

2007 SOUTH AFRICAN YOUTH LIST

Athletes 17, 16 and 15 years

(Born 1990, 1991 & 1992)

33

Compiled by Danie Cornelius - danie@jumps.co.za

As at 5 September

YOUTH BOYS

100 METRES

SA Rec 10.36 Leigh Julius Pretoria 14 April 2002
2007 SA Champion 10.67 Patrick Vosloo (VT)

10.67	0.8	Patrick Vosloo	VT	02-05-90	1	Pretoria	13-Jan
10.77	1.5	Heinrich Fortuin	BOL	03-04-90	1h7	Pretoria	13-Apr
10.86	0.8	Mogomotsi Galosikwe	FS	16-02-90	2	Pretoria	13-Apr
11.03	0.9	Tiaan Schoeman	CG		1h1	Germiston	01-Mar
11.04	0.8	Thys Kuhn	VT		2h1	Germiston	01-Mar
11.05	-0.5	Dean Swart	BOL	04-04-91	4	Port Elizabeth	30-Mar
11.05	-0.5	Abednego Mamuschi	MP		3	Port Elizabeth	30-Mar

Wind

10.61	2.2	Patrick Vosloo	VT	02-05-90	1sf2	Pretoria	13-Jan
10.97	2.4	Waide Jooste	CG	u/17	1h2	Germiston	01-Mar
11.02	3.3	Christo Hattingh	CG	14-01-91	1h1	Germiston	01-Mar

NWI

10.60		Patrick Vosloo	VT	02-05-90	1	Germiston	13-Jan
10.88		Dwayne Andrews	CG	u/16	1h1	Roodepoort	27-Feb
11.00		Jacques Potgieter	GN		2	Germiston	10-Mar
11.00		Heathcliff Nyambiya	FS		1	Bloemfontein	23-Mar
11.05		T Mxunyelwa	CG		1h1	Germiston	10-Mar

200 METRES

SA Rec 20.79 Leigh Julius Pretoria 13 April 2002
2007 SA Champion 21.26 Patrick Vosloo (VT)

21.26	1.5	Patrick Vosloo	VT	02-05-90	1	Pretoria	14-Apr
21.58	1.5	Dean Swart	BOR	04-04-91	2	Pretoria	14-Apr
21.81	0.0	Oscar Carshagen	FS	06-01-90	1	Bloemfontein	23-Mar
22.03	1.5	Aphelele Rasmeni	BOR		3	Pretoria	14-Apr
22.24	-1.6	Thys Kuhn	VT		1h1	Germiston	01-Mar
22.39	-1.6	Tiaan Schoeman	CG		1h2	Germiston	01-Mar
22.40	-0.9	Stefan Brits	CG	19-01-92	1h1	Germiston	01-Mar

NWI

21.82		Heinrich Maartens	VT	10-07-90	1	Roodepoort	07-Feb
22.15		Themba Mngqibsa	CG	u/16	1	Germiston	10-Mar
22.19		Dewald Pieters	MP		2h	Port Elizabeth	31-Mar
22.49		M Coetzee	LIM		4h	Port Elizabeth	31-Mar

400 METRES

SA Rec 45.15 Riaan Dempers Secunda 6 May 1994
2007 SA Champion 47.32 Heinrich Maartens (VT)

47.32		Heinrich Maartens	VT	10-07-90	1	Pretoria	14-Apr
48.07		Dean Swart	BO	04-04-91	2	Pretoria	14-Apr
49.00		Ashley van Schalkwyk	GN	10-09-90	2	Germiston	10-Mar

49.01	Senzo Blose	KZN		3	Pretoria	14-Apr
49.06	Pieter Harmse	GN	30-01-90	1h1	Germiston	01-Mar
49.24	Ryno de Lange	LIM	12-02-91	3	Port Elizabeth	30-Mar
49.27	Graduate Jockia	MP	05-12-90	4	Pretoria	14-Apr
49.46	Marnus Koekemoer	GN	03-01-90	2	Roodepoort	07-Feb
49.46	Marinus Herbst	CG		4	Roodepoort	07-Feb
49.46	Ruan van Loo	GN		2h1	Germiston	01-Mar
49.53	Petrus Mohokale	FS		2h1	Pretoria	13-Apr
49.68	Thomas Jonda	FS	21-06-90	1	Bloemfontein	23-Mar

800 METRES

SA Rec 1:47.67 Mandla Nkosi Pretoria 29 Jan 1999

2007 SA Champion 1:52.86 Marnus Koekemoer (GN)

1:51.6	Marnus Koekemoer	GN	03-01-90	1	Maputu	09-Jun
1:53.07	Xolani Mabhida	KZN	22-11-90	2	Pretoria	14-Apr
1:53.15	Werner du Toit	CG	24-09-90	2	Port Elizabeth	31-Mar
1:54.34	Windy Jonas	FS	11-03-90	4	Pretoria	14-Apr
1:54.36	Scelo Zuma	KZN		4	Port Elizabeth	31-Mar
1.54.4	Dirk Fourie	GN	30-01-91	5	Pretoria	14-Apr
1:55.47	Andrew Roodt	CG		6	Pretoria	14-Apr
1.55.5	Ulrich Ohloff	GN	21-11-94	7	Pretoria	14-Apr
1:55.66	Keith Freimond	GN	28-09-90	1h1	Germiston	01-Mar
1:55.99	Ryno de Lange	LIM	12-02-91	5	Port Elizabeth	31-Mar
1.56.1	Ettienne Schoeman	CG		1	Roodepoort	16-Feb
1:56.32	N Setlhalogile	NW		6	Port Elizabeth	31-Mar

