

# South African Track & Field Performances 2018

as @ 30 September 2018

## Senior (Any athlete 16 years & Older born 2002 and earlier)

Compiled by : Clyde Kinloch, assisted by Sarina Cronje, Staci Kiloh & Marilize Goosen

Edited by : Danie & Neil Cornelius

\*\* NewSA Record still to be ratified

Under the Auspices of SAAS

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

#### 60m

6.69	Indoors	Ncincihli	TITI	151293	AGN	3	Clemson SC	19-Jan
6.77	2.0	LeRoux	VAN TONDER	040488	CGA	1h1	POTCHEFSTROOM	13-Feb
6.78	Indoors	Lebogang	MALOKA			3	Lubbock TX	10-Feb
6.78	2.0	Theodor	YOUNG	050796	ACNW	2h1	POTCHEFSTROOM	13-Feb
6.91	Indoors	Phemelo	MATLHABE	310597	Iowa Central CC	5	Brookings SD	20-Jan
6.92	Indoors	Ethan	NOBLE	110798	WPA	1	Allendale MI	19-Jan
6.97	2.0	Kagisho	RAMAGALE	171292	AVT	3h1	POTCHEFSTROOM	13-Feb
7.00	1.7	Mehidi	SULEMAN	170194	AGN	1	Pilditch - PRETORIA	13-Jan
7.03	2.0	Alwyn	BOTHMA	240298	ACNW	4h1	POTCHEFSTROOM	13-Feb
7.04	-2.3	Chederick	VAN WYK		ACNW	2h1	Potchefstroom	30-Jan

#### 100m

**SAR : 9.89**

9.93	0,8	Akani	SIMBINE	1993/09/21	AGN	2h2	London	21-Jul
10.01	0.2	Emile	ERASMUS	1992/04/03	AGN	2h1	La Chaux-de-Fonds	01-Jul
10.06	1.7	Roscoe	ENGEL	1989/03/06	WPA	1S3	TUKS-Pretoria	15-Mar
10.07	-1.3	Simon	MAGAKWE	1985/05/25	WPA	1	TUKS-Pretoria	16-Mar
10.10	-0.2	Henrico	BRUINTJIES	1993/07/16	AGN	1S1	TUKS-Pretoria	15-Mar
10.10	1.9	Clarence	MUNYAI	1998/02/20	AGN	1s1	TUKS-Pretoria	24-Feb
10.11	1.7	Thando	DLODLO	1999/04/22	CGA	2S3	TUKS-Pretoria	15-Mar

10.17	1.1	Ncincihli	TITI	1993/12/15	AGN	5	Knoxville TN	13-May
10.17	1.7	Thando	Roto	1995/09/26	AGN	5	Praha, Czech	24-Jun
10.18	-0.6	Thembo	MONARENG	1995/02/14	AGN	1	SASOLBURG	28-Apr
10.18	-0.6	Chederick	VAN WYK	1995/02/18	ACNW	2	SASOLBURG	28-Apr

**WIND**

10.03	<b>2.4</b>	Akani	SIMBINE	210993	AGN	2	Boston MA	20-May
10.07	<b>3.3</b>	Anaso	JOBODWANA		AGN	1	TUKS-Pretoria	24-Feb
10.13	<b>2.2</b>	Clarence	MUNYAI		AGN	1h2	TUKS-Pretoria	24-Feb
10.15	<b>3.3</b>	Henricho	BRUINTJIES		AGN	2	TUKS-Pretoria	24-Feb
10.16	<b>2.9</b>	Ncincihli	TITI	151293	AGN	2	Columbia SC	21-Apr

**150m**

15.08	-0.3	Anso	JOBODWANA	1992/07/30	AGN	1	TUKS- PRETORIA	08-Mar
15.17	-0.3	Roscoe	ENGEL	1989/03/06	WPA	2	TUKS- PRETORIA	08-Mar
15.18	-0.3	Luxolo	ADAMS	1996/08/01	EPA	3	TUKS- PRETORIA	08-Mar
15.35	-0.3	Simon	MAGAKWE	1986/05/14	WPA	5	TUKS- PRETORIA	08-Mar
15.95	-0.3	Leroux	VAN TONDER	1988/04/04	ACNW	8	TUKS- PRETORIA	08-Mar
17.00	-0.9	WOUTER	DE VOS	210797	AGN	1	Pilditch - PRETORIA	13-Jan
17.90	-0.9	CHRISTIAN	LOMBARD	070502	AGN	2	Pilditch - PRETORIA	13-Jan

**NWI**

15.58	NW	Anaso	JOBODWANA		AGN	1	PILDITCH-Pretoria	27-Jan
15.95	NW	Lesego	MOTLALA		AGN	2	PILDITCH-Pretoria	27-Jan
16.79	NW	Sylvester	ABRAHAMS		AGN	3	PILDITCH-Pretoria	27-Jan
17.00	NW	Darren	DE BRUIN		AGN	4	PILDITCH-Pretoria	27-Jan

**200m**

**SAR : 19.69 \*\***

19.69	-0.5	Clarence	MUNYAI	1998/02/20	AGN	1S1	TUKS-Pretoria	16-Mar
20.00	1.9	Ncincihli	TITI	151293	AGN	1	Columbia SC	21-Apr
20.01	1.9	Luxolo	ADAMS	1996/08/01	EPA	1	PAARL	22-Mar
20.07	1.9	Anaso	JOBODWANA	1985/08/02	AGN	2	PAARL	22-Mar
20.41	1.8	Thando	DLODLO	1999/04/22	CGA	2	TUKS-Pretoria	17-Mar
20.44	1.8	Roscoe	ENGEL	1989/03/06	WPA	3	TUKS-Pretoria	17-Mar
20.45	1.8	Chederick	VAN WYK	1995/02/18	ACNW	4	TUKS-Pretoria	17-Mar

20.48	-0.7	Emile	ERASMUS	1992/04/03	AGN	1rB	La Chaux-de-Fonds	01-Jul
20.56	0.1	Phemelo	MATLHABE	310597		1	Council Bluffs IA	05-May
20.70	1.8	Ruben	ELS	2000/01/11	AGN	5	TUKS-Pretoria	17-Mar

**Indoors**

20.45	i	Ncincihli	TITI	151293	AGN	1	Clemson SC	20-Jan
	<b><u>WIND</u></b>							
20.38	2.7	Phemelo	MATLHABE	310597		3	El Dorado	19-May

**300m**

**SAR : 30.81**

32.57		Thapelo	PHORA	1991/11/21	AGN	2	TUKS- PRETORIA	08-Mar
32.68		Ofentse	MOGAWANE	1982/02/20	AGN	3	TUKS- PRETORIA	08-Mar
33.08		Pieter	CONRADIE	1994/10/20	ACNW	4	TUKS- PRETORIA	08-Mar
33.18		Onkabetse	NKOBOLO	1993/07/22	KZNA	5	TUKS- PRETORIA	08-Mar
33.35		Kyle	APPEL	1998/05/10	WPA	6	TUKS- PRETORIA	08-Mar
33.65		Fhatuwani	MUDIMELI	1994/12/28	AGN	7	TUKS- PRETORIA	08-Mar
35.20		Marcus	BORNMAN	140996	AGN	1	Pilditch - PRETORIA	13-Jan
35.44		Wouter	DE VOS	210797	AGN	2	Pilditch - PRETORIA	13-Jan
37.81		Christian	LOMBARD	070302	AGN	3	Pilditch - PRETORIA	13-Jan

**400m**

**SAR : 43.03**

45.02		Derrick	MOKALENG			1h1	Waco TX	13-May
45.14		Thapelo	PHORA	1991/11/21	AGN	2	Nigeria	03-Aug
45.49		Pieter	Conradie	1994/10/20	ACNW	1h1	POTCHEFSTROOM	20 Feb
45.63		Zakithi	NENE	1998/04/02	KZNA	2	TUKS-Pretoria	17-Mar
45.86		Zazini	SOKHWAKHANA	2000/01/23	AGN	1	PAARL	07-Apr
46.22		Thando	DLODLO		AGN	1	GERMISTON	20-Jan
46.22		Wynand	DU TOIT		BOLA	1S3	TUKS-Pretoria	02-Mar
46.35		Ofentse	MOGAWANE		AGN	1s1	TUKS-Pretoria	24-Feb
46.42		Nikki	MARICH		CGA	4	TUKS-Pretoria	17-Mar
46.42		Gabriel	LOUW	1999/02/18		2S3	BOKSBURG	27-Apr

**Indoors**

45.68	i	Derrick	MOKALENG			4	Station College TX	10-Mar
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**800m****SAR : 1:42.69**

1:45.15	Rynardt	VAN RENSBURG	1992/03/23	AFS	6	Hengelo	03-Jun
1:46.04	Tshepo	TSHITE	1997/01/15	ACNW	1	TUKS-Pretoria	17-Mar
1:46.20	Kabelo	MOHLOSI	1993/01/20	ANWN	1S1	TUKS-Pretoria	16-Mar
1:46.78	Jabulane	NCAMANE	1994/06/07	AGN	3	PAARL	22-Mar
1:46.91	Duran	FARO	1994/02/05	WPA	2	Sasolburg	27-Mar
1:47.16	Theuns	EHLERS	1998/12/03	AGN	2S1	TUKS-Pretoria	16-Mar
1:47.56	Henco	UYS	1992/06/04	ACNW	2	Regensburg	03-Jun
1:48.00	Themba	MADIMA	1989/04/02	AGN	5	Regensburg	03-Jun
1:48.03	Hannes	Naude	1990/03/14		5	Nivelles	23-Jun
1:48.41	Tiaan	BASSON		AMPU	4	TUKS- PRETORIA	08-Mar

