

# South African Track & Field Performances 2016

as @ 23November 2016

## Under 18 {YOUTH} (Born 1999/2000)

Compiled by : Clyde Kinloch, assisted by Sarina Cronje, Wesley Botton, Staci Kiloh and Lisa Goosen

Under the Auspices of SAAS

<u>Performance</u>	<u>w/r</u>	<u>Name</u>	<u>Surname</u>	<u>DOB</u>	<u>Prov</u>	<u>Pos</u>	<u>Place</u>	<u>Date</u>
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### MALE

#### 100m

10.34	1.5	Malesela	Senona		AGN	1	Germiston	01-Apr
10.45	1.5	Retshiditswe	Mlenga		AGN	2	Germiston	01-Apr
10.56	0.7	Gianno	Peddy		ANWC	2	Blomfontein	17-Mar
10.59	1.5	Thando	Dlodlo		AGN	5	Germiston	01-Apr
10.65	1.5	Lehlongonolo	maseko		AGN	6	Germiston	01-Apr
10.69	1.5	Tshenolo	Lemao		AGN	7	Germiston	01-Apr
10.79	0.7	Waylin	September		EPA	3	Blomfontein	17-Mar
10.91	0	Duwane	Pietersen		EPA	3s1	Blomfontein	16-Mar
10.92	0.7	Jayden	Abrahams		ANWC	5	Blomfontein	17-Mar
10.97	2	Andricus	Douwie		ANWN	3h2	Germiston	31-Mar

#### 200m

20.74	1	Malesela	Senona		AGN	1	Germiston	02-Apr-16
20.96	1	Retshiditshwe	Mlenga		AGN	2	Germiston	02-Apr-16
21.04	1	Thembo	Monareng		AGN	3	Germiston	02-Apr-16
21.06	1	Gianno	Peddy		ANWC	4	Germiston	02-Apr-16
21.27	1.5	Thando	Dlodlo		AGN	2h5	Germiston	01-Apr-16
21.46	1	Tsebo	Matsotso		AFS	5	Germiston	02-Apr-16

21.61	1	Ruben	Meiring	AGN	7	Germiston	02-Apr-16
21.71	1	Maritz	Pieters	ACNW	3s3	Germiston	02-Apr-16
21.78	2	Lehlogonolo	Maseko	AGN	3s2	Germiston	02-Apr-16
21.79	1	Maritz	Pieters	ACNW	8	Germiston	02-Apr-16

#### 400m

0:47.23		Sokwakhana	Zazini	AGN	1	Germiston	2-Apr
0:48.17		Ashraf	Peterson	WPA	2	Germiston	2-Apr
0:48.21		Gabriel	Louw	CGA	2	Bloemfontein	17-Mar
0:48.29		Sokwakhana	Zazini	AGN	1s1	Germiston	1-Apr
0:48.44		Frans	Matlala	CGA	3	Germiston	2-Apr
0:48.51		Quinton	Pennels	CGA	3	Bloemfontein	17-Mar
0:48.57		Herman	Kritzinger	CGA	4	Germiston	2-Apr
0:48.62		Sokwakhana	Zazini	AGN	1h3	Germiston	31-Mar
0:48.75		Herman	Kritzinger	CGA	1h2	Germiston	31-Mar
0:48.75		Markus	Klopper	AGN	2h2	Germiston	31-Mar

#### 800m

1:52.25		Lewis	Ngwenya	AGN	1	Bloemfontein	18-Mar-16
1:53.27		Maduwa	Phelani	CGA	2	Bloemfontein	18-Mar-16
1:53.54		Alden	Deysel	AGN	3	Bloemfontein	18-Mar-16
1:53.81		Phelani	Maduwa	AVT	2	Germiston	02-Apr-16
1:53.87		Heinrich	Willemse	EPA	4	Bloemfontein	18-Mar-16
1:53.91		Tyler	Warries	AGN	3	Germiston	02-Apr-16
1:54.48		Lexton	Swigelaar	AGN	4	Germiston	02-Apr-16
1:54.56		JP	Van Der Merwe	ANWN	5	Germiston	02-Apr-16
1:55.55		Nkosenhle	Khumalo	KZNA	3h3	Germiston	01-Apr-16
1:55.71		Ronen	Oosthuizen	ACNW	5	Bloemfontein	18-Mar-16

