

SOUTH AFRICAN YOUTHS AND TOP SUB-YOUTHS - 2005

Combined List

(as at 19 May 2005)

Compiled by Gert le Roux

Under 18 Athletes 17 and 16 years (born 1988 & 1989)
Under 16 Athletes 15, 14 and 13 (born 1990, 1981 & 1992)

YOUTH BOYS

100 METRES

		Under 18			88-89		
10.77	1.0	Tezrin Pandither	KZ	31-05-89	1h4	Germiston	01-Apr
10.78	1.3	Tshepo Moloto	CG	07-04-88	1s3	Germiston	01-Apr
10.79	1.0	Quinton Dormehl	KZ	31-05-89	2	Germiston	01-Apr
10.82	1.1	Renier Louw	CG	22-02-88	1h2	Germiston	01-Apr
10.85	1.3	Gavin Sadler	GN	05-04-89	2s3	Germiston	01-Apr
10.91	1.3	Wilhelm van der Vyver	BO	22-08-89	3s3	Germiston	01-Apr
10.95	1.3	David Bernstein	CG	20-01-89	4s3	Germiston	01-Apr
10.98	1.4	Jeanre Rossouw	WP	05-02-88	2	Parow	18-Mar
10.98	0.6	Loet J van Rensburg	CN	31-07-88	3s1	Germiston	01-Apr
11.00	1.9	Josua Loots	LIM	26-02-88	1h1	Germiston	01-Apr

Wind

10.68	4.6	Kagisho Kumbane	FS	21-11-88	1h5	Germiston	01-Apr
10.69	4.6	Jeanre Rossouw	WP	05-02-88	2h5	Germiston	01-Apr
10.80	3.5	Wilhelm van der Vyver	BO	22-08-89	1h3	Germiston	01-Apr
10.82	3.5	Gavin Sadler	GN	05-04-89	2h3	Germiston	01-Apr
10.89	4.6	Dayne Lekay	BO	13-06-88	3h5	Germiston	01-Apr
10.95	3.5	Loet J van Rensburg	CN	31-07-88	3h3	Germiston	01-Apr
10.97	4.6	Rowan de Villiers	CG	15-08-88	4h5	Germiston	01-Apr
11.00	3.5	T Ramanamane	FS	18-05-89	4h3	Germiston	01-Apr

Hand

10.5	0.0	Jeanre Rossouw	WP	05-02-88	1	Germiston	01-Apr
10.6	0.0	Kagisho Kumbane	FS	21-11-88	3	Germiston	01-Apr
10.6	nwi	Josua Loots	LIM	26-02-88	1	Polokwane	12-Mar
10.7	-0.2	Ruan de Jager	GN		1	Germiston	01-Mar
10.7	0.0	Loet J van Rensburg	CN	31-07-88	4	Germiston	01-Apr
10.7	0.0	Wilhelm van der Vyver	BO	22-08-89	5	Germiston	01-Apr

200 METRES

		Under 18			88-89		
21.67	1.6	Jeanre Rossouw	WP	05-02-88	1	Germiston	02-Apr
21.71	1.6	Kagisho Kumbane	FS	21-11-88	2	Germiston	02-Apr
21.72	1.6	Renier Louw	CG	22-02-88	3	Germiston	02-Apr
21.83	1.6	Jody Solomons	WP	23-11-88	4	Germiston	02-Apr
21.87	0.0	Wilhelm van der Vyver	BO	22-08-89	2s1	Germiston	02-Apr
21.95	1.6	Willie de Beer	GN	14-03-88	6	Germiston	02-Apr
22.13	-0.4	Rowan de Villiers	CG	15-08-88	2	Roodepoort	09-Feb
22.15	1.6	Reuben Diphoko	GN	12-08-88	7	Germiston	02-Apr
22.17	1.6	Joshua Loots	Lim	26-02-88	8	Germiston	02-Apr

NWI

21.72		Wilhelm van der Vyver	BO	22-08-89	1	Paarl	05-Mar
21.97		Jody Solomons	WP	23-11-88	1	Cape Town	05-Mar

Wind							
21.85	3.2	Reuben Diphoko	GN	12-08-88	2s2	Germiston	02-Apr
22.05	2.9	Tezrin Pandither	KZ	31-05-89	1	Durban	06-Mar
22.17	2.9	Quinton Dormehl	KZ	31-05-89	2	Pretoria	06-Mar

Hand							
21.7		Josua Loots	Lim	26-02-88	1	Polokwane	12-Mar
21.9		B Mfundisi	EP		1	Port Elizabeth	03-Mar

400 METRES

Under 18

48.05		Willie de Beer	GN	14-03-88	1	Germiston	01-Apr
48.26		Sabelo Bhodoza	KZ	26-05-88	2	Germiston	01-Apr
48.67		Juan Bloem	GN	03-02-88	1	Pretoria	25-Feb
48.84		William Nkuna	GN	03-04-88	1s1	Germiston	01-Apr
49.05		David Sibisi	GN		1	Pretoria	05-Mar
49.07		Jan Masenamela	FS	16-02-88	1	Bloemfontein	07-Feb
49.10		Chatlin Smith	BO	03-08-88	2s2	Germiston	01-Apr
49.18		Thokozani Khambule	KZ	11-04-88	4	Germiston	01-Apr
49.20		Pieter Botha	GN	16-04-88	1	Germiston	01-Mar
49.53		Gavin Sadler	GN	05-04-89	2	Roodepoort	09-Feb

Hand

49.3		Pieter Wasserval	MP	12-01-89	1h3	Paarl	19-Mar
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800 METRES

Under 18

1:49.27		Jan Masenamela	FS	16-02-88	1	Germiston	02-Apr
1:49.83		Dumisani Hlaselo	FS	08-06-89	2	Germiston	02-Apr
1:50.29		Warren Hendricks	WP	11-02-88	3	Germiston	02-Apr
1:52.19		Dirk Gouws	FS	24-02-88	1	Bloemfontein	05-Mar
1:52.48		Andre Olivier	CG	29-12-89	4	Paarl	20-Mar
1:54.94		Charl Swiegers	GW	11-11-88	5	Germiston	02-Apr
1:54.98		Lloyd Bosman	SW	25-02-88	6	Germiston	01-Apr
1:55.16		Izon Campbell	CG		5	Paarl	20-Mar
1:55.46		Thokozani Khambule	KZ	11-04-88	7	Germiston	01-Apr
1:56.51		Marcelino Davids	WP	16-12-89	6	Paarl	20-Mar