1500 METRES

SA Rec 3:42.92 Hans van der Veen Port Elizabeth 11 Dec 1982

2007 SA Champion 3:57.72 Folavia Sohle (CG)

3:53.2	Sithyhilo Diko	EC	10-09-91	1	Maputu	10-Jun
3:55.50	Jerry Motsau	CG	12-03-90	1	Port Elizabeth	30-Mar
3:56.73	Folavia Sohle	CG	14-10-90	3	Port Elizabeth	31-Mar
3:58.26	Windy Jonas	FS	11-03-90	1	Bloemfontein	26-Jan
3:58.47	Thibetso Matsetla	CG		2	Pretoria	13-Mar
3:59.79	Tebogo Makhanya	KZN		3h	Port Elizabeth	31-Mar
4:00.55	Vuvisele Tshoba	CG	12-02-91	4h	Port Elizabeth	31-Mar
4:00.71	Enslin Klase	BO		5h	Port Elizabeth	31-Mar
4.00.9	Marko Buearizza	CG		1	Jhb(UJ)	03-Feb
4:00.90	T Sakwana	VT		1	Germiston	10-Mar

3000 METERS

SA Rec 8:00.08 Tshamano Setone Pretoria 27 Jan 2006

2007 SA Champion 8:34.35 Sithyhilo Diko (TRAN)

8.17.65	Folavio Sehohle	VT	14-10-90	3h2	Ostrava	12-July
8:19.81	Sithyhilo Diko	EC	10-09-91	2	Port Elizabeth	30-Mar
8:20.74	Vuyisile Tshoba	CG	12-02-91	3	Port Elizabeth	30-Mar
8:26.0	Windy Jonas	FS	11-03-90	1	Bloemfontein	27-Jan
8:27.0	Thabiso Leteka	FS	08-06-90	2	Bloemfontein	27-Jan
8:31.55	Senzo Nkosi	KZN	03-03-90	5	Port Elizabeth	30-Mar
8:32.0	M Nibe	FS		3	Bloemfontein	27-Jan

8:36.28	Joseph Mangola	EC	u/16	1	Port Elizabeth	30-Mar
8:37.85	Mfumaneko Fadane	EC	u/16	2	Port Elizabeth	30-Mar

2000m STEEPLECHASE

SA Rec 5:44.54 Dewayne Mouries Pretoria 19 March 2005

2007 SA Champion 5:50.92 Jerry Motsau (CG)

5:50.92	Jerry Motsau	CGA	12-03-90	1	Pretoria	14-Apr
5:55.23	William Mothosala	FS	31-03-90	2	Pretoria	14-Apr
5:58.52	Nicholas Mduywana	WC		2	Port Elizabeth	31-Apr
5:59.16	Sprinkaan Simons	FS	09-04-90	4	Port Elizabeth	31-Apr
5:59.16	Patrick Ntoahae	FS		3	Port Elizabeth	31-Apr
5:59.62	Mathews Siyephu	GN	22-01-90	3	Pretoria	14-Apr
6:08.28	R Mokone	FS		4	Pretoria	14-Apr
6.08.3	Tiletso Masehle	CGA		1	Germiston	27-Jan
6:10.68	Sphamandla Nyembe	KZN		5	Pretoria	14-Apr
6.13.14	Thabiso Leteka	FS	08-06-90	3	Bloemfontein	23-Mar
6.13.5	Kotopetsi Mhlange	CGA		1	Jhb(UJ)	03-Feb
6.14.58	Ruben Mangengene	CGA		2	Germiston	27-Jan

110m HURDLES 91.4cm

SA Rec 13.35 Marthinus van der Vyver Dubrecen 14 July 2001

2007 SA Champion 14.11 Abednego Mamuschi (MP)

13.72	1.8	Cornel Fredericks	BO	03-03-90	1	Port Elizabeth	30-Mar
14.02	1.3	Abednego Mamushi	MP	19-09-91	1h	Port Elizabeth	30-Mar
14.16	1.8	Wayne Dreyer	MP		3	Port Elizabeth	30-Mar
14.29	1.8	PC Beneke	FS	18-07-90	4	Port Elizabeth	30-Mar
14.32	-1.1	Ettiene Grobler	GN	26-04-90	2	Pretoria	13-Apr
14.37	-1.1	Kobus Moolman	GN	08-01-91	3	Pretoria	13-May
14.38	0.4	Gary Morris	WP		1h3	Pretoria	13-May
14.39	1.8	Johan Fourie	LIM	07-02-91	5	Port Elizabeth	30-Mar
14.42	0.5	Jaco Fourie	GN	09-05-91	2h2	Pretoria	13-Apr
14.47	1.8	Jaco Blom	MP		7	Port Elizabeth	30-Mar
14.52	1.7	Wessel de Klerk	CG		1h1	Germiston	01-Mar
Wind							
14.20	3.2	Pieter Koch	GN	u/17	1h1	Germiston	01-Mar
NWI							
14.47		Connie Segeel	CG		1	Roodepoort	07-Feb
14.50		Wilbert Kinnera	GN		2	Roodepoort	07-Feb
14.52		Pieter Koch	GN		3	Roodepoort	07-Feb

400m HURDLES 84.0cm

SA Rec 48.89 LJ van Zyl Kingston 17 July 2002

2007 SA Champion 50.74 PC Beneke (FS)

50.74		PC Beneke	FS	18-07-90	1	Pretoria	14-Apr
50.75		Cornel Fredericks	BO	03-03-90	2	Pretoria	14-Apr
52.14		Neil de Beer	NW		3	Pretoria	14-Apr
52.25		Bennie van Vuuren	CG	23-04-90	1	Germiston	10-Mar
52.93		Connie Seegel	CG		2	Germiston	10-Mar
53.59		Bertus Viljoen	VT		3	Germiston	10-Mar
53.72		Rhodwin van Vuuren	GAU		3	Port Elizabeth	31-Mar

