

# South African Track & Field Performances 2018

as @ 30 September 2018

## Under 20 {JUNIOR} (Born 1999/2000)

Compiled by : Clyde Kinloch, assisted by Sarina Cronje, Staci Kiloh & Marilize Goosen  
 Edited by : Danie & Neil Cornelius  
 Under the Auspices of SAAS

\*\* NewSA Record still to be ratified

<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>
<b><u>MALE</u></b>								
<b><u>100m</u></b>		<b>SAR : 10.11</b>						
10.11	1.7	Thando	DLODLO	1999/04/22	CGA	2S3	TUKS-Pretoria	15-Mar
10.18	-0.6	Thembo	MONARENG	1995/02/14	AGN	1	SASOLBURG	28-Apr
10.22	1.6	Retshidisitswe	MLENGA	2000/02/27	AGN	1	PAARL	05-Apr
10.22	1.6	Malesela	SENONA	1999/03/07	AGN	2	PAARL	05-Apr
10.32	2.0	Tsebo	MATSOSO		AFS	1	BLOEMFONTEIN	09-Apr
10.40	0.7	Tshenolo	LEMAO	2000/06/17	AGN	2rB	Potchefstroom	19-Apr
10.61	0.0	Ruben	Els	2000/01/11	AGN	2	TUKS-Pretoria	09-Mar
10.62	1.2	Mukhendi	Makolo	2000/02/10	WPA	1F	Paarl	10-Mar
10.65	2.0	Mojalefa	Mohloki		AFS	2	BLOEMFONTEIN	09-Apr
10.67	0.7	Maritz	PIETERS	2000/03/29		4h1	TUKS-Pretoria	15-Mar
<b><u>NWI</u></b>								
10.45		Thando	DLODLO		AGN	1	GERMISTON	20-Jan
10.65		Obakeng	BALOYI			1	POTCHEFSTROOM	20-Jan
<b><u>200m</u></b>		<b>SAR : 20.10</b>						
20.41	1.8	Thando	DLODLO	1999/04/22	CGA	2	TUKS-Pretoria	17-Mar
20.70	1.8	Ruben	ELS	2000/01/11	AGN	5	TUKS-Pretoria	17-Mar
20.72	0.8	Tsebo	MATSOSO	1999/05/27	AFS	2	Sasolburg	29-Apr
20.82	0.1	Malesela	SENONA	1999/03/07	AGN	2	TUKS-Pretoria	23-Mar
20.87	-0.1	Thembo	MONARENG	1999/02/14	AGN	1rC	France	01-Jul

20.88	-0.7	Retshidisitswe	MLENGA	2000/02/27	AGN	1	Johannesburg	29-Jan
20.98	1.9	Tshenolo	LEMAO	2000/06/17	AGN	6	Paarl	22-Mar
21.41	1.8	Carl	MEYER	05-Jan-99		3h3	TUKS-Pretoria	16-Mar
21.47	0.7	Maritz	Pieters	21/08/1999	ACNW	3	POTCHEFSTROOM	27-Feb
21.50	1.2	Lehlognolo	MASEKO	1999/03/11		2	Johannesburg	29-Jan

<b>400m</b>	<b>SAR : 45.15</b>							
45.86		Zazini	SOKHWAKHANA	2000/01/23	AGN	1	PAARL	07-Apr
46.22		Thando	DLODLO	1999/04/22	AGN	1	GERMISTON	20-Jan
46.42		Gabriel	LOUW	1999/02/18	CGA	2S3	BOKSBURG	27-Apr
47.31		Quintin	PENNELLS	1999/04/21	AGN	5H3	TUKS-Pretoria	15-Mar
47.35		Ruan	DE JONGH	2000/02/17	CGA	2	TUKS-Pretoria	09-Mar
47.57		Benjamin	MEINTJES	2000/02/18	GWA	3	PAARL	07-Apr
47.86		Frans	MATLALA	2000/04/15	CGA	3h1	TUKS-Pretoria	15-Mar
47.87		Ashraf	PETERSEN	1999/07/30	WPA	4	PAARL	07-Apr
47.89		Josua	GOUWS	2001/11/26	AGN	4	Paarl	07-Apr
47.93		Gert	JONKER	2000/06/18	CGA	2	Germiston	24-Feb