#### 1500m

03:55.49		Pakiso	Mthembu	AFS	1	Bloemfontein	17-Mar-16
03:55.73		Maduwa	Phelani	CGA	2	Bloemfontein	17-Mar-16
03:57.41		Lizo	Sibeko	CGA	3	Bloemfontein	17-Mar-16

03:59.33	Dais	Malebana	AGN	1	Germiston	01-Apr-16
04:00.61	Phelani	Maduwa	AVT	2	Germiston	01-Apr-16
04:01.15	Joseph	Mokotedi	AFS	3	Germiston	01-Apr-16
04:02.86	Lehlogonolo	More	AGN	5	Germiston	01-Apr-16
04:03.09	Sello	Pheleu	CGA	3h2	Bloemfontein	16-Mar-16
04:03.66	Ronan	Oosthuizen	ACNW	4h2	Bloemfontein	16-Mar-16
04:05.42	Mbuyisele	Mtshitshi	AFS	5h2	Bloemfontein	16-Mar-16

### 3000m

08:30.38	Dais	Malebana	AGN	1	Germiston	31-Mar
08:33.14	Pakiso	Mthembu	AFS	1	Bloemfontein	18-Mar
08:45.76	Onkabetse	Sebola	CGA	3	Germiston	31-Mar
08:54.30	Tumi	Lephoto	CGA	3	Bloemfontein	18-Mar
08:54.98	Caleb	Beukes	CGA	4	Bloemfontein	18-Mar
09:01.66	Sello	Pheleu	CGA	5	Germiston	31-Mar
09:09.63	Tumi	Lephoto	CGA	6	Germiston	31-Mar
09:10.29	Lizo	Sibeko	CGA	5	Bloemfontein	18-Mar
09:15.70	Nkosikona	Khulu	KZNA	6	Bloemfontein	18-Mar
09:16.92	Obakeng	Sithole	AGN	7	Germiston	31-Mar

### 2000m Steeple C 91.4cm

6:04.09	Onkabetse	Sebola	CGA	1	Germiston	02-Apr
6:07.26	Bongi	Maseko	AMPU	2	Germiston	02-Apr
6:08.29	Joseph	Mokotedi	AFS	1	Bloemfontein	16-Mar
6:10.20	Olebogeng	Mogapi	ANWN	2	Bloemfontein	16-Mar
6:12.01	Caleb	Beukes	CGA	3	Bloemfontein	16-Mar
6:15.06	Caleb	Beukes	CGA	4	Germiston	02-Apr
6:17.66	Lindokuhle	Mazibuko	CGA	4	Bloemfontein	16-Mar
6:18.09	Obakeng	Sithole	AGN	5	Germiston	02-Apr
6:22.91	Tumi	Lephoto	CGA	6	Germiston	02-Apr
6:26.56	Tumi	Lephoto	CGA	5	Bloemfontein	16-Mar

### 110m Hurdles 91.4cm

13.57	0.1	Silusapho	Dingiswayo	AGN	1	Germiston	02-Apr
13.70	0.1	Thapelo	Legodi	AGN	2	Germiston	02-Apr
13.74	0.1	Janco	Van Heyningen	AFS	3	Germiston	02-Apr
13.85	0.1	Eric	Van der walt	AGN	4	Germiston	02-Apr
13.91	1	Silusapho	Dingiswayo	AGN	1	Bloemfontein	17-Mar
13.96	-0.3	Thapelo	Maholela	AGN	2h1	Bloemfontein	16-Mar
13.99	0.1	Andricus	Douwie	ANWN	5	Germiston	02-Apr
14.00	0.1	CJ	Moyo	AGN	6	Germiston	02-Apr
14.24	0.1	Reese	Morgan	CGA	7	Germiston	02-Apr
14.32	1	McConnon	Segatjie	AFS	4	Bloemfontein	17-Mar

#### 400m Hurdles 84cm

0:50.56		Linford	Maree	BOLA	1	Germiston	02-Apr
0:50.85		Sokwakhana	Zazini	AGN	2	Germiston	02-Apr
0:52.86		Liam	Pieterse	WPA	3	Germiston	02-Apr
0:53.02		Hannes	Jansen Van Rensburg	AGN	4	Germiston	02-Apr
0:53.63		Liam	Pieterse	WPA	3	Bloemfontein	18-Mar
0:53.78		Sokwakhana	Zazini	AGN	2h2	Bloemfontein	17-Mar
0:53.82		Moulan	Hattingh	AFS	3h2	Bloemfontein	17-Mar
0:53.98		Lourens	Steenkamp	LIMA	1h3	Germiston	01-Apr
0:54.15		Kamogelo	Mpheroane	AGN	5	Germiston	02-Apr
0:54.48		Heinrich	Marx	AGN	6	Germiston	02-Apr