1500 METRES

Under 18

88-89

3:52.51		Dumisani Hlaselo	FS	08-06-89	1	Paarl	19-Mar
3:53.14		Anele Zondwayo	EC	24-12-89	2	Paarl	19-Mar
3:53.26		Andre Olivier	CG	29-12-89	3	Paarl	19-Mar
3:53.38		Jan Masenamela	FS	16-02-88	4	Paarl	19-Mar
3:59.53		Dewayne Mouries	BO	28-02-88	2h1	Paarl	19-Mar
3:59.6		Marcelle Luther	CG	19-02-88	1	Germiston	05-Mar
3:57.00		Elvis Tattas	FS	17-03-88	3	Germiston	02-Apr
3:59.89		Victor Sethowa	Lim		6h1	Paarl	19-Mar
4:01.60		Abram Dintoe	NW	25-05-88	3h	Paarl	19-Mar
4:01.77		Vaughan van Appel	CG	01-10-88	4h	Paarl	19-Mar

3000 METRES

Under 18

8:28.57		Dumisani Hlaselo	FS	08-06-89	1	Paarl	20-Mar
8:34.68		Cansas Nhlapo	MP	01-01-88	2	Paarl	20-Mar
8:36.74		Sipho Phala	WP	02-05-88	1	Cape Town	05-Mar

8:38.46	Frankwin Saayman	WP	29-02-88	2	Cape Town	05-Mar
8:39.93	Sibab Mzazi	NW		3	Paarl	20-Mar
8:40.99	Justice Manganyi	Lim		4	Paarl	20-Mar
8:41.92	Elvis Tattas	FS	17-03-88	5	Paarl	20-Mar
8:43.06	Victor Sethowa	Lim		6	Paarl	20-Mar
8:44.43	Xolisa Tyali	TR	12-02-88	2	Germiston	01-Apr
8:44.45	T Ntshinga	WP		3	Cape Town	05-Mar

2000m Steeplechase

Under 18

5.44.54	Dewayne Mouries	BO	28-02-88	1	Paarl	19-Mar
5.47.70	Virginia Ngudlumana	WP	12-03-89	1	Cape Town	05-Mar
5.51.38	Moses Mieli	FS	28-09-88	1	Bloemfontein	05-Mar
5.53.64	Tom Lusaseni	WP	12-08-88	4	Paarl	19-Mar
5.55.89	Henrico Rooi	BO	07-12-88	5	Paarl	19-Mar
5.56.11	Andries Diphoko	FS	23-02-89	6	Paarl	19-Mar
6:01.1	Thabiso Mampofu	GN		1	Pretoria	26-Feb
6.03.86	Eugene Titus	VT	07-06-88	7	Paarl	19-Mar
6.07.19	Tsitso Motaung	FS	19-11-88	8	Paarl	19-Mar
6.07.83	Themba Nkosi	KZ		1	Durban	05-Mar

110mHurdles

(91.4cm)

Under 18

13.88	1.7	Louw Smit	BO	22-02-88	1h2	Paarl	19-Mar
14.00	1.6	Wiekus Jonck	CG	18-03-88	1	Germiston	01-Mar
14.02	-1.3	Andre Storm	CG	12-07-88	1	Germiston	01-Apr
14.19	1.9	Brett Kruger	GN	25-05-89	1	Germiston	01-Mar
14.33	-1.3	James Jagers	WP	11-08-89	4	Germiston	01-Apr
14.34	1.7	Josua Loots	Lim	26-02-88	2h2	Paarl	19-Mar
14.36	1.9	AJ van der Mescht			2	Germiston	01-Mar
14.36	0.4	Divan Strydom	FS	18-08-88	1h1	Paarl	19-Mar
14.39	1.6	C van Deventer			2	Germiston	01-Mar
14.39	0.4	Danie Booyens	EP	03-04-88	2h1	Paarl	19-Mar

Hand

13.5		Louw Smit	BO	22-02-88	1	Paarl	05-Mar
14.0		Josua Loots	Lim	26-02-88	1	Polokwane	12-Mar
14.1		Janus de Jonge	CG	21-09-88	2	Germiston	05-Mar

Wind

13.62	2.8	Louw Smit	BO	22-02-88	1h1	Germiston	01-Apr
13.79	2.8	Andre Storm	CG	12-07-88	1h2	Germiston	01-Apr
13.79	4.2	Wiekus Jonck	CG	18-03-88	1h3	Germiston	01-Apr
14.05	4.2	Divan Strydom	FS	18-08-88	2h3	Germiston	01-Apr
14.06	4.2	James Jagers	WP	11-08-89	4	Germiston	01-Apr
14.07	2.8	Josua Loots	Lim	26-02-88	1h2	Germiston	01-Apr
14.34	2.4	HJ Gordon	FS	27-04-89	2	Bloemfontein	05-Mar

400 metres Hurdles

(84.0 cm)

Under 18

51.84		Wiekus Jonck	CG	18-03-88	1	Germiston	02-Apr
52.46		Pieter Botha	GN	16-04-88	1	Pretoria	05-Mar
52.67		Juan Bloem	GN	03-02-88	2	Pretoria	05-Mar
53.17		Erik le Roux	FS	24-02-88	2	Paarl	20-Mar
54.02		Willie de Beer	GN	14-03-88	3	Germiston	01-Mar

54.06		Marc Bender	CG	24-01-88	2	Pretoria	25-Feb
54.75		Cobus Blignaut	Lim		3	Roodepoort	09-Feb
54.95		Izon Campbell	CG		4	Germiston	01-Mar
55.25		Peet de Bruyn	GN		3	Pretoria	05-Mar
55.31		Adriaan Vermaak	MP	14-04-88	5	Germiston	01-Apr

