBLOM	03Jan1996		3rC	Birmingham AL	17-Feb
10:08.71	Indoors	Ashleigh	SIMONIS	22Jan1998	WPA	10	Ann Arbor ML	12-Jan
10:10.45	Indoors	Michaela	LOUW		AFS	2	Lynchburg VA	02-Feb

**3000m**

09:36.76		Kyla	VAN GRAAN	14-Oct-94	WPA	1	GREENPOINT	16-Feb
09:44.20		Leanda	DU BRUYN	28-Jan-94	WPA	2	GREENPOINT	16-Feb
10:15.57		Smangaliso	MADLALA	15-Oct-03	KZNA	1	KINGS PARK-Durban	24-Feb
10:17.45		Yandiswa	SHANGE	30-Jun-00	WPA	3	GREENPOINT	16-Feb
10:20.42		Cara	DU PREEZ	13Oct2001	ACNW	1	NWU/McArthur-Potch	05-Feb
10:21.77		Slindile	MJWARA	14-Apr-02	KZNA	2	KINGS PARK-Durban	24-Feb
10:23.12		Vicky	OEOFSE	2000/10/09	AFS	1	Bloemfontein	22-Feb
10:23.50		Diana	PHALULU		CGA	1	GERMISTON	26-Jan
10:27.00		Mia	STEYTLER	10-Apr-97	BOLA	4	GREENPOINT	16-Feb
10:28.36		Andiswe	NJUNGUZA	20-Jun-98	KZNA	1	KINGSPARK - Durban	02-Feb

**5000m**

15:51.25		Dominique	SCOTT-EFURD	24Jun1992	WPA	1	Fayetteville AR	09-Feb
16:28.32		Sthembile	NZALO	270695	AGN	1	PILDITCH - Pretoria	26-Jan
16:35.23		Kyla	VAN GRAAN	14-Oct-94	WPA	1	PAROW	23-Feb
16:45.24		Leanda	DU BRUYN	28-Jan-94	WPA	3	PAROW	23-Feb
16:50.18		Aynslee	VAN GRAAN	15-Dec-95	AGN	1	PAROW	09-Feb
17:12.68		Carmie	PRINSLOO	310102	AGN	1	TUKS- Pretoria	12-Jan
17:18.16		Sherilene	GELDERBLOM	03Jan1996		4	Birmingham AL	17-Feb
17:34.16		Lesiba	Chokoe	16Mar1995	AGN	1	TUKS-Pretoria	09-Feb

17:39.28	Carmie	PRINSLOO	13Jan2002	AGN	1	TUKS-Pretoria	09-Feb
17:53.85	Zelmari	VORSTER	140200	AGN	2	PILDITCH - Pretoria	26-Jan

**10000m**

38:30.50	Lindohuhle	GABELA	30-Apr-86	KZNA	1	KINGSPARK - Durban	02-Feb
39:34.94	Nolubabalo	DYONASE	15-Dec-94	WPA	1	PAROW	15-Feb
41:51.90	Maryna	SWANEPOEL	1986/07/24	AFS	1	Bloemfontein	23-Feb
42:10.28	Montebeko	NTULI		KZNA	2	KINGSPARK - Durban	02-Feb

**2000m Steeplechase**

7:53.22	Fortune	MABOTSA	10Oct1999	AGN	1	TUKS-Pretoria	09-Feb
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**3000m Steeplechase**

11:09.95	Leanda	DU BRUYN	28-Jan-94	WPA	1	PAROW	26-Jan
12:58.31	Lizandre	MULDER	1997/05/13	AFS	1	Bloemfontein	23-Feb
13:04.96	Refiloe	KARREEBOS	1997/07/01	AFS	2	Bloemfontein	23-Feb
13:31.97	Caitlyn	SCHLEHMEYER	07-Mar-00	WPA	2	PAROW	26-Jan
13:58.18	Portia	RAMOLAHLOANE	1993/06/24	AFS	3	Bloemfontein	23-Feb
16:36.01	Nicolette	SCHLEHMEYER	07-Mar-00	WPA	3	PAROW	26-Jan

