

South African Track & Field Performances 2018

Top 10

as @ 27th February 2018

Senior (Any athlete 16 years & Older born 2002 and earlier)

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Under the Auspices of SAAS

60m

6.69	Indoors	Ncincihli	TITI	151293	AGN	3	Clemson SC	19-Jan	1
6.69	Indoors	Ncincihli	TITI	151293	AGN	3	Clemson SC	10-Feb	
6.70	Indoors	Ncincihli	TITI	151293	AGN	1h2	Clemson SC	19-Jan	
6.74	Indoors	Ncincihli	TITI	151293	AGN	1h4	Clemson SC	10-Feb	
6.77	Indoors	Ncincihli	TITI	151293	AGN	1h1	New York, NY	27-Jan	
6.77	2.0	LeRoux	van Tonder	040488	CGA	1h1	POTCHEFSTROOM	13-Feb	2
6.78	Indoors	Lebogang	MALOKA			3	Lubbock TX	10-Feb	3
6.78	2.0	Theodor	Young	050796	ACNW	2h1	POTCHEFSTROOM	13-Feb	4
6.79	Indoors	Lebogang	MALOKA			3h2	Ames IA	23-Feb	
6.80	Indoors	Ncincihli	TITI	151293	AGN	5	New York, NY	27-Jan	
6.81	Indoors	Lebogang	MALOKA			1h2	Lubbock TX	10-Feb	
6.83	indoors	Ncincihli	TITI	151293	AGN	1	Annapolis, MD	13-Jan	
6.91	Indoors	Phemelo	MATLHABE	310597	Iowa Central CC	5	Brookings SD	20-Jan	5
6.91	-3.1	LeRoux	VAN TONDER	040488	CGA	1h2	Potchefstroom	30- Jan	
6.92	Indoors	Ethan	NOBLE	110798	WPA	1	Allendale MI	19-Jan	6
6.92	-2.3	Theodor	YOUNG	050796	ACNW	1h1	Potchefstroom	30- Jan	
6.94	indoors	Ethan	NOBLE	110798	WPA	3	Allendale	12-Jan	

6.94	Indoors	Lebogang	MALOKA	96		2h2	College Station TX	3-Feb	
6.95	Indoors	Phemelo	MATLHABE	310597	Iowa Central CC	2h3	Brookings SD	20-Jan	
6.97	2.0	Kagisho	Ramagale	171292	AVT	3h1	POTCHEFSTROOM	13-Feb	7
7.00	1.7	Mehidi	SULEMAN	170194	AGN	1	Pilditch - PRETORIA	13-Jan	8
7.03	2.0	Alwyn	Bothma	240298	ACNW	4h1	POTCHEFSTROOM	13-Feb	9
7.04	-2.3	Chederick	VAN WYK		ACNW	2h1	Potchefstroom	30- Jan	10

100m

10.10	1.9	Clarence	MUNYAI		AGN	1s1	TUKS-Pretoria	24-Feb	1
10.18	1.9	Henricho	BRUINTJIES		AGN	2s1	TUKS-Pretoria	24-Feb	2
10.25	1	Henricho	BRUINTJIES		AGN	1h3	TUKS-Pretoria	24-Feb	
10.33	0.1	Gideon	TROTTER	030392	AFS	1	BLOEMFONTEIN	17-Feb	3
10.36	0.1	Dale	WILLIAMS	180696	AFS	2	BLOEMFONTEIN	17-Feb	4
10.37	1.9	Gerrit	WICKENS		AGN	3s1	TUKS-Pretoria	24-Feb	5
10.46	0.1	Colesile	SEPHOKOANE		AFS	3	BLOEMFONTEIN	17-Feb	6
10.48	0.4	Samkelo	SELABA		CGA	1h1	BOKSBURG	27-Jan	7
10.48	0.4	Manny	KHUMALO		CGA	2h1	BOKSBURG	27-Jan	8
10.49	1.2	Oscar	MAVUNDLA	260392	AGN	1h2	Pilditch - PRETORIA	13-Jan	9
10.50	0.1	Tsebo	MATSOSO	270599	AFS	4	BLOEMFONTEIN	17-Feb	10

10.07	3.3	Anaso	JOBODWANA		AGN	1	TUKS-Pretoria	24-Feb	
10.12	2.6	Anaso	JOBODWANA		AGN	1s2	TUKS-Pretoria	24-Feb	
10.13	2.2	Clarence	MUNYAI		AGN	1h2	TUKS-Pretoria	24-Feb	
10.15	3.3	Henricho	BRUINTJIES		AGN	2	TUKS-Pretoria	24-Feb	
10.18	3.3	Thembo	MONARENG		AGN	3	TUKS-Pretoria	24-Feb	
10.24	2.5	Anaso	JOBODWANA		AGN	1h1	TUKS-Pretoria	24-Feb	
10.24	3.3	Gerrit	WICKENS		AGN	4	TUKS-Pretoria	24-Feb	

10.42	NW	Anaso	JOBODWANA		AGN	1	GERMISTON	20-Jan	
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10.45	NW	Thando	DLODLO		AGN	1	GERMISTON	20-Jan
10.65	NW	Obakeng	BALOYI			1	POTCHEFSTROOM	20-Jan
10.83	NW	Maritz	PIETERS			2	POTCHEFSTROOM	20-Jan
10.91	NW	Maritz	PIETERS			1h3	POTCHEFSTROOM	20-Jan
10.92	NW	Carl	MEYER		CGA	2	GERMISTON	20-Jan

150m

17.00	-0.9	WOUTER	DE VOS	210797	AGN	1	Pilditch - PRETORIA	13-Jan
17.90	-0.9	CHRISTIAN	LOMBARD	070502	AGN	2	Pilditch - PRETORIA	13-Jan
20.35	-0.9	MOLOKOME	KARABO	170290		3	Pilditch - PRETORIA	13-Jan

15.58	NW	Anaso	JOBODWANA		AGN	1	PILDITCH-Pretoria	27-Jan
15.95	NW	Lesege	MOTLALA		AGN	2	PILDITCH-Pretoria	27-Jan
16.79	NW	Sylvester	ABRAHAMS		AGN	3	PILDITCH-Pretoria	27-Jan

200m

20.45	Indoors	Ncincihli	TITI	151293	AGN	1	Clemson SC	20-Jan	1
20.83	1.1	Hendrik	MAARTENS	240596	AFS	1	BLOEMFONTEIN	17-Feb	2
20.89	0.4	Chederick	van Wyk	180295	ACNW	1h3	POTCHEFSTROOM	13-Feb	3
21.19	1.1	Gideon	TROTTER	030392	AFS	2	BLOEMFONTEIN	17-Feb	4
21.22	0.9	Chederick	VAN WYK	180295	ACNW	1h1	POTCHEFSTROOM	06-Jan	
21.40	1	LeRoux	VAN TONDER		CGA	1h2	POTCHEFSTROOM	06-Jan	5
21.44	0.1	Chederick	VAN WYK	180295	ACNW	1h1	Potchefstroom	30-Jan	
21.46	1.1	Tsebo	MATSOSO	270599	AFS	3	BLOEMFONTEIN	17-Feb	6
21.47	1.1	Oratile	SETLHABI	210997	AFS	4	BLOEMFONTEIN	17-Feb	7
21.51	-1.0	Iveyano	VYFER	180992	WPA	1r2	CAPE TOWN	20-Jan	8
21.51	1.2	Lehlognolo	MASEKO			1h1	POTCHEFSTROOM	20-Jan	9
21.51	1.1	Dale	WILLIAMS	180696	AFS	5	BLOEMFONTEIN	17-Feb	10

SAIDR

22.67	4.3	DYLAN	DENNIS	30-Dec-97	WPA	1r4	CAPE TOWN	20-Jan
22.77	4.3	ERHARDT	KILOWAN	08-Nov-93	WPA	2r4	CAPE TOWN	20-Jan
23.28	2.4	TASHRIQ	PARKER	07-May-00	WPA	1r2	CAPE TOWN	20-Jan
23.38	2.4	RONALDO	GRANFIELD	13-Nov-00	WPA	2r2	CAPE TOWN	20-Jan
23.42	2.4	JODI	JACOBS	22-Aug-00	WPA	3r2	CAPE TOWN	20-Jan

20.96	NW	Anaso	JOBODWANA		AGN	1h3	PILDITCH-Pretoria	27-Jan
21.12	NW	Zakheti	NENE		KZNA	2h2	PILDITCH-Pretoria	27-Jan
21.32	NW	Cheswill	JOHNSON		CGA	1	BOKSBURG	27-Jan
21.63	NW	Oscar	MAVUNDLA		AGN	1h3	TUKS-Pretoria	23-Feb
21.65	NW	Lesego	MOTLATLA		AGN	1	TUKS-Pretoria	23-Feb

300m

35.20		Marcus	BORNMAN	140996	AGN	1	Pilditch - PRETORIA	13-Jan
35.44		Wouter	DE VOS	210797	AGN	2	Pilditch - PRETORIA	13-Jan
37.81		Christian	LOMBARD	070302	AGN	3	Pilditch - PRETORIA	13-Jan

400m

0:45.76	Indoors	Derrick	MOKALENG		TCU	1	Lubbock TX	10-Feb	1
0:45.92		Thapelo	PORA		AGN	1s2	TUKS-Pretoria	24-Feb	2
0:46.00		Zakheti	NENE		KZNA	1h1	PILDITCH-Pretoria	27-Jan	3
0:46.22		Thando	DLODLO		AGN	1	GERMISTON	20-Jan	4
0:46.25	Indoors	Derrick	MOKALENG		TCU	1	Albuquerque NM	27-Jan	
0:46.29	Indoors	Derrick	MOKALENG		TCU	1h2	Ames IA	23-Feb	
0:46.35		Ofentse	MOGAUANE		AGN	1s1	TUKS-Pretoria	24-Feb	5
0:46.47	Indoors	Derrick	MOKALENG		TCU	1rB	Ames IA	24-Feb	

