



## Athletics South Africa Ranking Lists, 2017

As at 2 May 2017

### SENIORS

#### **MEN**

##### 100m

9.92	+1.2	Akani	Simbine	AGN	1	Pretoria	18-Mar
9.95	+1.2	Thando	Roto	AGN	2	Pretoria	18-Mar
10.04	-0.7	Wayde	van Niekerk	AFS	2	Potchefstroom	21-Apr
10.12	+1.1	Gift	Leotlela	AGN	1h1	Pretoria	18-Mar
10.17	-0.7	Henricho	Bruintjies	AGN	4	Potchefstroom	21-Apr
10.19	+0.8	Anaso	Jobodwana	KZNA	1h6	Potchefstroom	21-Apr
10.20	+2.0	Clarence	Munyai	AGN	2h5	Pretoria	04-Mar
10.22	-0.8	Emile	Erasmus	AGN	2s2	Potchefstroom	21-Apr
10.30	+1.3	Le Roux	van Tonder	AGN		Pretoria	25-Mar
10.34	+1.8	Thembo	Monareng	AGN		Pretoria	18-Mar

##### 200m

19.90	+0.5	Wayde	van Niekerk	AFS	1	Potchefstroom	22-Apr
19.95	+1.7	Akani	Simbine	AGN	1h5	Pretoria	04-Mar
20.10	+1.7	Clarence	Munyai	AGN	2h5	Pretoria	04-Mar
20.14	+1.7	Ncincilili	Titi		1	Columbia, USA	15-Apr
20.20	+0.5	Gift	Leotlela	AGN	3	Potchefstroom	22-Apr

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20.40	+0.7	Hendrik	Maartens	AFS	1s2	Potchefstroom	22-Apr
20.51	+0.7	Luxolo	Adams	EPA	3s2	Potchefstroom	22-Apr
20.73	+1.9	Lebakeng	Sesele	AGN-I	2s1	Potchefstroom	22-Apr
20.81	+0.7	Lebogang	Moeng	AGN-I	4s2	Potchefstroom	22-Apr
20.85	-1.0	Thembo	Monareng	AGN	1	Pretoria	17-Mar

### Indoors

20.67		Ncincilili	Titi	AGN	1	Clemson, USA	11-Feb
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### 400m

45.15		Pieter	Conradie	ACNW	1	Potchefstroom	22-Apr
45.74		Ranti	Dikgale	AGN	1h3	Potchefstroom	21-Apr
45.97		Ashley	Hlungwani	AGN	1h3	Pretoria	18-Mar
46.03		Thapelo	Phora	AGN	5h6	Sasolburg	28-Mar
46.20		Sokwakhana	Zazini	AGN	1	Durban	29-Mar
46.41		Zakithi	Nene	KZNA	4	Potchefstroom	22-Apr
46.66		Oscar	Mavundla	AGN	2h3	Pretoria	31-Mar
46.87		Jon	Seeliger	AGN	8h6	Sasolburg	28-Mar
46.93		Anele	Nzwanzwa		1h2	Pretoria	31-Mar
46.94		Berend	Koekemoer	EPA	2h2	Potchefstroom	21-Apr
46.94		Jaden	Flagg	BOLA	4	Cape Town	28-Apr

### 800m

1:46.56		Rynardt	van Rensburg	AFS	1	Potchefstroom	22-Apr
1:46.65		Henco	Uys	ACNW	2	Potchefstroom	22-Apr
1:47.11		Tshepo	Tshite	ACNW	3	Potchefstroom	22-Apr
1:47.31		William	Mothosola	AMPU	4	Potchefstroom	22-Apr
1:47.86		Tian	Basson	AMPU	5	Potchefstroom	22-Apr
1:47.91		Jabulane	Ncamane	AGN	1	Bloemfontein	08-Mar
1:48.02		Jacob	Rozani	ANWN-I	6	Potchefstroom	22-Apr
1:48.38		George	Kusche	AGN	7	Potchefstroom	22-Apr
1:48.74		Bruce-lynn	Damons	WPA	2	Bloemfontein	08-Mar