<b>600m</b>								
1:28.24		Rikus	BOTHA	100999		5	Pilditch - PRETORIA	13-Jan

<b>800m</b>	<b>SAR : 1:45.46</b>							
1:50.00		Omphile	MOLOTSI	2000/02/09	AGN	3s1	TUKS-Pretoria	16-Mar
1:50.10		Christopher	SWART	2000/04/19	AGN	4H5	TUKS-Pretoria	15-Mar
1:51.42		Phelani	Maduwa	1999/10/29		5h1	TUKS-Pretoria	15-Mar
1:52.40		Reinard	REITSMA	2000/02/02	BOLA	1	PAARL	05-Apr
1:52.84		Gert	JONKER	2000/06/18	CGA	3	BOKSBURG	28-Apr
1:52.95		Luan	MUNNIK	2000/04/22	AGN	4	PAARL	05-Apr
1:52.95		Luhan	MUNNIK	2000/04/22	AGN	4	Paarl	05-Apr
1:53.06		Paul	ROOS	2000/01/04	AGN	8H2	TUKS-Pretoria	15-Mar
1:53.08		Francois	BRUWER	1999/01/22	BOLA	5	PAARL	05-Apr
1:53.32		Martin	BLIGNAUT	2000/06/19	AGN	5H4	TUKS-Pretoria	15-Mar

<b>1500m</b>	<b>SAR : 3:38.15</b>							
--------------	----------------------	--	--	--	--	--	--	--

3:47.58	Dais	MALEBANA	1999/02/11	AGN	4	Sasolburg	27-Mar
3:50.44	Omphile	MOLOTSI	2000/02/09	AGN	2	PAARL	07-Apr
3:51.47	Kutwilsiso	SILINDILE	1999/01/17	CGA	3	PAARL	07-Apr
3:52.17	Luan	MUNNIK	2000/04/22	AGN	4	PAARL	07-Apr
3:53.07	Christopher	SWART	2000/04/19	AGN	5	PAARL	07-Apr
3:56.28	Thabo	VITO	1999/02/22	CGA	3S2	PAARL	07-Apr
3:56.61	Lehlognolo	MORE	1999/01/11	AVT	6	PAARL	07-Apr
3:57.09	Robert	DE VILLIERS		ACNW	1	POTCHEFSTROOM	20-Jan
3:57.54	Tisetso	MOKHOMA	2000/08/05	ACNW	7	PAARL	07-Apr
3:57.55	Phelani	MADUWA	1999/10/29	AVT	5S2	PAARL	07-Apr

<b><u>1Mile</u></b>	<b>SAR : 3:58.15</b>						
4:02.03	Dais	MALEBANA	1999/02/11	AGN	7	Paarl	22-Mar

<b><u>3000m</u></b>	<b>SAR : 8:00.08</b>						
8:27.67	Kabelo	SEBOKO		CGA	2	BOKSBURG	27-Jan
8:37.15	Sello	PHELEU	1999		9	Sasolburg	27-Mar
8:43.05	Bonang	MAHASE			4	Paarl	06-Apr
9:18.95	Donald	SEITEI		CGA	7	BOKSBURG	27-Jan
9:38.68	FERNANDO	VRIES	30-Jun-00	WPA	3	Parow	13-Jan
9:58.81	AYABULELA	BODLO	13-Nov-00	WPA	4	Parow	13-Jan
10:03.32	LETHU	CETYWAYO	02-Jan-00	WPA	5	Parow	13-Jan
11:33.26	DANIEL	STOPFORD	11-Nov-00	WPA	10	Parow	13-Jan
11:41.82	CORNE	STANDER	24-Nov-00	WPA	11	Parow	13-Jan

<b><u>5000m</u></b>	<b>SAR : 13:26.88</b>						
14:29.84	Ngonde	MATWEBU	2000/06/04	AFS	1	PAARL	06 Apr
14:30.25	Phakiso	MTHEMBU	1999/06/10	AFS	2	PAARL	06 Apr
14:30.40	Poloko	MAPUNYE	1999/08/17	ACNW	3	PAARL	06 Apr
14:31.75	Phenyo	CHIDI	1999/05/17	CGA	4	PAARL	06 Apr
14:51.27	Tumi	LEPHOTO	2000/02/27	CGA	5	PAARL	06 Apr
14:53.62	Carlo	FLINK	2000/06/15	WPA	6	PAARL	06 Apr
15:00.01	Wiseman	MTHEMBU	1999/11/14	KZNA	7	PAARL	06 Apr
15:02.15	Sello	PHELEU	1999/05/09	CGA	8	PAARL	06 Apr

15:04.89		Lebohang	MAHLOANE	2000/01/21	KZNA	9	PAARL	06 Apr
15:10.60		Bonginkosi	MASEKO	1999/11/09	AMPU	10	PAARL	06 Apr