HIGH JUMP

Under 18

2.10		Allan Syce	WP	21-10-88	1	Paarl	20-Mar
2.10		Sean Stone	WP	19-05-88	1	Germiston	02-Apr
2.05		Dudley Adams	WP	19-05-88	2	Paarl	20-Mar
2.05		Juan-Pierre van/d Schyff	CN	10-05-89	2	Germiston	02-Apr
2.00		Pieter Smith	CN	15-01-88	1	Potchefstroom	24-Jan
2.00		Theuns Botha	GN	21-07-88	1	Roodepoort	09-Feb
2.00		Marthinus Langenhoven	NW	02-07-88	1	Potchefstroom	19-Feb
2.00		Zavion Kotze	KZ	11-06-88	1	Durban	05-Mar
2.00		C Tompie	NW		4	Paarl	20-Mar
1.97		Gerrie Coetzee	FS	18-08-89	1	Bethlehem	26-Feb

POLE VAULT

Under 18

4.50		Gustav Munro	EP	14-07-88	1	Germiston	02-Apr
4.40		JG Blignaut	FS	02-02-88	1	Paarl	19-Mar
4.05		Henco Nienaber	BO	20-03-88	1	Paarl	05-Mar
3.90		Cheyne Rahme	GN	23-11-91	4	Germiston	02-Apr
3.90		Gerhard du Plessis	BO	10-03-89	2	Paarl	05-Mar
3.82		Eben Beukes	FS	09-06-90	2	Bloemfontein	04-Mar
3.80		Francois Viljoen	WP	23-03-89	1	Cape Town	05-Mar
3.70		Jeff Puttergill	EP		2	Port Elizabeth	25-Feb
3.70		Christopher Dyson	EP		2	Port Elizabeth	03-Mar
3.60		Conrad Welthagen	FS	20-07-89	1	Sasolburg	12-Feb
3.60		Naude Lambrechts	BO		3	Paarl	05-Mar

LONG JUMP

Under 18

7.63	0.5	Keenan Watson	BO	03-03-88	1	Windhoek	06-May
7.25	2.0	Julian Karolus	WP	19-03-89	2	Paarl	19-Mar
7.24	0.0	Ethan Alexander	EP	27-01-88	1	Paarl	19-Mar
7.20	1.8	Jason Karolisin	EP	19-12-89	2	Germiston	01-Apr
7.09	1.9	Karst Smits	CN	15-02-88	3	Germiston	01-Apr
7.05	1.5	Athi Magwebu	Bor	20-06-88	5	Germiston	01-Apr
6.91	0.0	A Mabindisa	CN	04-04-88	5	Paarl	19-Mar
6.84	-0.3	Pieter Nortje	KZ	05-02-89	6	Germiston	01-Apr
6.83	1.6	Methwan Sauls	BO	10-03-88	7	Germiston	01-Apr
6.76	0.2	Willven Louw	GW	02-03-88	7	Paarl	19-Mar

NWI

7.26		Ethan Alexander	EP	27-01-88	1	Port Elizabeth	03-Mar
6.92		Warren de Vlam	BO	27-02-88	2	Paarl	05-Mar
6.91		Pieter Nortje	KZ	05-02-89	2	Germiston	01-Apr
6.85		Methwan Sauls	BO	10-03-88	3	Paarl	05-Mar
6.83		Sifiso Xulu	KZ	17-08-88	4q1	Germiston	01-Apr

Wind

7.26	4.1	Ethan Alexander	EP	27-01-88	1q2	Germiston	01-Apr
6.78	2.9	J Nkosi	FS		1	Bloemfontein	07-Feb

TRIPLE JUMP

Under 18

* - best legal jump

14.79	1.1	Ethan Alexander	EP	27-01-88	4	Durban	16-Apr
14.22	1.5	Karst Smits	CN	15-02-88	2q1	Germiston	02-Apr
14.22	1.9	K Phona	WP		2	Paarl	20-Mar
13.76	1.2	I Pretorius	NW		5	Paarl	20-Mar
13.62	0.7	Hanko Swart	NW	17-03-88	2q2	Germiston	02-Apr
13.54	0.7	Hennie Horak	EP	25-05-88	3*	Germiston	02-Apr
13.49	1.5	Dorian Lenders	CG	23-03-88	2q1	Germiston	02-Apr
13.48	1.0	L Cassius	Gau		6	Paarl	20-Mar
13.40	1.3	Neo Marie	VT	05-08-90	3q2	Germiston	02-Apr
13.22	1.8	Elfredo Basson	FS	27-06-88	7*	Germiston	02-Apr

Wind

14.01	2.5	R van Wyk	WP		4	Paarl	20-Mar
13.96	2.4	LeWayne Klein	FS	27-09-88	1	Bloemfontein	04-Mar
13.58	2.1	Hennie Horak	EP	25-05-88	3	Germiston	02-Apr
13.47	4.5	Sterick Gerber	BO		7	Paarl	20-Mar
13.28	3.4	Elfredo Basson	FS	27-06-88	7	Germiston	02-Apr

NWI

13.87		R van Wyk	BO		1	Cape Town	05-Mar
13.83		Heinrich de Klerk	BO		1	Paarl	05-Mar
13.49		Hanko Swart	NW	17-03-88	1	Pretoria	05-Mar
13.39		Sterick Gerber	BO		2	Paarl	05-Mar
13.34		Michael Khoza	CG		1	Germiston	05-Mar
13.29		Dudley Adams	WP	01-01-88	3	Cape Town	05-Mar
13.25		A P Mabindisa	CN	04-04-88	2	Potchefstroom	05-Mar

