



1992-2017

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BOARD MEMBERS

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MISSION

To make a contribution towards Nation Building and Healing of our land, South Africa, and the Transformation of our Society, through the Development of Athletics, from Grassroots to the highest levels of Excellence

To	ASA Members
From	ASA Office
Date	24 February 2017
Subject	2016 ASA Senior Top 10 Rankings – February 2017
No pages	21

ELECTRONIC TRANSMISSION

Dear ASA Members

Circular 24 OF ASA 2017 (02/24) – 2016 ASA SENIOR TOP 10 RANKINGS, FEBRUARY 2017

The ASA Senior Athletes will commence their preparation for the 2017 IAAF World Senior Championships, and ultimately for the 2020 Olympic Games with the Speed Series 1 in Durban on 28 February 2017.

The Speed Series consist of 4 events, and complements the Provincial Events, to assist athletes in Preparation for the 2017 ASA Senior Championships.

As the ASA Members are preparing their Senior Athletes for the mentioned Championships, ASA is already in preparation for the 2017 IAAF World Senior Championships. In this regard, ASA has already announced Preparation Squads in January 2017.

Information related to the 2017 ASA Senior Track and Field Championships will be forwarded to the Members within the next few days, to help Members to prepare their teams for the mentioned Championships. **After the mentioned Championships, ASA will update its Squads in preparation for the 2020 Olympic Games.**

Below is the 2016 version of the ASA Top 10 Senior Ranking List. This list will be updated on a monthly basis and forwarded to the Members to assist ASA Members in identifying their Provincial Feeder Squads to the ASA Preparation Squads.

With reference to the ASA Governance Workshop and Excellence Workshop held in October 2016, Members committed themselves during the mentioned workshops, that at the very least, Members will forward their Provincial Championships Results to SAAS **in a prescribed electronic version.**

It goes without saying that if Members do not forward their results to SAAS, the results of their athletes will not be captured on the ASA Top 10 Ranking list, and may be overlooked during the selection of ASA Preparation Squads and Final Teams to International events.

Members are encouraged to forward their results to ensure that your Senior Athletes are not overlooked during the ASA Selection Process.

Athletics greetings
Richard Stander
ASA ACEO
Not signed due to electronic sending

South African Track & Field Performances 2016

as @ 11 November
2016

Senior (Any athlete 16 years & Older born 2000 and earlier)

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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MEN

60m

06.62	indoors	Henrico	Bruintjies	160793	AGN	2	Berlin, GER	13-Feb
06.81	indoors	Ncincihli	Titi	151293	AGN	4h1	Fayetteville, AR	26-Feb
06.98	indoors	Roelf	Pienaar	231293	Arkansas	4h1	Birmingham, AL	22-Feb
07.00	indoors	Kwame	Fordwor	061293		3h4	Boston, MA	26-Feb

100m

09.89	1.9	Akani	Simbini	210993	AGN	1	Székesfehérvár, HUN	18-Jul	1
09.98	1.5	Wayde	Van Niekerk	150792	AFS	1	Bloemfontein	12-Mar	2
10.09	2.2	Henricho	Bruintjies	160793	AGN	2h1	Praha, CZE	06-Jun	3
10.21	0.0	Gift	Leotlela	120598	AGN	1	Palafrugell, ESP	28-May	4
10.28	0.6	Thando	Roto		AGN	3s1	Durban	22-Jun	5
10.28	0.3	Roscoe	Engel	060389	WPA	1	Rhede, GER	24-Jun	6

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For more information
Website: www.athletics.org.za

10.28	0.7	CLARENCE	MUNYAI	200298	AGN	2h1	Sasolburg	08-Apr	7
10.29	1.2	Ncincihli	Titi	151293	AGN	1	Athens GA	09-Apr	8
10.29	-0.2	Emile	Erasmus	030492	AGN	3	Stellenbosch	15-Apr	9
10.31	1.5	Lebokeng	Sesele		AGN	3h2	Turku, FIN	29-Jun	10

200m

20.02	1.8	Wayde	Van Niekerk		AFS	1	Durban	26-Jun	1
20.16	0.7	Akani	Simbini	210993	AGN	1	Székesfehérvár, HUN	18-Jul	2
20.51	1.4	Hendrik	Maartens		AFS	1	Germiston	02-Apr	3
20.53	0.7	Anaso	Jobodwane	300792	EPA	4h2	Rio de Janeiro, BRA	16-Aug	4
20.57	3.6	Ncincihli	Titi	151293	AGN	5q2	Jacksonville FL	28-May	5
20.59	0.0	Gift	Leotlela	120598	AGN	4h4	Rio de Janeiro, BRA	16-Aug	6
20.60	0.9	Roscoe	Engel	060389	WPA	1	Rhede, GER	24-Jun	7
20.66	0.4	Clarence	Munyai	200298	AGN	3h6	Rio de Janeiro, BRA	16-Aug	8
20.67	2.5	Phemelo	Matlhabe		ANWN	1	Potchefstroom	12-Mar	9
20.80	-0.2	Lebokeng	Sesele		AGN	2s1	Pilditch	11-Ma	10

300m

31.03		Wayde	van Niekerk	150792	AFS	1	Kingston, JAM	11-Jun	
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400m

0:43.03		Wayde	van Niekerk	150792	AFS	1	Rio de Janeiro, BRA	14-Aug	
0:45.64		Thapelo	Phora		AGN	1	Pilditch	08-Mar	2
0:45.90		Shaun	de Jager	280691	BOLA	2	Stellenbosch	16-Apr	3
0:45.94		Pieter	Conradie	201094	ACNW	1	Germiston	02-Apr	4
0:46.15		Jon	Seeliger		AGN	2	Pilditch	12-Mar	5
0:46.34		Phemelo	Matlhabe		ANWN	1	Potchefstroom	12-Mar	6
0:46.38		Ashley	Hlungwani	250491	AGN	4	Stellenbosch	16-Apr	7

0:46.46	Lesedi	Mokogbinyane		ANWN	2	Potchefstroom	12-Mar	8
0:46.52	Ranti	Digale	120787	ECA	4	Gaborone, BOT	21-May	9
0:46.58	Sonwabisisi	Skhosana	151295	Coastal	2	Norman OK	23-Apr	10