**1500m****SAR : 3:31.93**

3:39.17	Jerry	MOTSAU	1990/03/12	ACNW	5	Oordegem, BEL	27-May
3:40.44	Ryan	MPHAHLELE	1998/06/20	CGA	1	SASOLBURG	27-Mar
3:40.49	Nkosinathi	SIBIYA	1994/01/01	KZNA	2	SASOLBURG	27-Mar
3:41.90	Folavio	SEHOHLE	1990/10/14	AMPU	5	RUIMSIG	01-Mar
3:41.90	Dumisane	HLASELO	1989/06/08	CGA	5	Johannesburg	01-Mar
3:43.15	Siyabonga	DERISON	1992/09/04	AFS	7	Johannesburg	01-Mar
3:44.04	George	KUSCHE	1998/08/06	AGN	8	Johannesburg	01-Mar
3:44.71	Gladwin	MZAZI	1988/08/28	ACNW	10	Johannesburg	01-Mar
3:46.22	Rantso	MOKOPANE	1994/08/08	ACNW	3	TUKS-Pretoria	16-Mar
3:47.39	Ruan	Jonck	1996/05/16		3	SASOLBURG	27-Mar

**1 Mile****SAR : 3:50.70**

3:58.92	Rantso	MOKOPANE	1994/08/08	ACNW	1	PAARL	22-Mar
3:58.96	George	KUSCHE	1998/08/06	AGN	2	PAARL	22-Mar
3:59.44	Ryan	MPHAHLELE	1998/06/20	CGA	3	PAARL	22-Mar
4:00.35	Nkosinathi	SIBIYA	1994/01/01	KZNA	4	PAARL	22-Mar
4:00.66	Dumisane	HLASELO	1989/06/08	CGA	5	PAARL	22-Mar
4:01.56	Folavio	SEHOHLE		AMPU	6	PAARL	22-Mar
4:02.03	Dais	MALEBANA		AGN	7	PAARL	22-Mar
4:09.36	Marko	BUCARIZZA		CGA	8	PAARL	22-Mar

4:10.11	Ashley	SMITH		WPA	9	PAARL	22-Mar
4:10.62	Kabelo	SEBOKO			10	PAARL	22-Mar

**Indoors**

4:11.42	Warno	POTGIETER			3	Birmingham AL	20-Feb
4:13.27	Moses	DIRANE			5	Pittsburg KS	10-Feb

**3000m**

**SAR : 7:41.06**

7:53.96	Ryan	MPHAHLELE	1998/06/20	CGA	1	Hilversum, NED	07-Jul
8:03.37	Rantso	MOKOPANE	1994/08/08	ACNW	4	TUKS- PRETORIA	08-Mar
8:05.83	Thabang	Mosiako	1995/02/23		1	Potchefstroom	30-Jan
8:08.55	Dumisane	HLASELO	1989/06/08	CGA	5	TUKS- PRETORIA	08-Mar
8:10.61	Marko	BUCARIZZA		CGA	2	Nivelles	23-Jun
8:14.24	Kabelo	SEBOKO	1998-01-01		2	Sasolburg	27-Mar
8:17.37	Milton	KEKANA	1995/10/03	AGN	3	Sasolburg	27-Mar
8:17.72	Adrian	WILDSCHUTT	030598		1	Columbia SC	21-Apr
8:19.08	Pusuletso	MOFOKENG	1993/03/03		5	Sasolburg	27-Mar
8:21.80	Henry	MAKANE		CGA	1	TUKS-Pretoria	02-Mar
8:22.28	McMarshall	HARTZENBURG			1	San Diego CA	24-Mar

**Indoors**

8:22.08	Warno	POTGIETER			3	Birmingham AL	20-Feb
8:24.33	Thobile	MOSITO			1	Lincoln NE	3-Feb

**5000m**

**SAR : 13:04.88**

14:00.09	Ryan	MAPHALELE	1998/06/20	CGA	1	Pietermaritzburg	22 Sept
14:10.91	Elroy	Gelant	1986/08/25	ACNW	1	Potchefstroom	27-Feb
14:14.07	Jerry	MOTSAU	1990/03/12	ACNW	1	TUKS-Pretoria	17-Mar
14:14.11	Marko	BUCARIZZA		CGA	4	Merksem	01-Jul
14:16.09	Stephen	MOKOKA	1985/01/31	AGN	1	TUKS-Pretoria	24-Feb
14:17.21	Gladwin	MZAZI		CGA	2	TUKS-Pretoria	17-Mar
14:17.21	McMarshall	HARTZENBURG			2	Los Angeles CA	10-Mar
14:20.48	Thabang	Mosiako	1995/02/23		1	Potchefstroom	19-Apr
14:24.00	Nkosinathi	SIBIYA		KZNA	1	Kings Park - DURBAN	12-Jan
14:29.12	Joel	Mmone	1991/03/29		2	Potchefstroom	27-Feb

**10 000m****SAR : 27:29.94**

27:44.58		Stephen	MAKOKA	1985/04/01	AGN	6	Gold Coast	13-Apr
29:15.90	h	Previous	Mashele	1990/10/13		2	Germiston	11-Feb
29:26.50	h	Desomond	Mokgoba	1988/11/23		3	Germiston	11-Feb
29:28.67		Elroy	Gelant	1986/08/25	ACNW	1	POTCHEFSTROOM	20-Feb
29:29.32		Milton	KEKEANA		AGN	1	TUKS-Pretoria	23-Feb
29:33.10		Reghen	MAGWAI		AGN	2	TUKS-Pretoria	23-Feb
29:40.64		Gladwin	MZAZI		CGA	2	TUKS-Pretoria	15-Mar
29:47.90		Regan	MAGWAI	1991/12/12	AGN	3	TUKS-Pretoria	15-Mar
29:49.10		Angelo	Booyesen	1996/01/01	BOLA	1	PAARL	24-Feb
30:05.34		Collen	MULUADZI		AGN	4	TUKS-Pretoria	23-Feb

**3000m Steeple Chase****SAR : 8:11.50**

8:50.63		Siboniso	SOLDAKA	1990/12/20		22	Oordegem, BEL	27-May
8:51.23		Rantso	MOKOPANE	1994/08/08	ACNW	1	TUKS-Pretoria	16-Mar
8:59.48		Tumisang	MONNATLALA		CGA	2	TUKS-Pretoria	16-Mar
9:03.93		Dikotsi	LEKOPA	1988/02/17	ACNW	3	TUKS-Pretoria	16-Mar
9:05.66		Thabang	MAFA		CGA	4	TUKS-Pretoria	16-Mar
9:11.71		Robert	DE VILLIERS	2000/03/04	ACNW	1	PAARL	05 Apr
9:12.75		Bonginkosi	MASEKO	1999/11/09	AMPU	2	PAARL	05 Apr
9:15.28		Simon	MOKONYAMA	1992/10/16	AGN	5	TUKS-Pretoria	16-Mar
9:15.86		Thato	KEKANA		AGN	1	TUKS-Pretoria	23-Feb
9:17.59		Onkabetse	SEBOLA	1999/05/01	CGA	3	PAARL	05 Apr

**60m Hurdles**

8.83	-0.6	Vutivi	Shebodze	1998/06/24	ACNW	1	POTCHEFSTROOM	20 March
8.51	-0.6	Fred- Charles	Pieterse	1993/01/16	ACNW	2	POTCHEFSTROOM	20 March
8.53	-0.6	Willem	Coertzen (M)	1982/12/30	ACNW	3	POTCHEFSTROOM	20 March
8.56	-0.6	Marcello	Pienaar	1999/02/08	ACNW	4	POTCHEFSTROOM	20 March
8.67	-0.6	Shaun	Bownes	1970/10/24	ACNW	5	POTCHEFSTROOM	20 March
8.73	i	JC	van Biljon			1	Ottawa CAN	17-Feb

**110m Hurdles****SAR : 13.11**

13.31	-0,3	Antonio	ALKANA	1990/04/12	WPA	3h2	Paris	30-Jun
13.63	1.4	Ruan	DE VRIES	1986/02/01	AGN	1	TUKS-Pretoria	24-Feb
13.97	0.3	Alwyn	BOTHMA	1998/02/24	ACNW	1	TUKS-Pretoria	23-Mar
13.97	0.3	Tiaan	KLEYNHANS	1996/07/13	ACNW	2	TUKS-Pretoria	23-Mar
14.07	-0.5	Theodor	YOUNG	1996/07/05	ACNW	2	TUKS-Pretoria	10-Feb
14.07	0.5	Marcello	PIENAAR	1999/02/08	ACNW	1	POTCHEFSTROOM	20 March
14.11	1.7	Raynard	PIENAAR			1	Germiston	11-Feb
14.17	0.5	Willem	Coertzen (M)	1982/12/30	ACNW	2	POTCHEFSTROOM	20 March
14.23	0.9	Zwelistha	NGOMA	1995/06/17	CGA	3	TUKS-Pretoria	02-Mar
14.27	-0.2	Tshepo	Lefete	1992/02/02	CGA	2	Sasolburg	27-Mar