#### High Jump

2.05		BREYTON	POOLE	WPA	1	Germiston	01-Apr
2.03		LEANDRE	VAN ROOYEN	AGN	1	Bloemfontein	17-Mar
2.00		MANQOBA GIFT	NKOSI	AGN	2	Germiston	01-Apr
1.98		MATOME	SHABANGU	CGA	2	Bloemfontein	17-Mar
1.98		Stefanus	VAN DER WALT	CGA	3	Bloemfontein	17-Mar
1.95		SHERNO	PICK	ASWD	5	Germiston	01-Apr
1.93		Dean	ROSS	WPA	5	Bloemfontein	17-Mar
1.90		EMILIO	BASSICK	BOLA	6	Germiston	01-Apr
1.88		MARNUS	JONKER	ACNW	6	Bloemfontein	17-Mar

### Pole Vault

4.80		Abraham	van der Watt	BOLA	1	Bloemfontein	16-Mar-16
4.71		Willie	Naude	AFS	2	Bloemfontein	16-Mar-16
4.50		Hendrik	Van Wyk	BOLA	3	Bloemfontein	16-Mar-16
4.50		Stian	Stoltz	AFS	4	Bloemfontein	16-Mar-16
4.20		Zaine	de la Rey	AFS	5	Bloemfontein	16-Mar-16
3.95		Heinrich	Schaeffer	BOLA	2	Stellenbosch	13-Feb-16
3.90		Pieter	du Plessis	BOLA	4	Germiston	01-Apr-16
3.90		Henro	Potgieter	AFS	6	Bloemfontein	16-Mar-16
3.80		Valco	Van Wyk	BOLA	1	Stellenbosch	2-Feb
3.80		Christiaan	Beukes	BOLA	4	Stellenbosch	13-Feb-16
3.80		Heinrich	Schaeffer	BOLA	5	Germiston	01-Apr-16

### Long Jump

7.10	1.8	Muller	Pieterse	AGN	2	Germiston	02-Apr
7.03	2	Aaron	Petro	CGA	1	Bloemfontein	16-Mar
6.62	1.6	Sibusiso	Vilikazi	AMPU	6	Germiston	02-Apr
6.54	-0.5	Bevan	Sassman	WPA	7	Germiston	02-Apr
6.51	0.3	Mfundo	Mkhize	KZNA	8	Germiston	02-Apr
6.12	2	Gontse	Selebogo	ANWN	12	Germiston	02-Apr
6.10	-0.8	Harry	Broersma	AVT	13	Germiston	02-Apr
5.96	-0.4	Apelele	Nkuhlu	BORA	15	Germiston	02-Apr

### Triple Jump

	11m						
14.43	0.7	Kyle	Green	BOLA	1	Germiston	02-Apr
13.99	1.3	Kark-Otto	Matthee	WPA	4	Germiston	02-Apr
13.96	-1.9	Itumeleng	Molefe	CGA	1	Bloemfontein	18-Mar
13.94	1.7	Gontse	Selebogo	ANWN	5	Germiston	02-Apr
13.89	-0.2	Bathandwa	Mqhayi	BORA	6	Germiston	02-Apr
13.86	0.5	Marno	Theunissen	ASWD	7	Germiston	02-Apr
13.25	-1.3	Tebogo	Monate	AVT	10	Germiston	02-Apr
12.86	1.1	Harry	Broesema	AVT	11	Germiston	02-Apr