800m

1:45.33	Rynardt	van Rensburg	230392	AFS	5s2	Rio de Janeiro, BRA	13-Aug	1
1:45.38	Jacob	Rozani	240188	ANWN	2	Durban	24-Jun	2
1:46.71	Motlalepula	Mothosola		AMPU	3	Stellenbosch	16-Apr	3
1:47.45	George	Kusche		AGN	4	Stellenbosch	16-Apr	4
1:47.79	Andre	Olivier		ACNW	1h2	Stellenbosch	15-Apr	5
1:47.83	Kabelo	MOHLOSI		ANWN	3h1	Sasolburg	08-Apr	6
1:48.00	HT Theodore	Nothling		AGN	2	Pilditch	08-Mar	7
1:48.30	HENCO	UYS		ACNW	4h1	Sasolburg	08-Apr	8
1:48.35	Treasure	Derison		AFS	5	Stellenbosch	16-Apr	9
1:48.38	Themba	Madima		AGN	6	Stellenbosch	16-Apr	10

1500m

03:36.65	Dumisane	Hlaselo	080689	CGA	9	Doha, QAT	06-May	1
03:37.49	Johan	Cronje	130482	AFS	3	Nancy, FRA	14-Jun	2
03:39.38	Jerry	Motsau	120390	ACNW	9	Padova, ITA	17-Jul	3
03:40.88	Elroy	Galant	250886	ACNW	8	Oordegem, BEL	28-May	4
03:41.20	Folavio	Sehohle		CGA	2	Cape Town	22-Mar	5
03:41.68	Amos	Nyongo			2	Stellenbosch	13-Feb-16	6
03:43.15	Clinton	Swanepoel		CGA	4	Cape Town	22-Mar	7
03:43.37	Jeromy	Andreas		CGA	3	Port Elizabeth	19-Apr	8
03:43.84	Treasure	Derison		AFS	5	Stellenbosch	16-Apr	9
03:43.97	Nkosinathi	Sibiya		KZNA	6	Stellenbosch	16-Apr	10

5000m

13:04.88	Elroy	Gelant	250886	ACNW	4	Hengelo, NED	22-May	
13:40.81	Stephen	Mokoka		AGN	1	Stellenbosch	15-Apr-16	2
13:46.73	Sibusiso	Nzima		CGA	3	Stellenbosch	15-Apr-16	3
13:54.99	Gladwin	Mzazi			1	Port Elizabeth	19-Apr	4
14:04.40	Precious	Mashele		AGN	4	Stellenbosch	15-Apr-16	5
14:07.77	Johan	Cronje		AFS	2	Cape Town	22-Mar	6
14:10.44	Kgosi	Tsosane			3	Cape Town	22-Mar	7
14:10.48	Marko	Bucarizza		CGA	5	Stellenbosch	15-Apr-16	8
14:10.88	Ikageng	Gaorekwe		CGA	4	Cape Town	22-Mar	9
14:12.02	Pierre	Malherbe		BOLA	5	Cape Town	22-Mar	10

10 000m

27:48.84	Stephan	Mokoka		AGN	17	Eugene OR	27-May	1
28:24.50	Gladwin	Mzazi		CGA	7	Durban	22-Jun	2
28:27.10	Xolisa	Tyali	021289	CGA	12	Leiden, NED	11-Jun	3
28:36.85	Sibusiso	Nzima		CGA	3	Stellenbosch	16-Apr	4
29:23.24	Precious	Mashele		AGN	4	Stellenbosch	16-Apr	5
29:26.43	Collen	Mulaudzi		AGN	5	Stellenbosch	16-Apr	6
29:31.16	Phillimon	Mathiba		CGA	6	Stellenbosch	16-Apr	7
29:31.25	Marianio	Eesou		EPA	7	Stellenbosch	16-Apr	8
29:39.43	Xolisani	Zamkele		ATRA	8	Stellenbosch	16-Apr	9
29:53.07	Zolani	Ngqaqa		EPA	9	Stellenbosch	16-Apr	10

3000m Steeple

Chase

91.4cm

08:31.72	Rantso	Mokopane	080894	ACNW	2	Oordegem, BEL	28-May	1
08:32.79	Dikotsi	Lekopa	070788	ACNW	3	Oordegem, BEL	28-May	2
08:33.61	Tumisang	Monnatlala	310195	CGA	4	Oordegem, BEL	28-May	3

08:38.28	Sibusiso	Madikizela	WPA	2	Cape Town	22-Mar	4
08:39.82	Tumelo	Motagale	CGA	3	Stellenbosch	16-Apr	5
08:55.85	Sibuniso	Soldaka	WPA	5	Stellenbosch	16-Apr	6
08:57.40	Ashley	Smith	WPA	6	Cape Town	22-Mar	7
08:59.81	Merlin	Klaaste	WPA	7	Cape Town	22-Mar	8
08:59.96	Ikageng	Gaorekwe	CGA	8	Stellenbosch	16-Apr	9
09:00.07	Kabelo	Seboko	CGA	9	Stellenbosch	16-Apr	10

60m Hurdles

106.7cm

07.76	Indoors	Antonio	Alkana	120490	WPA	4h1	Portland, OR	19-Mar
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110m Hurdles

106.7cm

13.28	1.4	Antonio	Alkana	120490	WPA	3	Rabat, MAR	22-May	1
13.65	0.7	Ruan	de Vries		AGN	1	Pilditch	12-Mar	2
13.65	-0.1	Tshepo	Lefete		CGA	2	Stellenbosch	16-Apr	3
13.78	-0.1	Tiaan	Smit		AGN	4	Stellenbosch	16-Apr	4
14.01	-0.3	Muntingh	Hamman		AGN	2h1	Stellenbosch	15-Apr	5
14.50	1.2	Tiaan	Kleynhans		ACNW	2	Germiston	02-Apr	6
14.51	1.3	Shaun	Bownes (Master)		ACNW	1	Potchefstroom	12-Mar	7
14.52	0.1	FRED-CHARLES	PIETERSE		ACNW	1h1	Sasolburg	08-Apr	8
14.54	1.1	Kobus	Moolman	080191	AFS	1	Bloemfontein	12-Mar	9
14.58	1.3	Theodore	Young		ACNW	2	Potchefstroom	12-Mar	10