**400m Hurdles****SAR : 47.66**

49.17		Lindsey	HANEKOM	1993/05/15	AGN	1	TUKS-Pretoria	17-Mar
49.22		LeRoux	HAMMAN	1992/01/06	AGN	2	TUKS- PRETORIA	08-Mar
49.30		Cornel	FREDERICKS	1990/03/03	AGN	2	Székesfehérvár	02-Jul
49.32		Zazini	SOKHWAKHANA	2000/01/23	AGN	2	TUKS-Pretoria	17-Mar
49.45		LJ	VAN ZYL	1985/07/20	AGN	3	TUKS- PRETORIA	08-Mar
49.71		Constant	PRETORIUS	1994/01/26	AGN	4h1	Gold Coast	10-Apr
50.58		Lourens	STEENEKAMP	1999/03/18	AGN	2	PAARL	05 Apr
51.13		Wynand	DU TOIT	1997/10/03	BOLA	1	Cape Town	27-Jan
51.22		Armand	VAN ZYL	1997/05/23	ACNW	2	TUKS-Pretoria	23-Mar
51.26		Marcus	BORMAN	1996/09/14	AGN	3S1	TUKS-Pretoria	15-Mar

**High Jump****SAR : 2.38**

2.26		Chris	MOLEYA	1997/01/27	AGN	3	Madrid	22-Jun
2.23		Breyton	POOLE	2000/03/23	WPA	3	Tampere, FIN	14-Jul
2.20		Mpho	LINKS	1996/06/20	ACNW	1	RUIMSIG	01-Mar
2.15		Keegan	FOURIE	1991/09/07	BOLA	4	TUKS-Pretoria	17-Mar
2.10		Garth	ELLIS	1992/02/17	BOLA	1	PAARL	24-Feb
2.10		Manqoba Gift	NKOSI	1999/01/02	AGN	2	TUKS-Pretoria	02-Mar
2.10		Sarel	PRINSLOO	1993/05/26	AGN	1	Pilditch - PRETORIA	13-Jan
2.10		Matome	SHABANGU	2000/08/14	CGA	5	TUKS-Pretoria	17-Mar

2.05	Gayisa	MASWANGANYI	2001/03/21	CGA	2	BOKSBURG	27-Apr
2.05	Karel	OLWAGE	2002/05/05	AVT	1	PAARL	6 Apr
2.05	Leandre	VAN ROOYEN	1999/03/17	AGN	1	TUKS-Pretoria	23-Feb

**Indoors**

2.13	Tiaan	STEENKAMP	1996/03/14	Arkansas State	3	Birmingham AL	09-Feb
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**Pole Vault**

**SAR : 6.03**

5.40	Niel	GILIOMEE			2	Mobile AL	06-Apr
5.40	Valco	VAN WYK	2000/07/26	BOLA	1	TUKS-Pretoria	15-Mar
5.23	Ekhardt	VAN DER WATT	1999/10/04		1	BOKSBURG	28-Apr
5.10	Kyle	RADEMEYER	2001/01/01	BOLA	1	Aubièrè	27-Jun
5.00	Nikolai	VAN HUUSTEEN	2002/08/07	BOLA	2	TUKS-Pretoria	15-Mar
4.90	Fredriech	PRETORIUS	1995/08/04	AGN	dec	Gotzis, AUT	27-May
4.70	Duncan	MC GLADDERY	1994/06/04	AGN	2	TUKS-Pretoria	16-Mar
4.60	Stian	STOLTZ	1999/02/05	ACNW	1	POTCHEFSTROOM	06-Feb
4.55	JC	van Biljon			dec	Ottawa CAN	04-Jul
4.41	Pieter	GILIOMEE	2000/03/13	BOLA	3F	Paarl	10-Mar

**Indoors**

5.28	Niel	GILIOMEE			2	Birmingham AL	20-Feb
4.98	Lukas	VAN DER WALT	1998/01/24	BOLA	2	Lawrence KS	26-Jan

**Long Jump**

**SAR : 8.65**

8.58	0.0	Luvo	MANYONGA	1991/01/08	EPA	1	Rome, ITA	31-May
8.45	-1.2	Ruswahl	SAMAAI	1991/08/25	BOLA	1	Nigeria	02-Aug
8.40	1.1	Zarck	VISSER	1989/08/15	CGA	4	Bad Langensalza	30-Jun
8.12	-0.7	Cheswill	JOHNSON	1997/09/30	CGA	2	PAARL	22-Mar
7.89	1.8	Godfrey	MOKOENA	1985/03/06	CGA	4	PAARL	22-Mar
7.84	1.4	Peter Mabore	MAKGATO	1996/05/05	AFS	2	SASOLBURG	28-Apr
7.79	0.2	Dylan	Cotter	1991/08/23	CGA	1	Germiston	11-Feb
7.74	-1.0	Jason	Farao	1996/09/19	CGA	2	Germiston	24-Feb
7.67	1.6	Duwayne	BOER	1995/01/06	CGA	3	SASOLBURG	28-Apr
7.67	0.0	Divan	MANUEL	1996/09/15	BOLA	4	SASOLBURG	28-Apr

**Indoors**



8.44		Luvo	MANYONGA	1991/01/08	EPA	2	Birmingham, GBR	02-Mar
8.05		Rushwal	SAMAAI	1991/08/25	BOLA	6	Birmingham, GBR	02-Mar
7.53		Godfrey	MOKOENA	1985/03/06	CGA	14	Birmingham, GBR	02-Mar
	<b>Wind</b>							
7.77	3.3	Sifiso	MIYA	2001/06/01		1	BOKSBURG	28-Apr
7.61	2.8	Jovan	VAN VUUREN		AGN	1	TUKS-Pretoria	24-Feb
7.59	2.5	Jason	TITO	2002/02/10		2	BOKSBURG	28-Apr

### **Triple Jump**

**SAR : 17.35**

16.92	1.3	Godfrey	MOKOENA	1985/03/06	CGA	6	Doha, QAT	04-May
16.65	1.2	Reneilwe	APHANE		CGA	1	TUKS-Pretoria	10-Feb
16.49	-1.0	MENZI	MTHEMBU		CGA	1	TUKS-Pretoria	02-Mar
16.13	0.9	Sefako	MOKHOSOA	130396	AFS	1	BLOEMFONTEIN	17-Feb
15.90	0.6	Junior	Mpefu		BOLA	1	PAARL	24-Feb
15.68	1.6	Kwezi	MTOBA	1996/05/28	BOLA	3	SASOLBURG	29-Apr
15.60	0.7	Duwayne	BOER	1995/01/06	CGA	4	SASOLBURG	29-Apr
15.57	1.7	Sifiso	MIYA	2001/06/01	AGN	1	Bordj El Kiffan, ALG	26-Jul
15.49	1.8	Jubilant	MOTHLAKE	1996/02/29	CGA	5	SASOLBURG	29-Apr
15.20	1.3	Itumeleng	DIKOKO	1995/01/03	AVT	7	SASOLBURG	29-Apr

### **Indoors**

16.07		Godfrey	MOKOENA	1985/03/06	CGA	6	Liévin, FRA	13-Feb
	<b>WIND</b>							
17.09	2.7	Godfrey	MOKOENA	060385	CGA	1	TUKS-Pretoria	17-Mar
15.84	2.8	Junior	MPEFU	1998/06/18	BOLA	3	TUKS-Pretoria	17-Mar
15.74	3	Tristan	FARAO	2001/05/15	BOLA	5	TUKS-Pretoria	17-Mar

### **Shot Put**

**SAR : 21.97**

20.71		Orazio	CREMONA	1989/07/01	CGA	1	TUKS-Pretoria	16-Mar
19.19		Kayle	BLIGNAUT	1999/11/09	CGA	1	RUIMSIG	01-Mar
19.02		Burger	LAMBRECHTS (jnr)	1968/08/06		2	Lubbock TX	27-Apr
18.95		Jason	VAN ROOYEN	1997/02/04	CGA	2	RUIMSIG	01-Mar
18.77		Jaco	Engelbrecht	1987/03/08	CGA	1	Germiston	11-Feb
18.67		Burger	LAMBRECHTS (snr)	1973/04/03	CGA	2	TUKS-Pretoria	16-Mar

17.74	Werner	VISSER	1998/08/27	CGA	3	POTCHEFSTROOM	13-Feb
17.52	Tumelo	THAGE	1990/02/24	AGN	5	TUKS-Pretoria	16-Mar
17.28	Naas	MARIAS		ACNW	1	POTCHEFSTROOM	06-Feb
16.41	Ruan	COMBRINCK	1995/03/11	AGN	4	SASOLBURG	29-Apr

**Indoors**

18.91	Burger	LAMBRECHTS (jnr)	1968/08/06	AGN	2	Lincoln, NE	20-Jan
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**Discus**

2kg **SAR : 70.32**

65.20	Victor	HOGAN	1989/07/25	BOLA	1	Marseille	16-Jun
58.22	Werner	VISSER	1998/02/27	CGA	2	Nigeria	02-Aug
55.42	Dewald	VAN HEERDEN	1991/04/04	AGN	1	Pilditch - PRETORIA	13-Jan
54.94	Patrick	DUVENAGE	1998/02/17	AGN	2	TUKS-Pretoria	23-Mar
54.33	Jan-Louw	KOTZE	1994/03/18		1	Mobile AL	17-Mar
54.25	Ignatius	Marais	1999/03/04	ACNW	1	POTCHEFSTROOM	20 Feb
54.10	Brynn- Peter	KEMP	1991/01/18	BOLA	3	TUKS-Pretoria	17-Mar
53.97	Burger	LAMBRECHTS (jnr)	1968/08/06	AGN	5	San Diego	14-Apr
53.31	Kyle	Blignaut	1999/11/09	CGA	1	Germiston	24-Feb
52.20	Johan	SCHOLTZ	040396	AGN	2	Pilditch - PRETORIA	13-Jan