1:48.78	Thapelo	Madiba	CGA	3h2	Potchefstroom	15-Mar
<b><u>Indoors</u></b>						
1:48.53	Mpho	Makofane	Monroe	4	Lexington, USA	21-Jan
<b><u>1 500m</u></b>						
3:38.83	Rantso	Mokopane	ACNW	1	Cape Town	28-Apr
3:38.94	Dumisani	Hlaselo	CGA	2	Cape Town	28-Apr
3:40.54	Jerry	Motsau		1	Durban	28-Feb
3:40.69	Nkosinathi	Sibiya	KZNA	2	Durban	28-Feb
3:41.18	George	Kusche	AGN	4	Durban	28-Feb
3:41.42	Treasure	Derison		5	Durban	28-Feb
3:42.32	Folavio	Sehohle		6	Durban	28-Feb
3:43.64	Henry	Makane	CGA	5	Cape Town	28-Apr
3:45.09	Tumisang	Monnatlala		7	Durban	28-Feb
3:45.91	Ryan	Mphahlele	CGA	6	Potchefstroom	22-Apr
<b><u>5 000m</u></b>						
13:52.13	Jeromy	Andreas	CGA	1	Cape Town	29-Apr
14:03.84	Thabang	Mosiako	ACNW	1	Potchefstroom	22-Apr
14:05.04	Rantso	Mokopane	ACNW	2	Cape Town	29-Apr
14:05.59	Elroy	Gelant	ACNW	2	Potchefstroom	22-Apr
14:05.73	Milton	Kekana	AGN	3	Cape Town	29-Apr
14:07.11	Collen	Mulaudzi	AGN	4	Cape Town	29-Apr
14:09.55	Stephen	Mokoka	AGN	3	Potchefstroom	22-Apr
14:17.48	Michael	Pienaar	AGN	5	Cape Town	29-Apr
14:23.83	Kabelo	Melamu	CGA	4	Potchefstroom	22-Apr
14:24.11	Ambition	Masihleho		6	Cape Town	29-Apr
<b><u>10 000m</u></b>						
28:16.54	Elroy	Gelant	ACNW	1	Durban	28-Feb
28:49.92	Joel	Mmone		3	Durban	28-Feb

29:00.38	Thabang	Mosiako		4	Durban	28-Feb
29:01.01	David	Manja		5	Durban	28-Feb
29:08.51	Jeromy	Andreas	CGA	1	Cape Town	28-Apr
29:14.83	Milton	Kekana	AGN	2	Cape Town	28-Apr
29:19.25	Marianio	Eesou	EPA	6	Durban	28-Feb
29:22.31	Collen	Mulaudzi	AGN	3	Cape Town	28-Apr
29:27.25	Vuyisile	Tshoba	AGN	7	Durban	28-Feb
29:28.74	Stephen	Mokoka	AGN	1	Pretoria	17-Mar

### **3 000m steeplechase**

8:34.47	Rantso	Mokopane	ACNW	1	Potchefstroom	22-Apr
8:47.15	Dikotsi	Lekopa	ACNW	2	Potchefstroom	22-Apr
8:51.56	Merlin	Klaaste	WPA	2	Cape Town	28-Apr
8:54.20	Sive	Ngubo	AGN	3	Cape Town	28-Apr
8:54.38	Ruan	Meintjies	AFS	4	Cape Town	28-Apr
8:54.83	Kabelo	Seboko	CGA	3	Potchefstroom	22-Apr
8:58.71	Siboniso	Soldaka	WPA	5	Cape Town	28-Apr
9:08.11	Tumisang	Monnatlala	CGA	4	Potchefstroom	22-Apr
9:08.42	Ruan	Meintjies	AFS	5	Potchefstroom	22-Apr
9:09.67	Sibusiso	Madikizela	WPA	6	Potchefstroom	22-Apr

### **110m hurdles**

13.42	+0.3	Tiaan	Smit	AGN	1	Potchefstroom	22-Apr
13.45	+1.8	Antonio	Alkana	WPA	1	Parow	18-Mar
13.78	-0.3	Ruan	de Vries	AGN		Pretoria	11-Mar
13.86	+2.0	Tshepo	Lefete	CGA	1h1	Cape Town	28-Apr
13.95	+1.4	Junior	Mkatini	CGA	1	Potchefstroom	15-Mar
13.99	+1.4	Muntingh	Hamman	AGN		Potchefstroom	15-Mar
14.04	+2.0	Kobus	Moolman	AFS		Cape Town	28-Apr
14.09	-0.6	Alwyn	Bothma	ACNW	1h1	Sasolburg	28-Mar
14.16	+2.0	Theodor	Young	ACNW	3h1	Cape Town	28-Apr
14.26	+0.9	Andre	September	WPA	5h1	Potchefstroom	21-Apr

### **400m hurdles**

49.27	Cornel	Fredericks	AGN	1h1	Pretoria	04-Mar
49.29	LJ	van Zyl	AGN	1	Pretoria	12-Apr
49.35	Le Roux	Hamman	AGN	1	Potchefstroom	21-Apr
49.57	Constant	Pretorius	AGN	2	Pretoria	17-Mar
50.20	PC	Beneke	AGN	4	Pretoria	17-Mar
50.28	Kefilwe	Mogawane	AGN	1h1	Cape Town	29-Apr
50.99	Linford	Maree	BOLA	4	Potchefstroom	21-Apr
51.10	Elishama	Eksteen	AFS	3h2	Potchefstroom	21-Apr
52.10	Louwtjie	Steenkamp	LIMA	1	Cape Town	08-Apr
52.46	Marcus	Bornman	AGN-I	4h2	Potchefstroom	21-Apr