53.85		Wayne Dreyr	MP		4	Port Elizabeth	31-Mar
53.97		De Wet Bergh	GN	31-05-90	2h2	Germiston	01-Mar
54.20		Neil le Roux	WC		6	Port Elizabeth	31-Mar

HIGH JUMP

SA Rec 2.25 Jacques Freitag Pretoria 1 July 1999

2007 SA Champion 2.08 Willem Voigt (SWD)

2.14		Willem Voigt	WC	21-02-90	6	Ostrava	14-July
2.10		Heinrich Kuhn	WP	22-01-91	1	Port Elizabeth	30-Mar
2.00		Ruan Claassen	VT	26-03-90	1	Germiston	27-Jan
2.00		Wouter Faurie	GN	08-10-91	1	Roodepoort	07-Feb
2.00		Damian Boshoff	NW		h	Port Elizabeth	30-Mar
2.00		Dawie Greeff	KZN	12-01-90	2	Port Elizabeth	30-Mar
1.95		Robert Hill	CGA		2	Germiston	27-Jan
1.95		Alex du Toit	CGA		2	Roodepoort	07-Feb
1.95		Dian Meyer	CG	26-06-90	3	Roodepoort	07-Feb
1.95		Muntingh Hamman	CG		4	Roodepoort	07-Feb
1.95		Andre Smit	CG	u/16	1	Roodepoort	07-Feb
1.95		Layne Scheffers	WC	u/16	1	Port Elizabeth	31-Mar
1.95		HJ van Aswegen	GN	03-01-90	3	Pretoria	14-Apr
1.95		Frikkie Fritz	MP		4	Pretoria	14-Apr
1.95		Tiaan Jonkers	BOL		5	Pretoria	14-Apr

POLE VAULT

SA Rec 4.92 Cheyne Rahme Pretoria 9 March 2007**

** Awaiting Ratification

2007 SA Champion 4.60 Cheyne Rahme (CG)

4.92		Cheyne Rahme	CG	23-01-91	1	Pretoria	09-Mar
4.70		Eben Beukes	FS	09-03-90	5q2	Ostrava	13-July
4.40		Sebastiaan Wessels	FS	23-01-91	1	Bloemfontein	27-Jan
4.40		Christiaan Norman	BO	16-05-91	1	Stellenbosch	24-Feb
4.30		Francois Burger	BO		2	Port Elizabeth	31-Mar
4.20		Ruaan van Wyk	BO	04-12-91	3	Port Elizabeth	31-Mar
4.10		Lesley Luiters	EP		4	Port Elizabeth	31-Mar
4.00		Jan-Louis Nienaber	BOL		4	Pretoria	14-Apr
3.90		Francois Fouche	FS	25-08-90	1	Bloemfontein	26-Jan
3.80		Gregory Kemp	EC		5	Port Elizabeth	31-Mar
3.80		Niel Benade	WP		5	Pretoria	14-Apr

LONG JUMP

SA Rec 7.82 Godfrey Mokoena Pretoria 15 June 2002

2007 SA Champion 7.27 Stefan Brits (CG)

7.27	1.0	Stefan Brits	CG	19-01-92	1	Pretoria	13-Apr
7.25	0.5	Brent Stevens	FS		1	Gaborone	27-Apr
6.97	-2.1	Andrew Baiden	CG		1	Germiston	27-Jan
6.87	-2.1	Gladwin Smith	MP		2	Pretoria	13-Apr
6.85	-0.4	Reneilwe Aphane	GN		3	Pretoria	13-Apr
6.84	1.1	Karobe Pilane	NWN		4	Pretoria	13-Apr
6.82	0.9	Rowhan Rhode	WC		2	Port Elizabeth	31-Mar
6.82	0.4	Mnqobi Mkhize	KZN	17-04-90	3	Gaborone	27-Apr

6.76	0.7	Dylon Cotter	CG		1	Jnb(UJ)	03-Feb
NWI							
7.10		Stefan Brits	CG	19-01-92	1h	Pretoria	13-Apr
6.90		Boipelo Motlhathego	GN	27-11-90	1	Affies	05-Sep
6.86		Divan Ferguson	CG		1	Roodepoort	07-Feb
6.81		Kobus Crafford	GN		2	Germiston	10-Mar
6.76		Neo Marie	VT	05-08-90	4	Germiston	10-Mar
6.74		Ruan Kok	VT		2	Roodepoort	07-Feb
6.70		Dwayne du Plessis	CG		1	Roodepoort	27-Feb

TRIPLE JUMP

SA Rec 16.03 Godfrey Mokoena Pretoria 14 Sept 2002

2007 SA Champion 14.85 Boipelo Motlathlego (GN)

15.13	0.0	Boipelo Motlhathego	GN	27-11-90	3q2	Ostrava	13-July
14.77	1.0	Mnqobi Mkhize	KZN	17-04-90	1	Gaborone	27-Apr
14.72	1.4	Neo Marie	VT	05-08-90	10q1	Ostrava	13-July
14.44	0.1	Reneilwe Aphane	GN		5	Pretoria	14-Apr
13.95	0.7	Bylon Cotter	CG		1	Jhb(UJ)	03-Feb
NWI							
15.15		Boipelo Motlhathego	GN	27-11-90	1	Maputu	09-Jun
14.90		Neo Marie	VT	05-08-90	2	Maputu	09-Jun
14.59		Reneilwe Aphane	GN		1	Pretoria (LC)	28-Jul
13.84		Martinique Koopman	EC		3	Port Elizabeth	31-Mar
13.83		Aphelela Rasmeni	EP		4	Port Elizabeth	31-Mar
13.61		Gershwin Arries	WC		6	Port Elizabeth	31-Mar
13.56		Bennie van Vuuren	CG	23-04-90	1	Roodepoort	16-Feb