0:46.53		Oscar	MAVUNDLA	AGN	2s1	TUKS-Pretoria	24-Feb	
0:46.64		Andrew	BARNES	AGN	2s2	TUKS-Pretoria	24-Feb	6
0:46.73	Indoors	Derrick	MOKALENG	TCU	3	College Station TX	3-Feb	
0:46.90		Andrew	BARNES	AGN	3h1	PILDITCH-Pretoria	27-Jan	
0:46.95		Oscar	MAVUNDLA	AGN	1h1	TUKS-Pretoria	24-Feb	
0:47.07		Andrew	BARNES	AGN	1	TUKS-Pretoria	24-Feb	
0:47.08		Leroux	HAMMAN	AGN	4h1	PILDITCH-Pretoria	27-Jan	7
0:47.29		Oscar	MAVUNDLA	AGN	1	BOKSBURG	27-Jan	
0:47.39		Ashley	HLUNGWANI	AGN	3s2	TUKS-Pretoria	24-Feb	8
0:47.43		Ashley	HLUNGWANI	AGN	2	TUKS-Pretoria	24-Feb	
0:47.56		Armand	VAN ZYL	ACNW	1h3	POTCHEFSTROOM	06-Jan	9
0:47.65		Ashley	HLUNGWANI	AGN	2h1	TUKS-Pretoria	24-Feb	
0:47.73		Thapelo	PORA	AGN	1h4	TUKS-Pretoria	24-Feb	10
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600 Yards

1:08.18	Indoors	Derrick	MOKALENG	TCU	2	Lubbock TX	19-Jan	
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600m

1:24.06		Dzulani	MUNZHELELE	301193	AGN	1	Pilditch - PRETORIA	13-Jan
1:24.36		Fourie	WIID	290492	AGN	2	Pilditch - PRETORIA	13-Jan
1:24.65		Jason	KOOPMAN	170297	BOL	3	Pilditch - PRETORIA	13-Jan
1:24.66		Adriaan	ALDRIDGE	250193	AGN	4	Pilditch - PRETORIA	13-Jan
1:28.24		Rikus	BOTHA	100999		5	Pilditch - PRETORIA	13-Jan

800m

1:49.43		Jabolane	NCAMANE		AGN	1	TUKS-Pretoria	24-Feb	1
1:49.50		Tian	BASSON		AGN	1	PILDITCH-Pretoria	27-Jan	2

1:49.75	George	KUSCHE		AGN	2	TUKS-Pretoria	24-Feb	3
1:49.98	Themba	MADIMA		AGN	3	TUKS-Pretoria	24-Feb	4
1:50.47	Tumelo	MACHABA		ACNW	4	TUKS-Pretoria	24-Feb	5
1:50.87	Kabelo	Mohlosi	200193	ANWN	1	POTCHEFSTROOM	13-Feb	6
1:50.95	Ruan	JONCK	160596	AFS	1	BLOEMFONTEIN	17-Feb	7
1:51.27	Hannes	NAUDE	140390	AFS	2	BLOEMFONTEIN	17-Feb	8
1:51.93	Jacob	ROZANI		ANWN	1	POTCHEFSTROOM	06-Jan	9
1:51.98	Vuni	MADONSELA		AGN	5	TUKS-Pretoria	24-Feb	10

1000m

2:29.05	Indoors	Moses		DIRANE		3	Lawrence KS	26-Jan
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1500m

03:49.91		Rantso		MOKOPANE		ACNW	2	Potchefstroom	30-Jan	1
03:51.26		Treasure		DERISON		ACNW	3	Potchefstroom	30-Jan	2
03:51.71		Solomon		BOTHLOLO		AGN	1	TUKS-Pretoria	24-Feb	3
03:51.82		Folavio		SEHOHLE		CGA	1	GERMISTON	20-Jan	4
03:51.90		Sikhalo		MTHIMKULU		AGN	2	TUKS-Pretoria	24-Feb	5
03:52.30		Treasure		DERISON	040992	AFS	1	BLOEMFONTEIN	17-Feb	
03:52.34		Gladwin		MZAZI		CGA	1	BOKSBURG	27-Jan	6
03:53.59		Henry		MAKANE		CGA	2	BOKSBURG	27-Jan	7
03:54.39		Johnathan		BRENDENKAMP		AGN	3	TUKS-Pretoria	24-Feb	8
03:55.20	HT	Llewellyn		Groeneveld		BOLA	1	PAARL	24-Feb	9
03:55.26		Henco		UYS		ACNW	1	POTCHEFSTROOM	06-Feb	10

1 Mile

04:11.42	Indoors	Warno	POTGIETER		3	Birmingham AL	20-Feb	1	
<i>04:11.80</i>	<i>Indoors</i>	<i>Warno</i>	<i>POTGIETER</i>		2	<i>Birmingham AL</i>	<i>04-Feb</i>		
<i>04:12.26</i>	<i>Indoors</i>	<i>Warno</i>	<i>POTGIETER</i>		2	<i>Birmingham AL</i>	<i>19-Jan</i>		
04:13.27	Indoors	Moses	DIRANE		5	Pittsburg KS	10-Feb	2	
<i>04:17.81</i>	<i>Indoors</i>	<i>Moses</i>	<i>DIRANE</i>		2	<i>Lincoln NE</i>	<i>3-Feb</i>		
04:20.86		Blessed	Ncube	31/05/1994	1	POTCHEFSTROOM	13-Feb	3	
04:32.58		Ontiretsi	Motlagale	30/03/1992	ACNW	2	POTCHEFSTROOM	13-Feb	4
04:39.96		Omphile	Motlagale	10/03/1992	ACNW	3	POTCHEFSTROOM	13-Feb	5
04:40.31		Ruben	Gouws	30/05/1996	ACNW	4	POTCHEFSTROOM	13-Feb	6
04:41.98		De Andrè	Erasmus	13/08/1999	ACNW	5	POTCHEFSTROOM	13-Feb	7
04:59.81		Willem	Botha	06/03/1996	ACNW	6	POTCHEFSTROOM	13-Feb	8

3000m

08:22.08	Indoors	Warno	POTGIETER		3	Birmingham AL	20-Feb	1
08:23.58		Marko	BUCARIZZA		CGA	BOKSBURG	27-Jan	2
08:24.33	Indoors	Thobile	MOSITO		1	Lincoln NE	3-Feb	3
08:27.67		Kabelo	SEBOKO		CGA	BOKSBURG	27-Jan	4
<i>08:28.43</i>	<i>indoors</i>	<i>Warno</i>	<i>POTGIETER</i>		7	<i>Nashville, TN</i>	<i>13-Jan</i>	
<i>08:32.43</i>	<i>Indoors</i>	<i>Thobile</i>	<i>MOSITO</i>		3	<i>Lawrence KS</i>	<i>26-Jan</i>	
08:47.79	indoors	Moses	DIRANE		12	Lincoln, NE	13-Jan	5
09:04.58		Phenyo	CHIDI		CGA	BOKSBURG	27-Jan	6
09:08.34		Thato	PULE		CGA	BOKSBURG	27-Jan	7
09:09.56		Matthews	GUMEDE		CGA	BOKSBURG	27-Jan	8
09:10.95		GERSHWIN	VAN STADEN	10-Apr-96	WPA	Parow	13-Jan	9
09:15.52		Katlego	SEGONE		CGA	BOKSBURG	27-Jan	10

5000m

14:16.09		Stephen	MOKOKA		AGN	TUKS-Pretoria	24-Feb	1
14:24.00		Nkosinathi	SIBIYA		KZNA	Kings Park - DURBAN	12-Jan	2

14:31.47		Mathanga	MBULELI		KZNA	2	Kings Park - DURBAN	12-Jan	3
14:34.28		Collen	MULUADZI		AGN	2	TUKS-Pretoria	24-Feb	4
14:41.90		Marko	BUCARIZZA	221285	AGN	1	Pilditch - PRETORIA	13-Jan	5
14:42.87	Indoors	Thobile	MOSITO			1	Lincoln NE	3-Feb	6
14:45.47		Pakiso	MTHEMBU	100699	AFS	1	BLOEMFONTEIN	17-Feb	7
14:45.60	HT	Angelo	Booyesen	1996/01/01	BOLA	1	PAARL	24-Feb	8
14:48.66		Desmond	MOKGOBU		CGA	1	GERMISTON	20-Jan	9
14:53.18		Sipho	RAMOHUTSI	210597	AFS	2	BLOEMFONTEIN	17-Feb	10

10000m

29:29.32		Milton	KEKEANA		AGN	1	TUKS-Pretoria	23-Feb	1
29:33.10		Reghen	MAGWAI		AGN	2	TUKS-Pretoria	23-Feb	2
29:36.35		Stephen	MOKOKA		AGN	3	TUKS-Pretoria	23-Feb	3
29:49.10	HT	Angelo	Booyesen	1996/01/01	BOLA	1	PAARL	24-Feb	4
30:05.34		Collen	MULUADZI		AGN	4	TUKS-Pretoria	23-Feb	5
30:48.30		Kwanele	MTHEMBU		AGN	5	TUKS-Pretoria	23-Feb	6
30:52.54		Desmond	MOKGOBU		CGA	1	BOKSBURG	27-Jan	7
31:03.53		Kabelo	MELAMU		CGA	2	BOKSBURG	27-Jan	8
31:04.19		Thato	RAMPA		CGA	3	BOKSBURG	27-Jan	9
31:05.48		Philani	BUTHELEZI		AGN	6	TUKS-Pretoria	23-Feb	10

3000m Steeplechase

09:15.86		Thato	KEKANA		AGN	1	TUKS-Pretoria	23-Feb	1
09:20.22		Simon	MOKONYAMA		AGN	2	TUKS-Pretoria	23-Feb	2
09:20.82		Mpho	MOTAUNG		AGN	3	TUKS-Pretoria	23-Feb	3
09:23.66		Thabang	MAFA		CGA	1	BOKSBURG	27-Jan	4
09:23.77		Sive	NGUBO		AGN	4	TUKS-Pretoria	23-Feb	5
09:26.79		CARLO	FLINK	15-Jun-00	WPA	1	CAPE TOWN	20-Jan	6

09:27.27	Sipho	RAMOHUTSI	210597	AFS	1	BLOEMFONTEIN	17-Feb	7
09:30.48	Bongani	NKUTHA	110397	AFS	2	BLOEMFONTEIN	17-Feb	8
09:30.60	CHARLTON	SAIS	15-Mar-99	WPA	2	CAPE TOWN	20-Jan	9
09:39.39	Mohau	MALISE	310193	AFS	3	BLOEMFONTEIN	17-Feb	10