SHOT

Under 18

5kg

20.42		JP (Jan) Hoffman	GN	01-05-88	1	Germiston	01-Apr
16.56		Dirk Badenhorst	WP	02-08-88	2	Germiston	01-Apr
16.43		Heinz Sauer	VT	08-06-88	2	Roodepoort	09-Feb
16.08		Nico Grobler	FS		2	Paarl	19-Mar
16.06		Tertius de Necker	CG		3	Roodepoort	09-Feb
16.02		Duncan-Lee Dennis	FS	19-01-89	1	Bloemfontein	05-Mar
15.88		Pieter Boer	MP	01-12-88	3	Paarl	19-Mar
15.87		Kevin Rademeyer	FS	19-01-89	3	Germiston	01-Apr
15.57		Eddie Haumann	FS	29-06-88	2q2	Germiston	01-Apr
15.50		Jandre Marais	FS	14-06-89	1	Sasolburg	26-Feb

DISCUS

Under 18

1.5kg

53.83		JP (Jan) Hoffman	GN	01-05-88	1	Pretoria	26-Feb
51.81		Pieter van Deventer	NW	09-02-88	2	Germiston	02-Apr
49.34		Heinro Kleynhans	LIM	23-07-88	1	Polokwane	12-Mar
49.09		Victor Hogan	BO	25-07-89	1	Paarl	05-Mar
48.80		Hano Bierman	LIM		2	Polokwane	12-Mar
47.53		Patrick Kay	KZ	23-03-88	4	Germiston	02-Apr
46.83		George Tossel	MP	05-03-88	6	Germiston	02-Apr

46.70	J Coetzee	BO		4	Paarl	20-Mar
46.48	Jayson Smith	NW	01-09-90	7	Germiston	02-Apr
46.23	Ruan de Jager	GN	29-02-88	1	Germiston	01-Mar

HAMMER

Under 18 5 kg

64.58	Clinton Williams	EP	03-08-88	1	Paarl	20-Mar
62.91	Heinrich Gonzales	BO	10-02-88	2	Paarl	20-Mar
62.54	Jean Rossouw	BO	06-04-88	3	Paarl	20-Mar
58.70	Jayde Wiggins	WP	05-01-88	2	Germiston	01-Apr
58.45	Jacques Senekal	EP	02-06-88	1	Port Elizabeth	03-Mar
53.90	Johan Moller	SW	27-04-88	3	Oudtshoorn	05-Mar
53.76	Dawie Strydom	CN	29-04-88	5	Germiston	01-Apr
52.59	Nicholas van Zyl	SW	15-06-89	1	Oudtshoorn	19-Feb
52.13	Andries Ferreira	EP		3	Westbourne, PE	22-Jan
50.76	Johannes Hanekom	BO	18-04-88	3	Cape Town	12-Feb

JAVELIN

Under 18 700 gm

70.58	Noel Meyer	CN	20-04-88	1	Paarl	19-Mar
69.88	Janneman Espach	VT	12-10-89	1	Germiston	01-Mar
66.88	Jean Robbertse	GN	15-05-89	1	Roodepoort	11-Feb
65.29	Femie Kitshoff	BO	30-01-88	1q2	Germiston	02-Apr
64.64	Bernard Crous	SW	13-04-89	3	Germiston	02-Apr
63.16	Ryan Olivier	SW	02-08-88	1	Oudtshoorn	19-Feb
62.74	Earl Snyman	SW	23-05-89	2q	Paarl	19-Mar
62.58	Charl Muller	CN	12-02-89	4	Germiston	02-Apr
62.35	Erik le Roux	FS	24-02-88	1	Bloemfontein	07-Feb
62.33	Jacques du Preez	BOL	29-02-88	4	Paarl	19-Mar

OCTATHLON

Under 18

5 290 pts	Nicky Claassens	NW	02-08-88	1	Germiston	1-2 Apr
5 236	Dudley Adams	WP	19-05-88	2	Germiston	1-2 Apr
4 969	Felix Tremain	CG		3	Germiston	1-2 Apr
4 660	Schalk Meyer	NW		4	Germiston	1-2 Apr
4 089	Petri Senegal	NW	10-07-90	5	Germiston	1-2 Apr

4x100m Relay

42.76	Boland	BO		1	Germiston	02-Apr
43.00	Western Province	WP		2	Germiston	02-Apr
43.17	KwaZulu Natal	KZ		1h1	Germiston	01-Apr
43.21	Central Gauteng	CG		3	Germiston	02-Apr
43.40	Gauteng North	GN		4	Germiston	02-Apr
43.62	Free State	FS		6	Germiston	02-Apr
43.89	Eastern Province	EP		7	Germiston	02-Apr
44.55	Border	Bor		3h2	Germiston	01-Apr
45.79	Limpopo	LIM		4h2	Germiston	01-Apr
46.06	Griquas	GW		6h1	Germiston	01-Apr

1000m Relay (100, 200, 300, 400m)

1:56.89	Gauteng North	GN	1	Germiston	02-Apr
1:56.96	Free State	FS	2	Germiston	02-Apr
1:57.11	Western Province	WP	3	Germiston	02-Apr
1:58.25	KwaZulu Natal	KZ	4	Germiston	02-Apr
1:59.01	Boland	BO	5	Germiston	02-Apr
2:01.99	Central Gauteng	CG	6	Germiston	02-Apr
2:06.54	Limpopo	LIM	7	Germiston	02-Apr

WALKING

10000m Walk

(Track) Under 18

49:35.90	Kevin Eagleton	EP	15-09-88	1	Port Elizabeth	03-Mar
51:40.4	Lewis Modisi	FS	23-08-88	1	Paarl	20-Mar
51:41.31	Andre Bekker	CN	05-02-88	1	Potchefstroom	05-Mar
51:49.94	Hendrik Botha	VT	08-08-88	2	Germiston	02-Apr
53:05.0	Professor Cele	KZ	04-12-88	1	Durban	05-Mar
53:27.54	Lorenzo Blaauw	BO	16-07-89	3	Germiston	02-Apr
55:12.42	Wade Fraser	KZ	18-10-88	5	Germiston	02-Apr
55:45.0	Thami Hadebe	KZ	10-03-88	2	Durban	05-Mar
55:55.8	T Morgendal	WP		7	Paarl	20-Mar
55:57.4	E Petersen	WP		8	Paarl	20-Mar

YOUTH GIRLS

Under 18

Athletes 17 and 16 years

(born 1988 & 1989)