SHOT

5kg

SA Rec 21.15 Janus Robberts Naboomspruit 19 Oct 1996

2007 SA Champion 19.05 Stefan Brink (NW)

19.93		Stephan Brink	NW	11-09-90	1	Maputu	10-Jun
19.37		Ryno van Winkel	CG	22-02-90	2	Maputu	10-Jun
18.50		Jayson Smith	NW	12-05-90	3	Pretoria	13-Apr
18.07		Thys van Wyk	FS	27-02-90	4	Pretoria	13-Apr
17.53		Brynn-Peter Kemp	BO	18-01-91	5	Port Elizabeth	31-Mar
16.80		Arnold Giesel	GN	25-03-90	3	Roodepoort	07-Feb
16.32		RJ Kellerman	BO		6	Port Elizabeth	31-Mar

15.93	Louwtjie Smith	FS	08-08-90	2	Bloemfontein	23-Mar
15.90	Leon Verster	CG		2	Germiston	10-Mar
15.85	Shaun Lourens	CG	22-04-91	3	Germiston	10-Mar
15.85	Schalk Mostert	BO		7	Port Elizabeth	31-Mar

DISCUS 1.5kg

SA Rec 63.46 Frits Potgieter Krugersdorp 1 Oct 1993

2007 SA Champion 53.29 Jason Smith (NWN)

57.17	Jayson Smith	NW	12-05-90	1	Port Elizabeth	30-Mar
56.80	Christiaan Stander	WC	05-04-90	1	Gaberone	27-Apr
52.85	Ryno van Winkel	CG	22-02-90	1	Roodepoort	07-Feb
52.84	Leon Verster	VT		1	Sasolburg	01-Sep
52.56	Arnold Griesel	GN	25-03-90	2	Roodepoort	07-Feb
52.26	Dewald van Heerden	CG	04-04-91	1	Germiston	01-Mar
50.88	Ivan van Heerden	GN		4	Roodepoort	07-Feb
50.84	Ricus Roux	FS	16-02-90	4	Port Elizabeth	30-Mar
50.47	Thys van Wyk	FS	27-02-90	5	Port Elizabeth	30-Mar

HAMMER 5kg

SA Rec 79.79 Werner Smit Bellville 15 March 2001

2007 SA Champion 62.04 Micqel le Roux (WP)

62.04	Micqel le Roux	WP	26-03-90	1	Pretoria	13-Apr
52.45	Dean Morgan	BO		1	Stellenbosch	24-Feb
50.55	Spyker Serfontein	FS	08-03-91	2	Pretoria	13-Apr
50.28	Stephan le Roux	CG		1	Germiston	10-Mar
50.07	Eghard Basson	EP		3	Pretoria	13-Apr
49.36	Phillip Marx	WC	17-01-91	2	Port Elizabeth	31-Mar
48.87	Lodiwicus Venter	EC		4	Pretoria	13-Apr

47.81	Nicolaas du Toit	BO	2	Stellenbosch	24-Feb
46.78	Jonathan Nortje	KZN	6	Port Elizabeth	31-Mar
46.52	Pieter du Plooy	MP	7	Port Elizabeth	31-Mar

JAVELIN 700GM

SA Rec 81.07 Robert Oosthuizen Sherbrooke 11 July 2003
2007 SA Champion 72.27 Adriaan van der Merwe (BOL)

72.27	Adriaan van der Merwe	BO	19-02-91	1	Pretoria	14-Apr
69.95	Ulrich Damon	WP	23-10-90	1	Maputu	09-Jun
69.78	Corne Barnardo	WC	10-06-91	1	Port Elizabeth	30-Mar
68.00	Ettiene Grassmann	EP		2	Port Elizabeth	30-Mar
65.60	Jason Henning	GN	13-08-90	4	Port Elizabeth	30-Mar
64.82	Corne van Wyk	NW	09-05-90	3	Pretoria	14-Apr
63.17	Heinrich Kotze	FS	09-02-91	1	Bloemfontein	23-Mar
61.93	Tertius Gouws	GN		1	Germiston	10-Mar
61.36	Deon Kotze	BO		1	Stellenbosch	24-Feb
61.11	Marchant de Lange	LIM		8	Port Elizabeth	30-Mar

OCTATHLON

SA Rec 5585 Willem le Roux Ostrava 11/12 July 2007**

** Awaiting Ratification

2007 SA Champion 5582 Willem le Roux (GN)

5585**	Willem le Roux	GN	17	Ostrava 11/12 July
	(11.77 (1.8), 6.06 (0.4), 13.79, 51.94, 16.16 (-0.7), 1.80, 57.65, 2:46.64)			
5582	Willem le Roux	GN	1	Stellenbosch 2/3 Mar

4 x 100m

SA Rec 41.55 Transvaal Bloemfontein 5 April 1986

2007 SA Champion 43.01 Boland

41.78	South Africa	1	Gaborone	27-Apr
43.01	Boland	1	Pretoria	13-Apr
43.20	Gauteng	1	Port Elizabeth	30-Mar
43.36	Mpumalanga	2	Pretoria	13-Apr
43.49	Gauteng North A	3	Pretoria	13-Apr
43.72	Central North West	4	Pretoria	13-Apr