110m Hurdles

13.63	1.4	Ruan	DE VRIES		AGN	1	TUKS-Pretoria	24-Feb	1
14.17	0	Theodor	Young	050796	ACNW	1	POTCHEFSTROOM	13-Feb	2
14.21	0	Alwyn	Bothma	240298	ACNW	2	POTCHEFSTROOM	13-Feb	3
14.30	1.4	Munting	HAMMAN		AGN	2	TUKS-Pretoria	24-Feb	4
14.42	0.7	Theodor	YOUNG	050796	ACNW	1	POTCHEFSTROOM	06-Feb	
14.52	1	Frederich	PRETORIUS		AGN	1	TUKS-Pretoria	24-Feb	5
14.75	0.7	Hannes	REINECKE		ACNW	2	POTCHEFSTROOM	06-Feb	6
14.84	0.7	Christiaan	KRUGER		ACNW	3	POTCHEFSTROOM	06-Feb	7
14.84	1.4	Ruhan	V D WALT		AGN	3	TUKS-Pretoria	24-Feb	8
14.98	0.7	Shaun	BOWNES		ACNW	4	POTCHEFSTROOM	06-Feb	9
15.03	0.7	Marcello	PIENAAR		ACNW	5	POTCHEFSTROOM	06-Feb	10

15.64	4.5	ELGAR	THEUNIS	21-May-95	WPA	1
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Parow

13-Jan

14.70	NW	Roelof	VAN DER WALT		CGA	1	GERMISTON	20-Jan
14.84	NW	Eric	VAN DER WALT		AGN	1	PILDITCH-Pretoria	27-Jan
14.90	NW	Kyle	VAN ASWEGEN			1	POTCHEFSTROOM	20-Jan
15.14	NW	Siyabonga	MADLOPA		AGN	2	GERMISTON	20-Jan
15.57	NW	Isak	BEYTELL		AGN	2	PILDITCH-Pretoria	27-Jan

400m Hurdles

0:49.76	LeRoux	HAMMAN		AGN	1	TUKS-Pretoria	23-Feb	1
0:49.86	Sokwakhana	ZAZINI		AGN	1h1	TUKS-Pretoria	23-Feb	2
0:50.06	LJ	VAN ZYL		AGN	2	TUKS-Pretoria	23-Feb	3
<i>0:50.07</i>	<i>LeRoux</i>	<i>HAMMAN</i>		<i>AGN</i>	<i>2h1</i>	<i>TUKS-Pretoria</i>	<i>23-Feb</i>	
0:50.62	Lindsey	HANEKOM		AGN	3h1	TUKS-Pretoria	23-Feb	4
0:50.64	Constant	PRETORIUS		AGN	1h2	TUKS-Pretoria	23-Feb	5
<i>0:50.82</i>	<i>Hardus</i>	<i>Maritz</i>	<i>201290</i>	<i>ACNW</i>	<i>1</i>	<i>POTCHEFSTROOM</i>	<i>13-Feb</i>	
0:51.47	Loutjie	STENEKAMP		AGN	3	TUKS-Pretoria	23-Feb	6
<i>0:51.52</i>	<i>Hardus</i>	<i>MARITZ</i>	<i>201290</i>	<i>ACNW</i>	<i>1</i>	<i>POTCHEFSTROOM</i>	<i>06-Feb</i>	
<i>0:51.61</i>	<i>LJ</i>	<i>VAN ZYL</i>		<i>AGN</i>	<i>4h1</i>	<i>TUKS-Pretoria</i>	<i>23-Feb</i>	
0:52.04	Elishama	EKSTEEN	060892	AFS	1	BLOEMFONTEIN	17-Feb	7
<i>0:52.23</i>	<i>Loutjie</i>	<i>STENEKAMP</i>		<i>AGN</i>	<i>5h1</i>	<i>TUKS-Pretoria</i>	<i>23-Feb</i>	
0:52.56	Kefilwe	MOGAWANE		AGN	2h2	TUKS-Pretoria	23-Feb	8
0:52.60	Marcus	BORMAN	140996	AGN	4	TUKS-Pretoria	23-Feb	9
<i>0:52.62</i>	<i>Marcus</i>	<i>BORMAN</i>	<i>140996</i>	<i>AGN</i>	<i>1</i>	<i>Pilditch - PRETORIA</i>	<i>13-Jan</i>	
0:53.36	Tshegofatso	MATHOPA		AGN	6h1	TUKS-Pretoria	23-Feb	10

High Jump

2.13	Indoors	Tiaan	STEENKAMP	140396	Arkansas State	3	Birmingham AL	09-Feb	1
<i>2.11</i>	<i>Indoors</i>	<i>Tiaan</i>	<i>STEENKAMP</i>	<i>140396</i>	<i>Arkansas State</i>	<i>1</i>	<i>Jonesboro AR</i>	<i>27-Jan</i>	
2.10		Sarel	PRINSLOO	260593	AGN	1	Pilditch - PRETORIA	13-Jan	2
<i>2.10</i>	<i>Indoors</i>	<i>Tiaan</i>	<i>STEENKAMP</i>	<i>140396</i>	<i>Arkansas State</i>	<i>2</i>	<i>Birmingham AL</i>	<i>19-Jan</i>	
2.10		Mpho	LINKS		ACNW	1	POTCHEFSTROOM	06-Feb	2
2.10		Breyton	Poole	230300	BOLA	1	PAARL	24-Feb	2
2.10		Keagan	Fourie		BOLA	1	PAARL	24-Feb	2
2.10		Garth	Ellis		BOLA	1	PAARL	24-Feb	2
<i>2.09</i>	<i>Indoors</i>	<i>Tiaan</i>	<i>STEENKAMP</i>	<i>140396</i>	<i>Arkansas State</i>	<i>1</i>	<i>Birmingham AL</i>	<i>20-Feb</i>	
<i>2.07</i>	<i>Indoors</i>	<i>Tiaan</i>	<i>STEENKAMP</i>	<i>140396</i>		<i>5</i>	<i>Albuquerque NM</i>	<i>3 Feb</i>	
2.05		Leandre	VAN ROOYEN		AGN	1	TUKS-Pretoria	24-Feb	7
2.05		Gift	NKOSI		AGN	2	TUKS-Pretoria	24-Feb	8
2.05		Christopher	MOLEYA		AGN	3	TUKS-Pretoria	24-Feb	9
2.05		Sarel	PRINSLOO		AGN	4	TUKS-Pretoria	24-Feb	10

Pole Vault

5.20		Valco	Van Wyk	2000/07/26	BOLA	1	PAARL	24-Feb	1
4.98	Indoors	Lukas	VAN DER WALT	240198	BOLA	2	Lawrence KS	26-Jan	2
4.95	Indoors	Lukas	VAN DER WALT	240198	BOLA	8	Lincoln NE	16-Feb	
4.91	Indoors	Lukas	VAN DER WALT	240198	BOLA	2	Lincoln, NE	13-Jan	
4.91	Indoors	Lukas	VAN DER WALT	240198	BOLA	2	Wichita KS	3-Feb	
4.88	Indoors	Lukas	VAN DER WALT	240198	BOLA	6	Pittsburg KS	10-Feb	
4.80	Indoors	Lukas	VAN DER WALT	240198	BOLA	4	Nampa ID	24-Feb	
4.80		Frederich	PRETORIUS		AGN	1	TUKS-Pretoria	24-Feb	3
4.75		Ekhardt	Van der Watt	2000/10/04	BOLA	2	PAARL	24-Feb	4
4.67		Nikolai	Van Huyssteen	2002/08/07	BOLA	1	PAARL	24-Feb	5
4.60		Stian	STOLTZ		ACNW	1	POTCHEFSTROOM	06-Feb	6
4.40		Duncan	MCGLADDERY		AGN	2	TUKS-Pretoria	24-Feb	7
4.40		Elmar	SCHUTTE		AGN	1	TUKS-Pretoria	24-Feb	7
4.20		Elmar	SCHUTTE		AGN	2	PILDITCH-Pretoria	27-Jan	
4.15		Pieter	Gilomee	2000/03/13	BOLA	3	PAARL	24-Feb	9
4.00		Carel	SWANEPOEL	020394	AGN	1	Pilditch - PRETORIA	13-Jan	10

Long Jump

8.40	Indoors	Luvo	MANYONGA	181191	AGN	1	Metz, FRA	11-Feb	1
8.32	Indoors	Luvo	MANYONGA	181191	AGN	1	Paris, FRA	07-Feb	
8.03	-1.3	Zarck	VISSER	150989	CGA	1	Bloemfontein	10-Feb	2
7.79	1.2	Zarck	VISSER	150989	CGA	1	GERMISTON	20-Jan	
7.79	1.4	Zarck	VISSER	150989	CGA	1	BOKSBURG	27-Jan	
7.62	0.8	Cheswil	JOHNSON		CGA	2	BOKSBURG	27-Jan	3
7.58	0	Frederich	PRETORIUS		AGN	1	TUKS-Pretoria	23-Feb	4
7.57	Indoors	Luvo	MANYONGA	181191	AGN	1h2	Paris, FRA	07-Feb	
7.40	0.5	Dylan	COTTER		CGA	3	BOKSBURG	27-Jan	5
7.28	0.7	Norbert	PONISAMMY	070798	AFS	1	BLOEMFONTEIN	17-Feb	6

7.28	0.5	Luke	GAUCHE		AGN	2	TUKS-Pretoria	24-Feb	7
7.24	1.4	Aaron	PEDRO		CGA	1	GERMISTON	20-Jan	8
7.24	0.3	Calvin	MUNAVA		AGN	3	TUKS-Pretoria	24-Feb	9
7.20	0.3	Kweku	ESSAH		AGN	4	TUKS-Pretoria	24-Feb	10
		SAIDR							
7.61	2.8	Jovan	VAN VUUREN		AGN	1	TUKS-Pretoria	24-Feb	
7.34	3.3	Divan	Manuel		BOLA	1	PAARL	24-Feb	
7.08	2.2	Kwezi	Mtoba		BOLA	2	PAARL	24-Feb	
7.07	2.3	Keanu	Moodie		BOLA	3	PAARL	24-Feb	
6.98	2.4	Ramsey	RAMAFUTHULA		AGN	5	TUKS-Pretoria	24-Feb	
7.05	NW	Colesile	SEPHOKOANA		AFS	2	BLOEMFONTEIN	17-Feb	
6.62	NW	Ketumile	HENDRICKS		AFS	3	BLOEMFONTEIN	17-Feb	
6.56	NW	Lutho	BARA	280895	AFS	4	BLOEMFONTEIN	17-Feb	
6.12	NW	Grove	COETZEE	240498	AFS	5	BLOEMFONTEIN	17-Feb	
6.06	NW	Andries	BALOYI		AGN	1	Pilditch - PRETORIA	13-Jan	