12.76	0.9	Jackson	Meya	AFS	12	Germiston	02-Apr
11.63	0.5	Sivuysiswe	Mdingi	BORA	14	Germiston	02-Apr
<b><u>Shot Put</u></b>	5kg						
20.42		Kyle	Blignaut	CGA	1	Bloemfontein	16-Mar
18.68		Morne	Brandon	CGA	2	Germiston	02-Apr
18.65		Jonathan	de Lacey-Lacey	AVT	2	Bloemfontein	16-Mar
18.53		Gerrit	du Preez	EPA	3	Germiston	02-Apr
17.70		Brendan	Vermaak	LIMA	4	Bloemfontein	16-Mar
16.74		Reuben	du Plessis	ACNW	6	Bloemfontein	16-Mar
16.01		Ignatius	Marais	AMPU	7	Bloemfontein	16-Mar
15.98		Michael	Cronje	ASWD	5	Germiston	02-Apr
14.88		Dan	Aspeling	WPA	9	Bloemfontein	16-Mar
14.76		Arnoldus	Buys	AMPU	10	Bloemfontein	16-Mar
<b><u>Discus</u></b>	1.5kg						
57.36		Morne	Brandon	CGA	1	Bloemfontein	17-Mar
56.59		Naas	Marais	AMPU	1	Germiston	01-Apr
55.87		Franco	Vermeulen	BOLA	2	Germiston	01-Apr
52.53		Jonathan	de Lacey-Lacey	AVT	3	Bloemfontein	17-Mar
51.89		Kyle	Blignaut	CGA	4	Bloemfontein	17-Mar
50.83		Henrik	Peters	AMPU	5	Bloemfontein	17-Mar
50.27		Christiaan	Heuer	LIMA	6	Bloemfontein	17-Mar
49.81		Barry	Botha	ASWD	7	Bloemfontein	17-Mar
48.93		RJ	Muller	AFS	8	Bloemfontein	17-Mar
47.67		Reuben	du Plessis	ACNW	9	Bloemfontein	17-Mar
<b><u>Hammer Throw</u></b>	5kg						
68.10		JC	Schultz	AFS	1	Bloemfontein	18-Mar
59.51		Paul	du Plessis	EPA	2	Germiston	02-Apr
59.32		Ryno	Niemand	BOLA	3	Germiston	02-Apr
58.68		James	Havinga	AFS	4	Germiston	02-Apr
58.10		Paul	du Plessis	EPA	2	Bloemfontein	18-Mar

57.18	Jaques	Tredoux	BOLA	5	Germiston	02-Apr
56.18	Cedrick	Kobokoane	AFS	6	Germiston	02-Apr
55.85	Corne	Thiart	WPA	7	Germiston	02-Apr
54.94	Dante	Nel	EPA	8	Germiston	02-Apr
52.44	Anton	Nagel	ACNW	7	Bloemfontein	18-Mar

**Javelin** 700g

83.86	Brendon	Skinner	AGN	1	Mokgopong	14-Oct
79.92	Waldo	Smit	ACNW	1	Potchefstroom	22-Apr
72.10	Werner	Dames	ANWN	2	Germiston	02-Apr
66.91	Anro	van Eeden	BOLA	3	Bloemfontein	18-Mar
66.02	Jannes	Schlebusch	AFS	4	Bloemfontein	18-Mar
65.66	Janke	du Toit	WPA	5	Bloemfontein	18-Mar
65.08	Arnold	Horn	LIMA	4	Germiston	02-Apr
62.09	Coenie	Kotze	AFS	8	Germiston	02-Apr
61.18	Juan	Kotze	AMPU	7	Bloemfontein	18-Mar
58.86	Joshua	Maas	AMPU	9	Germiston	02-Apr

**4 x 100m Relay**

0:41.16	Agn A		AGN	1	Germiston	01-Apr
0:41.85	Agn B		AGN	2	Germiston	01-Apr
0:42.30			Gaut	1	Bloemfontein	18-Mar
0:42.51			W Cape	2	Bloemfontein	18-Mar
0:42.75			AFS	3	Bloemfontein	18-Mar
0:42.92			EPA	4	Bloemfontein	18-Mar
0:43.24			AFS	3	Germiston	01-Apr
0:43.34			N West	5	Bloemfontein	18-Mar
0:43.67	Agn C		AGN	4	Germiston	01-Apr
0:43.84			CGA	5	Germiston	01-Apr

**1000m Medley Relay**

1:55.61			Gaut	1	Bloemfontein	17-Mar
1:56.89			N cape	2	Bloemfontein	17-Mar
1:57.50			AFS	3	Bloemfontein	17-Mar

1:58.89				W Cape	4	Bloemfontein	17-Mar
2:00.37				KZN	5	Bloemfontein	17-Mar
2:01.38				N West	6	Bloemfontein	17-Mar
2:01.57				Lima	7	Bloemfontein	17-Mar
2:02.62				MPI	8	Bloemfontein	17-Mar