**100m Hurdles**

14.44	-1.4	Janke	VAN WYK	05-Mar-97	BOLA	1	PAROW	15-Feb
14.48	-1.4	Rogail	JOSEPH	22-Apr-00	WPA	2	PAROW	15-Feb
14.63	+0.3	Christin	FOX	04Jul1999	ACNW	1	NWU/McArthur-Potch	19-Feb
15.08	-1.4	Geraldine	KING	11-Aug-97	WPA	1	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
16.19	+1.6	Shannon	VERSTER	101199	AGN	1	PILDITCH - Pretoria	26-Jan
16.31	-1.4	Zeanne	KRUGER	31-Jan-01	BOLA	1	PAROW	15-Feb
16.62	-1.4	Ameerah	DONOUGH	05-Feb-01	WPA	2	PAROW	15-Feb

**WIND**

14.05	<b>2.2</b>	Antoinette	VD MERWE			1	RUIMSIG	02-Feb
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14.31	5.5	janke	VAN WYK	05-Mar-97	BOLA	1	PAROW	09-Feb
14.35	5.5	Rogail	JOSEPH	22-Apr-00	WPA	1	PAROW	09-Feb
14.80	5.5	Elitha	SYLVESTER	22-Aug-01	WPA	2	PAROW	09-Feb

#### **400m Hurdles**

60.40		Rogail	JOSEPH	22-Apr-00	WPA	1	GREENPOINT	16-Feb
62,58		Cayla	SEDDON		AFS	1	Bloemfontein	22-Feb
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
63,56		Ane	ERASMUS	1999/07/18	AFS	2	Bloemfontein	22-Feb
64.08		Nicola	GIBBON	09Oct2000	ACNW	1	NWU/McArthur-Potch	12-Feb
64,51		Ane	ERASMUS	18Jul1999	AFS	1	Bloemfontein	26-Jan
64.67		Casey	ADENDORFF	2000/11/30	AFS	1	Bloemfontein	22-Feb
64.83		Elitha	SYLVESTER	22-Aug-01	WPA	2	PAROW	09-Feb

#### **High Jump**

1.71		Brittany	UYS	12-Apr-96	WPA	1	PAROW	15-Feb
1.71		Geraldine	KING	11-Aug-97	WPA	2	PAROW	15-Feb
1.70		Julia	DU PLESSIS		CGA	1	GERMISTON	26-Jan
1.70		Yvonne	ROBSON	30Mar1965	AGN	2	TUKS-Pretoria	09-Feb
1.65		Nicole	WHITTINGTON		CGA	1	GERMISTON	26-Jan
1.65		Alara	EICH		CGA	2	GERMISTON	26-Jan
1.65		Marike	COETZEE	01Mar1999	ACNW	1	NWU/McArthur-Potch	05-Feb
1.65		Kristi	SNYMAN	15-Dec-00	WPA	1	PAROW	15-Feb
1.65		Michelle	NGOZO	15May2000	ACNW	2	NWU/McArthur-Potch	19-Feb
1.65		Marike	COETZEE	01Mar1999	ACNW	1	NWU/McArthur-Potch	19-Feb

#### **Pole Vault**

3.68	Indoors	Christy	NELL			9	Kent OH	09-Feb
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#### **Pole Vault**

3.68		Jodie	SEDRAS	26-Aug-94	WPA	1	GREENPOINT	16-Feb
3.50		Esli	LAMLEY	1998/03/16	AFS	1	Bloemfontein	22-Feb



3.40		Nadja	FOURIE	25Jan1999	ACNW	1	NWU/McArthur-Potch	19-Feb
3.30		Carla	WERTH	01-Jan-97	BOLA	2	GREENPOINT	16-Feb
3.30		Lenieke	DE BEER	2002/10/11	AFS	1	Bloemfontein	22-Feb
3.20		Nadja	FOURIE	25/01/1999	ACNW	1	ARTHUR-POTCHEFSTROOC	29-Jan
3.20		Anje	VILJOEN	01-Dec-00	BOLA	1	GREENPOINT	16-Feb
3.10		Tonet	TALLIE	26-Mar-02	BOLA	1	GREENPOINT	16-Feb
3.10		Elaine	PIENAAR	2002/07/02	AFS	2	Bloemfontein	22-Feb
2.90		Soandri	MEYER	28071988	AGN	1	TUKS-Pretoria	09-Feb

**Long Jump**

6.21	Indoors	Renate	VAN TONDER	10Apr1998	AGN	3	Blacksburg VA	22-Feb
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**Long Jump**