### **High jump**

2.25	Chris	Moleya	AGN	1	Potchefstroom	22-Apr
2.22	Mpho	Links	ACNW	1	Cape Town	29-Apr
2.20	Keegan	Fourie	BOLA	2	Potchefstroom	22-Apr
2.18	Breyton	Poole	WPA	1	Durban	29-Mar
2.15	Garth	Ellis	EPA	3	Potchefstroom	22-Apr
2.14	Tiaan	Steenkamp	Arkansas	1	Bloomington, USA	21-Jan
2.05	Leandre	van Rooyen	AGN	1	Cape Town	08-Apr
2.05	Sarel	Prinsloo	ACNW	6	Potchefstroom	22-Apr
2.05	Teboho	Modise	CGA	3	Cape Town	29-Apr
2.05	Marcel	Maree	BOLA	4	Cape Town	29-Apr

### **Pole vault**

5.20	Eben	Beukes	AGN	1	Pretoria	04-Mar
5.00	Migael	Cilliers	AGN	2	Pretoria	04-Mar
5.00	Heinrich	Smit	AGN	2	Potchefstroom	21-Apr
4.90	Eckhardt	van der Watt	BOLA	3	Potchefstroom	21-Apr
4.80	Juan	de Swardt	BOLA	1	Cape Town	28-Apr
4.70	Valco	van Wyk	BOLA	5	Potchefstroom	21-Apr

4.50		Mohammed	Yosuf	BOLA	1	Paarl	18-Jan
4.50		Willie	Naude	AFS	2	Cape Town	08-Apr

### Indoors

5.08		Lukas	van der Watt	BOLA	2	Lincoln, USA	17-Feb
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### Long jump

8.65	+1.3	Luvo	Manyonga	AGN	1	Potchefstroom	22-Apr
8.49	-0.8	Ruswahl	Samaai	CGA	2	Potchefstroom	22-Apr
8.03	+1.6	Zarck	Visser	CGA	3	Potchefstroom	22-Apr
7.80	+0.4	Jovan	van Vuuren	AFS	3	Bloemfontein	08-Mar
7.72	+0.3	Dylon	Cotter	CGA	2	Germiston	22-Mar
7.69	-0.9	Cheswill	Johnson	CGA	1q2	Cape Town	28-Apr
7.64	+0.5	Peter	Makgato	CGA	4	Bloemfontein	08-Mar
7.52	+1.1	Jason	Farao	CGA	6	Bloemfontein	08-Mar
7.52	0.0	Divan	Manuel	EPA	4	Cape Town	28-Apr
7.37	+0.3	Koketso	Mogapi	ACNW	5	Cape Town	28-Apr

### Indoors

8.05		Khotso	Mokoena	CGA	1	Karlsruhe, GER	04-Feb
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### Triple jump

16.75	+0.7	Reneilwe	Aphane	AGN	1	Pretoria	18-Feb
15.96	+0.4	Sefako	Mokhoso	AFS	2	Cape Town	29-Apr
15.55	-1.9	Dylon	Cotter	CGA	1	Germiston	14-Jan
15.46	-0.1	Menzi	Mthembu	CGA	4	Cape Town	29-Apr
15.32	+1.2	Junior	Mpefu	BOLA	1	Cape Town	08-Apr
15.18	-1.8	Itumeleng	Dikoko	AVT	2	Sasolburg	28-Mar
15.16	-0.5	Jubilant	Motlhake	CGA	5	Cape Town	29-Apr
15.09	+2.0	Kwezi	Mtoba	BOLA	6	Cape Town	29-Apr
15.05	+0.7	Cheslin	Kortje	BOLA	2	Cape Town	08-Apr
14.90	+0.6	Lezlo	Bramwill		2	Germiston	22-Mar

### Shot put

21.12	Orazio	Cremona	AGN	1	Potchefstroom	22-Apr
20.63	Jaco	Engelbrecht	CGA	2	Potchefstroom	22-Apr
19.15	Burger	Lambrechst (Jnr)	AGN	3	Potchefstroom	22-Apr
18.70	Jason	van Rooyen	CGA	4	Potchefstroom	22-Apr
18.51	Kyle	Blignaut	CGA	5	Potchefstroom	22-Apr
17.73	Ruan	Combrinck	AGN	1	Pretoria	31-Mar
16.76	Zane	Weir	WPA	2	Pretoria	31-Mar
16.68	Tumelo	Thage	AGN	7	Potchefstroom	22-Apr
16.20	Constand	van Rooyen	ACNW	4	Potchefstroom	15-Mar
16.17	Dean	Wattrus	ACNW	7	Brisbane, AUS	21-Jan