Triple Jump

16.68	0.8	Godfrey	MOKOENA	060385	CGA	1	BOKSBURG	27-Jan	1
16.25	0.2	Godfrey	MOKOENA	060385	CGA	1	GERMISTON	20-Jan	
16.13	0.9	Sefako	MOKHOSOA	130396	AFS	1	BLOEMFONTEIN	17-Feb	2
16.07	Indoors	Godfrey	MOKOENA	060385	CGA	6	Liévin, FRA	13-Feb	
15.99	0.4	Reneilwe	APHANE		CGA	2	BOKSBURG	27-Jan	3
15.94	Indoors	Godfrey	MOKOENA	060385	CGA	10	Madrid, ESP	08-Feb	
15.90	0.6	Junior	Mpefu		BOLA	1	PAARL	24-Feb	4
15.72	-0.5	Roger	HAITENGI		CGA	3	BOKSBURG	27-Jan	
15.30	-0.2	Kweku	ESSAH		AGN	1	TUKS-Pretoria	24-Feb	5
15.29	1.1	Sefako	MOKHOSOA	130396	AFS	1	Bloemfontein	10-Feb	6
15.19	1.3	Jason	SENWANYANE	030182	WPA	2	Bloemfontein	10-Feb	7

15.17	0.9	Menzi	MTHEMBU		CGA	4	BOKSBURG	27-Jan	8
14.94	-1.3	Essan	KWEKU		AGN	1	PILDITCH-Pretoria	27-Jan	9
14.85	1.0	Christie	LE ROUX	160300	AGN	1	Pilditch - PRETORIA	13-Jan	10
15.30	5.5	Kwezi	Mtoba		BOLA	1	PAARL	24-Feb	
14.75	2.7	Itumeleng	DIKOKO		CGA	3	GERMISTON	20-Jan	
14.65	2.1	Ingvar	Van Rooyen		BOLA	2	PAARL	24-Feb	
14.38	3.3	Cheslin	Kortje		BOLA	2	PAARL	24-Feb	
14.29	3.1	Kyle	Green	1996/01/01	WPA	0	PAARL	24-Feb	

Shot Put

18.91	Indoors	Burger	LAMBRECHTS (Snr)	030473	AGN	2	Lincoln, NE	20-Jan	1
18.66		Jason	VAN ROOYEN		CGA	1	GERMISTON	20-Jan	2
18.17		Burger	LAMPRECHTS (Snr)	030473	AGN	2	PILDITCH-Pretoria	27-Jan	
18.17		Burger	LAMBRECHTS (Snr)	030473	AGN	1	TUKS-Pretoria	23-Feb	
17.81	Indoors	Burger	LAMBRECHTS (Snr)	030473	AGN	10	Geneva OH	23-Feb	
17.74		Werner	Visser	270298	CGA	3	POTCHEFSTROOM	13-Feb	3
17.66	Indoors	Burger	LAMBRECHTS (Snr)	030473	AGN	3	Pittsburg KS	10-Feb	
17.42	Indoors	Burger	LAMBRECHTS (Snr)	030473	AGN	5	Lincoln NE	16-Feb	
17.28		Naas	MARIAS		ACNW	1	POTCHEFSTROOM	06-Feb	4
17.11	Indoors	Burger	LAMBRECHTS (Snr)	030473	AGN	10	Lincoln NE	3-Feb	
16.59		Tumelo	THAGE		AGN	2	TUKS-Pretoria	23-Feb	5
16.55		Werner	VISSER	270298	CGA	3	PILDITCH-Pretoria	27-Jan	
15.36		Tumelo	THAGE		AGN	4	PILDITCH-Pretoria	27-Jan	
14.02		Grove	COETZEE	240498	AFS	1	Bloemfontein	10-Feb	6
14.02		Conradie	SCHEEPERS	200967	AFS	2	Bloemfontein	10-Feb	7
13.59		Hermanus	BLOM		AGN	3	TUKS-Pretoria	23-Feb	8
13.51		Jan	SWANEPOEL	070471	AGN	4	TUKS-Pretoria	23-Feb	9
13.50		Jan	SWANEPOEL	070471	AGN	1	Pilditch - PRETORIA	13-Jan	
12.86		Frederich	PRETORIUS		AGN	1	TUKS-Pretoria	23-Feb	10

Discus

64.59	Victor	HOGAN	250789	BOLA	1	PAARL	24-Feb	1
60.46	Victor	HOGAN	250789	BOLA	1	Bloemfontein	10-Feb	
55.42	Dewald	VAN HEERDEN	040491	AGN	1	Pilditch - PRETORIA	13-Jan	2
53.96	Werner	Visser	270298	CGA	1	POTCHEFSTROOM	13-Feb	3
52.20	Johan	SCHOLTZ	040396	AGN	2	Pilditch - PRETORIA	13-Jan	4
51.79	Werner	VISSER	270298	CGA	1	GERMISTON	20-Jan	
51.63	Patrick	DUVENAGE		AGN	1	TUKS-Pretoria	24-Feb	5
51.12	Johan	SCHOLTZ	040396	AGN	2	TUKS-Pretoria	24-Feb	
51.05	Patrick	DUVENHAGE		AGN	1	PILDITCH-Pretoria	27-Jan	
51.05	Werner	VISSER	270298	CGA	2	PILDITCH-Pretoria	27-Jan	
50.26	Johan	SCHOLTZ	040396	AGN	3	PILDITCH-Pretoria	27-Jan	
50.12	Naas	MARAIS		ACNW	1	POTCHEFSTROOM	06-Feb	6
49.18	Hermanus	BLOM		AGN	3	TUKS-Pretoria	24-Feb	7
49.05	Cameron	Donkin		BOLA	2	PAARL	24-Feb	8
48.08	Jason	VAN ROOYEN		CGA	2	GERMISTON	20-Jan	9
47.85	Jan	SWANEPOEL	070471	AGN	3	Pilditch - PRETORIA	13-Jan	10

Hammer Throw

68.18	Renaldo	FRENCHOU		AGN	1	TUKS-Pretoria	23-Feb	1
66.76	Alan	CUMMING	960321	ACNW	1	POTCHEFSTROOM	06-Feb	2
66.62	Tshepang	MAKHETHE		ACNW	2	POTCHEFSTROOM	06-Feb	3
66.45	Alan	CUMMING	960321	ACNW	1	PILDITCH-Pretoria	27-Jan	
66.33	Alan	CUMMING	960321	ACNW	1	POTCHEFSTROOM	13-Feb	
64.40	Renaldo	FRENCHOU		AGN	2	PILDITCH-Pretoria	27-Jan	
63.50	Carel	HAASBROEK	270298	ACNW	2	POTCHEFSTROOM	13-Feb	4
62.97	Carel	HAASBROEK	270298	ACNW	3	POTCHEFSTROOM	06-Feb	
60.98	Johan	KRUGER		CGA	1	BOKSBURG	27-Jan	5
60.39	Chris	HARMSE	310573	AFS	1	Bloemfontein	10-Feb	6
59.58	Khristiaan	BEKKER		CGA	2	BOKSBURG	27-Jan	7

58.60	Nicol	LAUBSCHER		AGN	3	PILDITCH-Pretoria	27-Jan	8
58.12	Juan	MULLER	070695	AFS	1	BLOEMFONTEIN	17-Feb	9
56.97	Kristiaan	BEKKER		CGA	1	GERMISTON	20-Jan	
56.72	Nicol	LAUBSCHER		AGN	2	TUKS-Pretoria	23-Feb	
56.70	Vincent	VAN RENSBURG		CGA	2	GERMISTON	20-Jan	10

Javelin

77.08	Tobie	HOLTZHAUSEN		AGN	1	TUKS-Pretoria	23-Feb	1
75.73	Johann	Grobler	06/08/1997	ACNW	1	POTCHEFSTROOM	13-Feb	2
75.54	Arno	Van Eeden	1999/05/19	BOLA	1	PAARL	24-Feb	3
69.50	Henru	VAN VUUREN		CGA	1	GERMISTON	20-Jan	4
67.34	Dante	De Wet		BOLA	1	PAARL	24-Feb	5
64.53	Dylan	LINDSAY		CGA	1	GERMISTON	20-Jan	6
64.01	Coenraad	KOTZE		ACNW	1	POTCHEFSTROOM	06-Feb	7
63.73	Arno	Horn		BOLA	2	PAARL	24-Feb	8
62.02	Juan	Smith	2000/05/23	BOLA	2	PAARL	24-Feb	9
61.63	Coenraad	Kotze	04/03/1999	ACNW	2	POTCHEFSTROOM	13-Feb	10

4 x 100m Relay

0:39.39	RSA BLUE			RSA	1	RUIMSIG	01-Mar	1
0:39.89	UJ			CGA	2	RUIMSIG	01-Mar	2
0:40.90	TUT			AGN	4	RUIMSIG	01-Mar	3
0:41.61	Attodash			AGN	5	RUIMSIG	01-Mar	4
0:41.81	Puma Inv A 19				1	POTCHEFSTROOM	20-Jan	5
0:43.53	Amajuba Club			KZNA	1	Kings Park-Durban	12-Jan	6
0:43.93	PRC 19				2	POTCHEFSTROOM	20-Jan	7
0:43.98	Riebeck 19				3	POTCHEFSTROOM	20-Jan	8
0:44.13	Fast Feet Club A			KZNA	2	Kings Park-Durban	12-Jan	9
0:44.33	HMK 19				4	POTCHEFSTROOM	20-Jan	10

4 x 400m Relay

03:22.28	Amajuba Club	KZNA	1	Kings Park-Durban	12-Jan	1
03:27.21	Fast Feet Club A	KZNA	2	Kings Park-Durban	12-Jan	2
03:38.26	Umlazi Development	KZNA	3	Kings Park-Durban	12-Jan	3
03:42.28	Fast Feet Club B	KZNA	4	Kings Park-Durban	12-Jan	4
03:52.14	Fast Feet Club C	KZNA	5	Kings Park-Durban	12-Jan	5

3 000m Walk (Track)

13:57.82	Lucky	GUMEDE	KZNA	1	Kings Park - Durban	12-Jan	1
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5 000m Walk (Track)

22:54.47	Tebatso	MASHIMBYI	CGA	1	GERMISTON	20-Jan	1
23:18.01	Mzwakhe	MAVUNDLA	CGA	2	GERMISTON	20-Jan	2
23:28.18	Tebatse	MASHIMBYI	CGA	1	BOKSBURG	27-Jan	
24:30.04	Xolani	HLONGWANE	CGA	1	GERMISTON	20-Jan	3
24:36.95	Kamohelo	POLILE	CGA	3	GERMISTON	20-Jan	4
24:59.72	Louis	KHWELA	CGA	2	BOKSBURG	27-Jan	5
25:35.80	Tebogo	BETANA	CGA	4	GERMISTON	20-Jan	6
25:39.31	Vusi	HLONGWANE	CGA	1	BOKSBURG	27-Jan	7
26:23.55	Siphiwe	SESANA	CGA	1	BOKSBURG	27-Jan	8
26:50.56	Alex	NYIVANA	CGA	2	BOKSBURG	27-Jan	9
26:55.70	Simamkelo	TOMSANA	CGA	5	GERMISTON	20-Jan	10