400m Hurdles

91.4cm

0:48.67	LJ	van Zyl	200785	AGN	1	Ostrava, CZE	20-May	1
0:49.40	Lindsay	Hanekom	150593	AGN	1h1	Bloemfontein	06-May	2
0:49.44	Le Roux	Hamman	060192	AGN	1	Turku, FIN	29-Jun	3
0:49.75	Cornel	Fredericks	030390	AGN	2	Stellenbosch	15-Apr	4
0:50.00	Constant	Pretorius		AGN	3	Stellenbosch	15-Apr	5

0:50.71	Bernard	Pretorius		AGN	1h1	Pilditch	11-Mar	6
0:51.35	PC	Beneke		AGN	4	Pilditch	11-Mar	7
0:51.74	Hardus	Maritz		ACNW	1	Potchefstroom	11-Mar	8
0:51.93	Tshegofatso	Mathopa		AGN	2	Germiston	02-Apr	9
0:52.38	Schalk	Burger		ACNW	1h2	UJ-Johannesburg	18-Mar	10

High Jump

2.20		Keagan	Fourie	090791	BOLA	1	Stellenbosch	12-Mar-16	1
2.16	indoors	Tiaan	Steenkamp	140396		2	Jonesboro, AR	23-Jan	2
2.15		Moleya	Chris		AGN	2	Pilditch	08-Mar	3
2.15		Keegan	Fourie		BOLA	1	Stellenbosch	16-Apr	4
2.10		Mpho	Links		AGN	1	Germiston	02-Apr	5
2.10		Chris	Moleya		AGN	2	Stellenbosch	16-Apr	6
2.10		Garth	Ellis		EPA	3	Stellenbosch	16-Apr	7
2.05		Clyde	Ruiters		WPA	1	UJ-Johannesburg	18-Mar	8
2.05		Breyton	Poole		WPA	6	Stellenbosch	16-Apr	9
2.00		Teboho	Mosise		CGA	6	Pilditch	08-Mar	10

Pole Vault

5.50		Eben	Beukes		AGN	1	Stellenbosch	15-Apr	1
5.40		Cheyne	Rahme	01/23/1991	BOLA	1	Stellenbosch	17-Mar-16	2
5.25		Migael	Cilliers		AGN	2	Pilditch	12-Mar	3
5.00		Coleman	Britz		AGN	2	Cape Town	22-Mar	4
5.00		Lukas	van der Watt		BOLA	3	Cape Town	22-Mar	5
5.00		Coleman	Brits		AGN	2	Sasolburg	08-Apr	6
4.90		SMIT	HEINDRICH		AGN	3	Sasolburg	08-Apr	7
4.70		Juan	De Swardt		BOLA	1	Stellenbosch	13-Feb-16	8

Long Jump

8.38	0.8	Rushwal	Samaai	250991	CGA	1	Rabat, MAR	22-May	1
8.37	-0.3	Luvo	Manyonga	181191	AGN	2	Rio de Janeiro, BRA	13-Aug	2
8.22	1.3	Stefan	Brits	190192	Florida State	1	Tallahassee FL	14-May	3
7.93	0.4	Roelf	Pienaar	231293	Arkansas	2	Eugene OR	08-Jun	4
7.90	0.8	Zarck	Visser	150989	CGA	1	Heuden, BEL	16-Jul	5
7.86	1.2	Dylan	Cotter		CGA	1	UJ-Johannesburg	18-Mar	6
7.74	1.2	Juvan	Van Vuuren		AFS	2	UJ-Johannesburg	18-Mar	7
7.68	1.2	Koketso	Mogapi		ACNW	3	UJ-Johannesburg	18-Mar	8
7.67	0.5	Peter	Makgato		CGA	1	Germiston	02-Apr	9
7.57	1.2	Jason	Farao		CGA	5	UJ-Johannesburg	18-Mar	10

Triple Jump

13m

16.77	1.7	Khotso	Mokoena	060385	CGA	3	Durban	25-Jun	1
16.43	1.9	Menzi	Mthembu		CGA	1	Germiston	02-Apr	2
16.21	0.7	Dylan	Cotter	230891	CGA	3	Šamorín, SVK	04-Jun	3
15.98	0.2	Reneilwe	Aphane		AGN	3	Pilditch	08-Mar	4
15.88	1.3	Roelf	Pienaar	231293	Arkansas	1	Lafayette LA	15-May	5
15.10	-0.2	Jubilant	Mothlake		CGA	4	Pilditch	08-Mar	6
14.99	0.8	Sefako	Mokhoso		AFS	3	Germiston	02-Apr	7
14.73	0	Junior	Mpefu		BOLA	1	Stellenbosch	17-Mar-16	8
14.47	1.2	Kwezi	Mtoba		BOLA	4	Stellenbosch	15-Apr	9
14.44	0.6	Sabelo	Ndlovu		ACNW	2	Potchefstroom	11-Mar	10

Shot Put

7.26kg

20.05		Orazio	Cremona	010789	AGN	1	Pilditch	08-Mar	1
20.00		Jaco	Engelbrecht		CGA	1	Durban	22-Jun	2
17.90		Burger	Lambrechts		AGN	3	Stellenbosch	16-Apr	3

17.49	Burger	Lambrechts (Jnr)		AGN	4	Stellenbosch	16-Apr	4
17.00	JASON	VAN ROOYEN		CGA	4	Port Elizabeth	19-Apr	5
16.91	Zane	Weir		WPA	1	Germiston	01-Apr	6
16.76	Jan-Louw	Kotze	180394	S. Alabama	4	Lafayette LA	14-May	7
16.73	Brynn-Peter	Kemp		BOLA	1	Stellenbosch	20-Feb	8
16.48	Tumelo	Thage		AGN	3	Pilditch	08-Mar	9
16.44	Ross	Jordaan		BOLA	6	Stellenbosch	16-Apr	10