### 10000m Walk (Track)

0:49:31.27	Francios	Jacobs	BOLA	1	Germiston	02-Apr
0:49:52.68	Hanru	Colling	BOLA	2	Germiston	02-Apr
0:50:49.16	Francios	Jacobs	BOLA	1	Bloemfontein	17-Mar
0:51:01.62	Russel	Pratt	ASWD	3	Germiston	02-Apr
0:52:04.50	Hanru	Colling	BOLA	2	Bloemfontein	17-Mar
0:52:04.95	Jacques	Heymans	AFS	4	Germiston	02-Apr
0:53:13.45	Johannes	Jonker	ACNW	5	Germiston	02-Apr
0:54:01.02	Conrad	van Zyl	BOLA	6	Germiston	02-Apr
0:54:20.53	Andreas	Swart	CGA	7	Germiston	02-Apr
0:54:37.08	Tumele	Moletso	CGA	8	Germiston	02-Apr

## Female

### 100m

11.94	1.2	Elsabe	du Plessis	EPA	1h5	Germiston	31-Mar-16
12.01	1.2	Soleil	Botha	EPA	1	Bloemfontein	17-Mar-16
12.04	1.2	Anja	Van Heerden	WPA	2h5	Germiston	31-Mar-16
12.05	1.2	Joviale	Mbisha	AFS	2	Bloemfontein	17-Mar-16
12.15	1.7	Mercia	Oosthuizen	WPA	2h3	Bloemfontein	16-Mar-16
12.15	1.2	Julia	Lutz	CGA	4	Bloemfontein	17-Mar-16
12.16	0.5	Inge	Van Der Merwe	AMPU	2s1	Germiston	31-Mar-16
12.21	0.5	Simone	Kellerman	AGN	3s1	Germiston	31-Mar-16
12.21	0.8	Taylor	Underhay	CGA	2h1	Germiston	31-Mar-16



12.34	1.2	Zenobea	Jewaskiewitz	LIMA	3h5	Germiston	31-Mar-16
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**200m**

24.58	0	Taylor	Underhay	CGA	1	Germiston	2-Apr
24.74	-0.5	Elsabe	du Plessis	EPA	1	Bloemfontein	18-Mar
24.84	0	Anja	Van Heerden	WPA	2	Germiston	2-Apr
24.96	0	Joviale	Mbisha	AFS	3	Germiston	2-Apr
25.06	0.8	Simone	Kellerman	AGN	3s1	Germiston	2-Apr
25.07	-0.5	Catherine	Lombard	ACNW	3	Bloemfontein	18-Mar
25.10	-0.1	Rogail	Joseph	WPA	2h1	Bloemfontein	17-Mar
25.28	0.8	Soleil	Botha	EPA	4s1	Germiston	2-Apr
25.28	0.8	Zenobea	Jewaskiewitz	LIMA	5s1	Germiston	2-Apr
25.62	0	Melissa	Steenkamp	ACNW	3s2	Bloemfontein	18-Mar

**400m**

0:55.10		Marli	Viljoen	CGA	1	Bloemfontein	17-Mar
0:55.55		Liza	Kellerman	CGA	2	Bloemfontein	17-Mar
0:55.69		Carien	Stander	AFS	3	Bloemfontein	17-Mar
0:56.02		Lara	Schutte	LIMA	4	Bloemfontein	17-Mar
0:56.73		Marie-Elize	Janse van Rensburg	ANWC	5	Bloemfontein	17-Mar
0:56.96		Fina	Dube	CGA	3	Germiston	02-Apr
0:57.46		Elsabe	du Plessis	EPA	1h2	Bloemfontein	16-Mar
0:57.67		Taylor	Underhay	CGA	4h1	Bloemfontein	16-Mar
0:58.13		Intumleng	Rasekanya	CGA	3h1	Germiston	31-Mar-16
0:58.13		Beatrice	Themane	CGA	6	Germiston	02-Apr

**800m**

2:07.76		Liza	Kellerman	CGA	1	Bloemfontein	18-Mar-16
2:08.44		Simonay	Weitsz	CGA	2	Germiston	02-Apr-16
2:08.89		Fina	Dube	CGA	3	Germiston	02-Apr-16
2:09.23		Beatrice	Themane	CGA	4	Germiston	02-Apr-16
2:13.02		Tholesile	Amon	AGN	5	Germiston	02-Apr-16
2:13.76		Michaela	Oosthuizen	AGN	6	Germiston	02-Apr-16