### Discus throw

57.06	Dewald	van Heerden	CGA	1	Pretoria	04-Mar
55.27	Patrick	Duvenage	AGN	1	Pretoria	31-Mar
55.12	Brynn-Peter	Kemp	BOLA	2	Potchefstroom	21-Apr
53.51	Werner	Visser	CGA	4	Potchefstroom	21-Apr
52.09	Jason	van Rooyen	CGA	2	Potchefstroom	03-Mar
49.60	Ruan	Murray		2	Pretoria	04-Mar
49.55	Cameron	Donkin	BOLA	4	Cape Town	28-Apr
49.39	Conrad	Burger	BOLA	5	Cape Town	28-Apr
48.87	Manie	Blom	AGN	3	Pretoria	04-Mar
48.40	Dean	Wattrus	ACNW	2	Brisbane, AUS	28-Jan
47.93	Johan	Scholtz	AGN	4	Pretoria	04-Mar

### Hammer throw

71.28	Tshepang	Makhetha	ACNW	1	Sasolburg	28-Mar
70.53	Chris	Harmse	AFS	1	Potchefstroom	22-Apr
70.30	Renaldo	Frechou	AGN	2	Potchefstroom	22-Apr
69.61	Tone	van Rensburg		1	Germiston	22-Mar
64.94	Alan	Cumming	ACNW	4	Potchefstroom	22-Apr

### Javelin throw

84.09	Rocco	van Rooyen	WPA	1	Parow	18-Mar
79.86	Phil-Mar	Janse van Rensburg	AMPU	1	Potchefstroom	21-Apr
77.81	Chad	Herman	ACNW	1	Potchefstroom	15-Mar
76.82	Leon	Laubser		1	Pretoria	31-Mar
75.70	Johan	Grobler	ACNW	3	Potchefstroom	21-Apr
74.83	Hernu	van Rooyen	CGA	4	Potchefstroom	21-Apr
73.51	Werner	Dames	ANWN	1	Cape Town	07-Apr
72.20	Tobie	Holtzhausen	AGN	6	Potchefstroom	21-Apr
71.63	Brendan	Skinner	AGN-I	7	Potchefstroom	21-Apr
71.28	Erich	Wiese	ACNW	4	Potchefstroom	03-Mar

### Decathlon

8002	Fredriech	Pretorius	AGN	1	Pretoria	18-Mar
6788	Duncan	McGladdery	AGN			
6747	Marcelle	de Jager	AFS			
6290	Lee	van der Berg	ACNW			
6259	JC	van Biljon	AFS			
6236	Hennie	Beukes	BOLA			
6039	Terrence	Wepener	WPA-I			

### 4x100m relay

38.47	South Africa		RSA	1	Germiston	22-Mar
40.07	Western Province Athletics		WPA	1	Potchefstroom	22-Apr
40.17	University of Pretoria		AGN	1	Potchefstroom	03-Mar
40.36	University of Johannesburg		CGA	2	Potchefstroom	03-Mar
40.58	Western Province Athletics		WPA	4	Germiston	22-Mar
40.78	North-West University		ACNW	1h3	Cape Town	28-Apr
40.84	University of Pretoria		AGN	2h3	Cape Town	28-Apr
40.89	Diamond Senior			5	Germiston	22-Mar
41.02	Gauteng Schools			1	Durban	29-Mar



41.05	Athletics Gauteng North U-20		AGN	1	Cape Town	07-Apr
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### **4x400m relay**

3:03.53	South Africa A		RSA	1	Germiston	22-Mar
3:06.80	South Africa B		RSA	2	Germiston	22-Mar
3:09.01	University of Stellenbosch		BOLA	1	Cape Town	29-Apr
3:10.20	Tshwane University of Technology		AGN	2	Cape Town	29-Apr
3:10.21	University of Pretoria		AGN	3	Cape Town	29-Apr
3:10.22	Tshwane University of Technology		AGN	3	Germiston	22-Mar
3:10.53	North-West University		ACNW	4	Cape Town	29-Apr
3:11.04	Boland Athletics		BOLA	1	Potchefstroom	22-Apr
3:14.11	Athletics Gauteng North Individuals		AGN-I	2	Potchefstroom	22-Apr
3:14.37	University of Johannesburg		CGA	5	Cape Town	28-Apr

### **20km walk (road)**

01:21:00	Lebogang	Shange	CGA	2	Adelaide, AUS	19-Feb
01:21:26	Wayne	Snyman	AGN	6	Adelaide, AUS	19-Feb
01:28:37	Sizwe	Ndebele	AGN	2	Potchefstroom	22-Apr
01:30:33	Marc	Mundell			Monterrey, MEX	19-Mar
01:32:45	Mzwakhe	Mavandla	CGA	3	Potchefstroom	22-Apr
01:33:55	Thumisang	Pule	AGN	4	Potchefstroom	22-Apr
01:34:15	Aron	Mahlangu	KZNA	5	Potchefstroom	22-Apr
01:38:25	Mthunzi	Mnisi	AGN	6	Potchefstroom	22-Apr