6.55	-0.6	Lynique	BENEKE	1991/03/30	AFS	1	Bloemfontein	22-Feb
6.06	+0.9	Jonè	KRUGER	16Apr1998	ACNW	1	NWU/McArthur-Potch	12-Feb
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
5.45	-0.2	Michaela	WRIGHT	1999/08/16	AFS	3	Bloemfontein	22-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
5.38	1.3	Inezka	RADEMAN			1	RUIMSIG	02-Feb
5.38	-0.3	Taylia	VISAGIE	16-Feb-96	BOLA	1	PAROW	15-Feb
5.37	-1.5	Dani	NOLTE	110102	AGN	1	PILDITCH - Pretoria	26-Jan

**WIND**

5.37	<b>3.0</b>	Lene	DUNCAN	17-Feb-00	WPA	1	PAROW	09-Feb
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**NWI**

6.06	NW	Helena	PEENS	18Apr1994	AGN	1	TUKS-Pretoria	09-Feb
5.50	NW	Curine	UYS	16Feb1998	AGN	2	TUKS-Pretoria	09-Feb
5.46	NW	Marike	COETZEE	01/03/1999	ACNW	1	ARTHUR-POTCHEFSTROOC	29-Jan
5.44	NW	Marike	COETZEE	01Mar1999	ACNW	1	NWU/McArthur-Potch	05-Feb

**Triple Jump**

12.62	Indoors	Renate	VAN TONDER	10Apr1998	CGA	1	Ann Arbor MI	02-Feb
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**Triple Jump**

13.41	+0.7	Patience	NTSHINGILA	26Aug1989	CGA	1	TUKS-Pretoria	09-Feb
11.63	0.8	Moleboheng	PHERANE	1997/03/29	AFS	2	Bloemfontein	23-Feb
10.97	+0.6	Nerine	JORDAAN	01Apr1999	ACNW	1	NWU/McArthur-Potch	12-Feb
10.20	-3.3	A	SMIT (M)	14Aug1979	AGN	1	TUKS-Pretoria	09-Feb

**WIND**

11.13	<b>5.7</b>	AMEERAH	DONOUGH	05-Feb-01	WPA	1	PAROW	26-Jan
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**Shot Put**

13.87	Indoors	Mia	VAN OUDTSHOORN		AFS	9	Pittsburg KS	26-Jan
13.78	Indoors	Angeline	SMIT	09Jun1998	BOLA	6	Birmingham AL	08-Feb
12.73	Indoors	Nienka	DU TOIT	17Mar1997	WPA	29	Albuquerque NM	09-Feb

**Shot Put**

15.79		Meike	STRYDOM		CGA	1	GERMISTON	26-Jan
14.86		Sonia	SMUTS		AGN	1	TUKS- Pretoria	12-Jan
14.19		Monique	WAGNER		CGA	1	GERMISTON	26-Jan
13.13		Riette	HEYNS	27/02/1996	ACNW	1	ARTHUR-POTCHESTROC	29-Jan
12.26		Jana	STEINMANN		CGA	2	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
11.75		Ruzel	VORSTER		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

**Discus**

57.25		Riëtte	HEYNS	27Feb1996	ACNW	1	NWU/McArthur-Potch	05-Feb
49.00		Yolandi	STANDER	1998/11/27	AFS	1	Bloemfontein	23-Feb
46.58		Leandri	GEEL	14Jul1997	CGA	2	NWU/McArthur-Potch	19-Feb
45.66		Colette	UYS	2000/04/20	AFS	1	Bloemfontein	23-Feb
43.20		Georgia	CHANNON	19-Mar-01	BOLA	1	PAROW	26-Jan
42.80		Minè	DE KLERE	2003/03/30	AFS	1	Bloemfontein	22-Feb

42.12	Belinda	JV RENSBURG		AGN	1	TUKS-Pretoria	09-Feb
42.11	Lize	POTTAS	25Nov1997	ACNW	2	NWU/McArthur-Potch	05-Feb
40.65	Bodine	DEGLI UMBERTI	31Jan2002	AGN	2	TUKS-Pretoria	09-Feb
40.00	Ilandre	PONT	01Jun2002	AGN	3	TUKS-Pretoria	09-Feb