2:14.11	Lehlongolo	Magoro	AGN	7	Germiston	02-Apr-16
2:14.60	Mari-Louisa	Koegelenberg	WPA	2h4	Bloemfontein	17-Mar-16
2:14.81	Yandiswa	Shange	CGA	8	Germiston	02-Apr-16
2:15.50	Thobile	Vilakazi	CGA	4	Bloemfontein	18-Mar-16

### **1500m**

05:02.36	Alme	Jordan	BOLA	1	Stellenbosch	2-Feb
05:05.95	Doran	Smith	BOLA	2	Stellenbosch	2-Feb
05:14.10	Fur	Rowald	BOLA	3	Stellenbosch	2-Feb
05:42.73	Kaylin	Joseph	BOLA	4	Stellenbosch	2-Feb
05:08.08	Oriole	Viljoen	BOLA	1	Stellenbosch	13-Feb-16
05:22.47	Ana	Sampson	BOLA	2	Stellenbosch	13-Feb-16
04:52.40	Lara	Rossouw	BOLA	4	Stellenbosch	23-Feb-16
04:53.50	Liza	Kellerman	CGA	1h1	Germiston	31-Mar-16
04:53.56	Tshwanello	Maruping	CGA	2h1	Germiston	31-Mar-16
04:53.58	Tholesile	Amon	AGN	3h1	Germiston	31-Mar-16

### **3000m**

13:41.52	Tessa	Malan	BOLA	1	Stellenbosch	2-Feb
10:04.86	Simonay	Weitsz	CGA	1	Germiston	31-Mar
10:06.15	Yandiswa	Shange	CGA	2	Germiston	31-Mar
10:09.13	Tshwanello	Maruping	CGA	3	Germiston	31-Mar
10:26.38	Larra	Orrock	AFS	4	Germiston	31-Mar
10:27.35	Cherry-Lee	Schoeman	CGA	5	Germiston	31-Mar
10:37.53	Lethabo	Makgoga	CGA	6	Germiston	31-Mar
10:44.08	Lesego	Mpshe	CGA	7	Germiston	31-Mar
10:44.37	Shanley	Koekemoer	AGN	8	Germiston	31-Mar
10:57.43	Thobile	Amon	AGN	9	Germiston	31-Mar

### **2000m Steeple C 76.2cm**

06:52.86	Lethabo	Makgoga	CGA	1	Germiston	02-Apr
07:06.42	Shanley	Koekemoer	AGN	2	Germiston	02-Apr
07:25.81	Nobuhle	Shange	KZNA	3	Germiston	02-Apr

07:25.90	Larra	Orrock	AFS	4	Germiston	02-Apr
07:30.26	Lesego	Mpshe	CGA	5	Germiston	02-Apr
07:47.92	Lebogang	Ramela	CGA	6	Germiston	02-Apr
07:55.62	Bongeka	Magabane	CGA	7	Germiston	02-Apr
08:04.96	Esabel	Makhura	AGN	8	Germiston	02-Apr
08:07.87	Fortune	Matlou	AGN	9	Germiston	02-Apr
08:13.56	Bernice	Viljoen	CGA	10	Germiston	02-Apr

**100m Hurdles** 76.2cm

13.43	1	Velmein	Hendriks	CGA	1h1	Germiston	01-Apr
13.96	1	Tanya	Ehrke	CGA	2h1	Germiston	01-Apr
14.30	1	Mercia	Oosthuizen	BOLA	3h1	Germiston	01-Apr
14.69	1	Nicolene	Van Heerden	ANWN	4h1	Germiston	01-Apr
14.75	1	Iliske	Neuhoff	AVT	5h1	Germiston	01-Apr
15.07	1	Zoe	Marais	EPA	6h1	Germiston	01-Apr
15.39	1	Larisa	Nel	LIMA	7h1	Germiston	01-Apr
15.98	1	Iu-Zahn	Janse Van Rensburg	AFS	8h1	Germiston	01-Apr
16.13	1	Keleshia	Du Plesis	AFS	9h1	Germiston	01-Apr
13.74	-0.5	Inge	van der Merwe	AMPU	2	Germiston	02-Apr