4 x 400m

SA Rec 3:14.19 South Africa Shanghai 17 October 1998

2007 SA Champion 43.01 Boland

3:14.21	South Africa	1	Gaborone	27-Apr
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10000m WALK (Track)

SA Rec 46:14.72 Jacobus van Dyk Bellville 27 Apr 2002

2007 SA Champion 48:10.95 Dewald Bekker (GN)

47:59.85	Brian Clough	FS	09-03-90	1	Bloemfontein	23-Mar
48:10.95	Dewald Bekker	GN	15-03-90	1	Pretoria	13-Apr
49:37.10	Armond Nel	WC	23-01-91	2	Pretoria	13-Apr
50:17.32	Leon Geel	NW	29-01-90	3	Pretoria	13-Apr
51:54.37	SJ Wilson	FS	25-09-91	2	Bloemfontein	23-Mar

52:07.47	Johannes Teubes	BOL	5	Port Elizabeth	31-Mar
53:06.00	Jesse Petoors	BOL	1	Stellenbosch	24-Feb
53:15.96	Pieter Debbes	EP	4	Pretoria	13-Apr
53:23.74	Jannie Tuebes	BOL	5	Pretoria	13-Apr
54:46.47	Danel Hart	WP	6	Pretoria	13-Apr

YOUTH GIRLS

100 METRES

SA Rec 11.54 Mare-Lise Furstenburg Pretoria 5 November 1983
2007 SA Champion 11.94 Alyssa Conley (CG)

11.83	1.4	Alyssa Conley	CG	27-04-91	2h5	Ostrava	11-July
11.95	-0.8	Bevin Smith	CG	13-07-91	2	Pretoria	13-Apr
12.09	0.3	Celeste Rietels	BO	14-01-90	1sf2	Pretoria	13-Apr
12.24	0.3	Kgomotso Molokoane	NWN	09-09-90	2sf2	Pretoria	13-Apr
12.26	0.3	Ronica Bosch	VT	16-01-90	1sf3	Pretoria	13-Apr
12.27	1.1	Zanri van der Merwe	GN	u/15	1h1	Germiston	01-Mar
12.27	-0.8	Arlene Gower	EC	26-08-91	4	Pretoria	13-Apr
12.28	0.8	Marizelle Swart	MP	u/16	1	Port Elizabeth	23-Mar
12.33	1.9	Cherie Zandburg	FS		5	Port Elizabeth	30-Mar
12.36	1.3	Anika van Huysteen	GN	u/15	1h1	Germiston	01-Mar

NWI

12.23		Anri Zandberg	NC	14-06-90	1h	Port Elizabeth	30-Mar
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200 METRES

SA Rec 22.76 Evette de Klerk Sasolburg 21 April 1984
2007 SA Champion 23.96 Bevin Smith (CG)

23.85	-1.3	Alyssa Conley	CG	27-04-91	3sf2	Ostrava	14-July
23.96	1.3	Bevin Smith	CG	13-07-91	1	Pretoria	14-Apr
24.54	1.8	Celeste Rietels	BO	14-01-90	1	Bellville	24-Mar
24.84	1.3	Arlene Gower	EC		3	Pretoria	14-Apr
25.09	1.3	Kgomotso Molokoane	NWN	09-03-90	5	Pretoria	14-Apr
25.21	1.3	Anneri Schulenberg	GN		6	Pretoria	14-Apr
25.32	0.4	Sonja van der Merwe	WC	u/16	1h1	Port Elizabeth	31-Mar
25.34	-0.6	Anika van Huyssteen	GN	05-05-91	1h1	Germiston	01-Mar

NWI

25.08	nwi	M Dorfling	FS	15-05-92	1	Bloemfontein	23-Mar
25.09	nwi	Zanri van der Merwe	GN	u/15	1	Germiston	10-Mar
25.25	nwi	Aneen Kuhn	CG		3	Germiston	10-Mar
25.32	nwi	San-Mari Malan	CG	u/16	2	Germiston	10-Mar

400 METRES

SA Rec 53.20 Yolandi Venter Bloemfontein 8 April 1994
2007 SA Champion 56.15 Sonja van der Merwe (WP)

56.13		Sonja van der Merwe	WC	19-05-92	1	Port Elizabeth	30-Mar
56.20		Marianka Benadie	EP		1	Port Elizabeth	23-Feb
56.30		Marisa Smith	CG	24-04-90	2	Pretoria	14-Apr

56.39	Nandi Meyer	CG	11-03-90	1	Germiston	10-Mar
56.46	Mariska van Jaarsveldt	EP		3	Pretoria	14-Apr
56.49	Anike van Huyssteen	GN	05-05-91	4	Pretoria	14-Apr
56.99	Anuschka Nice	CG	26-08-91	2h1	Germiston	01-Mar
57.04	Suretha Muller	VT	u/16	5	Pretoria	14-Apr
57.32	Yolandi le Grange	CG		1h5	Pretoria	13-Apr
57.35	Rorisang Ramonye	NW		5	Port Elizabeth	31-Mar
57.49	Done Vermaak	GN	17-12-90	1sf2	Pretoria	13-Mar
57.61	Monique Vosloo	CG	26-08-91	2h3	Pretoria	13-Apr

800 METRES

SA Rec 2:02.71 Corne Viljoen Bloemfontein 9 March 1987
2007 SA Champion 2:10.76 Precious Mnisi (MP)