Discus

2kg

67.62	Victor	Hogan	250789	BOLA	1	Stellenbosch	15-Apr	1
63.96	Russel	Tucker	041190	AGN	2	Stellenbosch	15-Apr	2
62.11	Jan-Louw	Kotze	180394	S. Alabama	1	Gainesville FL	02-April	3
61.97	Gerhard	de Beer	050794	Arizona	3	Tucson AZ	21-May	4
59.75	Dewald	van Heerden		CGA	3	Stellenbosch	15-Apr	5
57.45	Brynn-Peter	Kemp		BOLA	2	Stellenbosch	20-Feb	6
55.05	Johan	Scholtz		CGA	5	Stellenbosch	15-Apr	7
54.67	Cameron	Donkin		BOLA	3	Stellenbosch	20-Feb	8
54.40	Ruan	Murray		ACNW	1	Potchefstroom	11-Mar	9
47.19	Jan	Swanepoel (Master)		AGN	1	Pilditch	11-Mar	10

Hammer Throw

7.26kg

73.32	Chris	HARMSE (Master)	310573	AFS	1	Stellenbosch	16-Apr	1
70,26	Tshepang	Makhethe		ACNW	1	Pretoria	05-Mar	2
69.94	CAREL	HAASBROEK		AFS	2	Sasolburg	08-Apr	3
66.37	Renaldo	Frechou	040392	S. Alabama	1	Lafayette LA	15-May	4
64.18	Johan	Kruger	150487	BOLA	3	Stellenbosch	16-Apr	5
63.54	JC	SCHULTZ		AFS	4	Sasolburg	08-Apr	6
62.00	Alan	Cumming		ACNW	4	Stellenbosch	16-Apr	7
58.67	Juan	Muller	070695	AFS	3	Germiston	01-Apr	8
58.36	Vincent	van Rensburg		CGA	5	Stellenbosch	16-Apr	9

58.12	Kristiaan	Bekker		CGA	6	Stellenbosch	16-Apr	10
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Javelin

800g

78.88	Phil-Mar	Janse van Rensburg		AGN	1	Stellenbosch	15-Apr	1
78.48	Rocco	van Rooyen	231292	WPA	13gA	Rio de Janeiro, BRA	17-Aug	2
76.81	CHAD	HERMAN		AGN	2	Stellenbosch	15-Apr	3
74.83	Tobias	Holtzhauzen		AGN	1	Pilditch	12-Mar	4
74.80	STEPHAN	BEUKES		ACNW	3	Stellenbosch	15-Apr	5
74.54	Reinhardt	van Zyl	070294	Cloud County	2	Athens GA	09-Apr	6
73.49	Danie	Maree		ACNW	3	Potchefstroom	11-Mar	7
72.58	Ulrich	Damon		ACNW	4	Potchefstroom	11-Mar	8
72.22	LJ	Basson		ACNW	1	Germiston	02-Apr	9
70.66	ERICH	WIESE		ACNW	4	Stellenbosch	15-Apr	10

4 x 100m Relay

0:38.84	RSA			RSA	1	Durban	24-Jun	1
0:40.02	AGN"A"	(Malasela Senona, Thando Roto, Clarence Munyai, Gift Leotlela)		AGN	1	Stellenbosch	16-Apr	2
0:40.04	RSA			RSA	2h2	Durban	23-Jun	3
0:40.07	WPA"A"	(Antonio Alkana, Kyle Appel, Roscoe Engel, Ethan Noble)		WPA	2	Stellenbosch	16-Apr	4
0:40.29	UJ			CGA	1	UJ-Johannesburg	18-Mar	5
0:40.35	TUKS			AGN	1	Stellenbosch	07-Apr	6
0:40.54	UJ			CGA	2	Stellenbosch	07-Apr	7
0:40.83	AGN			AGN	1	Germiston	01-Apr	8
0:40.97	EPA"A"	(Casper Lotter, Aidan Tuohy, Johan Steyn, Luxolo Adams)		EPA	3	Stellenbosch	16-Apr	9
0:40.98	ACNW			ACNW	2	Germiston	01-Apr	10
0:41.02	CGA			CGA	3	Germiston	01-Apr	

4 x 400m Relay

3:04.73	RSA			RSA	3	Durban	26-Jun	1
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3:08.29		AGN"A" (Lindsay Hanekom, Jon Seeliger, Thapelo Phora, Willie de Beer)	AGN	1	Stellenbosch	16-Apr	2
3:08.45	indoors	Thapelo Phora, Ofentse Mogawana, Jon Seeliger, Shaun de Jager	RSA Team	4h1	Portland, OR	19-Mar	3
3:08.93		SA A Team	RSA	1	Polokwane	24-May	4
3:09.97		CGA (Quinton Norris, Nicholas Marich, Willinton Nukwa, Derick Mokalleng)	CGA	2	Stellenbosch	16-Apr	5
3:12.71		CGA IND (Henk Beukes, Warno Potgieter, Ivan Prinsloo, Herman Kritzinger)	CGA	3	Stellenbosch	16-Apr	6
3:13.53		ATRA (Devinito Fourie, Dywili Tshapiro, Mmidi Mtshayeki, Sanele Hlengwa)	ATRA	4	Stellenbosch	16-Apr	7
3:16.19		WPA (Neil le Roux, Darren Stevens, Kyle Appel, Berend Kokemoer)	WPA	5	Stellenbosch	16-Apr	8
3:16.37		ANWN (Mohlosi Kabelo, Tshogafatso Meshoe, Phemelo Matlabe, Jacob Rozani)	ANWN	6	Stellenbosch	16-Apr	9
3:16.61		AGN"B" (Bernard Pretorius, LeRoux Hamman, Themba Madima, PC Beneke)	AGN	7	Stellenbosch	16-Apr	10
3:23.99		SA B Team	RSA	3	Polokwane	24-May	
3:25.15		AGN IND (Lehlogonolo Septokele, George Kusche, Theuns Ehlers, Bram Bisschop)	AGN	8	Stellenbosch	16-Apr	
3:31.96		Limpopo	LIMA	4	Polokwane	24-May	

20km Walk (Road)