**400m Hurdles** 76.2cm

1:01.34	Zeney	Van Der Walt	AGN	1h1	Germiston	01-Apr
1:05.99	Casey	Adendorff	EPA	2h1	Germiston	01-Apr
1:06.93	Carmine	Van Der Westhuizen	CGA	3h1	Germiston	01-Apr
1:09.74	Anika	Opperman	ASWD	4h1	Germiston	01-Apr
1:10.63	Thenjiwe	Sibisi	KZNA	5h1	Germiston	01-Apr
1:03.92	Rogail	Joseph	BOLA	1h2	Germiston	01-Apr
1:04.03	Ane	Erasmus	AFS	2h2	Germiston	01-Apr
1:08.61	Danielle	Du Toit	AGN	3h2	Germiston	01-Apr
1:08.75	Mienke	Jansen Van Vuuren	EPA	4h2	Germiston	01-Apr
1:08.80	Melize	Fourie	AMPU	5h2	Germiston	01-Apr

**High Jump**

1.75	Yvonne	Robson	AMPU	1	Germiston	01-Apr
1.65	Kristi	Snyman	WPA	2	Germiston	01-Apr
1.65	Helen	Wessels	AFS	3	Germiston	01-Apr
1.65	Nica	Human	CGA	4	Germiston	01-Apr
1.60	Marionique	Wentzel	ACNW	5	Germiston	01-Apr
1.60	Mahlatsi	Dombeni	AGN	6	Germiston	01-Apr
1.60	Caryn-Ann	Howard	EPA	7	Germiston	01-Apr
1.60	Marike	Coetzee	ACNW	8	Germiston	01-Apr
1.55	Lizande	Pretorius	AMPU	9	Germiston	01-Apr
1.55	Abigail	Appelgryn	EPA	10	Germiston	01-Apr
1.55	Elsie	Vorster	ACNW	10	Germiston	01-Apr
1.55	Simonn	Swanevelder	ASWD	10	Germiston	01-Apr

### Pole Vault

2.70	Biance	De Wee	BOLA	1	Stellenbosch	2-Feb
2.40	Elata	Fourie	BOLA	2	Stellenbosch	2-Feb
3.00	Jani	Malan	BOLA	2	Stellenbosch	13-Feb-16
2.50	Margrit	Gibbens	BOLA	4	Stellenbosch	13-Feb-16
3.20	Simonn	Swanevelder	ASWD	2	Germiston	31-Mar
2.90	Corle'	van der Walt	AFS	5	Germiston	31-Mar
2.70	Megan	Mare'	AGN	6	Germiston	31-Mar

### Long Jump

4.57	1.6	Nicol	Oliveros	BOLA	1	Stellenbosch	13-Feb-16
5.36	0.4	Helene	Welgemoed	AFS	1q1	Germiston	01-Apr
5.22	1.4	Lene	Duncan	WPA	2q1	Germiston	01-Apr
5.12	1.1	Nerine	Jordaan	AFS	3q1	Germiston	01-Apr
5.08	0.7	Marike	Coetzee	ACNW	4q1	Germiston	01-Apr
5.04	-1	Kiara	Wolmerans	ASWD	5q1	Germiston	01-Apr
4.59	-0.1	Rathaba	Tshepang	AFS	8q1	Germiston	01-Apr
4.04	1.7	Brittney	Luddick	BOLA	9q1	Germiston	01-Apr
5.50	0.2	Geena	Taljaard	AVT	1q2	Germiston	01-Apr
5.26	1.1	Tanika	Pieterse	AGN	2q2	Germiston	01-Apr