## **WOMEN**

### **100m**

11.10	+0.3	Carina	Horn	AGN	1s1	Potchefstroom	21-Apr
11.34	+0.3	Tebogo	Mamatu	AGN	2s1	Potchefstroom	21-Apr
11.41	-0.2	Alyssa	Conley	CGA	1	Potchefstroom	21-Apr
11.50	+1.3	Nabeela	Parker	WPA	3s1	Potchefstroom	21-Apr
11.53	+0.2	Tamzin	Thomas	WPA	1	Cape Town	28-Apr

11.73	-0.2	Lente	Pieterse	ACNW	5	Potchefstroom	21-Apr
11.80	+2.0	Reabetswe	Moloi	AGN	3s1	Cape Town	28-Apr
11.81	-2.5	Rose	Xeyi	AGN	3s2	Potchefstroom	21-Apr
11.88	+0.3	Shanice	Marnce	KZNA		Potchefstroom	21-Apr
11.97	+1.9	Cherese	Jones	AGN		Pretoria	18-Mar

### **200m**

22.94	+1.5	Alyssa	Conley	CGA	1	Potchefstroom	22-Apr
23.21	+0.3	Justine	Palframan	BOLA	1	Cape Town	29-Apr
23.39	+0.6	Wenda	Nel	AGN	1s2	Potchefstroom	22-Apr
23.43	+1.5	Tamzin	Thomas	WPA	2	Potchefstroom	22-Apr
23.60	+0.3	Ariane	Nel	ACNW	2	Cape Town	29-Apr
23.86	+0.3	Shanice	Marnce	KZNA	3	Cape Town	29-Apr
24.04	+1.5	Nabeela	Parker	WPA	3s2	Potchefstroom	22-Apr
24.24	-0.7	Simone	van der Nest	CGA	1	Cape Town	08-Apr
24.31	-0.8	Shere	Janse van Rensburg		3	Sasolburg	28-Mar
24.45	+0.3	Simone	du Plooy	AGN	4	Cape Town	29-Apr

### **400m**

51.60		Caster	Semenya	ACNW	1	Potchefstroom	22-Apr
52.41		Justine	Palframan	BOLA	2	Cape Town	28-Apr
52.78		Wenda	Nel	AGN	3h2	Potchefstroom	15-Mar
54.05		Ariane	Nel	ACNW	3	Cape Town	28-Apr
54.24		Marli	Viljoen		1	Durban	29-Mar
54.25		Gena	Lofstrand	KZNA	2	Durban	28-Feb
54.66		Sonja	van Tonder	WPA	3	Potchefstroom	22-Apr
54.84		Danel	Holton	ACNW	1h2	Pretoria	31-Mar
55.40		Rorisang	Ramonnye	ANWN	4	Potchefstroom	22-Apr
55.43		Sonja	van der Merwe	WPA	6h2	Potchefstroom	15-Mar

### **800m**

2:00.99		Caster	Semenya	ACNW	1	Cape Town	29-Apr
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2:03.32	Gena	Lofstrand	KZNA	2	Potchefstroom	22-Apr
2:05.22	Anuscha	Nice	AGN	1	Sasolburg	28-Mar
2:06.96	Simonay	Weitsz	CGA	1	Cape Town	08-Apr
2:07.38	Niene	Muller	AGN	2	Cape Town	08-Apr
2:08.72	Lee Anne	Blake	AGN-I	5	Potchefstroom	22-Apr
2:10.31	Thobile	Vilakazi		2	Durban	29-Mar
2:10.37	Keletso	Senosi	AGN	1	Durban	29-Mar
2:10.52	Rhode	Boon		2	Durban	29-Mar
2:10.61	Thato	Makhafola	CGA	3	Cape Town	29-Apr

### **1 500m**

4:16.87	Caster	Semenya	ACNW	1	Cape Town	28-Apr
4:18.41	Anuscha	Nice	AGN	2	Cape Town	28-Apr
4:19.32	Simonay	Weitsz	CGA	1	Durban	29-Mar
4:19.92	Kesa	Molotsane	AFS	3	Cape Town	28-Apr
4:21.44	Nicole	Louw	AFS	1	Durban	29-Mar
4:22.46	Marne	Mentz	AFS	2	Potchefstroom	22-Apr
4:22.62	Lyndi	Roelofse	CGA	2	Durban	29-Mar
4:23.23	Irvette	van Zyl	AGN	3	Potchefstroom	22-Apr
4:24.36	Dipuo	Mashishi		3	Durban	29-Mar
4:25.08	Tyler	Beling	AFS	2	Durban	29-Mar

### **Indoors**

4:10.90	Dominique	Scott-Efurd	WPA	5	New York, USA	11-Feb SAIDR - Inter
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### **5 000m**

16:08.21	Kesa	Molotsane	AFS	1	Durban	28-Feb
16:20.06	Irvette	van Zyl	AGN	2	Durban	28-Feb
16:24.44	Louisa	Leballo		3	Durban	28-Feb
16:32.51	Nolene	Conrad	WPA	3	Potchefstroom	21-Apr
16:36.49	Mapaseka	Makhanya	CGA	4	Potchefstroom	21-Apr
16:38.49	Glenrose	Xaba	AMPU	4	Durban	28-Feb