Under 16

Athletes 15, 14 and 13

(born 1990, 1981 & 1992)

100 METRES

Under 18

11.90	2.0	Wenda Theron	BO	30-07-88	1s2	Germiston	01-Apr
11.91	1.3	Nombuleli Nkenku	FS	30-06-89	1s1	Germiston	01-Apr
12.04	2.0	Claudine J van Rensburg	GN	26-10-89	2s2	Germiston	01-Apr
12.04	1.6	Christy Coetzee	CG	24-05-89	8	Durban	16-Apr
12.06	2.0	Danielle Wills	CG		3s2	Germiston	01-Apr
12.25	-1.4	Nikki Horn	BO	18-04-88	3	Germiston	01-Apr
12.31	2.0	Louise van der Merwe	WP	10-08-88	4s2	Germiston	01-Apr
12.33	1.3	Bernicca Mashava	CG	14-01-88	3s1	Germiston	01-Apr
12.40	1.3	Ismarie Steyn	LIM	18-10-88	4s1	Germiston	01-Apr
12.51	1.3	Reinette Reynecke	NW	18-01-88	5s1	Germiston	01-Apr

Wind

11.86	2.6	Nombuleli Nkenku	FS	30-06-89	1h3	Germiston	01-Apr
11.91	2.9	Christy Coetzee	CG	24-05-89	1	Roodepoort	09-Feb
12.08	3.1	Nikki Horn	BO	18-04-88	1s3	Germiston	01-Apr
12.12	2.7	Bernicca Mashava	CG	14-01-88	2h4	Germiston	01-Apr
12.31	3.1	Celeste Rietels	BO	14-01-90	2s3	Germiston	01-Apr
12.32	3.2	Stacey Gardiner	BO	27-05-88	1h2	Germiston	01-Apr
12.37	2.7	Reinette Reynecke	NW	18-01-88	3h4	Germiston	01-Apr
12.45	2.4	Kgomotrso Molokoane	NW	09-09-90	4h5	Germiston	01-Apr
12.50	3.2	Nadine van Jaarsveldt	EP	20-04-89	2h2	Germiston	01-Apr

Hand

11.7	1.6	Claudine J van Rensburg	GN	26-10-89	1h3	Paarl	19-Mar
11.9	1.6	Lichiel Piek	NW	08-01-88	2h3	Paarl	19-Mar
11.9	1.0	Danielle Wills	CG		3h3	Paarl	19-Mar
12.1	1.0	Rennette Reynecke	NW	18-01-88	3h1	Paarl	19-Mar

Hand/NWI

12.1		Erika Kleinhans	MP	15-08-88	1	Secunda	12-Mar
12.2		Alyssa Conley	CG	27-04-91	1	Paarl	19-Mar

200 METRES

Under 18

24.20	1.3	Wenda Theron	BO	30-07-88	1	Germiston	02-Apr
24.49	1.3	Nombuleli Nkenku	FS	30-06-89	2	Germiston	02-Apr
24.69	1.8	Christy Coetzee	CG	24-05-89	2s2	Germiston	02-Apr
24.90	0.9	Nikki Horn	BO	18-04-88	1h3	Germiston	02-Apr
25.17	1.3	A Smith	CG		1h2	Paarl	20-Mar
25.27	1.8	Bernicca Mashava	CG	14-01-88	4s2	Germiston	02-Apr
25.33	0.9	Louise van der Merwe	WP	10-08-88	1h1	Germiston	02-Apr
25.36	1.3	Claudia Viljoen	GN	01-05-89	5	Germiston	02-Apr
25.48	1.2	Alyssa Conley	CG	27-04-91	1h3	Paarl	20-Mar
25.54	0.9	Rennette Reynecke	NW	18-01-88	3h3	Germiston	02-Apr

NWI

24.74		Nikki Horn	BO	18-04-88	1	Paarl	05-Mar
25.31		Mariska van Driel	GN	27-04-88	1	Pretoria	25-Feb
25.54		Claudia Viljoen	GN	01-05-89	1	Pretoria	05-Mar

Hand

25.0		Claudine J van Rensburg	GN	26-10-89	2	Roodepoort	18-Feb
25.1	-0.2	Wenda Theron	BO	30-07-88	1h2	Paarl	20-Mar
25.2		Erika Kleinhans	MP	15-08-88	1	Secunda	12-Mar
25.3		Mariska van Driel	GN	27-04-88	1	Roodepoort	18-Feb

400 METRES

Under 18

55.90		Eugenie Wicksell	GN	01-09-89	1	Germiston	01-Apr
57.10		Philippa Kirschner	CG	04-01-88	2	Germiston	01-Apr
57.16		Charmaine Banting	FS	06-02-88	1	Bloemfontein	26-Feb
57.42		Karien Marais	CG	05-05-88	3	Germiston	01-Apr
57.69		Chanelle Anderson	WP	13-01-89	1	Paarl	12-Mar
57.78		Monique Maree	GN	31-08-89	2	Roodepoort	09-Feb
57.87		Angela Wagner	GN	19-01-88	2	Pretoria	05-Mar
57.91		Juliette van Deventer	GN	31-03-88	1	Pretoria	05-Mar
57.92		Izelle van der Merwe	CG	25-03-90	4	Germiston	01-Apr
57.99		Adele Fouche	CG		1	Germiston	01-Mar

Hand

56.6		Karien Marais	CG	05-05-88	1	Germiston	05-Mar
57.3		Doné Vermaak	GN	17-12-90	1	Roodepoort	18-Feb
57.4		Monyani Teleko	CG	31-07-88	2	Germiston	05-Mar
57.4		Charmaine Banting	FS	06-02-88	2	Paarl	19-Mar
57.5		Christilee Jansen	CN	13-05-89	3	Paarl	19-Mar