<b>Triple Jump</b>	9m	<b>WB : 14.57</b>	<b>SA : 12.77</b>				
11.47	-0.3	Brittney	Luddick	BOLA	1	Germiston	02-Apr
11.23	-1.7	Mahlatsi	Dombeni	AGN	2	Germiston	02-Apr
11.23	-1.3	Geena	Taljaard	AVT	3	Germiston	02-Apr
11.19	-1.7	Chante	Roberson	EPA	4	Germiston	02-Apr
11.06	-0.1	Bianca	Bezuidenhout	AVT	5	Germiston	02-Apr
11.00	-0.1	Rathaba	Tshepang	AFS	6	Germiston	02-Apr
10.86	-0.2	Xoliswa	Mahonono	AFS	7	Germiston	02-Apr
10.71	-0.2	Marike	Coetzee	ACNW	8	Germiston	02-Apr
10.65	-0.5	Mapaseka	Mofokeng	CGA	9	Germiston	02-Apr
10.50	-0.8	Kiara	Wolmerans	ASWD	10	Germiston	02-Apr
<b>Shot Put</b>	3kg						
15.46		Meike	Strydom	ASWD	1	Germiston	31-Mar
15.03		Mia	van Oudsthoorn	AFS	2	Germiston	31-Mar
14.88		Tharina	van der Walt	AFS	3	Germiston	31-Mar
13.86		Savana	Croucamp	CGA	4	Germiston	31-Mar
13.76		Ilke	Joubert	AMPU	5	Germiston	31-Mar
13.74		Jancke	van Tonder	CGA	6	Germiston	31-Mar
13.54		Jana	Steinmann	ACNW	7	Germiston	31-Mar
13.53		Ancke	Botha	CGA	8	Germiston	31-Mar
13.43		Kaylee	de Swardt	AGN	5q	Germiston	31-Mar
13.08		Monique	Language	AMPU	10	Germiston	31-Mar
<b>Discus</b>	1kg						
44.06		Tharina	van der Walt	AFS	1	Germiston	02-Apr
41.27		Mia	van Oudsthoorn	AFS	2	Germiston	02-Apr
40.16		Colette	Uys	AFS	3	Germiston	02-Apr
39.51		Anel	Pienaar	BOLA	4	Germiston	02-Apr
38.64		Annerie	du Toit	AMPU	5	Germiston	02-Apr
38.32		Ilke	van Vuuren	EPA	6	Germiston	02-Apr
37.27		Kaylee	de Swardt	AGN	7	Germiston	02-Apr

36.62	Savana	Croucamp	CGA	8	Germiston	02-Apr
36.18	Nanel	Phillipson	CGA	9	Germiston	02-Apr
35.45	Shana	Swart	AMPU	10	Germiston	02-Apr

**Hammer Throw** 3kg

61.18	Tharina	van der Walt	AFS	1	Germiston	31- Mar
60.80	Marinda	Greyling	AFS	2	Germiston	31- Mar
56.69	Lizelle	Fourie	CGA	3	Germiston	31- Mar
55.33	Tamlynn	Leonard	EPA	4	Germiston	31- Mar
52.89	Shaylene	de Jager	EPA	5	Germiston	31- Mar
52.46	Karlene	Lambrechts	BOLA	6	Germiston	31- Mar
51.53	Monika	Hulsmann	WPA	7	Germiston	31- Mar
44.20	Tamrin	Lee	EPA	8	Germiston	31- Mar
43.17	Denecke	Prinsloo	AGW	9	Germiston	31- Mar
42.37	Nanel	Phillipson	CGA	10	Germiston	31- Mar

**Javelin** 500g

47.24	Maggie	le Roux	ANWN	1	Germiston	02-Apr
46.39	Annuske	Coertze	ASWD	2	Germiston	02-Apr
45.27	Leandri	Lamprecht	AMPU	3	Germiston	02-Apr
44.20	Shania	Swart	AMPU	4	Germiston	02-Apr
42.98	Jonette	Labuschagne	ACNW	5	Germiston	02-Apr
42.58	Danielle	van Wyk	CGA	6	Germiston	02-Apr
39.86	Madel	Piek	EPA	4q	Germiston	01-Apr
38.76	Gestelle	Snyman	AGN	6q	Germiston	01-Apr
38.35	Ancke	Botha	CGA	7	Germiston	02-Apr
37.54	Marni	de Vries	AGN	9q	Germiston	01-Apr

**4 x 100m Relay**

0:47.76			AGN	1	Germiston	01-Apr
0:48.46			AFS	2	Germiston	01-Apr
0:48.94			EPA	3	Germiston	01-Apr

0:49.06			AGN	4	Germiston	01-Apr
0:49.64			LIMA	5	Germiston	01-Apr
0:49.76			CGA	6	Germiston	01-Apr
0:50.44			AMPU	7	Germiston	01-Apr
0:50.74			ACNW	8	Germiston	01-Apr
0:52.76			ASWD	9	Germiston	01-Apr
0:52.97			AVT	10	Germiston	01-Apr

**5000m Walk (Track)**

**WB : 20:28.05**

**SA : 25:50.20**

25:17:69	Mizaan	Viljoen	AFS	1	Germiston	31-Mar
26:17:24	Milandre	Stafford	ACNW	2	Germiston	31-Mar
27:23:05	Noeline	Rossouw	Bola	3	Germiston	31-Mar
28:59:97	Hendriette	Cronje	AFS	4	Germiston	31-Mar
29:26:70	Hilda	Du Toit	Bola	5	Germiston	31-Mar

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