16:38.78	Jenet	Dlamini	KZNA	5	Durban	28-Feb
16:47.47	Andrea	Steyn	KPMG	6	Durban	28-Feb
16:50.14	Sherilene	Gelderblom	ACNW	2	Cape Town	29-Apr
16:52.81	Stella	Marais	AGN	3	Cape Town	29-Apr

### Indoors

16:25.25	Annie	Bothma		1	Blackburg, USA	21-Jan
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### 10 000m

34:56.12	Glenrose	Xaba	AGN	1	Potchefstroom	22-Apr
35:12.32	Cornelia	Joubert	CGA	2	Potchefstroom	22-Apr
35:26.89	Mapaseka	Makhanya	CGA	3	Potchefstroom	22-Apr
35:41.62	Maria	Shai	CGA	4	Potchefstroom	22-Apr
35:53.32	Bulelwa	Simae	WPA	5	Potchefstroom	22-Apr
36:32.67	Lusanda	Bomvana	ATRA	6	Potchefstroom	22-Apr
37:18.36	Puseletso	Dladla	KZNA	7	Potchefstroom	22-Apr
37:51.00	Rachel	Leistra	CGA	1	Cape Town	28-Apr
38:20.97	Monwabisi	Mjoli	KZNA	8	Potchefstroom	22-Apr
38:51.74	Bathobile	Mkhize	KZNA	9	Potchefstroom	22-Apr

### 3 000m steeplechase

10:45.51	Tshegofatso	Setlhakgoe		1	Durban	29-Mar
10:45.97	Cherise	Sims	EPA	1	Cape Town	28-Apr
10:46.05	Lesego	Mpshe	CGA	2	Durban	29-Mar
10:51.12	Thembi	Baloyi	AGN	2	Cape Town	28-Apr
11:04.66	Shanley	Koekemoer	AGN	3	Potchefstroom	22-Apr
11:06.27	Carina	Swiegers	ACNW	3	Cape Town	28-Apr
11:08.65	Lethabo	Makgoga	CGA	4	Potchefstroom	22-Apr
11:34.16	Lara	Orrock	AFS	6	Potchefstroom	22-Apr
11:47.23	Lizandre	Mulder	AFS	4	Cape Town	28-Apr

### 100m hurdles

13.02	-0.1	Rikenette	Steenkamp	AGN	1	Potchefstroom	22-Apr
13.23	+0.9	Claudia	Heunis	AGN	2	Pretoria	25-Mar
13.48	+1.1	Maryke	Brits			Potchefstroom	21-Apr
13.82	-0.1	Velmein	Hendriks	CGA	4	Potchefstroom	22-Apr
13.87	-0.1	Taylon	Bieldt	AGN	5	Potchefstroom	22-Apr
13.93	-0.1	Janke	van Wyk	BOLA	6	Potchefstroom	22-Apr
14.21	+0.1	Inge	van der Merwe		4	Germiston	22-Mar
14.21	-0.1	Tanya	Ehrke	CGA	7	Potchefstroom	22-Apr
14.45	-0.4	Denise	Hartman	ACNW	2	Sasolburg	28-Mar
14.77	-0.4	Samantha	Pretorius	BOLA	6	Germiston	22-Mar

### **400m hurdles**

55.16		Wenda	Nel	AGN	1	Potchefstroom	21-Apr
57.52		Anneri	Moolman	AFS	1	Pretoria	04-Mar
57.68		Jean-Mare	Senekal	BOLA	1	Cape Town	29-Apr
58.87		Belindi	van der Merwe	AGN	2	Cape Town	29-Apr
58.90		Zeney	van der Walt	AGN	3	Potchefstroom	21-Apr
59.03		Chanel	Leuvennik	AGN	1	Potchefstroom	03-Mar
1:00.21		Cynthia	Tsetsewa	ACNW	2	Potchefstroom	03-Mar
1:00.40		Gezelle	Magerman	AGN	3	Potchefstroom	03-Mar
1:00.85		Rogail	Joseph	BOLA	6	Potchefstroom	21-Apr
1:01.19		Juli	Vercuiel	WPA	7	Potchefstroom	21-Apr

### **High jump**

1.85		Julia	du Plessis	ANCW	1	Potchefstroom	22-Apr
1.80		Tillanie	Neethling	AGN	1	Pretoria	04-Mar
1.80		Yvonne	Robson	AGN	1	Pretoria	
1.75		Brittany	Uys	KZNA	2	Pretoria	29-Mar
1.75		Erikah	Seyama	AGN	2	Pretoria	31-Mar
1.75		Mahlatsie	Dombeni	AGN	2	Cape Town	08-Apr
1.75		Marilize	Higgins	CGA	3	Potchefstroom	22-Apr
1.75		Geraldine	King	WPA	5	Potchefstroom	22-Apr