1:20:06.00	Lebogang	Shange	010890	CGA	2	Adelaide, AUS	21-Feb	
1:21:45.00	Wayne	Snyman	080385	AGN	8	Adelaide, AUS	21-Feb	2
1:27:08.00	Marc	Mundell	070783	AGN	13	Adelaide, AUS	21-Feb	3
1:29:52.00	Mthembi	Chauque	110293	AFS	23	Dudince, SVK	19-Mar	4
1:36:12.00	Sizwe	Ndebele		AGN	98	Rome, ITA	07-May	5

50km Walk (Road)

3:56:12.00	Marc	Mundell	070783	AGN	20	Dudince, SVK	19-Mar	
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Heptathlon (Indoors)

4920	Indoors	60m ; Long Jump ; Shot Put ; High Jump ; 60m Hurdles ; Pole Vault ; 1000m			6	Birmingham-USA	22/23-Feb	
		Niel Giliomee						
		7.25 ; 6.61 ; 10.74 ; 1.70 ; 8.89 ; 4.95 ;						

3:00.19

Decathlon

100m ; Long Jump ; Shot Put ; High Jump ; 400m ; 110m Hurdles ; Discus ; Pole Vault ; Javelin ; 1500m									
7815	Friederich	Pretorius	040895	AGN	17	Hypo GÖTZIS, AUT	28/29-May	1	
10.96(0.0) ; 7.13(-0.9) ; 12.88 ; 1.91 ; 0:49.57 ; 14.50(-0.5) ; 40.22 ; 4.70 ; 51.26 ; 04:31.33									
6570	Gert	Swanepoel	200391	AGN	4	Mauritius	1-2 Apr	2	
11.54(0.4) ; 6.36(3.1) ; 11.29 ; 1.84 ; 51.24 ; 16.58(0.3) ; 38.00 ; 4.10 ; 47.64 ; 04:39.06									
6074	Duncan	McGlavery		AGN		Pilditch	11/12-Mar	3	
11.39(-0.7) ; 6.11m(-0.2) ; 12.09m ; 1.89m ; 0:52.44 ; 16.70(-1) ; 36.65m ; 3.20m ; 50.41m ; 05:25.75									
5927	JC	van Biljon		AFS		Pilditch	11/12-Mar	4	
11.72(-0.7) ; 6.26m(0.1) ; 09.66m ; 1.86m ; 0:54.43 ; 17.41(-1) ; 33.93m ; 4.30m ; 46.21m ; 05:19.74									
4555	Carel	Swanepoel		AGN		Pilditch	11/12-Mar	5	
11.69(-0.7) ; 6.54m(-1.3) ; 07.75m ; 1.56m ; 0:53.68 ; 17.31(-1) ; 23.78m ; NM ; 26.66m ; 05:09.18									

WOMEN

60m

07.16	Indoors	Carina	Horn	090389	AGN	7	Glasgow, GBR	20-Feb	1
07.49	Indoors	Cherise	Jones	051285	AGN	2r3	Bratislava, SVK	31-Jan	2

100m

11.07	2	Carina	Horn	090389	AGN	2	Durban	23-Jun	1
11.23	0.6	Alyssa	Conley	270491	CGA	2	Gavardo, ITA	29-May	2

11.40	0.8	Tebogo	Mamathu		AGN	3	Pilditch	08-Mar	3
11.55	0.3	Tamzin	THOMAS		WPA	2s2	Stellenbosch	15-Apr	4
11.60	0.8	Wenda	Nel		AGN	4	Pilditch	08-Mar	5
11.71	0.9	Tsholofelo	Thipe		ANWN	1	Potchefstroom	11-Mar	6
11.71	1.1	Cherese	Jones		AGN	2h1	Sasolburg	08-Apr	7
11.79	1.7	Maryke	Britz		AFS	1	Germiston	01-Apr-16	8
11.80	1.1	CASSIDY	WILLIAMSON		KZNA	4h1	Sasolburg	08-Apr	9
11.80	2	Melissa	SWANEPOEL		ACNW	2h1	Stellenbosch	15-Apr	10

200m

22.84	1.2	Alyssa	Conley	270491	CGA	2	Durban	26-Jun	1
23.22	1.2	Justine	Palframan	110493	BOLA	4	Durban	26-Jun	2
23.73	1.6	Tsholofelo	Thipe		ANWN	1	Potchefstroom	12-Mar	3
23.73	-0.3	Wenda	Nel		AGN	2	Pilditch	08-Mar	4
23.89	-0.1	Tamzin	Thomas		WPA	1	Port Elizabeth	19-Apr	5
24.04	0.4	Robyn	Haupt		WPA	1	Germiston	02-Apr	6
24.20	1.6	Ariane	Nel		ACNW	2	Potchefstroom	12-Mar	7
24.21	0.1	Zoé	Engler	010692	KZNA	2h1	Gaborone, BOT	22-May	8
24.23	0.1	Margaret	Olwoch		AGN	2h1	UJ-Johannesburg	20-Feb	9
24.24	0.7	Madia	Ehlers		AGN	3	Stellenbosch	16-Apr	10

400m

0:50.74		Caster	Semenya	070191	ACNW	1	Stellenbosch	16-Apr	1
0:52.27		Wenda	Nel		AGN	1	Pilditch	12-Mar	2
0:52.73		Tsholofelo	Thipe	091286	ANWN	2	Potchefstroom	12-Mar	3
0:53.01		Justine	Palframan	041193	BOLA	7	Kingston, JAM	11-Jun	4
0:53.30		Zoe'	Engler	010692	KZNA	2	Stellenbosch	16-Apr	5
0:54.20		Jeanelle	Griesel		AGN	4h2	Durban	22-Jun	6
0:54.22		Rorisang	Romonye		ANWN	3	Potchefstroom	12-Mar	7

0:54.45		Rorisang	Rammony		ANWN	4	Stellenbosch	16-Apr	8
0:54.82		Sonja	van der Merwe		WPA	5	Port Elizabeth	19-Apr	9
0:54.84		Soandri	Meyer		AGN	2	Pilditch	12-Mar	10