10 000m Walk (Track)

0:43:48.57	Sizwe	NDEBELE		AGN	1	TUKS-Pretoria	24-Feb	1
0:44:56.16	Mthembi	CHAUQUE	110293	AFS	1	BLOEMFONTEIN	17-Feb	2
0:46:05.93	Tumisang	PULE		AGN	2	TUKS-Pretoria	24-Feb	3
0:49:25.64	Mthunzi	MNISI		AGN	3	TUKS-Pretoria	24-Feb	4
0:50:29.33	Sylvester	KALANIE		AGN	4	TUKS-Pretoria	24-Feb	5
0:51:25.66	Dannyboy	SEHEME		AGN	5	TUKS-Pretoria	24-Feb	6
0:53:27.21	Siphumelele	MNYAMANA		AGN	6	TUKS-Pretoria	24-Feb	7
0:54:55.85	Nhlanhla	NDLAZI		AGN	7	TUKS-Pretoria	24-Feb	8
0:56:37.37	Chris	BRITS		AGN	8	TUKS-Pretoria	24-Feb	9
0:58:16.48	Gerhard	Eckley	2001/11/14	BOLA	1	PAARL	24-Feb	10

Women

60m

7.09	Indoors	Carina	HORN	090389	AGN	2	Metz, FRA	11-Feb	1
7.10	Indoors	Carina	HORN	090389	AGN	2	Eaubonne, FRA	09-Feb	
7.16	Indoors	Carina	HORN	090389	AGN	1h1	Eaubonne, FRA	09-Feb	
7.16	Indoors	Carina	HORN	090389	AGN	1h1	Metz, FRA	11-Feb	
7.54	Indoors	Cherise	JONES	051285	AGN	4r2	Reims, FRA	31-Jan	2
7.56	Indoors	Cherise	JONES	051285	AGN	3h3	Linz, AUT	10-Feb	
7.58	Indoors	Cherise	JONES	051285	AGN	5r4	Reims, FRA	31-Jan	
7.59	Indoors	Cherise	JONES	051285	AGN	3	Bratislava, SVK	28-Jan	
7.61	Indoors	Cherise	JONES	051285	AGN	3h1	Bratislava, SVK	28-Jan	
7.61	-3.1	Lente	PIETERSE		ACNW	1	Potchefstroom	30-Jan	3
7.66	Indoors	Cherise	JONES	051285	AGN	3	Wien, AUT	27-Jan	
7.69	Indoors	Cherise	JONES	051285	AGN	2h2	Wien, AUT	27-Jan	
7.69	Indoors	Cherise	JONES	051285	AGN	7	Linz, AUT	10-Feb	
7.88	-3.1	Jone'	KRUGER		ACNW	2	Potchefstroom	30-Jan	4
8.11	-3.1	Bohumtlo	SELEKA		ANWN	3	Potchefstroom	30-Jan	5
8.18	-3.1	Bianca	LOMBAARD		ACNW	4	Potchefstroom	30-Jan	6
8.71	-3.1	Lynette	BEZUIDENHOUT		ACNW	5	Potchefstroom	30-Jan	7

8.81	-3.1	Nadine	FOURIE		ACNW	6	Potchefstroom	30-Jan	8
8.85	-3.1	Yolande	DU TOIT		ACNW	7	Potchefstroom	30-Jan	9
9.05	-3.1	Alyssa	MANDERS		ACNW	8	Potchefstroom	30-Jan	10
		SAIDR							

8.00	NW	Suzie	BURGESS	211101	AGN	1	Pilditch - PRETORIA	13-Jan	
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100m

11.63	-0.4	Cassidy	WILLIAMSON	241098	KZNA	1	Pilditch - PRETORIA	13-Jan	1
11.66	1.4	Cherese	JONES		AGN	1h2	TUKS-Pretoria	24-Feb	2
11.81	0	Lente	PIETERSE		ACNW	1	POTCHEFSTROOM	06-Feb	3
11.83	-0.2	Lente	PIETERSE	16/07/1997	ACNW	1h2	POTCHEFSTROOM	13-Feb	
11.97	-0.4	Cherese	JONES	051288	AGN	2	Pilditch - PRETORIA	13-Jan	
11.99	0.1	Elme	SMITH	151197	AFS	1	BLOEMFONTEIN	17-Feb	4
12.04	1.4	Simone	DU PLOOY		AGN	2h2	TUKS-Pretoria	24-Feb	5
12.14	-0.4	Mamsy	MASUKA	140598	AGN	3	Pilditch - PRETORIA	13-Jan	6
12.17	1.4	Valeska	NEL		AGN	3h2	TUKS-Pretoria	24-Feb	7
12.18	1.4	Mianda	VAN STADEN			1h1	POTCHEFSTROOM	20-Jan	8
12.18	0.1	Elsabe	DU PLESSIS	150399	AFS	2	BLOEMFONTEIN	17-Feb	9
12.24	1.4	Mamsy	MASUKU		AGN	4h2	TUKS-Pretoria	24-Feb	
12.25	-0.2	Mianda	VAN STADEN			1	POTCHEFSTROOM	20-Jan	
12.27	0.8	Zinzi	CHANBANGU		CGA	1h2	BOKSBURG	27-Jan	10

11.48	3.1	Tebogo	MAMATU		AGN	1h1	TUKS-Pretoria	24-Feb	
11.76	2.6	Cherese	JONES		AGN	1	TUKS-Pretoria	24-Feb	
11.93	2.6	Megan	PHILLIPS		AGN	2	TUKS-Pretoria	24-Feb	
12.00	3.1	Megan	PHILLIPS		AGN	2h1	TUKS-Pretoria	24-Feb	
12.03	2.6	Simone	DU PLOOY		AGN	3	TUKS-Pretoria	24-Feb	
12.07	2.6	Reabetswe	MOLOI		AGN	4	TUKS-Pretoria	24-Feb	
12.12	3.1	Reabetswe	MOLOI		AGN	3h1	TUKS-Pretoria	24-Feb	
12.20	2.6	Valeska	NEL		AGN	5	TUKS-Pretoria	24-Feb	

12.20	NW	Cherese	JONES		CGA	1	GERMISTON	20-Jan
12.27	NW	Prudence	KGADIMA		CGA	1	BOKSBURG	27-Jan
12.27	NW	<i>Prudence</i>	KGADIMA			1	POTCHEFSTROOM	20-Jan
12.34	NW	Valeske	NEL			2	POTCHEFSTROOM	20-Jan
12.39	NW	Carike	SMIT		AGN	1	PILDITCH-Pretoria	27-Jan
12.39	NW	Simone	KELLERMAN		AGN	1	PILDITCH-Pretoria	27-Jan
12.49	NW	Justine	Palframan		BOLA	1	PAARL	24-Feb

150m

19.07	-1.0	Suzie	BURGESS	211101	AGN	1	Pilditch - PRETORIA	13-Jan
19.42	-1.0	Chante	FINGER	190196	AGN	2	Pilditch - PRETORIA	13-Jan

200m

23.80	-0.1	Lente	Pieterse	16/07/1997	ACNW	2h2	POTCHEFSTROOM	13-Feb	1
24.01	1.1	Ariane	NEL	060396	ACNW	1	Potchefstroom	30-Jan	2
24.10	1.1	<i>Lente</i>	<i>PIETERSE</i>		<i>ACNW</i>	2	<i>Potchefstroom</i>	30-Jan	
24.10	1.1	<i>Lente</i>	<i>PIETERSE</i>		<i>ACNW</i>	1	<i>POTCHEFSTROOM</i>	06-Feb	
24.34	-2.1	<i>Ariane</i>	<i>NEL</i>	060396	<i>ACNW</i>	1	<i>Pilditch - PRETORIA</i>	13-Jan	
24.64	-2.1	Cassidy	WILLIAMSON	241098	KZN	2	Pilditch - PRETORIA	13-Jan	3
24.65	1.3	Elme	SMITH	151197	AFS	1	BLOEMFONTEIN	17-Feb	4
24.73	0.4	ROBYN	HAUPT	04-Jan-96	WPA	1r1	CAPE TOWN	20-Jan	5
24.87	-0.1	Izanel	Joubert	13/02/1998	ACNW	3h2	POTCHEFSTROOM	13-Feb	6
24.96	1.3	Monet	VAN HEERDEN	220496	AFS	2	BLOEMFONTEIN	17-Feb	7
24.98	1.1	<i>Izanel</i>	<i>JOUBERT</i>		<i>ACNW</i>	2	<i>POTCHEFSTROOM</i>	06-Feb	
24.99	-0.5	Carla	HATTING			1	POTCHEFSTROOM	20-Jan	8
25.04	0.4	NABEELA	PARKER	10-Dec-94	WPA	2r1	CAPE TOWN	20-Jan	9
25.10	-2.6	Antoinete	VAN DER MERWE	270101	AGN	1h1	Pilditch - PRETORIA	13-Jan	10

26.41	2.1	Zinzi	CHANBANGU	CGA	1	BOKSBURG	27-Jan
26.41	2.1	Segopotso	MOLOI	AGN	1	BOKSBURG	27-Jan
26.68	2.1	Chante	VAN TONDER	CGA	2	BOKSBURG	27-Jan
26.68	2.1	Zoe	VAN BLERK	CGA	2	BOKSBURG	27-Jan
27.39	2.1	Armoure	LE ROUX	CGA	3	BOKSBURG	27-Jan

24.86	NW	Simone	DU PLOOY	AGN	1	TUKS-Pretoria	23-Feb
25.21	NW	Simone	DU PLOOY	AGN	1	PILDITCH-Pretoria	27-Jan
25.41	NW	Izanel	JOUBERT	ACNW	2	PILDITCH-Pretoria	27-Jan
25.45	NW	Leana	DU TOIT	CGA	1	GERMISTON	10-Feb
25.60	NW	Bianca	VAN BARGEN	KZNA	3	PILDITCH-Pretoria	27-Jan
25.65	NW	Simone	DU PLOOY	AGN	1	GERMISTON	20-Jan
26.00	NW	Mariska	VAN DYK	AGN	4	PILDITCH-Pretoria	27-Jan