**Hammer Throw**

**SAR : 80.63**

70.62	Chris	HARMSE	1973/05/31	AFS	1	TUKS-Pretoria	17-Mar
70.36	Tshepang	MAKHETHE	1996/02/19	ACNW	1	POTCHEFSTROOM	03-May
69.32	Alan	CUMMING	1996/03/21	ACNW	1	POTCHEFSTROOM	20 Feb
68.79	Carel	HAASBROEK	1998/02/27	ACNW	3	TUKS-Pretoria	17-Mar
68.67	Renaldo	FRENCHOU	1992/03/04	AGN	1	POTCHEFSTROOM	19-Apr
64.20	JC	SCHULTZ	1999/02/13	ACNW	1	POTCHEFSTROOM	20 Feb
63.40	Johan	KRUGER	1987/04/15	AGN	2	TUKS-Pretoria	17-Feb
61.93	Vincent	VAN RENSBURG		CGA	7	TUKS-Pretoria	17-Mar
59.58	Khristiaan	BEKKER		CGA	2	BOKSBURG	27-Jan
58.65	Nicol	LAUBSCHER	1997/11/14	AGN	4	SASOLBURG	27-Apr

**Javelin**

**SAR : 88.75**

80.25	Johann	GROBLER	1997/08/06	ACNW	1	TUKS-Pretoria	02-Mar
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79.83	Phil-Mar	JANSE VAN RENSBURF	1989/06/23	LIM	4	Gold Coast	14-Apr
77.59	Anro	VAN EEDEN	1999/05/19	BOLA	1	PAARL	06 Apr
77.08	Tobie	HOLTZHAUSEN	1987/05/25	AGN	1	TUKS-Pretoria	23-Feb
75.20	Rocco	VAN ROOYEN	1992/12/23	WPA	1	PAARL	22-Mar
75.20	Erich	WIESE	1997/06/01	ACNW	2	SASOLBURG	27-Apr
74.29	Henru	VAN VUUREN	1998/04/15	CGA	3	SASOLBURG	27-Apr
72.54	Leon	LAUBSER	1996/02/21	ACNW	4	Potchefstroom	12-Apr
70.78	Hercules	VAN VUUREN		CGA	3	TUKS-Pretoria	23-Mar
69.21	DANTE	DE WET		BOLA	4	TUKS-Pretoria	02-Mar

### **4 x 100m Relay**

**SAR : 38.35**

38.24	Henricho Bruintjies , Emile Erasmus , Anaso Jabodwana , Akani Simbini			RSA	2	Gold Coast	14-Apr
38.25	RSA African Champs Team			RSA	1	Nigeria	03-Aug
38.71	Henricho Bruintjies , Emile Erasmus , Anaso Jabodwana , Akani Simbini			RSA	1h1	Gold Coast	13-Apr
39.33	RSA	U/20		RSA	1	BOKSBURG	28-Apr
39.39	RSA BLUE			RSA	1	RUIMSIG	01-Mar
39.46	Rsa Juniors			RSA	1	TUKS-Pretoria	15-Mar
39.71	UNIVERSITY OF PRETORIA A			AGN	1S2	SASOLBURG	28-Apr
39.89	UJ			CGA	2	RUIMSIG	01-Mar
39.90	AGN "A"			AGN	2	TUKS-Pretoria	15-Mar
39.96	AGN A	U/20		AGN	1	PAARL	6 Apr

### **4 x 400m Relay**

**SAR : 2:59.21**

3:03.50	RSA African Champs Team			RSA	2	Nigeria	05-Aug
3:05.39	AGN "A"			AGN	1	TUKS-Pretoria	17-Mar
3:08.07	RSA	U/20		RSA	1	BOKSBURG	28-Apr
3:09.11	Boland			BOLA	2	TUKS-Pretoria	17-Mar
3:10.31	NORTHWEST UNIVERSITY POTCHEFSTROOM			ACNW	1	SASOLBURG	29-Apr
3:10.38	CGA A	U/20		CGA	1	PAARL	07 Apr
3:12.68	UNIVERSITY OF THE WESTERN CAPE A			WPA	2	SASOLBURG	29-Apr
3:12.75	CGA			CGA	3	TUKS-Pretoria	17-Mar
3:13.72	RSA			RSA	1	BOKSBURG	28-Apr
3:13.79	AGN "B"			AGN	4	TUKS-Pretoria	17-Mar

**3 000m Walk (Track)****SAR : 11:20.39**

13:57.82	Lucky	GUMEDE		KZNA	1	Kings Park - Durban	12-Jan
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**5 000m Walk (Track)****SAR : 18:55.60**

22:54.47	Tebatso	MASHIMBYI		CGA	1	GERMISTON	20-Jan
23:18.01	Mzwakhe	MAVUNDLA		CGA	2	GERMISTON	20-Jan
24:30.04	Xolani	HLONGWANE		CGA	1	GERMISTON	20-Jan
24:36.95	Kamohelo	POLILE		CGA	3	GERMISTON	20-Jan
24:59.72	Louis	KHWELA		CGA	2	BOKSBURG	27-Jan
25:35.80	Tebogo	BETANA		CGA	4	GERMISTON	20-Jan
25:39.31	Vusi	HLONGWANE		CGA	1	BOKSBURG	27-Jan
26:23.55	Siphiwe	SESANA		CGA	1	BOKSBURG	27-Jan
26:50.56	Alex	NYIVANA		CGA	2	BOKSBURG	27-Jan
26:55.70	Simamnkelo	TOMSANA		CGA	5	GERMISTON	20-Jan

**10 000m Walk (Track)****SAR : 39:48.00**

43:48.57	Sizwe	NDEBELE		AGN	1	TUKS-Pretoria	24-Feb
44:56.10	Mthembi	CHAUQUE	110293	AFS	1	BLOEMFONTEIN	17-Feb
45:45.08	Francois	Jacobs	2000/01/01	BOLA	1F	Paarl	10-Mar
46:05.93	Tumisang	PULE		AGN	2	TUKS-Pretoria	24-Feb
48:10.54	Antonio	FARMER	2000/12/21	ASWD	2	PAARL	06 Apr
48:47.99	Austin	Van Niekerk	1999/08/22	WPA	3F	Paarl	10-Mar
48:53.75	Jaques	HEYMANS	2000/02/14	AFS	3	PAARL	06 Apr
48:57.94	Siyabonga	SHONGWE	1999/04/24	KZNA	4	PAARL	06 Apr
49:25.64	Mthunzi	MNISI		AGN	3	TUKS-Pretoria	24-Feb
49:51.71	Sylvester	KALANIE	2000/08/23	AGN	5	PAARL	06 Apr

**10km Walk (Road)**

44:37.00	Francois	JACOBS	2000/09/23	BOLA	36	Taicang, CHN	05-May
46:49.00	Farmer	ANTONIO	2000/12/21	ASWD	42	Taicang, CHN	05-May
49:10.00	Jacques	HEYMANS	2000/02/14	AFS	1	TUKS-Pretoria	17-Mar
49:50.00	Antonio	FARMER	2000/12/21	ASWD	2	TUKS-Pretoria	17-Mar

## 20km Walk (Road)

**SAR : 1:19:18.00**

1:23:27.00	Lebogang	SHANGE	010890	CGA	9	Gold Coast	08-Apr
1:24:58.00	Wayne	SNYMAN	1985/03/08	AGN	1	TUKS-Pretoria	17-Mar
1:29:16.00	Mzwakhe	MAVUNDLA	1994/05/05	CGA	1	SASOLBURG	28-Apr
1:29:48.00	Sizwe	NDEBELE	1994/01/20	AGN	2	TUKS-Pretoria	17-Mar
1:31:10.00	Mtembi	CHAUQUE	1993/02/11	AFS	2	SASOLBURG	28-Apr
1:31:13.00	Marc	MUNDELL			5	Philadelphia US	08-Apr
1:33:06.20	Tebatso	MASHIMBYI		CGA	3	TUKS-Pretoria	17-Mar
1:33:29.00	Sizwe	NDEBELE	010194		73	Taicang, CHN	06-May
1:34:13.00	Tumisang	PULE	1997/07/03	AGN	4	TUKS-Pretoria	17-Mar
1:44:22.80	Dannyboy	SEHEMO	1995/09/20	AGN	5	TUKS-Pretoria	17-Mar

## **Decathlon**

**SAR : 8398 pts**

**100m ; Long Jump ; Shot Put ; High Jump ; 400m ; 110m Hurdles ; Discus ; Pole Vault ; Javelin ; 1500m**

7764	Fredriech	PRETORIUS	1995/08/04	AGN	1	TUKS-Pretoria	15/16-Mar
7044	Duncan	MC GLADDERY	1994/06/04	AGN	2	TUKS-Pretoria	15/16-Mar
6849	Marcelle	DE JAGER	1996/01/24	WPA	3	TUKS-Pretoria	15/16-Mar
6788	JC	van Biljon			7	Ottawa CAN	04-Jul
6478	Jesse	PEREZ	1997/11/09	BOLA	4	TUKS-Pretoria	15/16-Mar
5405	Carel	SWANEPOEL	1994/03/02	AGN	5	TUKS-Pretoria	15/16-Mar
5368	Grove	COETZEE	1998/04/24	AFS	6	TUKS-Pretoria	15/16-Mar
5321	Khuco	FALLERT	1996/03/14	AGN	2	SASOLBURG	28/29-Apr