800m

1:55.28		Caster	Semenya	070191	ACNW	1	Rio de Janeiro, BRA	20-Aug	1
2:05.75		Liza	Kellerman		CGA	2	Stellenbosch	16-Apr	2
2:05.86		Gena	Lofstrand	231095	ACNW	8	Padova, ITA	17-Jul	3
2:06.05	Indoors	Dominque	Scott	240692	Arkansas	3	Fayetteville, AR	29-Jan	4
2:06.62		TSHOLOFELO	THIPE		ACNW	1	Sasolburg	08-Apr	5
2:06.65		SIMONE	WEITSZ		AGN	2	Sasolburg	08-Apr	6
2:06.72		Anuscha	Nice		AGN	2	Pilditch	08-Mar	7
2:07.16		Mandie	Brandt	051182	BOLA	4	Stellenbosch	16-Apr	8
2:08.22		Keltso	Senosi		AGN	3	Cape Town	22-Mar	9
2:08.90		Fina	Dube		CGA	5	Stellenbosch	16-Apr	10

1500m

04:01.99		Caster	Semenya	070191	ACNW	1	Durban	24-Jun	1
04:13.38	Indoors	Dominque	Scott	240692	Arkansas Coastal	11	New York, NY	20-Feb	2
04:19.57		Aynslee	van Graan	151295	Carolina	6h2	Jacksonville FL	26-May	3
04:20.63		Lebogang	Phalula		CGA	1	Port Elizabeth	19-Apr	4
04:22.03		Simonay	Weitsz		CGA	2	Port Elizabeth	19-Apr	5
04:22.09		Mandie	Brandt	051182	BOLA	3	Port Elizabeth	19-Apr	6
04:23.94		STELLA	MARAIS		AGN	4	Port Elizabeth	19-Apr	7
04:24.50		Laura	Labuschagne		S Alabama	5	Auburn AL	22-Apr	8
04:25.66		Yandisa	Shange		CGA	6	Stellenbosch	16-Apr	9
04:25.80		KESA	MOLOTSANA		AFS	1	Stellenbosch	07-Apr	10

5000m

15:25.10		Dominque	Scott	240692	Arkansas	1	Stanford CA	01-Apr	1
15:55.64		Nolene	Conrad	260785	KPMG	6	Lier, BEL	11-Jun	2
16:02.63		Irvette	van Zyl		AGN	1	Stellenbosch	15-Apr	3
16:20.26		Kesa	Molotsane		AFS	2	Stellenbosch	15-Apr	4
16:35.36		Glenrose	Xaba		AMPU	3	Stellenbosch	15-Apr	5
16:38.35		Murendwa	Davhana		AGN	2	Cape Town	22-Mar	6
16:42.87		Kyla	van Graan	141094	Carolina	1rB	Raleigh NC	25-Mar	7
16:46.00		Keneilwe	Sessing			3	Cape Town	22-Mar	8
16:59.67		Zintle	Xiniwe			4	Cape Town	22-Mar	9
17:09.05	Indoors	Nokuthula	Dlamini		Monroe Coll	8rB	Boston MA	12-Feb	10

10000m

31:51.47		Dominque	Scott	240692	WPA	21	Rio de Janeiro, BRA	12-Aug	1
34:23.56		Glenrose	Xaba		AMPU	1	Stellenbosch	16-Apr	2
35:00.50		Keneilwe	Sesing		CGA	2	Stellenbosch	16-Apr	3
35:20.49		Jenet	Dlamini		KZNA	3	Stellenbosch	16-Apr	4
37:00.26		Puseletso	Dladla		KZNA	4	Stellenbosch	16-Apr	5
37:13.40		Lusanda	Bomvana		ATRA	5	Stellenbosch	16-Apr	6
37:35.40		Ashley	Simonis	101094	BOLA	1	Stellenbosch	12-Mar-16	7
37:43.45		Kataza	Shiplana		AGN	1	Pilditch	11-Mar	8
38:08.02		Tumi	Matlou		CGA	7	Stellenbosch	16-Apr	9
38:31.71		Bathobile	Mkhize		KZNA	2	Germiston	01-Apr	10

3000m Steeple

Chase

76.2cm

10:15.47		Nolene	Conrad	260785	WPA	18	Oordegem, BEL	28-May	1
10:43.77		Thembi	Baloyi		AGN	2	Stellenbosch	16-Apr	2
10:57.30		Cherise	Sims		EPA	3	Stellenbosch	16-Apr	3

11:05.87		Carina	Swiegers		ACNW	4	Stellenbosch	16-Apr	4
11:05.88		Larra	Orrock		AFS	5	Stellenbosch	16-Apr	5
11:07.58		Bathobile	Mkhize		KZNA	6	Stellenbosch	16-Apr	6
11:43.40		Ileana	Dreyer		BOLA	1	Stellenbosch	27-Feb	7
12:00.36		Palesa	Madoa		ACNW	1	Potchefstroom	12-Mar	8
12:19.28		Ronelda	Valem		BOLA	9	Stellenbosch	16-Apr	9
12:22.82		Bernadene	McLoud		ACNW	2	Potchefstroom	12-Mar	10

100m Hurdles

84cm

13.35	1.6	Claudia	Heunis		AGN	1	Durban	23-Jun	1
13.47	1.6	Maryke	Brits		AFS	3	Durban	23-Jun	2
13.47	1.6	Taylon	Bieldt		AGN	4	Durban	23-Jun	3
13.99	-1.1	LIZZY	KRIEL		AFS	1	Stellenbosch	07-Apr	4
14.10	-0.5	Mercia	Venter		ACNW	3	UJ-Johannesburg	18-Mar	5
14.11	-1.1	Ansulet	Potgieter		AFS	4	Stellenbosch	16-Apr	6
14.16	-0.2	Jean-Marie	Senekal	111292	BOLA	2r2	Oordegem, BEL	04-Jun	7
14.25	0.6	Kayla	Gilbert		CGA	3	Pilditch	08-Mar	8
14.27	-1.1	Carina	Lindeque		AGN	6	Stellenbosch	16-Apr	9
14.29	-1.1	JANKE	VAN WYK		BOLA	2	Stellenbosch	07-Apr	10