300m

42.20		Ariane	NEL	060396	ACNW	1	Pilditch - PRETORIA	13-Jan
45.22		Melissa	RAHRAY	021100	CGA	2	Pilditch - PRETORIA	13-Jan
46.38		Tayla	BARR	080301	AGN	3	Pilditch - PRETORIA	13-Jan

400m

0:52.45	Caster	SEMENYA	AGN	1	TUKS-Pretoria	24-Feb	1
0:54.38	Caster	SEMENYA	AGN	1h1	TUKS-Pretoria	24-Feb	
0:54.40	Ariane	NEL	ACNW	1	PILDITCH-Pretoria	27-Jan	2
0:54.62	Rorisang	ROMONNYE	ANWN	1	Potchefstroom	30-Jan	3
0:54.70	Gena	LOFSTRAND	KZNA	2	PILDITCH-Pretoria	27-Jan	4
0:54.90	Ariane	Nel	06/03/1996	ACNW	1h1	POTCHEFSTROOM	13-Feb
0:55.29	Rorisang	Ramonnye	31/12/1990	ANWN	1h2	POTCHEFSTROOM	13-Feb

0:55.41	Danel	Holton	21/07/1994	ACNW	2h1	POTCHEFSTROOM	13-Feb	5
<i>0:55.57</i>	<i>Danel</i>	<i>HOLTON</i>		<i>ACNW</i>	<i>1</i>	<i>POTCHEFSTROOM</i>	<i>06-Feb</i>	
0:55.77	Carien	SANDER	150299	AFS	1	BLOEMFONTEIN	17-Feb	6
0:56.00	Bene	NEL		AGN	2	TUKS-Pretoria	24-Feb	7
0:56.30	Janet	SEELIGER		AGN	3	PILDITCH-Pretoria	27-Jan	8
<i>0:56.45</i>	<i>Janet</i>	<i>SEELIGER</i>		<i>AGN</i>	<i>1h2</i>	<i>TUKS-Pretoria</i>	<i>24-Feb</i>	
<i>0:56.62</i>	<i>Janet</i>	<i>SEELIGER</i>		<i>AGN</i>	<i>3</i>	<i>TUKS-Pretoria</i>	<i>24-Feb</i>	
0:56.80	Jeanelle	GRIESEL		AGN	4	PILDITCH-Pretoria	27-Jan	9
0:56.97	Gira	Carstens	10/04/1993	ACNW	2h2	POTCHEFSTROOM	13-Feb	10

600m

1:32.29	Danel	HOLTON		ACNW	3	Potchefstroom	30-Jan	1
1:32.92	Gira	CARSTENS		ACNW	4	Potchefstroom	30-Jan	2
1:37.28	Cynthia	TSETSEWA		ACNW	5	Potchefstroom	30-Jan	3
1:38.84	Carina	SWIEGERS	150595	AGN	1	Pilditch - PRETORIA	13-Jan	4
1:39.24	Danel	DU PLESSIS		ACNW	6	Potchefstroom	30-Jan	5
1:40.22	Dzuni	BALOYI		ACNW	7	Potchefstroom	30-Jan	6
1:40.39	Tanita	SADA		ACNW	8	Potchefstroom	30-Jan	7
1:40.50	Lieze	VAN HEERDEN		ACNW	9	Potchefstroom	30-Jan	8
1:41.11	Odette	DREYER		ACNW	10	Potchefstroom	30-Jan	9
1:41.87	Hielde	MARAIS	260800	AGN	2	Pilditch - PRETORIA	13-Jan	10

800m

2:05.13		Gena		LOFSTRAND		KZNA	1	PILDITCH-Pretoria	27-Jan	1
<i>2:05.30</i>		<i>Gena</i>		<i>LOFSTRAND</i>		<i>KZNA</i>	<i>1</i>	<i>Kings Park - DURBAN</i>	<i>12-Jan</i>	
2:08.03	indoors	Dominique		SCOTT-EFURD	240692	WPA	1	Fayetteville, MD	12-Jan	2
2:09.57		Gira		Carstens	10/04/1993	ACNW	1	POTCHEFSTROOM	13-Feb	3
2:10.50	HT	Thineke		Cloete		BOLA	1	PAARL	24-Feb	4
2:10.73		Simonay		WEITSZ		AGN	1	TUKS-Pretoria	24-Feb	5

2:10.85		Thineke	Cloete		BOLA	1	PAARL	24-Feb	
2:11.23		Danette	MARAIS		AGN	2	TUKS-Pretoria	24-Feb	6
2:11.73		Zani	Kruger		BOLA	2	PAARL	24-Feb	7
2:11.83		Elise	Groeneveld		BOLA	3	PAARL	24-Feb	8
2:11.91		Michelle	REDELINGHUYS	101295	AGN	1	Pilditch - PRETORIA	13-Jan	9
2:11.99		Danel	HOLTON		ACNW	1	POTCHEFSTROOM	06-Feb	10

1000m

2:47.24	indoors	Carina	VILJOEN	150497	CGA	2	Fayetteville, MD	12-Jan	
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1500m

04:07.25	Indoors	Dominique	SCOTT-EFURD	240692	WPA	4	Boston MA	10-Feb	1
04:25.10	HT	Zani	KRUGER		BOLA	1	PAARL	24-Feb	2
04:26.40	HT	Thineke	Cloete		BOLA	2	PAARL	24-Feb	3
04:37.70		Lee-Anne	BLAKE		AGN	1	Kings Park - DURBAN	12-Jan	4
04:39.74		Danel	DU PLESSIS		ACNW	1	Potchefstroom	30-Jan	5
04:39.94		Gira	CARSTENS		ACNW	2	Potchefstroom	30-Jan	6
04:40.90		ANEL	TERBLANCHE	26-Feb-87	WPA	1	Parow	13-Jan	7
04:42.47		Lebogang	PHALULA		CGA	1	BOKSBURG	27-Jan	8
04:45.24		Zani	KRUGER	07-Oct-96	BOLA	2	Parow	13-Jan	
04:45.47		Marne	MENTZ	280596	AFS	1	BLOEMFONTEIN	17-Feb	9
04:45.60	HT	Lara	Rossouw		BOLA	3	PAARL	24-Feb	10
		SAIDR							

1Mile

04:39.01	Indoors	Carina	VILJOEN	150497	CGA	3	Seattle WA	10-Feb	1
04:43.35	Indoors	Carina	VILJOEN	150497	CGA	3	Station College TX	25-Feb	
04:47.55	Indoors	Carina	VILJOEN	150497	CGA	2h2	Station College TX	24-Feb	

04:50.32	Indoors	Aynslee	VAN GRAAN	151295	Coastal Carolina	1	Birmingham AL	20-Feb	2
05:22.83		Bernadene	Mcloud	02/03/1995	ACNW	1	POTCHEFSTROOM	13-Feb	3
05:34.59	Indoors	Cindy	PETERS-FREEMAN		North Carolina	3	Winston-Salem, NC	07-Jan	4
05:40.71		Celiska	Krause	09/03/1996	ACNW	2	POTCHEFSTROOM	13-Feb	5

3000m

08:41.18	Indoors	Dominique	SCOTT-EFURD	240692	WPA	3	New York NY	03-Feb	1
09:30.85	Indoors	Carina	VILJOEN	150497	CGA	4	Fayetteville AR	27-Jan	2
09:39.85	Indoors	Nokuthula	DLAMINI		Monroe College	5	Nashville TN	10-Feb	3
09:45.00	Indoors	Sherilene	GELDERBLOM	030196		5rB	Birmingham AL	18-Feb	4
09:46.42	Indoors	Shanley	KOEKEMOER	100100	AGN	2	Winston-Salem	03-Feb	5
09:53.03	Indoors	Shanley	KOEKEMOER	100100	AGN	2rB	Lynchburg VA	24-Feb	
10:00.44	Indoors	Nokuthula	DLAMINI		Monroe College	7rB	Lubbock TX	27-Jan	6
10:05.59	Indoors	Nokuthula	DLAMINI		Monroe College	14	Ames IA	24-Feb	
10:08.37	Indoors	Ashleigh	SIMONIS	220198		11rB	Allensalw MI	27-Jan	7
10:14.49	Indoors	Michaela	LOUW		AFS	6	Lynchburg VA	24-Feb	8
10:27.15		Lebo	PHALULA		CGA	1	BOKSBURG	27-Jan	9
10:39.59		Casey	BOSMAN		CGA	1	BOKSBURG	27-Jan	10
		SAIDR							

5000m

16:39.44		Xaba	GLENROSE		AGN	1	TUKS-Pretoria	24-Feb	1
16:40.24		Kesa	MOLOTSANE	080192	AFS	1	BLOEMFONTEIN	17-Feb	2
16:57.05	Indoors	Sherilene	GELDERBLOM	030196		3	Birmingham AL	18-Feb	3
16:57.17		Letitia	SAAYMAN	281092		1	Winston-Salem	03-Feb	4
17:03.91		Antonio	BROWN		CGA	1	GERMISTON	20-Jan	5
17:04.45	Indoors	Annie	BOTHMA	261295		1	Birmingham AL	20-Feb	6
17:09.60	Indoors	Shanley	KOEKEMOER	100100	AGN	17	Ames IA	10-Feb	7
17:19.56	Indoors	Ashleigh	SIMONIS	220198	WPA	12	Bowling Green OH	23-Feb	8
17:19.81	Indoors	Shanley	KOEKEMOER	100100	AGN	1	Lynchburg VA	24-Feb	
17:21.39	Indoors	Annie	BOTHMA	261295		10	Lexington VA	10-Feb	

17:21.98		Tshepo	MAHLANGU		CGA	2	GERMISTON	20-Jan	9
<i>17:28.96</i>	<i>Indoors</i>	<i>Ashleigh</i>	<i>SIMONIS</i>	<i>220198</i>	<i>WPA</i>	<i>4rB</i>	<i>Allendale MI</i>	<i>09-Feb</i>	
17:39.80		Stella	MARAIS	251192	AGN	1	Pilditch - PRETORIA	13-Jan	10