1.75	Danielle	Carstens	AGN	3	Cape Town	29-Apr
1.70	Kristi	Snyman	WPA	7	Potchefstroom	22-Apr
1.70	Sharrifah	Arewa	AGN	8	Potchefstroom	31-Mar

### **Pole vault**

3.70	Nadja	Fourie	AFS	1	Potchefstroom	21-Apr
3.60	Jeannie	van Dyk	EPA	2	Potchefstroom	21-Apr
3.60	Kian-Lee	du Toit	BOLA	3	Potchefstroom	21-Apr
3.50	Jodie	Sedras	BOLA	4	Potchefstroom	21-Apr
3.50	Esli	Lamley	AFS	2	Cape Town	29-Apr
3.40	Anje	Viljoen	BOLA	5	Potchefstroom	21-Apr
3.30	Corle	van der Walt	AFS	2	Cape Town	08-Apr
3.10	Elata	Fourie	BOLA	3	Durban	29-Mar
3.10	Simonn	Swanevelder	ASWD	7	Potchefstroom	21-Apr
3.10	Rozelle	Meier	BOLA	4	Cape Town	29-Apr

### **Long jump**

6.59	+1.0	Lynique	Prinsloo	CGA	1	Cape Town	29-Apr
6.32	+1.5	Samantha	Pretorius	BOLA	3	Potchefstroom	22-Apr
6.29*	+1.4	Karin	Mey	AGN	4	Potchefstroom	22-Apr
6.19	-0.4	Maryke	Brits	AFS		Pretoria	31-Mar
6.12	+1.2	Zinzi	Chabangu	CGA	5	Potchefstroom	22-Apr
6.12	-1.3	Kelly	Kingwell	EPA	2	Cape Town	29-Apr
6.05	-2.1	Patience	Ntshingila	CGA	1q1	Cape Town	29-Apr
6.01	+1.0	Anita	Madike	EPA	6	Potchefstroom	22-Apr
5.92	+0.1	Jone	Kruger	ACNW	1	Cape Town	08-Apr
5.73	+0.9	Nicholeen	Smit		3	Potchefstroom	15-Mar

\* Holds dual SA/Turkey citizenship

### **Indoors**

5.94	Zanri	van der Merwe		2	Manhattan, USA	17-Feb
5.75	Renate	van Tonder	AGN	4	Bloomington, USA	27-Jan

### Triple jump

13.55	+0.5	Kelly	Kingwell	EPA	1	Potchefstroom	21-Apr
13.20	-0.6	Zinzi	Chabangu	CGA	2	Potchefstroom	21-Apr
13.06	+1.0	Patience	Ntshingila	CGA	3	Potchefstroom	21-Apr
12.37	+1.7	Cathrine	Makaya	CGA	4	Cape Town	28-Apr
12.16	-0.5	Helga-Wendy	Bensusan	CGA	4	Potchefstroom	21-Apr
12.03	+0.5	Moleboheng	Pherane	AFS	5	Potchefstroom	21-Apr
12.00	+0.5	Brithaney	Ludick	WPA	1	Cape Town	08-Apr
11.95	+0.9	Suneel	Louwrens	BOLA-I	7	Potchefstroom	21-Apr
11.72	-2.3	Mahlatsi	Dombeni	AGN		Pretoria	18-Mar
11.50	-0.4	Desire	van Wyk	CGA	6	Cape Town	28-Apr

### Indoors

12.09		Renate	van Tonder	AGN-I	3	Nashville, USA	10-Feb
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### Shot put

16.97		Ischke	Senekal	EPA	1	Potchefstroom	21-Apr
15.59		Lezaan	Jordaan	CGA	1	Germiston	14-Jan
15.14		Sonia	Smuts	AGN	1	Pretoria	04-Mar
13.50		Tanya	Pubalakan	SAPS	4	Potchefstroom	21-Apr
13.46		Wanzel	Breytenbach	AGN	5	Potchefstroom	21-Apr
13.23		Mia	van Oudtshoorn	AFS	6	Potchefstroom	21-Apr
13.22		Monique	Wagner	CGA	7	Potchefstroom	21-Apr
12.79		Jana	Steinmann	ACNW	8	Potchefstroom	21-Apr
12.31		Leandri	Geel	CGA	5	Cape Town	28-Apr
12.20		Nienka	du Toit	BOLA	3	Potchefstroom	03-Mar

### Discus throw

54.74		Ischke	Senekal	EPA	1	Potchefstroom	03-Mar
48.17		Yolandi	Stander	AGN	1	Sasolburg	28-Mar
47.66		Tharina	van der Walt	AFS	2	Potchefstroom	22-Apr