800 METRES

Under 18

2:07.19		Angela Wagner	GN	19-01-88	3	Potchefstroom	04-Feb
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2:10.16	Nandi Meyer	CG	11-03-90	1	Boksburg	11-Mar
2:10.27	Chanelle Anderson	WP	13-01-89	6	Durban	16-Apr
2:10.90	Christilee Jansen	CN	13-05-89	3	Germiston	02-Apr
2:11.42	Adele Fouche	CG		2	Paarl	20-Mar
2:11.42	Chirelee Jansen	CN	13-05-89	3	Paarl	20-Mar
2:12.37	Abongile Leratholi	FS	06-07-89	1h1	Paarl	20-Mar
2:12.48	Recinda Hanekom	CG	17-11-88	11	Pretoria	18-Mar
2:12.6	Doné Vermaak	GN	17-12-90	1	Pretoria (Men)	05-Feb
2:12.87	Kim van Zyl	CG	08-09-90	1	Germiston	01-Mar
2:13.92	Natanya Luther	CG	25-01-91	2	Roodepoort	09-Feb

1500 METRES

Under 18

4.28.78	Nandi Meyer	CG	11-03-90	1	Paarl	19-Mar
4.35.70	Abongile Leratholi	FS	06-07-89	1	Bloemfontein	26-Feb
4:37.34	Natanya Luther	CG	25-01-91	2	Paarl	19-Mar
4.39.45	Anuschka Nice	CG	26-08-91	3	Paarl	19-Mar
4.40.52	Chantelle Bruyns	GN	05-07-89	2	Paarl	19-Mar
4:41.00	Relandi Liggett	CG	u16	1	Roodepoort	09-Feb
4.41.32	Fanette Fourie	CG	08-11-89	3	Paarl	19-Mar
4.42.03	Lorize van Wyngaard	NW	04-02-90	2	Roodepoort	09-Feb
4.42.31	Cornelia Joubert	CG	22-06-88	4	Paarl	19-Mar
4.42.68	Lusanda Bomvana	TR	25-10-90	3	Germiston	02-Apr

3000 METRES

Under 18

09:45.9	Nanet Grobbelaar	GN	02-06-88	1	Pretoria (Men)	05-Feb
09:47.5	Praxides Dim	CG	15-12-89	1	Paarl	20-Mar
09:37.59	Lena Lotter	WP	02-08-88	1	Parow	19-Mar
09:56.2	Hellen Phanyane	LIM		2	Paarl	20-Mar
09:59.8	Nthabiseng Rakhiba	FS	31-08-88	3	Paarl	20-Mar
10:03.2	Noria Sibanda	MP	18-05-88	4	Paarl	20-Mar
10:04.0	Ntsnaki Motaung	FS		5	Paarl	20-Mar
10:14.2	Maxine Heinbe-Wacke	CG	27-04-90	6	Paarl	20-Mar
10:16.7	T Ndaba	Gau		7	Paarl	20-Mar
10.16.90	Patience Khumalo	VT	08-11-88	3	Germiston	01-Apr

2000m Steeplechase

Under 18

7.15.61	Elona Mfokozana	FS	20-10-88	1	Bloemfontein	05-Mar
9.18.13	Bongiwe Ndebele	KZ		1	Durban	05-Mar

100m HURDLES

Under 18

76.2 cm

14.00	1.4	Erika Kleynhans	MP	16-08-88	1h2	Paarl	19-Mar
14.02	1.3	Mariska van Driel	GN	27-04-88	1	Roodepoort	09-Feb
14.19	1.4	Wenda Theron	BO	30-07-88	2h2	Paarl	19-Mar
14.28	-1.6	Elminette Beckmann	FS	14-06-89	3	Germiston	01-Apr
14.62	-1.6	Claudia Viljoen	GN	01-05-89	5	Germiston	01-Mar
14.72	0.2	Riana Jansen van Vuuren	NW	07-07-89	2h1	Paarl	19-Mar
14.73	0.2	Charlotte Redelinghuys	GN	20-03-88	3h1	Paarl	19-Mar
14.96	1.3	Margit du Plessis	GN	31-03-88	2	Roodepoort	09-Feb
14.96	1.4	Lunette van der Merwe	KZ	03-08-88	4h2	Paarl	19-Mar

15.09	0.2	Grethe Nel	KZ	13-05-88	4h1	Paarl	19-Mar
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Wind

13.67	2.4	Mariska van Driel	GN	27-04-88	1h2	Germiston	01-Apr
13.96	2.4	Elminette Beckmann	FS	14-06-89	2h2	Germiston	01-Apr
14.09	2.4	Wenda Theron	BO	30-07-88	3h2	Germiston	01-Apr
14.36	2.8	Claudia Viljoen	GN	01-05-89	2h1	Germiston	01-Apr
14.55	2.8	Margit du Plessis	GN	31-03-88	3h1	Germiston	01-Apr
14.59	2.8	Charlotte Redelinghuys	GN	20-03-88	4h1	Germiston	01-Apr
14.62	2.8	Grethe Nel	KZ	13-05-88	4h2	Germiston	01-Apr
14.71	2.9	Alicia van der Merwe	CG	17-03-88	1hp	Germiston	01-Apr
14.78	2.8	Jana Theron	VT	27-02-89	5h2	Germiston	01-Apr
14.84	2.8	Lunette van der Merwe	KZ	03-08-88	6h2	Germiston	01-Apr
14.99	2.8	Bianca Erasmus	GN	13-10-89	7h2	Germiston	01-Apr

NWI

13.79		Wenda Theron	BO	30-07-88	1	Paarl	05-Mar
13.86		Mariska van Driel	GN	27-04-88	1	Pretoria	05-Mar
14.92		Chane Brits	KZ	24-09-88	1	Durban	05-Mar
14.95		Grethe Nel	KZ	13-05-88		Durban	05-Mar

Hand

13.1		Erika Kleynhans	MP	16-08-88	1	Secunda	12-Mar
14.1		Claudia Viljoen	GN	01-05-89	1	Roodepoort	18-Feb
14.4		Ilana Kriel	CN	05-11-89	1	Potchefstroom	19-Feb
14.5		Bianca Wirth	MP	02-02-88	2	Secunda	12-Mar
14.8		Jana du Plooy	MP	09-11-89	3	Secunda	12-Mar