## WOMEN

### 60m

7.09	Indoors	Carina	HORN	090389	AGN	2	Metz, FRA	11-Feb
7.54	Indoors	Cherise	JONES	051285	AGN	4r2	Reims, FRA	31-Jan

7.61	-3.1	Lente	PIETERSE		ACNW	1	Potchefstroom	30-Jan
7.88	-3.1	Jone'	KRUGER		ACNW	2	Potchefstroom	30-Jan
8.11	-3.1	Bohumtlo	SELEKA		ANWN	3	Potchefstroom	30-Jan
8.18	-3.1	Bianca	LOMBAARD		ACNW	4	Potchefstroom	30-Jan
8.71	-3.1	Lynette	BEZUIDENHOUT		ACNW	5	Potchefstroom	30-Jan
8.81	-3.1	Nadine	FOURIE		ACNW	6	Potchefstroom	30-Jan
8.85	-3.1	Yolande	DU TOIT		ACNW	7	Potchefstroom	30-Jan
9.05	-3.1	Alyssa	MANDERS		ACNW	8	Potchefstroom	30-Jan

### **100m**

**SAR : 10,98 \*\***

10.98	1.5	Carina	HORN	1989/03/09	AGN	5	Doha, QAT	04-May
11.27	1.7	Tebogo	MAMATU	1995/05/27	AGN	2	TUKS-Pretoria	16-Mar
11.31	1.7	Cassidy	WILLIAMSON	1998/10/24	KZNA	3	TUKS-Pretoria	16-Mar
11.41	1.6	Tamzin	THOMAS	1997/10/06	CGA	2H3	TUKS-Pretoria	15-Mar
11.51	1.6	Rikenette	STEENKAMP	1992/10/16	AGN	3H3	TUKS-Pretoria	15-Mar
11.55	1.5	Rose	XEYI	2001/03/16	AGN	1	PAARL	05-Apr
11.56	0.7	LENTE	PIETERSE		ACNW	2h1	TUKS-Pretoria	10-Feb
11.57	1.7	Nabeela	PARKER	1994/12/10	WPA	6	TUKS-Pretoria	16-Mar
11.61	0.2	Tsaone	SEBELE	1993/10/27	CGA	3	SASOLBURG	28-Apr
11.66	1.4	Cherese	JONES	051288	AGN	1h2	TUKS-Pretoria	24-Feb

### **150m**

19.07	-1.0	Suzie	BURGESS	211101	AGN	1	Pilditch - PRETORIA	13-Jan
19.42	-1.0	Chante	FINGER	190196	AGN	2	Pilditch - PRETORIA	13-Jan

### **200m**

**SAR : 22.06**

22.83	0.9	Justine	PALFRAMAN	1993/11/04	BOLA	1	SASOLBURG	29-Apr
23.12	1.7	Tamzin	THOMAS	1997/10/06	CGA	2	TUKS-Pretoria	17-Mar
23.70	1.7	Lente	PIETERSE	1997/07/16	ACNW	3	TUKS-Pretoria	17-Mar
23.73	0.9	Ariane	NEL	1993/03/06	ACNW	2	SASOLBURG	29-Apr
23.73	0.9	Nabeela	PARKER	1994/12/10	WPA	3	SASOLBURG	29-Apr
23.79	-1.3	Cassidy	WILLIAMSON	1998/01/24	KZN	1	Pilditch - PRETORIA	03-Feb
23.86	1.3	Nicola	VAN DER MERWE	2001/01/29	AGN	1S2	BOKSBURG	28-Apr

23.88	0.9	Tsaone	SEBELE	1993/10/27	CGA	4	SASOLBURG	29-Apr
23.97	1.7	Cayla	SEDDON	1997/10/12	EPA	5	TUKS-Pretoria	17-Mar
23.97	0.5	Alyssa	CONLEY	1991/04/27	CGA	3	Gaborone, BOT	29-Apr

### **300m**

**SAR : 38.53**

42.20		Ariane	NEL	060396	ACNW	1	Pilditch - PRETORIA	13-Jan
45.22		Melissa	RAHRAY	021100	CGA	2	Pilditch - PRETORIA	13-Jan
46.38		Tayla	BARR	080301	AGN	3	Pilditch - PRETORIA	13-Jan

### **400m**

**SAR : 49,62\*\***

49.62		Caster	SEMENYA	1991/01/07	AGN	2	Ostrava CZE	08-Sep
51.31		Justine	PALFRAMAN	1993/11/04	BOLA	1	TUKS-Pretoria	17-Mar
52.60		Wenda	NEL	1988/07/30	AGN	4	RUIMSIG	01-Mar
53.83		Amy	NAUDE	2002/01/07	KZNA	1	BOKSBURG	27-Apr
53.96		Ariane	NEL	1996/03/06	ACNW	1	Potchefstroom	27-Feb
54.07		Marlie	VILJOEN	2000/08/01	AGN	3	TUKS-Pretoria	17-Mar
54.35		Rorisang	RAMONNYE	1990/12/31	ANWN	4	TUKS-Pretoria	17-Mar
54.47		Carla	HATTINGH	2001/10/10	CGA	1	PAARL	07-Apr
54.61		Cayla	SEDDON	1997/10/12	EPA	4	Sasolburg	28-Apr
54.67		Nicola	GIBBON	2000/10/09	AGN	2	PAARL	07-Apr

### **600m**

**SAR : 1:21.77**

1:32.29		Danel	HOLTON		ACNW	3	Potchefstroom	30-Jan
1:32.92		Gira	CARSTENS		ACNW	4	Potchefstroom	30-Jan
1:37.28		Cynthia	TSETSEWA		ACNW	5	Potchefstroom	30-Jan
1:38.84		Carina	SWIEGERS	150595	AGN	1	Pilditch - PRETORIA	13-Jan
1:40.22		Dzuni	BALOYI		ACNW	7	Potchefstroom	30-Jan
1:40.39		Tanita	SADA		ACNW	8	Potchefstroom	30-Jan
1:40.50		Lieze	VAN HEERDEN		ACNW	9	Potchefstroom	30-Jan
1:41.11		Odetta	DREYER		ACNW	10	Potchefstroom	30-Jan
1:41.87		Hiede	MARAIS	260800	AGN	2	Pilditch - PRETORIA	13-Jan
1:44.94		Dominique	BARNARD		ACNW	11	Potchefstroom	30-Jan

**800m****SAR : 1:55.16**

1:54.25	Caster	SEMENYA	1991/01/07	AGN	1	Paris	30-Jun
2:03.56	Gena	LOFSTRAND	1995/10/23	KZNA	3	RUIMSIG	01-Mar
2:06.96	Prudence	SEKGODISO	2002/01/05	AGN	5	RUIMSIG	01-Mar
2:07.19	SIMONAY	WEITSZ	1999/04/26	AGN	2	TUKS-Pretoria	02-Mar
2:07.39	Gira	CARSTENS	1993/04/10	ACNW	6	Johannesburg	01-Mar
2:07.60	Lee-anne	BLAKE	2001/01/14	AGN	2	PAARL	05-Apr
2:07.64	Nicole	LOUW	2001/07/26	AFS	1	Sasolburg	27-Mar
2:08.27	Liza	KELLERMAN	1999/09/16	CGA	4	TUKS-Pretoria	17-Mar
2:08.69	Danette	MARAIS	1996/11/25	AGN	10	Bruxelles	30-Jun
2:08.84	Carina	VILJOEN	1997/04/15	CGA	2	Fayetteville AR	14-Apr

**Indoors**

2:08.03	Dominique	SCOTT-EFURD	1992/06/24	WPA	1	Fayetteville, MD	12-Jan
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**1000m****SAR : 2:35.43 \*\***

2:30.70	Caster	SEMENYA	1991/01/07	AGN	1	Berlin GER	02-Sep
2:43.47	Gena	LOFSTRAND	1995/10/23	KZNA	4	TUKS-Pretoria	08-Mar
2:45.52	Prudence	SEKGODISO	2002/01/05	AGN	5	TUKS-Pretoria	08-Mar
2:45.77	Nicole	LOUW	2001/07/26	AGN	6	TUKS-Pretoria	08-Mar
2:46.05	Simonay	WEITSZ	1999/04/26	AGN	7	TUKS-Pretoria	08-Mar
2:46.06	Tsepang	SELLO	1997/02/23	AFS	8	TUKS-Pretoria	08-Mar
2:46.17	Keletso	SENOSI	2001/10/01	AGN	9	TUKS-Pretoria	08-Mar
2:47.24	indoors Carina	VILJOEN	150497	CGA	2	Fayetteville, MD	12-Jan
2:50.43	Liza	KELLERMAN	1999/09/16	CGA	10	TUKS- PRETORIA	08-Mar

**1500m****SAR : 3:59.92 \*\***

3:59.92	Caster	SEMENYA	1991/01/07	AGN	1	Doha, QAT	04-May
4:07.20	Dominique	SCOTT-EFURD	1992/06/24	WPA	4	Cambridge MA	19-May
4:16.07	Carina	VILJOEN	150497	CGA	5	Palo Alto CA	21-Apr
4:19.63	Aynslee	VAN GRAAN	1995/12/15		6h1	Tampa FL	24-May
4:21.22	Thineke	CLOETE	1991/11/11	BOLA	4rC	Oordegem	26-May
4:24.77	Nicole	LOUW	2001/07/26	AFS	1	PAARL	07-Apr
4:25.10	HT Zani	Kruger		BOLA	1	PAARL	24-Feb