2:08.76	Precious Mnisi	MP	01-03-90	1	Port Elizabeth	30-Mar
2:08.8	Anelda Pypers	CG	15-04-91	1	Boksburg	24-Mar
2:08.9	Nandi Meyer	CG	11-03-90	2	Boksburg	24-Mar
2:09.35	Caster Semenya	LIM		2	Port Elizabeth	30-Mar
2:10.35	Anuschka Nice	CG	26-08-91	1h1	Germiston	01-Mar
2:11.51	Natanya Luther	CG	25-01-91	4	Secunda	26-Jan
2:12.85	Mieke Grabe	NW	u/17	4	Port Elizabeth	30-Mar
2:14.05	Megan Williams	CG	28-12-90	5	Pretoria	14-Apr
2:14.20	Suretha Muller	VT	u/16	1	Port Elizabeth	31-Mar
2:14.70	Kelsy Nel	GAU	u/16	2	Port Elizabeth	31-Mar

1500 METRES

SA Rec 4:06.87 Zola Budd Bloemfontein 28 Oktober 1983
2007 SA Champion 4:36.25 Natanya Luther (CG)

4:27.18	Natanya Luther	CG	25-01-91	10	Stellenbosch	02-Mar
4:28.91	Maxine Heine-Wacker	CG	27-04-90	12	Stellenbosch	02-Mar
4:31.67	Precious Mnisi	MP	01-03-90	1	Port Elizabeth	31-Mar
4:33.21	Engela Kuhn	GN	11-06-90	2	Port Elizabeth	31-Mar
4:33.94	Zintle Sinque	CG		3	Port Elizabeth	31-Mar
4:34.07	Lusanda Bomvana	EC	25-10-90	4	Port Elizabeth	31-Mar
4:38.25	Madelein Pretorius	FS		5	Port Elizabeth	31-Mar
4:38.46	Monica du Toit	LIM		6	Port Elizabeth	31-Mar
04:39.1	Relandi Ligget	CG	04-06-91	3	Pretoria	13-Mar
4:39.30	Marlise Jordaan	WC`	u/16	1	Port Elizabeth	31-Mar
4:40.06	Rebecca Mokone	FS	u/16	2	Port Elizabeth	31-Mar

3000 METRES

SA Rec 8:39.00 Zola Budd Durban 2 April 1983
2007 SA Champion 10:05.84 Maxine Heine-Wacker (CG)

9:41.93	Maxine Heine-Wacker	CG	27-04-90	1	Port Elizabeth	31-Mar
10:00.98	Sylvia Tshetlanyone	CG		1	Germiston	10-Mar
10:03.72	Ashleigh Schnetler	CG		3	Germiston	10-Mar
10:07.66	Lusanda Bomvana	EC	25-10-90	2	Pretoria	13-Apr
10:11.25	Selina Mofokeng	VT	22-06-90	3	Pretoria	13-Mar
10:17.01	Dominique Scott	WP	23-04-93	2	Bellville	30-Jan
10:21.52	Anja Wiid	CG		4	Germiston	10-Mar

100m HURDLES 76.2cm**SA Rec 13.24 Ilse Ras Durban 2 April 1982****2007 SA Champion 13.96 Marli Spies (MP)**

13.96	1.4	Marli Spies	MP	30-08-90	1	Pretoria	13-Apr
14.18	0.2	Ansulet Potgieter	FS	27-04-91	2	Port Elizabeth	30-Mar
14.20	1.4	Dayna O'Reilly	NW	14-11-90	3	Pretoria	13-Apr
14.21	1.4	Anneri Ebersohn	FS	09-08-90	4	Pretoria	13-Apr

NWI

14.64		Ilze Holtzkamp	VT		1	Germiston	10-Mar
14.81		Mia Janse van Rensburg	CG		2	Germiston	10-Mar
14.90		D Steenekamp	CG		3	Germiston	10-Mar
14.98		Hermi Maree	EC		3h1	Port Elizabeth	30-Mar
14.99		Lucy Badenhorst	GN	13-06-91	3h1	Germiston	10-Mar

400m HURDLES 76.2cm**SA Rec 58.77 Chantelle Terblanche Germiston 23 Maart 2002****2007 SA Champion 59.83 Marli Spies (MP)**

59.83		Marli Spies	MP	30-08-90	1	Pretoria	14-Apr
60.21		Anneri Ebersohn	FS	09-08-90	2	Pretoria	14-Apr
63.15		Andrea Strauss	NW		3	Port Elizabeth	31-Mar
63.19		Yolanda le Grange	CG	06-05-91	1	Roodepoort	07-Feb
63.49		Marion-Ann Duvenhage	CNW		4	Pretoria	14-Apr
63.84		Megan Goddard	WP		4	Port Elizabeth	31-Mar
64.68		Dayna O'Reilly	NW	14-11-90	5	Port Elizabeth	31-Mar
65.18		Aliza Pienaar	GN	06-02-90	6	Pretoria	14-Apr
65.29		Jessica Grimbeeck	CG		1h2	Germiston	01-Mar
65.41		Zelrijke Enslin	CG		3	Germiston	10-Mar
65.46		Ester Botha	CNW		7	Pretoria	14-Apr

HIGH JUMP**SA Rec 1.96 Charmaine Gale Bloemfontein 4 April 1981****2007 SA Champion 1.73 June Roelofse (GN)**