10000m

32:59.05		Xaba	GLENROSE		AGN	1	TUKS-Pretoria	23-Feb	1
37:08.76		Lesego	MPSHE		AGN	2	TUKS-Pretoria	23-Feb	2
37:39.25		Louzanne	COETZEE	180493	AFS	1	BLOEMFONTEIN	17-Feb	3
38:27.02		Tholoana	PEU		AGN	3	TUKS-Pretoria	23-Feb	4
40:45.94		Maryna	SWANEPOEL	240786	AFS	2	BLOEMFONTEIN	17-Feb	5
42:50.65		Khutso	MOKETLA		CGA	1	BOKSBURG	27-Jan	6
43:20.41		Katlego	MANGALA		CGA	2	BOKSBURG	27-Jan	7
43:20.71		Mmapule	PHOGOLE		CGA	3	BOKSBURG	27-Jan	8

3000m Steeple Chase

11:16.70		Lara	ORROCK	010699	AFS	1	BLOEMFONTEIN	17-Feb	1
11:32.60	HT	Meagan	Swanepoel		BOLA	1	PAARL	24-Feb	2
11:50.60	HT	Virnita	Africa		BOLA	2	PAARL	24-Feb	3
12:24.36		Bongeka	MAGUBANE		CGA	1	GERMISTON	20-Jan	4
12:29.90	HT	Ronelda	Vellem		BOLA	3	PAARL	24-Feb	5
12:33.54		Lizandre	MULDER	130597	AFS	2	BLOEMFONTEIN	17-Feb	6
13:10.33		Ntombizodwa	MOLALA		CGA	1	BOKSBURG	27-Jan	7
13:14.65		Lethabo	MAKGOGA		CGA	2	BOKSBURG	27-Jan	8
13:18.48		Refiloe	KARREEBOS	010797	AFS	3	BLOEMFONTEIN	17-Feb	9
13:26.98		Sphelele	MOLEFE		CGA	2	GERMISTON	20-Jan	10

100m Hurdles

13.94	1.6	Taylon	BIELDT		AGN	1	TUKS-Pretoria	24-Feb	1
14.40	0.3	Denise	HARTMAN	22/01/1997	ACNW	1	POTCHEFSTROOM	13-Feb	2
14.69	1.1	Denise	HARTMAN		ACNW	1	POTCHEFSTROOM	06-Feb	
14.69	1.6	Bernice	STIGLINGH		AGN	2	TUKS-Pretoria	24-Feb	3
14.83	-2.3	Denise	HARTMAN		ACNW	1	Potchefstroom	30-Jan	
14.87	0.3	Jonè	KRUGER	16/04/1998	ACNW	2	POTCHEFSTROOM	13-Feb	4
14.92	1.1	Jonè	KRUGER		ACNW	2	POTCHEFSTROOM	06-Feb	
15.09	1.7	GERALDINE	KING	11-Aug-97	WPA	1	Parow	13-Jan	5
15.15	-1.1	Tanya	EHRKE		CGA	1	BOKSBURG	27-Jan	6
15.19	0.3	Christin	FOX	17/04/1999	ACNW	3	POTCHEFSTROOM	13-Feb	7
15.29	1.1	Christin	FOX		ACNW	3	POTCHEFSTROOM	06-Feb	
15.30	-1.2	Carmen	VAN DER WESTHUIZEN			1	POTCHEFSTROOM	20-Jan	8
15.36	-1.1	Carmine	VAN DER WEISTHUIZEN		CGA	2	BOKSBURG	27-Jan	
15.43	1.7	JULI	VERCUIEL	25-Jan-00	WPA	2	Parow	13-Jan	9
15.43	0.3	Izanel	JOUBERT	13/02/1998	ACNW	4	POTCHEFSTROOM	13-Feb	10
14.71	NW	Bernice	STIGLINGH		AGN	1	PILDITCH-Pretoria	27-Jan	
14.92	NW	Charne-lee	OLKERS		AGN	1	PILDITCH-Pretoria	27-Jan	
15.33	NW	Nienka	DU TOIT		BOLA	1	TUKS-Pretoria	23-Feb	
15.77	NW	Izanel	JOUBERT		ACNW	2	PILDITCH-Pretoria	27-Jan	
19.08	NW	Shona	VAN DER MERWE		AGN	2	TUKS-Pretoria	23-Feb	

400m Hurdles

0:56.63		Wenda	NEL		AGN	1	TUKS-Pretoria	23-Feb	1
0:59.86		Jean-Mare	SENEKAL		BOLA	1	PAARL	24-Feb	2
1:00.11		Gezelle	MAGEMAN		AGN	2	TUKS-Pretoria	23-Feb	3
1:01.77		Bellindi	VAN DER MERWE		AGN	3	TUKS-Pretoria	23-Feb	4
1:02.56		Cynthia	TSETSEWA		ACNW	1	POTCHEFSTROOM	06-Feb	5
1:03.07		Cynthia	TSETSEWA	11/06/1995	ACNW	1	POTCHEFSTROOM	13-Feb	

1:03.28	Leandra	Custodio	2000/07/01	BOLA	1	PAARL	24-Feb	6
1:04.14	Chante	FINGER		AGN	4	TUKS-Pretoria	23-Feb	7
1:04.62	Rogail	Joseph		BOLA	2	PAARL	24-Feb	8
1:04.79	Zan-Mari	Roth	2000/01/20	BOLA	2	PAARL	24-Feb	9
1:04.97	Nikita	GERMISHUIZEN		AGN	5	TUKS-Pretoria	23-Feb	10

High Jump

1.80	Yvonne	ROBSON	120999	AGN	1	POTCHEFSTROOM	20-Jan	1
1.75	Yvonne	ROBSON	120999	AGN	1	Pilditch - PRETORIA	13-Jan	
1.75	Marilize	HIGGINS		CGA	1	GERMISTON	10-Feb	2
1.73	Marilize	HIGGINS		CGA	1	BOKSBURG	27-Jan	
1.73	Yvonne	ROBSON	120999	AGN	1	TUKS-Pretoria	23-Feb	
1.73	Kristi	Snyman	2000/12/15	BOLA	1	PAARL	24-Feb	2
1.70	Yvonne	ROBSON	120999	AGN	1	PILDITCH-Pretoria	27-Jan	
1.70	Brittany	Uys		BOLA	1	PAARL	24-Feb	4
1.68	Berne	KRUGELL		CGA	2	BOKSBURG	27-Jan	5
1.68	Danielle	CARSTENS		AGN	2	TUKS-Pretoria	23-Feb	5
1.68	Erikah	SEYEMA		AGN	3	TUKS-Pretoria	23-Feb	5
1.65	Anri	Salim	06/01/1996	ACNW	1	POTCHEFSTROOM	13-Feb	8
1.65	Mariette	BOTHA		CGA	2	GERMISTON	10-Feb	8
1.63	Frances	SEELIGER		AGN	4	TUKS-Pretoria	23-Feb	10

Pole Vault

3.78	Indoors	Christy		NELL		UMKC	3	Pittsburg KS	10-Feb	1
3.78	Indoors	Christy		NELL		UMKC	2	Nampa ID	24-Feb	
3.71	Indoors	Christy		NELL		UMKC	2	Wichita KS	03-Feb	
3.65		Jodie		Sedras		BOLA	1	PAARL	24-Feb	2
3.60		Nicole		Janse van Rensburg	2001/01/04	BOLA	1	PAARL	24-Feb	3
3.48		Esli		LAMLEY	160398	AFS	1	BLOEMFONTEIN	17-Feb	4
3.40		Esli		LAMLEY	160398	AFS	1	Bloemfontein	10-Feb	

3.40		Nadja	FOURIE		ACNW	1	POTCHEFSTROOM	06-Jan	5
3.40		Kian-Lee	du Toit	2001/12/10	BOLA	2	PAARL	24-Feb	5
3.40		Tonet	Tallie	2004/02/03	BOLA	3	PAARL	24-Feb	5
3.40		Anje	Viljoen	2000/12/01	BOLA	1	PAARL	24-Feb	5
3.20		Elata	Fourie	1999/02/11	BOLA	2	PAARL	24-Feb	9
3.00		Nadia	Fourie	25/01/1999	ACNW	1	POTCHEFSTROOM	13-Feb	
3.00		Corlè	v/d Walt	30/07/1999	ACNW	2	POTCHEFSTROOM	13-Feb	10

Long Jump

6.39	1.1	Karin	MELIS-May		AGN	1	POTCHEFSTROOM	06-Feb	1
6.28	1.1	Lynique	BENEKE	300391	AFS	1	Bloemfontein	10-Feb	2
5.89	0	Jone'	KRUGER		ACNW	2	POTCHEFSTROOM	06-Feb	3
5.86	Indoors	Renate	VAN TONDER	100498	CGA	5	Bloomington IN	09-Feb	4
5.67	0.8	Ester	SOLARIN		AGN	1	TUKS-Pretoria	24-Feb	5
5.57	0.2	Moleboheng	PHERANE	290397	AFS	2	Bloemfontein	10-Feb	6
5.55	-0.2	Maricelle	DE JAGER		AGN	1	PILDITCH-Pretoria	27-Jan	7
5.47	-1.9	Mieke	Basson	2001/01/01	BOLA	1	PAARL	24-Feb	8
5.45	0.7	Ester	SOLARIN		AGN	2	PILDITCH-Pretoria	27-Jan	
5.41	1.5	Cora	GROENEWALD	120102	AFS	1	Bloemfontein	10-Feb	9
5.41	0.9	Danielle	NOLTE		AGN	2	TUKS-Pretoria	24-Feb	10
6.39	2.9	Lynique	BENEKE	300391	AFS	1	Bloemfontein	10-Feb	
5.97	2.2	Jonè	Kruger	16/04/1998	ACNW	1	POTCHEFSTROOM	13-Feb	
5.78	3.2	Carla	JOHNSON	070597	WPA	2	Parow	13-Jan	
5.18	2.6	Gabrielle	LAZARUS	260601	WPA	1	Parow	13-Jan	
5.18	2.7	Nerine	JORDAAN			1	POTCHEFSTROOM	20-Jan	
6.18	NW	Lynique	BENEKE	300391	AFS	1	BLOEMFONTEIN	17-Feb	
5.81	NW	Maryke	BRITS	110294	AFS	2	BLOEMFONTEIN	17-Feb	
5.55	NW	Michaela	WRIGHT	160899	AFS	3	BLOEMFONTEIN	17-Feb	