4:26.53		Carmi	PRINSLOO	2002/01/31	AGN	1	TUKS-Pretoria	09-Mar
4:26.80		Lee-anne	BLAKE	2001/01/14	AGN	2	PAARL	07-Apr
4:28.13		Lyndi	ROELOFSE	2001/04/30	CGA	3	TUKS-Pretoria	16-Mar

**Indoors**

4:07.25		Dominique	SCOTT-EFURD	1992/06/24	WPA	4	Boston MA	10-Feb
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**1Mile**

**SAR : 4:23.38**

4:26.63		Dominique	SCOTT-EFURD	1992/06/24	WPA	2	Concord MA, USA	07-Jun
4:39.01	Indoors	Carina	VILJOEN	150497	CGA	3	Seattle WA	10-Feb
4:50.32	Indoors	Aynslee	VAN GRAAN	151295	Coastal Carolina	1	Birmingham AL	20-Feb
5:22.83		Bernadene	Mcloud	02/03/1995	ACNW	1	POTCHEFSTROOM	13-Feb
5:34.59	Indoors	Cindy	PETERS-FREEMAN		North Carolina	3	Winston-Salem, NC	07-Jan
5:40.71		Celiska	Krause	09/03/1996	ACNW	2	POTCHEFSTROOM	13-Feb

**3000m**

**SAR : 8:32.00**

9:01.64		Dominique	SCOTT-EFURD	1992/06/24	WPA	17	Birmingham GBR	18-Aug
9:27.55		Carmi	PRINSLOO	2002/01/31	AGN	1	PAARL	06-Apr
9:34.69		Lyndi	ROELOFSE	2001/04/30	CGA	2	PAARL	06-Apr
9:43.34		Letitia	SAAYMAN	281092		3rB	Charlotte NC	17-Mar
9:49.93		Aynslee	VAN GRAAN	151295		1rC	Myrtle Beach SC	17-Mar
9:51.20		Casey	BOSMAN	2001/01/10	CGA	3	PAARL	06-Apr
9:59.73		Cara	DU PREEZ	2001/10/13	ACNW	4	PAARL	06-Apr
10:04.83		Chante	DIXON	2002/03/05	CGA	5	PAARL	06-Apr
10:05.55		Leanda	DE BRUYN	94		5	Claremont CA	24-Feb
10:05.98		Simonay	WEITSZ	1999/04/26	AGN	1	PAARL	06-Apr

**Indoors**

8:41.18		Dominique	SCOTT-EFURD	1992/06/24	WPA	3	New York NY	03-Feb
9:30.85		Carina	VILJOEN	150497	CGA	4	Fayetteville AR	27-Jan
9:39.85		Nokuthula	DLAMINI		Monroe College	5	Nashville TN	10-Feb
9:45.00		Sherilene	GELDERBLOM	030196		5rB	Birmingham AL	18-Feb
9:46.42		Shanley	KOEKEMOER	100100	AGN	2	Winston-Salem	03-Feb

**5000m**

**SAR : 14:44.05**

15:04.14	Dominique	SCOTT-EFRUD	1992/06/24	WPA	4	Heusden, BEL	21-Jul
16:39.44	Glenrose	XABA		AGN	1	TUKS-Pretoria	24-Feb
16:40.24	Kesa	MOLOTSANE	080192	AFS	1	BLOEMFONTEIN	17-Feb
16:55.79	Ashleigh	SIMONIS	220198	WPA	10	Philadelphia PA	28-Apr
16:57.17	Letitia	SAAYMAN	281092		1	Winston-Salem	03-Feb
17:08.90	Leanda	DE BRUYN	94		14	Los Angeles CA	10 Mar
17:10.57	Yandiswa	SHANGE	2000/06/30	BOLA	1	PAARL	07 Apr
17:12.68	Sherilene	GELDERBLOM	030196	ACNW	7	Atlanta GA	20-Apr
17:15.70	Kyla	VAN GRAAN	1994/10/14	WPA	2	TUKS-Pretoria	15-Mar
17:19.49	Annie	BOTHMA	261295		1	Myrtle Beach SC	17-Mar

### Indoors

16:57.05	Sherilene	GELDERBLOM	030196		3	Birmingham AL	18-Feb
17:04.45	Annie	BOTHMA	261295		1	Birmingham AL	20-Feb
17:09.60	Shanley	KOEKEMOER	100100	AGN	17	Ames IA	10-Feb
17:19.56	Ashleigh	SIMONIS	220198	WPA	12	Bowling Green OH	23-Feb

### 10000m

**SAR : 30:52.51**

32:59.05	Xaba	GLENROSE		AGN	1	TUKS-Pretoria	23-Feb
34:12.90	h Cornelia	JOUBERT	1988/06/22	CGA	1	Germiston	11-Feb
34:45.05	Cherise	SIMS	1993/06/06	BORA	12	Leiden	09-Jun
34:49.16	Kesa	MOLOTSANE	1992/01/08	AFS	1	SASOLBURG	27-Apr
35:33.55	Sherilene	GELDERBLOM	030196	ACNW	26	Raleigh NC	30-Mar
35:41.72	Annie	BOTHMA	261295		29	Raleigh NC	30-Mar
35:59.15	Ashleigh	SIMONIS	220198		8rB	Raleigh NC	30-Mar
36:32.08	Lesego	MPSHE	1999/09/05	AGN	2	TUKS-Pretoria	17-Mar
37:07.12	Louzanne	COETZEE (T12)	1993/04/18	AFS	4	TUKS-Pretoria	17-Mar
37:33.23	Hanli	ETSEBETH	1997/02/14	ACNW	5	TUKS-Pretoria	17-Mar

### 3000m Steeple Chase SAR : 09:54.19

10:20.78	Cherise	SIMS	1993/06/06	EPA	1	Regensburg	02-Jun
10:41.19	Lesego	MPSHE	1999/09/05	AGN	1	PAARL	05 Apr
10:43.22	Lara	ORROCK	1999/06/01	AFS	2	PAARL	05 Apr
11:08.54	Tshegofatso	SETHLAKGOE	1998/03/11	AGN	3	TUKS-Pretoria	16-Mar

11:17.02	Esabel	MAKHURA	2000/07/03	AGN	3	PAARL	05 Apr
11:24.18	Lethabo	MAKGOGA	2000/09/13	CGA	4	PAARL	05 Apr
11:29.19	Antoinette	BEZUIDENHOUT	2000/10/04	CGA	5	PAARL	05 Apr
11:31.33	Fortune	MABOTSE	1999/10/10	AGN	6	PAARL	05 Apr
11:32.60	Meagan	Swanepoel		BOLA	1	PAARL	24-Feb
11:36.11	Tshwanelo	MARUPING	2000/03/19	CGA	7	PAARL	05 Apr

### 100m Hurdles

**SAR : 12.94**

12.81	-0.6	Rikenette	STEENKAMP	1992/10/16	AGN	1	La Chaux-de-Fonds	01-Jul
13.71	0.3	Taylon	BIELDT	1998/11/04	AGN	1	TUKS-Pretoria	16-Mar
13.78	-0.1	Janke	VAN WYK	1997/03/05	BOLA	2	TUKS-Pretoria	23-Mar
14.08	0.3	Jean- Maree	SENEKAL	1992/12/11	BOLA	3	TUKS-Pretoria	16-Mar
14.12	0.8	Denise	HARTMAN	1997/01/22	ACNW	2	Potchefstroom	12-Apr
14.21	2	Rogail	JOSEPH	2000/04/22	BOLA	1	PAARL	06 Apr
14.33	0.3	Charne-lee	OLKERS	2000/03/22	AGN	5	TUKS-Pretoria	16-Mar
14.37	0.6	Maryke	BRITS	1994/02/25	AFS	5	SASOLBURG	28-Apr
14.38	-0.1	Martelize	JORDAAN	1999/06/09	BOLA	4	TUKS-Pretoria	23-Mar
14.39	2	Carmen	Botha			3	Hillsdale, MI, USA	05-May

### WIND

13.77	2.4	Taylon	BIELDT	1998/11/04	AGN	1S2	TUKS-Pretoria	16-Mar
13.97	2.4	Denise	HARTMAN	1997/01/22	ACNW	2S2	TUKS-Pretoria	16-Mar
14.03	2.4	Charne-lee	OLKERS	2000/03/22	AGN	3S2	TUKS-Pretoria	16-Mar
14.48	2.4	Christin	FOX	1999/04/17	ACNW	4S2	TUKS-Pretoria	16-Mar

### 400m Hurdles

**SAR : 53.74**

54.61		Wenda	NEL	1988/07/30	AGN	2h2	Gold Coast	10-Apr
55.05		Zeney	VAN DER WALT	2000/05/22	AGN	2	TUKS-Pretoria	17-Mar
57.81		Gontse	MORAKE	2001/03/16	AGN	1	PAARL	05 Apr
58.04		Jean-Marie	SENEKAL	1992/12/11	BOLA	3	TUKS- PRETORIA	08-Mar
58.65		Rogail	JOSEPH	2000/04/22	BOLA	2	PAARL	05 Apr
60.11		Gezelle	MAGERMAN		AGN	2	TUKS-Pretoria	23-Feb
60.13		Marzaan	LOOTS	2001/06/25	AGN	2	BOKSBURG	28-Apr
60.17		Juli	VERCUIEL	2000/01/25	WPA	3	PAARL	05 Apr