1.73		June Roelofse	GN	19-03-92	1	Pretoria	13-Apr
1.70		Zehanca Prinsloo	CG	07-10-91	1	Germiston	27-Jan
1.70		Chane Linder	CG	u/16	1	Port Elizabeth	30-Mar
1.70		Bronwyn Campbell	WC		1	Port Elizabeth	31-Mar
1.69		Bianca Erwee	FS	14-03-90	2	Pretoria	13-Apr
1.68		T Vollenhoven	WP	u/16	1	Bellville	09-Mar
1.65		Chanel Diesel	CG		1	Roodepoort	16-Feb
1.65		Sanika Coetzee	CG		2	Germiston	01-Mar
1.65		Bianca Jantzen	GN	09-06-90	2	Germiston	10-Mar
1.65		Johanel Hugo	BO	14-03-91	2	Port Elizabeth	31-Mar
1.65		Zanli Blom	MP	19-05-90	4	Port Elizabeth	31-Mar

POLE VAULT

SA Rec 3.95 Annelie van Wyk Bellville 10 Maart 2001

2007 SA Champion 3.40 Janita Stander (BOL)

3.50		Janita Stander	BO	02-02-90	1	Port Elizabeth	30-Mar
3.20		Talitha Lombard	BO		2	Pretoria	13-Apr
3.10		Solize Vosloo	FS	04-04-90	2	Port Elizabeth	30-Mar
3.00		Yolandi Stemmet	WP		3	Pretoria	13-Apr
3.00		Nicola Loots	BO		4	Pretoria	13-Apr
3.00		Danelle Botes	NWN	02-06-89	5	Pretoria	13-Apr
2.90		Marike Jansen	FS	07-06-90	3	Port Elizabeth	30-Mar
2.80		Mandy Maritz	EP		1	Port Elizabeth	23-Feb
2.80		C Schwim	FS	02-01-92	1	Bloemfontein	23-Mar
2.80		Anne Nieuwoudt	BO		4	Port Elizabeth	30-Mar
2.80		Sarese de Villiers	FS	u/16	2	Port Elizabeth	31-Mar

LONG JUMP

SA Rec 6.37 Delia Visser Pretoria 8 April 2000

2007 SA Champion 5.85 Celeste Rietels (BO)

5.85	0.3	Celeste Rietels	BO	14-01-90	1	Pretoria	13-Apr
5.80	0.5	Nicoleen McClaren	MP	10-05-90	2	Pretoria	13-Mar
5.77	0.0	Danielle Fourie	CG	11-06-90	1	Libanon	24-Feb
5.67	1.5	Lynique Prinsloo	CG		1	Germiston	01-Mar
5.65	1.5	Chane Burger	CG	u/16	1	Port Elizabeth	30-Mar
5.58	-0.1	Kelly Kingwell	BOR		4	Pretoria	13-Apr
5.55	1.4	June Roelofse	GN	19-03-92	1	Germiston	01-Mar
5.55	0.1	Nthabi Matela	CNW		5	Pretoria	13-Apr

NWI

5.65		Rochelle Bezuidenhout	CG		1	Roodepoort	19-Feb
5.60		Celeste Rietels	BO	14-01-90	1h	Pretoria	13-Apr
5.58		Rozanne Oeschger	GN	11-08-91	2	Germiston	10-Mar
5.57		Alicia Sauer	VT	u/16	1	Roodepoort	07-Feb
5.54		Jadri Fourie	CNW	07-05-91	3h	Pretoria	13-Apr

TRIPLE JUMP

SA Rec 12.54 Mariana Banting Bloemfontein 14 March 1998

2007 SA Champion 11.95 Rozanne Oeschger (GN)

12.11	-1.0	Kelly Kingwell	EP		1	Gaborone	27-Apr
11.95	1.6	Rozanne Oeschger	GN	11-08-91	1	Pretoria	14-Apr
11.93	1.1	Hannelie Kotze	LIM		2	Pretoria	14-Apr
11.92	1.8	Danielle Fourie	CG	11-06-90	1	Ruimsig	27-Feb
11.27	1.1	Chane Burgers	CG	u/16	5	Pretoria	14-Apr
11.23	0.6	Michelle Bahlmann	CG	u/16	1	Port Elizabeth	30-Mar
11.21	-0.9	Elmien Nel	BO		1h2	Pretoria	14-Apr
11.16	0.7	Luchelle Prinsloo	NW	18-07-92	2	Port Elizabeth	30-Mar
11.12	-1.3	Nicoleen McClaren	MP	10-05-90	4	Gaborone	27-Apr

NWI

11.97		Danielle Fourie	CG	11-06-90	1	Pretoria	10-Feb
11.22		Clarise Marais	CG		2	Germiston	10-Mar
11.03		Jadri Fourie	CN	07-05-91	2	Roodepoort	07-Feb

SHOT 4kg**SA Rec 16.33 Simone du Toit Marrakesh 14 July 2005****2007 SA Champion 13.16 Elzaan Mostert (WP)**

13.16	Elzaan Mostert	WP	06-01-90	1	Pretoria	13-Apr
12.42	Carien Dreyer	GN	11-01-92	1	Germiston	10-Mar
12.26	Sonia Smuts	CG		1	Roodepoort	07-Feb
12.25	Lindie Liebenberg	BOR	22-02-91	2	Pretoria	13-Apr
11.94	Nanke Supra	VT		3	Pretoria	13-Apr
11.84	Allanah Crafford	LIM		2	Port Elizabeth	30-Mar
11.81	Phia Smit	FS	19-06-90	3	Port Elizabeth	30-Mar
11.79	Jacoba Supra	GAU		4	Port Elizabeth	30-Mar
11.79	Bianca Scanavino	WC	u/16	1	Port Elizabeth	30-Mar
11.70	Tazmin Brits	CN	08-01-91	3	Gaberone	27-Apr
11.61	Yolandi-Mari Botha	CG	u/16	5	Germiston	10-Mar
11.61	Melinda Marais	NW	15-03-91	5	Gaberone	27-Apr
11.57	Bernidell Senekal	CN		5	Port Elizabeth	30-Mar