47.59	Leandri	Geel	CGA	2	Potchefstroom	03-Mar
46.64	Riette	Heyns	ACNW	2	Germiston	22-Mar
46.40	Linda	van Vreden	CGA	1	Pretoria	04-Mar
43.86	Ashley	Nieuwenhuizen		3	Sasolburg	28-Mar
43.31	Jana	Steinmann	ACNW	5	Germiston	22-Mar
41.95	Sonia	Smuts	AGN	7	Potchefstroom	22-Apr
41.06	Mia	van Oudtshoorn	AFS	8	Potchefstroom	22-Apr

### **Hammer throw**

63.82	Letitia	Janse van Vuuren	ACNW	1	Potchefstroom	24-Jan
57.56	Stephanie	Greyling	ACNW	2	Sasolburg	28-Mar
55.85	Marga	Cumming	ACNW	3	Potchefstroom	22-Apr
52.51	Marinda	Greyling	AFS	4	Potchefstroom	22-Apr
52.41	Chene	Coetzee	AGN	5	Potchefstroom	22-Apr
52.14	Tanya	Pubalakan	SAPS	6	Potchefstroom	22-Apr
52.12	Tharina	van der Walt	AFS	7	Potchefstroom	22-Apr
51.59	Lizelle	Fourie	CGA	2	Germiston	22-Mar
50.94	Tamlynn	Leonard	EPA	9	Potchefstroom	22-Apr
48.37	Nadia	Meiring	AFS	4	Cape Town	28-Apr

### **Javelin throw**

63.49	Sunette	Viljoen	ACNW	1	Potchefstroom	21-Apr
55.43	Jo-Ane	van Dyk	ACNW	1	Redit	08-Apr
51.00	Megan	Wilke	ACNW	2	Cape Town	28-Apr
50.50	Tazmin	Brits	ACNW	3	Potchefstroom	15-Mar
49.12	Maggie	le Roux		1	Durban	29-Mar
47.45	Carli	Nieuwenhuisen	ACNW	2	Bloemfontein	08-Mar
46.82	Linda	van Vreden	CGA	5	Potchefstroom	15-Mar
45.27	Leandri	Lamprecht	AMPU	6	Potchefstroom	21-Apr
45.24	Anneke	Germishuys	BOLA	2	Cape Town	08-Apr
44.59	Zandri	Bailey	WPA	8	Potchefstroom	21-Apr



## Heptathlon

4967	Nienka	du Toit	BOLA	1	Potchefstroom	21/22-Apr
4833	Nicola	Schoeman	AGN	2	Potchefstroom	21/22-Apr
3990	Anri	Salim	ACNW	3	Potchefstroom	21/22-Apr
3449	Sherica	van Graan	CGA	4	Potchefstroom	21/22-Apr
3446	Danica	Kirsten	ACNW	5	Potchefstroom	21/22-Apr

## 4x100m relay

44.85	South Africa		RSA	1	Germiston	22-Mar
45.16	South Africa		RSA	1	Bloemfontein	08-Mar
45.66	University of Pretoria		AGN	1	Pretoria	31-Mar
45.72	Boland Athletics		BOLA	1	Potchefstroom	22-Apr
45.77	University of Johannesburg		CGA	2	Pretoria	31-Mar
46.14	Boland Athletics		BOLA	3	Pretoria	31-Mar
46.17	University of Pretoria		AGN	1	Potchefstroom	03-Mar
46.33	Western Province Athletics		WPA	2	Potchefstroom	22-Apr
46.39	University of Pretoria		AGN	1	Cape Town	28-Apr
46.60	University of Stellenbosch		BOLA	2	Cape Town	28-Apr

## 4x400m relay

3:43.59	Athletics Gauteng North		AGN	1	Potchefstroom	22-Apr
3:43.65	North-West University		ACNW	1	Cape Town	29-Apr
3:43.74	Boland Athletics		BOLA	2	Potchefstroom	22-Apr
3:47.63	University of Stellenbosch		BOLA	2	Cape Town	29-Apr
3:48.58	Central Gauteng Athletics		CGA	3	Potchefstroom	22-Apr
3:48.75	University of Pretoria		AGN	3	Cape Town	29-Apr
3:48.95	Central Gauteng Athletics U-20		CGA	1	Cape Town	08-Apr
3:51.27	University of Free State		AFS	1	Bloemfontein	08-Mar
3:52.27	Athletics Gauteng North U-20		AGN	2	Cape Town	08-Apr
3:53.22	Boland Athletics U-20		BOLA	3	Cape Town	08-Apr

## 20km walk

01:34:49	Anel	Oosthuizen	CGA		Podebrady, CZE	08-Apr
1:46.14	Natalie	le Roux	KZNA	2	Potchefstroom	22-Apr
01:51:59	Zelda	Schultz	KZNA	3	Potchefstroom	22-Apr
01:56:53	Milandre	Stafford	ACNW	4	Potchefstroom	22-Apr
01:58:18	Althea	Potgieter	ACNW	5	Potchefstroom	22-Apr
01:58:52	Mthatsi	Mokhele	CGA	6	Potchefstroom	22-Apr