### **Hammer Throw**

57.93	Marga	CUMMING	12Oct1998	ACNW	1	NWU/McArthur-Potch	19-Feb
57.65	Letitia	JANSE VAN VUUREN	24Apr1996	ACNW	2	NWU/McArthur-Potch	19-Feb
57.00	Margo Chene	PRETORIUS	040594	AGN	1	PILDITCH - Pretoria	26-Jan
54.74	Tharina	VAN DER WALT	22Feb2000	AFS	1	Bloemfontein	26-Jan
53.61	Tammy	LEONARD	21Jun1999	ACNW	3	NWU/McArthur-Potch	19-Feb
52.82	Stephanie	GREYLING	25Mar1996	ACNW	4	NWU/McArthur-Potch	19-Feb
51.24	Marinda	GREYLING	04Jun1999	AGN	1	TUKS-Pretoria	09-Feb
50.92	Lizelle	FOURIE	15Jan1999		2	TUKS-Pretoria	09-Feb
49.61	Kayla	SMIT	06-Apr-01	WPA	1	PAROW	02-Feb
49.01	Skye	BOSHOFF	08-Mar-00	BOLA	1	GREENPOINT	16-Feb

### **Javelin**

61.16	Sunette	VILJOEN	06-Oct-83	AGN	1	PILDITCH - Pretoria	26-Jan
49.48	Jo-Anè	VAN DYK	03Oct1997	ACNW	2	NWU/McArthur-Potch	12-Feb
45.05	Linda	VAN VREDEN		CGA	1	GERMISTON	26-Jan
44.44	Leandri	LAMPRECHT	15Mar1999	ACNW	3	NWU/McArthur-Potch	12-Feb
44.25	Savanah	COMBRINCK		AGN	1	TUKS- Pretoria	12-Jan
42.19	Anneke	GERMISHUYS	25-Nov-98	BOLA	1	PAROW	09-Feb
41.88	Leandri	LAMPRECHT	15Mar1999	ACNW	2	NWU/McArthur-Potch	05-Feb
41.27	Nathasia	OESCHGER	16Jun1997	ACNW	3	NWU/McArthur-Potch	05-Feb
41.27	Gestelle	SNYMAN	27Jul2000		1	TUKS-Pretoria	09-Feb
40.83	Leandri	LAMPRECHT	15Mar1999	ACNW	1	NWU/McArthur-Potch	19-Feb

### **3000m Walk (Track)**

14:01.35	Zelda	SCHULTZ	15Feb1992	ACNW	1	NWU/McArthur-Potch	05-Feb
14:36.09	Annette	KOEN	06Jun1999	ACNW	2	NWU/McArthur-Potch	05-Feb
15:46.89	Meanri	ERASMUS	28Feb2001	ACNW	3	NWU/McArthur-Potch	05-Feb

**5km Walk (Track)**

24:16.36	Zelda	SCHULTZ	15Feb1992	ACNW	2	NWU/McArthur-Potch	19-Feb
24:54.39	Natalie	LE ROUX (M)		KZNA	1	KINGSPARK - Durban	02-Feb
25:04.79	Zelda	SCHULTZ	150292	ACNW	1	PILDITCH - Pretoria	26-Jan
26:17.30	Meanri	ERASMUS	28Feb2001	ACNW	3	NWU/McArthur-Potch	19-Feb
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
27:43.90	C	MARITZ		CGA	2	PILDITCH - Pretoria	26-Jan
27:55.68	Nthatise	MOKHELE		CGA	1	GERMISTON	26-Jan
28:22.23	Sibonokuhle	ZUNGU	220902	AGN	2	PILDITCH - Pretoria	26-Jan
29:06.71	Candy	KHUMALO	19-Apr-02	KZNA	1	KINGS PARK-Durban	22-Feb

**10km Walk (Track)**

1:00:07.93	Mizan	VILJOEN	1999/04/28	AFS	1	Bloemfontein	23-Feb
1:10:47.58	Spehele	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**

4068	Geraldine	KING	11-Aug-97	WPA	1	GREENPOINT	15-16-Feb
3949	Leandre	KETCH	17-Feb-01	WPA	1	GREENPOINT	15-16-Feb
3859	Zeanne	KRUGER	31-Jan-01	BOLA	2	GREENPOINT	15-16-Feb
3852	Ammerah	DONOUGH	05-Feb-01	WPA	3	GREENPOINT	15-16-Feb
3704	Brittany	UYS	12-Apr-96	WPA	2	GREENPOINT	15-16-Feb
3235	Aneesah	HAUPT	30-May-96	WPA	3	GREENPOINT	15-16-Feb