400m HURDLES

Under 18 76.2cm

59.77		Mariska van Driel	GN	27-04-88	5	Durban	16-Apr
60.85		Carla Hugo	GN	20-07-88	1	Roodepoort	09-Feb
62.34		Yolandi le Roux	GN	18-01-89	2	Paarl	20-Mar
63.09		Elminette Beckmann	FS	14-06-89	3	Paarl	20-Mar
63.10		Erika Kleynhans	MP	16-08-88	4	Paarl	20-Mar
63.57		Danika Myburgh	GN	14-05-88	4	Pretoria	05-Mar
64.79		Bianca Erasmus	GN	13-10-89	1	Pretoria	25-Feb
65.24		Liezell Keyser	CN	29-03-89	1	Potchefstroom	05-Mar
65.45		Chanaix Nice	CG	26-02-88	3h1	Germiston	02-Apr
65.82		Margit du Plessis	GN	31-03-88	3	Germiston	01-Mar

Hand

61.7		Jeanne Botha	EP	12-04-88	2	Port Elizabeth	25-Feb
61.8		Surika Ferreira	EP		3	Port Elizabeth	25-Feb
64.3		Sunel van der Linde	MP	18-01-89	2	Secunda	12-Mar
64.4		Leanka Prinsloo	MP	05-02-89	3	Secunda	12-Mar

HIGH JUMP

Under 18

1.77		Marcoleen Pretorius	VT	25-07-89	1	Germiston	01-Mar
1.75		Tillanie Neethling	VT	18-01-88	2	Paarl	20-Mar
1.70		Carina du Preez	GN	18-09-89	2	Krugersdorp	15-Jan
1.70		Bianca Erwee	FS	04-03-90	1	Sasolburg	10-Feb
1.70		Tersia Stander	CG	25-05-88	1	Roodepoort	18-Feb
1.70		Janette Siebert	FS	13-01-89	1	Bloemfontein	05-Feb

1.70		Elsie Algera	GN	09-06-89	1	Germiston	01-Mar
1.70		Marike Prinsloo	FS	22-03-89	3	Paarl	20-Mar
1.70		Zanli Blom	MP	19-05-90	1	Secunda	12-Mar
1.67		Lani van Heerden	CN	01-10-88	1	Potchefstroom	19-Feb

POLE VAULT

Under 18

3.60		Leanne Viviers	WP	23-11-88	1	Parow	29-Jan
3.50		Nicola Loots	BO	27-09-89	1	Paarl	12-Mar
3.30		Eugenie Burger	FS	10-06-88	2	Paarl	20-Mar
3.20		Yolandi Stemmet	WP	08-08-88	2	Germiston	01-Apr
3.11		Janneke Wolmarans	EP	25-06-88	1	Port Elizabeth	25-Feb
3.10		Carmen-Ann Lombard	FS	06-04-88	3	Germiston	01-Apr
3.00		Janita Stander	BO	02-02-90	5	Germiston	01-Apr
2.91		Anneen Fleischmann	FS	13-12-89	1	Bloemfontein	26-Feb
2.70		Mariska Groenewald	FS		3	Bloemfontein	26-Feb
2.70		Elzaan Bouwer	EP	13-04-89	5	Paarl	20-Mar

LONG JUMP

Under 18

5.88	0.7	Christy Coetzee	CG	24-05-89	1	Roodepoort	09-Feb
5.64	0.0	Nicoleen McLaren	MP	10-05-90	1	Roodepoort	09-Feb
5.55	2.0	Eliz-Mari Prinsloo	GN	09-07-88	2	Roodepoort	09-Feb
5.51	0.4	Marni Stevens	VT	30-05-89	3	Roodepoort	09-Feb
5.45	0.1	Lelani Kruger	CG	07-02-90	2	Roodepoort	09-Feb
5.44	-3.1	Bianca Erasmus	GN	13-10-89	1q2	Germiston	01-Apr
5.44	-0.6	Jacqueline de Klerk	Bor	11-03-89	2	Germiston	01-Apr
5.39	-0.6	Ilze Liebenberg	BO	30-03-90	4	Germiston	01-Apr
5.38	1.5	Louise Coertzen	Gau		2	Paarl	19-Mar
5.35	0.0	Chanell Vuyk	CG		3	Roodepoort	09-Feb
5.35	0.0	Rozanne Oeschger	GN		3	Roodepoort	09-Feb

NWI

5.71		Nicoleen McLaren	MP	10-05-90	1	Volksrust	25-Feb
5.41		Tanya Smith	KZ	12-01-89		Durban	05-Mar
5.49		Wenda Theron	BO	30-07-88	1	Paarl	05-Mar
5.37		Louise de Kock	LIM		1	Polokwane	12-Mar
5.35		Stephanie Potgieter	MP		1	Secunda	12-Mar

Wind

5.35	2.1	Patience Ntshingila	Gau		4	Paarl	19-Mar
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TRIPLE JUMP

Under 18

(WYC/Q - 11.80m)

11.64	1.6	Inkie Tulleken	SW	11-02-90	1	Germiston	02-Apr
11.53	0.9	Eliz-Mari Prinsloo	GN	09-07-88	2*	Germiston	02-Apr
11.46	-1.7	Lunette van der Merwe	KZ	03-08-88	3	Paarl	20-Mar
11.42	1.1	Michelle Cornelius	GN	14-09-89	3	Germiston	02-Apr
11.22	-1.1	Valencia Enslin	MP	07-03-88	4	Paarl	20-Mar
11.20	0.9	Marise Olivier	NW	04-04-89	5	Germiston	02-Apr
11.01	1.1	Grethe Nel	KZ	13-05-88	6	Germiston	02-Apr
11.00	1.5	Tammy-Lee Meizli	FS		1	Bloemfontein	05-Mar
10.90	1.8	Leyla Read	FS	12-02-89	2	Bloemfontein	05-Mar
10.89	1.3	Michelle Pieterse	CN	12-10-90	5	Paarl	20-Mar

NWI

11.65	2.6	Inkie Tulleken	SW	11-02-90	2	Windhoek	07-May
11.38		Valencia Enslin	MP	07-03-88	1	Secunda	12-Mar
11.24		Gretha Nel	KZ	13-05-88	2	Durban	06-Mar
10.98		Liejendrie Bieldt	GN		3	Pretoria	05-Mar
10.94		L Pieterse	MP		2	Secunda	12-Mar