60.56	Nicola	GIBBON	2000/10/09	AGN	4	PAARL	05 Apr
60.64	Cynthia	TSETSEWA	1995/06/11	ACNW	1	SASOLBURG	29-Apr

### **High Jump**

**SAR : 2.06**

1.80	Yvonne	ROBSON	1999/09/12	AGN	1	POTCHEFSTROOM	20-Jan
1.80	Marilize	HIGGINS	1996/03/04	CGA	1	TUKS-Pretoria	02-Mar
1.80	Julia	DU PLESSIS	1996/05/27	CGA	1	TUKS-Pretoria	15-Mar
1.75	Brittany	UYS	1996/04/17	BOLA	3	TUKS-Pretoria	02-Mar
1.75	Kristi	SNYMAN	2000/12/15	WPA	1	PAARL	06 Apr
1.75	Geraldine	KING	1997/08/11	WPA	1	SASOLBURG	29-Apr
1.75	Bianca	ERASMUS	2002/05/28	AVT	1	PAARL	06 Apr
1.72	Anri	SALIM	1996/01/06	ACNW	2	SASOLBURG	29-Apr
1.70	Carmien	OLIVIER	2002/04/09	ASWD	3	PAARL	06 Apr
1.70	Michelle	NGOZO	2000/05/15	AGN	3	PAARL	06 Apr
1.70	Zihle	MAKAMBA	2002/02/11	AGN	2	PAARL	06 Apr
1.70	Mahlatsi	DOMBENI	1999/01/21	AGN	5	PAARL	06 Apr
1.70	Marike	COETZEE	1999/03/01	ACNW	4	PAARL	06 Apr
1.70	Danielle	CARSTENS	1993/06/24	AGN	2	RUIMSIG	01-Mar
1.70	Carmen	BRITZ	2001/05/30	AGN	4	PAARL	06 Apr
1.70	Mariette	BOTHA	1984/01/12	CGA	3	RUIMSIG	01-Mar

### **Pole Vault**

**SAR : 4.42**

3.90	Jodie	SEDRAS	1994/08/26	WPA	1	TUKS-Pretoria	15-Mar
3.90	Christy	NELL			5	Lawrence KS	12-May
3.80	Nicole	JANSE VAN RENSBUF	2001/01/04	BOLA	2	TUKS-Pretoria	15-Mar
3.60	Nadja	FOURIE	1999/01/25		1	BOKSBURG	28-Apr
3.52	Anje	Viljoen	2000/12/01	BOLA	1F	Paarl	10-Mar
3.52	Tonet	TALLIE	2001/02/03	BOLA	2F	Paarl	10-Mar
3.50	Kian-lee	DU TOIT	2001/12/10	BOLA	5	TUKS-Pretoria	15-Mar
3.50	Elsi	LAMLEY	1998/03/16	AFS	7	TUKS-Pretoria	15-Mar
3.50	Simonn	SWANEVELDER	2000/01/04	ASWD	4	TUKS-Pretoria	15-Mar
3.40	Mirè	REINSTORF	2002/06/05	ASWD	3	PAARL	05 Apr
3.40	Nicole	JANSE VAN RENSBUF	2001/01/04		2	BOKSBURG	28-Apr

3.78	<b>Indoors</b>	Christy	NELL		UMKC	3	Pittsburg KS	10-Feb
<b>Long Jump</b>		<b>SAR : 6.93</b>						
6.47	1.3	Lynique	BENEKE	1991/03/31	AFS	1	SASOLBURG	29-Apr
6.18	-1.7	Zinzi	CHABANGU	1996/09/28	CGA	2	TUKS-Pretoria	16-Mar
6.13	1.7	Anita	MADIKE	1996/09/16	EPA	2	SASOLBURG	29-Apr
6.08	1,8	Renate	VAN TONDER	100498	CGA	3	Louisville KY	14-Apr
6.06	-0.1	Patience	NTSHINGILA	1989/08/26	CGA	2	RUIMSIG	01-Mar
5.96	1.9	Esther	SOLARIN	2001/09/12	AGN	1	PAARL	07 Apr
5.95	1.2	Mieke	Basson	2001/01/01	BOLA	1F	Paarl	10-Mar
5.90	1.0	Nolwazi	MASHABA	2002/01/10	AMPU	1S1	PAARL	06 Apr
5.89	0.0	Jone'	KRUGER		ACNW	2	POTCHEFSTROOM	06-Feb
5.89	1.4	Maryke	Brits	1994/02/25	AFS	5	Sasolburg	29-Apr
<b>Indoors</b>								
5.86		Renate	VAN TONDER	100498	CGA	5	Bloomington IN	09-Feb
<b>WIND</b>								
6.06	2.6	Renate	VAN TONDER	100498	CGA	5	Coral Gables FL	12-May
5.97	2.2	Jonè	Kruger	16/04/1998	ACNW	1	POTCHEFSTROOM	13-Feb
<b>Triple Jump</b>		<b>SAR : 13.89</b>						
13.78	-1.8	Patience	NTSINGILA	1989/08/26	CGA	1	TUKS-Pretoria	17-Mar
13.65	0	Zinzi	CHANBANGU	1996/09/28	CGA	1	SASOLBURG	27-Apr
13.10	1.8	Gontse	MORAKE	2001/03/16	AGN	1	BOKSBURG	28-Apr
12.46	-0.1	Nolwazi	MASHABA	2002/01/10	AMPU	2	PAARL	06 Apr
12.36	0	Maruska	JV RENSBURG	1997/04/30	EPA	3	SASOLBURG	27-Apr
12.35	0.8	Renate	VAN TONDER	100498		12	Coral Gables FL	12-May
12.14	-0.1	Elisete	LESO	2001/01/28	AGN	3	PAARL	06 Apr
12.08	1.7	Mahlatsi	DOMBENI	1999/01/21		1	BOKSBURG	27-Apr
12.05	1.6	Suneel	Lourens		BOLA	1	PAARL	24-Feb
11.99	0.4	Elmeré	VAN DER BERG	2001/04/09	AFS	1	Bloemfontein	10-Feb
<b>Indoors</b>								
12.09		Renate	VAN TONDER	100498	CGA	3	Bloomington IN	09-Feb

	<b><u>WIND</u></b>						
12.93	3.6	Nolwazi	MASHABA	2002/01/10	2	BOKSBURG	28-Apr

### **Shot Put**

**SAR : 17.88**

17.56	Ischke	SENEKAL	1993/01/08	EPA	1	SASOLBURG	28-Apr
16.08	Meike	STRYDOM	2000/08/25	ASWD	2	TUKS-Pretoria	16-Mar
15.22	Lezaan	JORDAAN	1995/10/17	CGA	2	TUKS- PRETORIA	08-Mar
14.00	Monique	WAGNER		CGA	3	TUKS-Pretoria	16-Mar
13.88	Angeline	SMIT	090698	BOLA	12	Gainesville FL	31-Mar
13.80	Tanya	PUBALAKAN	1984/01/04	CGA	4	TUKS-Pretoria	16-Mar
13.65	Dane	ROETZ		CGA	2	RUIMSIG	01-Mar
13.55	Mia	VAN OUDTSHOORN	99	AFS	4	San Angelo TX	08-Apr
13,24	Wanzel	Breytenbach	1996-04-26		1	TUKS-Pretoria	03-Feb
13.14	Ancke	BOTHA	2000/02/25		2	BOKSBURG	27-Apr
13.14	Nienka	DU TOIT	1997/03/17	BOLA	1	SASOLBURG	28-Apr

### **Indoors**

14.48	Angeline	SMIT	090698	BOLA	5	Birmingham AL	09-Feb
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### **Discus**

**SAR 64.87**

56.69	Ischke	SENEKAL	1993/01/08	EPA	1	TUKS-Pretoria	02-Mar
53.82	Yolandi	STANDER	1998/11/27	AFS	2	SASOLBURG	29-Apr
53.04	Riëtte	HEYNS	1996/02/27	ACNW	2	TUKS-Pretoria	17-Mar
47.64	Leandri	GEEL	1997/07/14	CGA	4	TUKS-Pretoria	23-Mar
46.30	Angeline	SMIT	090698	BOLA	2	Mobile AL	17-Mar
45.52	Collet	UYS	2000/04/20	AFS	1	BOKSBURG	28-Apr
44.83	Mia	VAN OUDTSHOORN	99	AFS	6	Amarillo TX	22-Apr
43.41	Lize	BLIGNAUT		ACNW	2	POTCHEFSTROOM	06-Feb
43.39	Dane	ROETS	2002/01/16	CGA	1	PAARL	06 Apr
42.97	Meike	Strydom	2000/08/25	ASWD	1F	Paarl	10-Mar