Wind

13.53	2.5	Maryke	Brits		AFS	1	Germiston	02-Apr	
13.94	2.1	Ansulet	Potgieter	270491	AFS	1	Bloemfontein	12-Mar	
14.09	2.1	Maryke	Brits	240294	AFS	2	Bloemfontein	12-Mar	

400m Hurdles

76.2cm

0:54.61		Wenda	Nel	300788	AGN	2	Rome, ITA	02-Jun	1
0:57.85		Jean-Marie	Senekal	111292	BOLA	4	Durban	26-Jun	2
0:58.38		Gezelle	Magerman		AGN	1	Cape Town	22-Mar	3
0:58.64		ANNERI	MOOLMAN		AFS	1	Sasolburg	08-Apr	4

1:00.09	Chanel	Leuvenik	AGN	1	Germiston	02-Apr	5
1:00.98	Bilindi	van der Merwe	AGN	1	Port Elizabeth	19-Apr	6
1:01.05	Denise	Hartman	ACNW	1	Potchefstroom	11-Mar	7
1:01.16	ARMOURE	LE ROUX	CGA	3	Sasolburg	08-Apr	8
1:01.17	CYNTHIA	TSETSEWA	ACNW	2	Port Elizabeth	19-Apr	9
1:01.48	Hesmarie	Coetzee		4	Port Elizabeth	19-Apr	10

High Jump

1.83	Julia	du Plessis	ACNW	1	Stellenbosch	07-Apr-16	1
1.75	Bianca	Erwee	ACNW	2	Cape Town	22-Mar-16	2
1.75	Britanny	Uys	KZNA	2	Stellenbosch	16-Apr	3
1.70	Kristi	Snyman	WPA	3	Cape Town	22-Mar-16	4
1.70	Erikah	Seyema	AGN	4	Cape Town	22-Mar-16	5
1.70	Geraldine	King	WPA	5	Cape Town	22-Mar-16	6
1.70	Michelle	Pretorius	AGN	2	UJ-Johannesburg	18-Mar	7
1.70	Marlize	Higgins	CGA	3	Germiston	02-Apr-16	8
1.70	Tillanie	Grosskopf	AGN	1	Pilditch	12-Mar-16	9
1.70	Mariette	Botha	CGA	3	Stellenbosch	16-Apr	10

Pole Vault

3.70	Jodie	Sedras	260894	BOLA	1	Germiston	01-Apr-16	1
3.50	Christie	Nell		BOLA	1	Stellenbosch	15-Apr	2
3.35	Dominique	Mann	280685	KZNA	2	Stellenbosch	13-Feb-16	3
3.30	Kulthoom	Gaidien		WPA	3	Stellenbosch	15-Apr	4
3.30	Nadja	Fourie		AFS	4	Stellenbosch	15-Apr	5
3.30	Asli	Lamley		AFS	8	Durban	23-Jun	6
3.10	Jani	Malan		BOLA	4	Port Elizabeth	19-Apr	7
3.00	Bianca	de Wee		BOLA	5	Port Elizabeth	19-Apr	8
2.90	Rozanne	Compion		WPA	2	Stellenbosch	20-Feb	9
2.80	Dorita	du Toit		ACNW	1	Potchefstroom	11-Mar	10

Long Jump

6.59	0.3	Lynique	Prinsloo	300391	CGA	1	Stellenbosch	16-Apr	1
6.54	-0.7	Maryke Brits	Brits	240294	AFS	2	Stellenbosch	16-Apr	2
6.34	1.3	Samantha	Pretorius	030292	BOLA	1	Stellenbosch	12-Mar-16	3
6.33	0.5	Zinzi	Chabangu		CGA	3	Stellenbosch	16-Apr	4
6.18	0.1	Carla	Marais		AGN	2	Pilditch	08-Mar	5
6.02	-0.3	Zanri	van der Merwe	140593	Kansas State	1	Manhattan KS	07-May	6
6.00	1	Renate	van Tonder		AGN	5	Stellenbosch	16-Apr	7
5.98	1.9	Kayla	Gilbert		CGA	6	Stellenbosch	16-Apr	8
5.84	1.5	Samantha	Ross		WPA	3	UJ-Johannesburg	18-Mar	9
5.84	1.3	Marleen	van der Westhuizen		ACNW	3	Potchefstroom	11-Mar	10

Triple Jump

	11m								
13.57	0.5	Patience	Ntshingila		CGA	1	Stellenbosch	15-Apr	1
13.53	0.6	Zinzi	Chabangu		CGA	2	Stellenbosch	15-Apr	2
12.80	1.3	Matsie	Dikotla		AGN	3	Stellenbosch	15-Apr	3
12.68	0.5	CATHRINE	MAKAYA		CGA	2	Stellenbosch	07-Apr	4
12.60	-0.2	Helga-Wendy	Bensusan		CGA	3	Stellenbosch	07-Apr	5
12.14	1.7	Taylia	Visagie		AGN	5	Stellenbosch	15-Apr	6
12.10	0.2	Renate	van Tonder		AGN	6	Stellenbosch	15-Apr	7
11.97	0.3	Somien	Schutte		AGN	7	Stellenbosch	15-Apr	8
11.96	0.6	Maruska	Janse van Rensburg		EPA	4	Stellenbosch	07-Apr	9
11.86	-0.8	Bennita	Botha		AGN	1	Pilditch	12-Mar	10

Shot Put

	4kg								
15.74		Ischke	Senekal		EPA	1	Stellenbosch	07-Apr	1

15.54	Sonia	Smuts		AGN	1	Pilditch	12-Mar	2
14.82	Lezaan	Jordaan			6	Durban	26-Jun	3
13.84	Meike	Strydom		ASWD	2	Stellenbosch	15-Apr	4
13.74	Monique	Wagner		CGA	3	Stellenbosch	15-Apr	5
13.50	Cecile	Meyer	070694	AFS	1	Germiston	01-Apr	6
13.15	Angeline	Smit		BOLA	4	Stellenbosch	15-Apr	7
13.08	Wanzel	Breytenbach		CGA	2	Germiston	01-Apr	8
12.72	Yolande	Willemse		EPA	3	Germiston	01-Apr	9
12.62	Nienka	du Toit		BOLA	3	Stellenbosch	07-Apr	10