SHOT PUT	Under 18	4kg				(WYC/Q - 12.60m)	
16.04	Simoné du Toit	CG	27-09-88	2	Durban	15-Apr	
13.11	Bianca van Rooyen	CG	28-01-88	1	Krugersdorp	18-Feb	
12.26	Monique van der Merwe	MP		1	Secunda	12-Mar	
12.13	Henriette Loggenberg	MP	02-06-88	1	Secunda	12-Mar	
12.02	Cindy Barnard	MP	13-03-90	2	Secunda	12-Mar	
11.95	Lilani van Staden	MP	01-04-89	2	Roodepoort	09-Feb	
11.90	C du Plessis			3	Germiston	01-Mar	
11.68	Lezanne Muller	FS		3	Germiston	01-Apr	
11.60	C Malan			1	Germiston	01-Mar	
11.60	Les-Lee Thompson	MP	15-02-89	2	Secunda	12-Mar	

DISCUS	Under 18	1 kg				(WC/Q - 40.50m)	
52.72	Simoné du Toit	CG	27-09-88	1	Germiston	05-Mar	
44.20	Maryke Oberholzer	LIM	27-11-89	2	Germiston	02-Apr	
44.10	Henriette Loggenberg	MP	02-05-88	3	Germiston	02-Apr	
39.30	Karin Furstenburg	FS	12-03-89	1	Bloemfontein	26-Feb	
39.26	Leandri de Beer	NW	27-02-89	4	Germiston	02-Apr	
39.15	Amore Kotze	MP	06-05-89	2	Secunda	12-Mar	
38.99	Kiki Peenz	GN	19-06-88	1	Pretoria	05-Mar	
38.65	Charlotte Moolman	GN	29-11-88	1	Pretoria	18-Feb	
38.59	Lizanne Badenhorst	FS	u16	1	Paarl	19-Mar	
38.20	Maryka van Aswegen	MP	09-01-88	3	Secunda	12-Mar	

HAMMER	Under 18	4kg				(WC/Q - 46.00)	
44.54	Marizette Badenhorst	FS	07-06-90	1	Bloemfontein	05-Mar	
42.22	Jolene van Zyl	FS	05-01-88	2	Germiston	01-Apr	
38.65	Lozahn du Preez	CN	04-11-88	3	Germiston	01-Apr	
36.33	Carin van Aardt	MP	22-02-89	2	Paarl	19-Mar	
33.46	N Thompson	EP		3	Paarl	19-Mar	
31.67	E Swanepoel	EP		1	Port Elizabeth	25-Feb	
31.19	Leandri de Beer	NW	27-02-89	5	Germiston	01-Apr	
31.07	Lezanne Muller	FS	18-06-88	1	Sasolburg	10-Feb	
30.22	Anneke Gerber	EP	09-03-88	1	Westbourne, PE	15-Jan	
30.09	Ilze Senekal	EP		3	Port Elizabeth	03-Mar	

JAVELIN	Under 18	600g				(WC/Q - 42.00M)	
57.29	Ynthie Coetzee	GN	31-12-88	1	Durban	16-Apr	
46.68	Gerlize de Klerk	GN	23-03-89	4	Potchefstroom	04-Feb	
44.58	Tazmin Brits	CN	08-01-91	1	Roodepoort	09-Feb	
44.33	Gizelle J van Rensburg	FS	11-04-88	3	Germiston	02-Apr	
43.73	Lizelle Jacobs	SW	05-05-88	4	Germiston	02-Apr	
42.93	Michelle Scholtz	CN		1	Potchefstroom	22-Feb	

42.88	Karin Furstenburg	FS	12-03-89	5	Germiston	02-Apr
42.67	Maryke Ferreira	CN	27-06-88	1	Potchefstroom	05-Mar
42.45	Charleen Groenewald	GN	07-09-89	2	Roodepoort	09-Feb
42.42	Leanka Steyn	FS	30-10-90	1	Bloemfontein	22-Jan
41.29	Karla Mostert	GN	12-03-90	3	Paarl	20-Mar
40.96	Madelane van der Merwe	NW	01-10-90	4	Paarl	20-Mar
40.27	Heloise Labuschagne	FS	10-05-88	1	Bethlehem	26-Feb

HEPTATHLON

Under 18

4 005 pts	Dané Botes	NW	02-06-89	1	Germiston	1-2 Apr
3 788	Alicia van der Merwe	CG	17-03-88	2	Germiston	1-2 Apr
3 773	Lizelle Phillips	CG	14-07-88	3	Germiston	1-2 Apr
3 758	Cherlee Wessels	FS	15-10-89	4	Germiston	1-2 Apr
3 436	Mariska McLean	FS	07-03-90	5	Germiston	1-2 Apr
3 391	Deoné Joubert	GN		6	Germiston	1-2 Apr
3 379	Andriette Porthaine	GN	20-01-89	7	Germiston	1-2 Apr
3 277	Jolene van Tonder	GN	23-03-89	8	Germiston	1-2 Apr

5000m WALK

Under 18

26:27.5	Michelle Hopkins	CG	09.11.88	1	Paarl	20-Mar
28:25.9	Jo-Anne Williams	BO	10-02-89	2	Paarl	20-Mar
28.47.91	Lindi Cronje	VT	01-11-88	2	Germiston	01-Apr
29:00.6	Nakita Schultz	BO		2	Paarl	05-Mar
29:17.0	M Thinyane	FS		1	Bethlehem	26-Feb
29:29.0	M Lebeko	FS		2	Bethlehem	26-Feb
29.37.79	Riandi Booyens	CN	12-04-88	1	Potchefstroom	05-Mar
29:37.9	Jocelyn de Klerk	FS	03-06-88	4	Paarl	20-Mar
29.47.18	Mariska Coetzee	BO	06-08-90	3	Germiston	01-Apr
29:50.5	J de Beer	EP		5	Paarl	20-Mar

Ends