### **Hammer Throw**

**SAR : 63.82**

59.14	Margo Chene	COETZEE	1994/06/09	AGN	7	London	14-Jul
58.41	Marga	CUMMING	1998/10/12	ACNW	1	TUKS- PRETORIA	08-Mar

57.13	Stephanie	GREYLING	1996/03/25	ACNW	2	TUKS-Pretoria	16-Mar
57.12	Tharina	VAN DE WALT	2000/02/22	AFS	3	TUKS-Pretoria	16-Mar
55.99	Letitia	JANSE VAN VUUREN	1996/04/24	ACNW	1	Potchestroom	27-Feb
54.61	Tanya	PUBALAKAN	1984/01/04	CGA	5	TUKS-Pretoria	16-Mar
53.77	Marinda	GREYLING	1999/06/04	AGN	6	TUKS-Pretoria	16-Mar
52.10	Tamlynn	LEONARD	1999/06/21	ACNW	2	PAARL	07 Apr
51.11	Tanya	PUBALAKAN		CGA	1	BOKSBURG	27-Jan
50.94	Lizelle	FOURIE	1999/01/15	CGA	8	TUKS-Pretoria	16-Mar

### **Javelin**

600g **SAR : 69.35**

62.46	Sunette	VILJOEN	1983/01/06	ACNW	1	Sasolburg	27-Mar
54.82	Jo-ané	VAN DYK	1997/10/03	ACNW	1	TUKS- PRETORIA	08-Mar
52.67	Megan	WILKE	1995/08/23	ACNW	2	TUKS-Pretoria	17-Mar
50.86	Tazmin	BRITS	1991/01/08	ACNW	2	TUKS- PRETORIA	08-Mar
50.54	Carli	VAN NIEWENHUIZEN	1998/01/26	ACNW	2	TUKS-Pretoria	23-Mar
49.35	Maggie	LE ROUX	1999/06/11	ACNW	1	BOKSBURG	28-Apr
47.87	Leandrie	LAMPRECHT		ACNW	3	TUKS-Pretoria	23-Mar
45.74	Sane	van Zyl	1995/08/12		1	TUKS-Pretoria	10-Feb
45.64	Linda	VAN VREDEN		CGA	6	TUKS-Pretoria	17-Mar
44.80	Anneke	Germishuys		BOLA	1	PAARL	24-Feb

### **4 x 100m Relay**

**SAR : 43.25**

43.68	SOUTH AFRICA			RSA	6	London	15-Jul
45.39	UNIVERSITY OF PRETORIA A			AGN	1S2	SASOLBURG	28-Apr
45.63	SOUTH AFRICA			RSA	4	Nigeria	03-Aug
45.64	SOUTH AFRICA	U/18		RSA	1	BOKSBURG	28-Apr
45.64	TUKS			AGN	1	TUKS-Pretoria	02-Mar
45.70	UNIVERSITY OF JOHANNESBURG A			CGA	2S2	SASOLBURG	28-Apr
45.87	UNIVERSITY OF STELLENBOSCH			BOLA	3S2	SASOLBURG	28-Apr
46.17	TUKS			AGN	1	TUKS-Pretoria	23-Mar
46.20	UNIVERSITY OF THE WESTERN CAPE A			WPA	4S2	SASOLBURG	28-Apr
46.23	UJ			CGA	2	TUKS-Pretoria	02-Mar

**4 x 400m Relay****SAR : 3:28.49**

3:40.57	AGN "A"			AGN	1	TUKS-Pretoria	17-Mar
3:43.35	SOUTH AFRICA			RSA	7	London	14-Jul
3:44.54	NORTHWEST UNIVERSITY POTCHEFSTROOM			ACNW	1	SASOLBURG	29-Apr
3:45.28	SOUTH AFRICA	U/20		RSA	1	BOKSBURG	28-Apr
3:46.21	UNIVERSITY OF PRETORIA A			AGN	2	SASOLBURG	29-Apr
3:48.01	AGN	U/20		AGN	1	PAARL	07 Apr
3:49.31	AGN "B"			AGN	2	TUKS-Pretoria	17-Mar
3:49.97	AGN A	U/18		AGN	1	PAARL	07 Apr
3:51.49	UNIVERSITY OF FREE STATE A			AFS	3	SASOLBURG	29-Apr
3:52.47	SOUTH AFRICA	U/18		RSA	1	BOKSBURG	28-Apr

**Heptathlon****SAR : 6181 pts****100m Hurdles ; High Jump ; Shot Put ; 200m ; Long Jump ; Javelin ; 800m**

5045	Nienka	DU TOIT	1997/03/17	BOLA	1	SASOLBURG	28/29-Apr
4790	Anri	SALEM	1996/01/06	ACNW	2	SASOLBURG	28/29-Apr
4703	Shannon	VERSTER	1999/11/10	AGN	3	SASOLBURG	28/29-Apr
4429	Cindy	VAN BERS	1999/06/14	AGN	4	SASOLBURG	28/29-Apr
4214	Geraldine	KING	1997/08/11	WPA	5	SASOLBURG	28/29-Apr
4201	Carla	JOHNSON	1997/05/07	WPA	3	TUKS-Pretoria	16/17-Mar
4114	Elizna	VON ALLERMANN	1998/03/09	ACNW	6	SASOLBURG	28/29-Apr
3676	Anneri	GRAVETT	1999/03/05	ACNW	3	TUKS-Pretoria	16/17-Mar
3471	Kyla	MULLER	1998/01/16	AGN	5	TUKS-Pretoria	16/17-Mar
3429	Annica	OPPERMAN	2000/09/23	ASWD	4	TUKS-Pretoria	16/17-Mar
2738	Danica	KIRSTEN	1997/08/11	ACNW	6	TUKS-Pretoria	16/17-Mar

**3 000m Walk (Track)****SAR : 12:53.19**

14:37.01	Zelda	Schultz	150292	ACNW	1	POTCHEFSTROOM	13-Feb
14:44.80	Natalie	LE ROUX		KZNA	1	Kings Park-Durban	12-Jan
16:13.79	Meanri	Erasmus	280201	ACNW	2	POTCHEFSTROOM	13-Feb
17:41.25	Candy	KUMALO		KZNA	2	Kings Park-Durban	12-Jan
18:07.75	Anele	MTESHANE		KZNA	3	Kings Park-Durban	12-Jan
18:27.07	Kiara	BARTHOLOMEW		KZNA	5	Kings Park-Durban	12-Jan



18:52.55	Jeanine	LE FEBOUR		KZNA	6	Kings Park-Durban	12-Jan
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**5 000m Walk (Track)** SAR : 22:19.64

26:34.48	Marissa	SWANEPOEL	2002/01/22	AGN	1	PAARL	05 Apr
27:02.78	Meanri	ERASMUS	2001/02/28	ACNW	2	PAARL	05 Apr
27:51.18	Nolene	VAN RENSBURG	2001/04/06	ASWD	3	PAARL	05 Apr
28:14.36	Leone	Pieterse	2002/04/17	BOLA	1F	Paarl	10-Mar
29:00.54	Stephanie	Van Zyl	2002/01/01	BOLA	2F	Paarl	10-Mar
29:01.07	Cara	Bester	2002/01/01	BOLA	3F	Paarl	10-Mar
29:27.09	Kiara Paige	BARTHOLOMEW	2002/12/04	KZNA	5	PAARL	05 Apr
29:28.46	Nthatisi	MOKELE		CGA	1	BOKSBURG	27-Jan
30:26.39	Lisa	PATTERSON		CGA	1	GERMISTON	20-Jan
30:41.51	Dimakatso	MTSHEBE	2001/03/12	CGA	8	PAARL	05 Apr

**10 000m Walk (Track)** SAR : 47:32.54

58:32.25	Hilda	Du Toit	2000/07/17	BOLA	1F	Paarl	10-Mar
59:07.46	Annette	KOEN	1999/06/04	ACNW	1	BOKSBURG	27-Apr
1:05:07.00	Zandre	Brink	2000/01/01	BOLA	2F	Paarl	10-Mar
1:06:11.00	Ambrocia	Diergaardt	2000/01/01	WPA	3F	Paarl	10-Mar
1:07:18.00	Amber	Campher	2000/06/26	WPA	4F	Paarl	10-Mar
1:08:09.00	Anthea	Rosen	2000/01/01	WPA	5F	Paarl	10-Mar
1:08:17.55	Noxolo	MASUKU	2000/05/31	KZNA	3	PAARL	06 Apr
1:09:39.67	Whitney	MATSEBA		AGN	1	TUKS-Pretoria	24-Feb
1:11:23.47	Esihle	GEBE		AGN	2	TUKS-Pretoria	24-Feb

**10km Walk (Road)** SAR : 45:05.00

57:20.00	Annette	KOEN	1999/06/04	ACNW	1	TUKS-Pretoria	17-Mar
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**20km Walk (Road)** SAR : 1:34:39.00

1:39:09.00	Anel	OOSTHUIZEN	220495	ASWD	68	Taicang, CHN	05-May
1:45:53.80	Zelda	SCHULTZ	1992/02/15	ACNW	2	TUKS-Pretoria	17-Mar
1:47:30.80	Natalie	LE ROUX	1982/06/10	KZNA	3	TUKS-Pretoria	17-Mar
1:56:50.80	Lisa	PATTERSON	1982/01/29	CGA	4	TUKS-Pretoria	17-Mar

1:59:27.30	Nthatisi	MOKELE	1993/06/26	CGA	5	TUKS-Pretoria	17-Mar
2:11:03.40	Palesa	MSTHEBE	1998/01/24	CGA	6	TUKS-Pretoria	17-Mar
2:11:32.40	Whitney	MATSEBA	1997/01/25	AGN	1	SASOLBURG	28-Apr

**50km Walk (Road)**

4:48:00

**SAR : 4:48:00 \*\***

Natalie	LE ROUX			KZNA	23	Taicang, CHN	05-May
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