Discus

1kg

56.86	Ischke	Senekal		EPA	1	Stellenbosch	16-Apr	1
50.95	Leandri	Geel		CGA	2	Stellenbosch	16-Apr	2
49.85	Riette	Heyns		ACNW	1	Potchefstroom	12-Mar	3
46.74	Tharina	van der Walt		AFS	4	Stellenbosch	16-Apr	4
46.71	Yolandi	Stander		AGN	2	Port Elizabeth	19-Apr	5
44.88	Ashley	Nieuwenhuyzen		ACNW	6	Stellenbosch	16-Apr	6
40.40	Anneke	Kapp		EPA	4	Port Elizabeth	19-Apr	7
38.29	Ilke	van Vuuren		EPA	5	Port Elizabeth	19-Apr	8
36.89	Madeleine	Stander		AGN	1	Pilditch	11-Mar	9
36.86	Tarinka	Truter	180196	BOLA	1	Stellenbosch	20-Feb	10

Hammer Throw

4kg

57.37	Stefanie	Greyling		ACNW	1	Potchefstroom	11-Mar	1
55.48	Marga	Cummings		EPA	7	Durban	22-Jun	2
55.46	ZANELE	MYENI			1	Sasolburg	08-Apr	3
53.67	Tharina	van der Walt		AFS	2	Stellenbosch	16-Apr	4
53.52	Nadia	Botha		AFS	3	Stellenbosch	16-Apr	5
53.31	Chene	Coetzee		AGN	2	Stellenbosch	07-Apr	6
53.20	Letitia	Janse van Rensburg		ACNW	2	Germiston	02-Apr	7

49.84	Karin	Le Roux	03/26/1987	BOLA	1	Stellenbosch	12-Mar-16	8
48.23	Lizelle	Fourie		CGA	5	Stellenbosch	16-Apr	9
47.63	Marinda	Greyling			5	Cape Town	22-Mar	10

Javelin

600g

65.14	Sunette	Viljoen	060183	ACNW	1	Doha, QAT	06-May	1
56.22	Jo-Ane	van Dyk		ACNW	2	Durban	25-Jun	2
53.13	Megan	Wilke		ACNW	1	Pilditch	08-Mar	3
51.59	Zandri	Bailey		WPA	1	Stellenbosch	20-Feb	4
47.9	Linda	van Vreden		CGA	4	Stellenbosch	15-Apr	5
45.03	Kelsy-Ann	Mostert		AGN	5	Sasolburg	08-Mar	6
43.34	Carli	Neuwenhuis			6	Pilditch	08-Mar	7
42.85	Zane	Fourie		ACNW	2	Germiston	01-Apr	8
42.34	Danielle	Coetzee		AGN	1	Pilditch	11-Mar	9
41.15	Natasha	Oescger			3	UJ - Johannesburg	18-Mar	10

4 x 100m Relay

0:43.66	SA Team (Tebogo Mamat, Alyssa Conely, Tamzin Thomas, Carina Horn)			RSA	1	Durban	24-Jun	1
0:46.25	TUKS			AGN	1	UJ-Johannesburg	18-Mar	2
0:46.65	TUKS			AGN	1	Stellenbosch	07-Apr	3
0:46.98	UWC			WPA	2	Stellenbosch	07-Apr	4
0:47.13	MATIES			BOLA	3	Stellenbosch	07-Apr	5
0:47.13	SA Team			RSA	1	Polokwane	24-May	6
0:47.16	UJ			CGA	4	Stellenbosch	07-Apr	7
0:47.23	Maties			BOLA	2	UJ-Johannesburg	18-Mar	8
0:47.33	CGA (Leana du Toit, Alyssa Conley, Thea Penberthy, Patience Ntshingila)			CGA	1	Stellenbosch	16-Apr	9
0:47.46	PUKKE			ACNW	3	UJ-Johannesburg	18-Mar	10

4 x 400m Relay

3:28.49	SA Team (Jeanelle Griesel, Wenda Nel, Justne Palframan, Caster Semenya)	RSA	1	Durban	26-Jun
3:44.66	AGN (Soandri Meyer, Gezelle Magerman, Jeanelle Griesel, Wenda Nel)	AGN	1	Stellenbosch	16-Apr
3:48.41	CGA A (Beetrice Themane, Armoure le Roux, Fina Dube, Cindy von Alefeldt)	CGA	2	Stellenbosch	16-Apr
4:16.83	CGA B (Thandi Sehohle, Simonay Weitsz, Liza Kellerman, Yandisa Shange)	CGA	3	Stellenbosch	16-Apr

20km Walk (Road)

1:34:49.00	Anél	Oosthuizen	220495	CGA		Podébrady, CZE	09-Apr	1
1:41:46.00	Corli	Swart	050391	AGW	2	Stellenbosch	16-Apr	2
1:42:41.00	Zelda	Schultz	150292	KZNA	32	Dudince, SVK	19-Mar	3
1:44:55.00	Natalie	le Roux		KZNA	4	Stellenbosch	16-Apr	4

Heptathlon

	100m Hurdles ; High Jump ; Shot Put ; 200m ; Long Jump ; Javelin ; 800m						
5395	Bianca	Erwee		ACNW	1	Stellenbosch	15/16-Apr
	15.01(0.3) ; 1.77 ; 10.94 ; 25.8(0.4) ; 5.97(-0.5) ; 37.53 ; 2:25.25						
4977	Nienka	du Toit	170397	BOLA	5	Mauritius	1-2 April
	14.80(0.3) ; 1.60 ; 12.21 ; 26.41(1.1) ; 5 46(0.0) ; 35.44 ; 2:31.95						
4390	Nicola	Schoeman		AGN	1	Pilditch	11/12 Mar
	16.81(-0.1) ; 1.60m ; 08.88m ; 26.87(1.1) ; 5.23(-1.3) ; 37.34m ; 2:35.89						
4091	Anri	Salim		ACNW	3	Stellenbosch	15/16-Apr
	16.94(0.3) ; 1.68 ; 09.50 ; 27.60(0.4) ; 5.17(0.3) ; 22.76 ; 2:43.72						