5.48	NW	Moleboheng	PHERANE	290397	AFS	4	BLOEMFONTEIN	17-Feb
5.21	NW	Lene	Duncan	2000/02/17	BOLA	1	PAARL	24-Feb

Triple Jump

13.14	0.1	Zinzi	SHABANGU		CGA	1	Pilditch - PRETORIA	13-Jan	1
12.88	-0.9	Patience	NTSHINGILA		CGA	1	GERMISTON	20-Jan	2
12.45	2.0	Gontse	MORAKE		AGN	2	Pilditch - PRETORIA	13-Jan	3
12.41	-0.5	Cathrine	MAKAYA		CGA	2	GERMISTON	20-Jan	4
12.09	Indoors	Renate	VAN TONDER	100498	CGA	3	Bloomington IN	09-Feb	5
12.05	1.6	Suneel	Lourens		BOLA	1	PAARL	24-Feb	6
11.99	0.4	Elmeré	van der Berg	090401	AFS	1	Bloemfontein	10-Feb	7
11.75	1.2	Moleboheng	PHERANE	290397	AFS	1	BLOEMFONTEIN	17-Feb	8
11.65	0.7	Ester	SOLARIN		AGN	1	TUKS-Pretoria	23-Feb	9
11.57	0.5	Ester	SOLARIN		AGN	1	PILDITCH-Pretoria	27-Jan	
11.57	0.1	Moleboheng	PHERANE	290397	AFS	1	Bloemfontein	10-Feb	
11.22	-4.6	L	OLKERS		AGN	2	TUKS-Pretoria	23-Feb	10
11.75	2.8	Moleboheng	PHERANE	290397	AFS	1	Bloemfontein	10-Feb	

Shot Put

14.48	Indoors	Angeline	SMIT	090698	BOLA	5	Birmingham AL	09-Feb	1
14.09	indoors	Angeline	SMIT	090698	BOLA	2	Nashville, TN	13-Jan	
14.07	Indoors	Angeline	SMIT	090698	BOLA	3	Birmingham AL	04-Feb	
13.73		Monique	WAGNER		CGA	1	BOKSBURG	27-Jan	2
13.59	Indoors	Angeline	SMIT	090698	BOLA	5	Birmingham AL	19-Jan	
13.24	Indoors	Angeline	SMIT	090698	BOLA	10	Birmingham AL	20-Feb	
13.15		Tanya	PUBALAKEN		CGA	1	GERMISTON	20-Jan	3
12.93		Monique	WAGNER		CGA	2	GERMISTON	20-Jan	
12.52		Tanya	PUBALAKAN		CGA	2	BOKSBURG	27-Jan	

12.32	Nienka	DU TOIT		BOLA	1	TUKS-Pretoria	23-Feb	4
11.81	Riette	HEYNS		ACNW	1	POTCHEFSTROOM	06-Feb	5
11.67	Drienne	VISAGIE		CGA	1	GERMISTON	10-Feb	6
11.58	Tharina	VAN DER WALT	220200	AFS	1	Bloemfontein	10-Feb	7
10.70	Antonette	JORDAAN		AGN	1	TUKS-Pretoria	23-Feb	8
10.62	Anri	Salim	06/01/1996	ACNW	1	POTCHEFSTROOM	13-Feb	9
10.53	Deika	OOSTHUZEN		CGA	2	GERMISTON	10-Feb	10

Discus

49.94	Riette	HEYNS	270296	ACNW	1	POTCHEFSTROOM	06-Feb	1
48.58	Yolande	STANDER	271198	AFS	1	Bloemfontein	10-Feb	2
48.08	Riette	HEYNS	270296	ACNW	1	POTCHEFSTROOM	13-Feb	
47.01	Yolandi	STANDER	271198	AFS	1	BLOEMFONTEIN	17-Feb	
46.86	Riette	HEYNS	270296	ACNW	1	PILDITCH-Pretoria	27-Jan	
45.58	Riette	HEYNS	270296	ACNW	1	Potchefstroom	30-Jan	
44.75	Leandri	GEEL		CGA	1	GERMISTON	20-Jan	3
43.41	Lize	BLIGNAUT		ACNW	2	POTCHEFSTROOM	06-Feb	4
43.00	Dane	ROETS		CGA	1	GERMISTON	20-Jan	5
42.70	Tharina	VAN DER WALT	220200	AFS	1	Bloemfontein	10-Feb	6
42.43	Cara	Coetzee	2001/12/05	BOLA	1	PAARL	24-Feb	7
41.73	Zandre	Weyers		BOLA	1	PAARL	24-Feb	8
40.97	Lize	Pottas	25/11/1997	ACNW	2	POTCHEFSTROOM	13-Feb	9
39.86	Georgia	Channon	2001/03/19	BOLA	2	PAARL	24-Feb	10

Hammer Throw

56.26	Margo Chene	COETZEE		AGN	1	TUKS-Pretoria	23-Feb	1
55.71	Letitia	JANSE VAN VUUREN		ACNW	1	Potchestroom	30-Jan	2
55.43	Marga	CUMMING	121098	ACNW	2	Potchestroom	30-Jan	3
54.48	Stefanie	GREYLING	250396	ACNW	1	POTCHEFSTROOM	13-Feb	4

53.82	Marga	CUMMING	121098	ACNW	2	POTCHEFSTROOM	13-Feb	
53.71	Tharina	VAN DER WALT	220200	AFS	1	Bloemfontein	10-Feb	5
52.47	Marinda	GREYLING		AGN	2	TUKS-Pretoria	23-Feb	6
51.60	Margo Chene	COETZEE		AGN	1	PILDITCH-Pretoria	27-Jan	
51.11	Tanya	PUBALAKAN		CGA	1	BOKSBURG	27-Jan	7
49.55	Tanya	PUBALAKAN		CGA	1	GERMISTON	20-Jan	
47.24	Nadia	MEIRING	220197	AFS	1	BLOEMFONTEIN	17-Feb	8
47.00	Nadia	MEIRING	220197	AFS	2	Bloemfontein	10-Feb	
46.61	Tammy	LEONARD		ACNW	1	POTCHEFSTROOM	06-Jan	9
46.57	Lizelle	FOURIE		CGA	2	GERMISTON	20-Jan	10

Javelin

51.70	Jo-Anè	VAN DYK	03/10/1997	ACNW	1	POTCHEFSTROOM	13-Feb	1
49.45	Megan	WIL	23/08/1995	ACNW	2	POTCHEFSTROOM	13-Feb	2
44.81	Carli	NIEUWENHUIZEN		ACNW	1	POTCHEFSTROOM	06-Feb	3
44.80	Anneke	GERMISHUYS		BOLA	1	PAARL	24-Feb	4
44.02	Maggie	LE ROUX		ACNW	1	Potchefstroom	30-Jan	5
43.95	Leandri	LAMPRECHT	15/03/1999	ACNW	3	POTCHEFSTROOM	13-Feb	6
43.65	Carli	NIEUWENHUIZEN	26/01/1998	ACNW	4	POTCHEFSTROOM	13-Feb	
43.42	Linda	VAN VREDEN		CGA	1	GERMISTON	10-Feb	7
43.39	Kelsy-ann	MOSTERT		AGN	1	TUKS-Pretoria	24-Feb	8
43.25	Maggie	LE ROUX		ACNW	2	POTCHEFSTROOM	06-Feb	
42.91	Marina	GRIEBENAUW	07/04/1994	ACNW	5	POTCHEFSTROOM	13-Feb	9
42.31	Maggie	LE ROUX	11/06/1999	ACNW	6	POTCHEFSTROOM	13-Feb	
41.93	Carli	NIEUWENHUIZEN		ACNW	2	Potchefstroom	30-Jan	
41.42	Danielle	VAN WYK		CGA	1	GERMISTON	20-Jan	10

4 x 100m Relay

0:48.35	PRC 19				1	POTCHEFSTROOM	20-Jan	1
0:50.60	Fast Feet Club A			KZNA	1	Kings Park - DURBAN	12-Jan	2

0:50.77	HMK 19			2	POTCHEFSTROOM	20-Jan	3
0:53.60	NHW 19			3	POTCHEFSTROOM	20-Jan	4
0:56.06	Fast Feet Club B		KZNA	2	Kings Park - DURBAN	12-Jan	5

4 x 400m Relay

03:54.77	Amajuba Club		KZNA	1	Kings Park - DURBAN	12-Jan	1
03:56.86	Fast Feet Club A		KZNA	2	Kings Park - DURBAN	12-Jan	2
04:03.93	Fast Feet Club B		KZNA	3	Kings Park - DURBAN	12-Jan	3
04:19.51	Umlazi Development		KZNA	4	Kings Park - DURBAN	12-Jan	4
04:38.29	Fast Feet Club C		KZNA	5	Kings Park - DURBAN	12-Jan	5

3 000m Walk (Track)

14:37.01	Zelda	Schultz	150292	ACNW	1	POTCHEFSTROOM	13-Feb	1
14:44.80	Natalie	LE ROUX		KZNA	1	Kings Park-Durban	12-Jan	2
16:13.79	Meanri	Erasmus	280201	ACNW	2	POTCHEFSTROOM	13-Feb	3
17:41.25	Candy	KUMALO		KZNA	2	Kings Park-Durban	12-Jan	4
18:07.75	Anele	MTESHANE		KZNA	3	Kings Park-Durban	12-Jan	5
18:27.07	Kiara	BARTHOLOMEW		KZNA	5	Kings Park-Durban	12-Jan	6
18:52.55	Jeanine	LE FEBOUR		KZNA	6	Kings Park-Durban	12-Jan	7

5 000m Walk (Track)

29:28.46	Nthatisi	MOKELE		CGA	1	BOKSBURG	27-Jan	1
29:48.70	Marissa	SWANEPOEL		AGN	1	PILDITCH-Pretoria	27-Jan	2
30:26.39	Lisa	PATTERSON		CGA	1	GERMISTON	20-Jan	3
31:42.39	Marissa	SWANEPOEL		CGA	1	GERMISTON	20-Jan	
31:53.22	Sibongile	MATHE		CGA	1	BOKSBURG	27-Jan	4

32:22.24	Keitumetse	KHOLA		CGA	2	GERMISTON	20-Jan	5
33:08.12	MANDISA	NQAYI	27-May-86	WPA	1	Parow	13-Jan	6
33:23.86	PAM	JAMES	07-Jul-57	WPA	2	Parow	13-Jan	7
33:35.37	ERDINE	BURGER	31-Dec-56	WPA	3	Parow	13-Jan	8
33:42.79	Dimakatso	MTSHEBA		CGA	3	GERMISTON	20-Jan	9
33:55.30	Whitney	MATSEBA		AGN	1	PILDITCH-Pretoria	27-Jan	10

10 000m Walk (Track)

1:09:39.67	Whitney	MATSEBA		AGN	1	TUKS-Pretoria	24-Feb	1
1:11:23.47	Esihle	GEBE		AGN	2	TUKS-Pretoria	24-Feb	2