DISCUS 1 kg**SA Rec 52.10 Simone du Toit Marrakesh 14 July 2005****2007 SA Champion 44.87 Lindie Liebenberg (BOR)**

45.70	Lindie Liebenberg	EC	22-02-91	1	Maputu	10-Jun
43.50	Suriette Botha	GN	18-02-92	2	Maputu	10-Jun
39.95	Melinda Marais	NW	15-03-91	2	Port Elizabeth	31-Mar
39.48	Luzanne Badenhorst	FS	04-12-90	3	Pretoria	14-Apr
39.41	Carien Dreyer	GN	11-01-92	4	Pretoria	14-Apr
39.28	Yolandie Uys	CN	u/16	2	Port Elizabeth	30-Mar
39.10	Aletta Coetzee	FS	u/16	3	Port Elizabeth	30-Mar
38.97	Danelle Willemse	MP	u/16	4	Port Elizabeth	30-Mar
38.75	Johanet Coetzer	FS	23-02-90	3	Port Elizabeth	31-Mar
38.68	Phia Smit	FS	19-06-90	1	Bloemfontein	26-Jan
38.62	Melida Erasmus	NW		4	Port Elizabeth	31-Mar

HAMMER 4kg**SA Rec 48.24** Marizette Badenhorst Port Elizabeth 31 Maart 2007****** Awaiting Ratification****2007 SA Champion 47.40 Marizette Badenhorst (FS)**

48.24	Marizette Badenhorst	FS	07-06-90	1	Port Elizabeth	30-Mar
44.63	Nadia Botha	FS	07-08-91	2	Pretoria	13-Apr
42.98	Nanette Stapelberg	FS		3	Port Elizabeth	30-Mar
41.45	Anneke Louw	EP	11-03-91	3	Pretoria	13-Apr
41.38	Simone Viviers	EP	11-06-92	4	Pretoria	13-Apr
38.79	Angeline de Franca	AVT	19-04-91	1	Germiston	10-Mar
38.64	Elzaan Mostert	WP	06-01-90	2	Bellville	03-Feb
38.09	Natasha Thompson	EP	15-02-90	6	Pretoria	13-Apr
33.98	Marinda Louw	FS		8	Pretoria	13-Apr
32.82	Samantha Greeff	EP		9	Pretoria	13-Apr
32.25	Monique Potgieter	NW		8	Port Elizabeth	30-Mar
31.04	Amorette Muller	WP	23-11-90	3	Bellville	03-Feb

JAVELIN 600g**SA Rec 57.29 Ynthie Coetzee Durban 16 April 2005****2007 SA Champion 51.70 Tazmin Brits (CN)**

56.55	Tazmin Brits	CN	08-01-91	1	Maputu	10-Jun
52.45	Leanke Steyn	FS	30-10-90	1	Port Elizabeth	31-Mar
48.89	Rencia Fourie	GN	01-02-90	3	Port Elizabeth	31-Mar
44.13	Aletta Oosthuizen	GN	28-01-91	1	Pretoria(LC)	10-Feb
43.52	Liezel de Swardt	NW	u/16	1	Port Elizabeth	30-Mar
42.94	Madeleine van der Merwe	CN	01-10-90	1	Germiston	01-Mar
42.31	Gizelle Barnard	EC	15-09-91	4	Pretoria	13-Apr
41.84	Catrina Botes	WC		5	Pretoria	13-Apr
40.88	Mari-Lena Joubert	BOL	u/16	2	Port Elizabeth	30-Mar
40.58	Karla Mostert	GN	12-03-90	2	Pretoria(Menlo)	23-Feb

4 x 100m**SA Rec 45.62 Northern Transvaal Pretoria 30 April 1982****2007 SA Champion 47.50 Central Gauteng**

47.50	Central Gauteng			1	Pretoria	14-Apr
47.84	South Africa			1	Gaborone	27-Apr
48.85	Gauteng			1	Port Elizabeth	31-Mar
48.92	WP			2	Pretoria	14-Apr
49.28	Gauteng u/16			1	Port Elizabeth	31-Mar
49.39	Western Cape			2	Port Elizabeth	31-Mar
49.51	EP			3	Pretoria	14-Apr
49.70	Eastern Cape			3	Port Elizabeth	31-Mar
49.89	Free State			4	Port Elizabeth	31-Mar
49.98	Nort West			5	Port Elizabeth	31-Mar

4 x 400m

3:50.55	South Africa			1	Gaborone	27-Apr
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5000m WALK**SA Rec 27:11.42 Liza Jacobs Bellville 7 April 2001****2007 SA Champion 28:02.24 Corli Swart (FS)**

27:39.04	Suzanna Liebenberg	NW		1	Port Elizabeth	31-Mar
27:41.46	Inge Kotze	BO	u/16	1	Port Elizabeth	31-Mar
27:44.17	Susanne Groenewald	BO	20-03-90	2	Port Elizabeth	31-Mar
27:52.77	Corli Swart	FS	05-03-91	3	Port Elizabeth	31-Mar
28:11.36	Melissa de Jager	NW	u/16	2	Port Elizabeth	31-Mar
28:22.18	Sumari Maree	NW	u/16	3	Port Elizabeth	31-Mar
28:45.49	Margie Conradie	KZN		4	Port Elizabeth	31-Mar
28:54.31	Janri de Klerk	BOR		5	Pretoria	13-Apr
28:58.20	Zelda Schultz	BO	u/16	4	Port Elizabeth	31-Mar
29:04.87	Marchenne Beneke	FS	u/16	5	Port Elizabeth	31-Mar