**3000m Steeple Chase**      **SAR : 8:30.29**

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
9:17.59		Onkabetse	SEBOLA	1999/05/01	CGA	3	PAARL	05 Apr
9:19.45		Lebohang	MAHLOANE	2000/01/21	KZNA	4	PAARL	05 Apr
9:33.73		Cebo	MHLUNGU	2000/01/24	KZNA	5	PAARL	05 Apr
9:36.00		Caleb	BEUKES	2000/01/21	CGA	6	PAARL	05 Apr
9:39.98		Lindokuhle	MAZIBUKO	1999/10/18	CGA	7	PAARL	05 Apr
9:45.03		Tumi	LEPHOTO		CGA	1	BOKSBURG	27-Jan
9:49.85		Kgotso	Lesia		AFS	1	Bloemfontein	09 Apr
9:52.75		Lance	MICHAELS	2000/07/03	BOLA	8	PAARL	05 Apr

**60m Hurdles**

8.56	-0.6	Marcello	Pienaar	1999/02/08	ACNW	4	POTCHEFSTROOM	20 March
9.60	-0.6	Adriaan	Claassens	1999/07/29	ACNW	9	POTCHEFSTROOM	20 March
10.24	-0.6	Blessing	Sehlabi	2000/05/09	ACNW	10	POTCHEFSTROOM	20 March

**110m Hurdles**      **SAR : 13.49**

13.56	0.0	Silisapho	DINGISWAYO	1999/06/17	AGN	1	BOKSBURG	27-Apr
13.81	1.1	Azile	MADINI	1999/05/20	WPA	2	PAARL	06 Apr
13.90	1.1	Marcello	PIENAAR	1999/02/08	ACNW	3	PAARL	06 Apr
13.99	-0.2	Roelof	VAN DER WALT	2000/01/06	CGA	2	TUKS-Pretoria	09-Mar
14.09	1.1	Mathew	OCTOBER	2000/05/31	BOLA	4	PAARL	06 Apr
14.21	1.1	Rudolph	RICHTER	2000/09/06	AGN	5	PAARL	06 Apr
14.26	-0.7	Eric	VAN DER WALT	1999/02/10	AGN	1S3	PAARL	06 Apr
14.33	1.0	MD	Laubscher		AFS	1	Bloemfontein	09-Apr
14.33	1.1	Diaan	LOMBARD	1999/11/21	ACNW	6	PAARL	06 Apr
14.37	1.0	Petrus	Jacobs		AFS	2	Bloemfontein	09-Apr

**WIND**

14.07	<b>2.7</b>	Mathew	October	1999/01/01	BOLA	2F	Paarl	10-Mar
14.56	<b>2.7</b>	Liam	Pietersen	2000/04/01	WPA	3F	Paarl	10-Mar

14.69	<b>2.7</b>	Darren	Elliot	1999/02/11	WPA	4F	Paarl	10-Mar
<b>400m Hurdles</b>		<b>SAR : 48.76</b>						
49.32		Zazini	SOKHWAKHANA	2000/01/23	AGN	2	TUKS-Pretoria	17-Mar
50.58		Lourens	STEENEKAMP	1999/03/18	AGN	2	PAARL	05 Apr
52.30		Liam	PIETERSEN	2000/04/13	WPA	3	PAARL	05 Apr
53.05		Ruan	LABUSCHAGNE	2000/04/05	AMPU	4	PAARL	05 Apr
53.43		Adam	MAYO	2000/04/19	AGN	6S2	TUKS-Pretoria	15-Mar
53.48		Mathew	October	1999/01/01	BOLA	2F	Paarl	10-Mar
53.66		Lesedi	MATLALA	2000/03/09	CGA	5	PAARL	05 Apr
54.07		Kyle	VAN ASWEGEN	2000/09/14	AGN	4S2	PAARL	05 Apr
54.75		Emile	JOHANNES	1999/12/27	BORA	5S2	PAARL	05 Apr
54.98		Henlin	Paulse	1999/01/01	WPA	3F	Paarl	10-Mar
<b>High Jump</b>		<b>SAR : 2.31</b>						
2.23		Breyton	POOLE	2000/03/23	WPA	3	Tempere, FIN	10-Jul
2.10		Manqoba Gift	NKOSI	1999/01/02	AGN	2	TUKS-Pretoria	02-Mar
2.10		Matome	SHABANGU	2000/08/14	CGA	5	TUKS-Pretoria	17-Mar
2.05		Leandre	VAN ROOYEN	1999/03/17	AGN	1	TUKS-Pretoria	23-Feb
2.01		Keenan	PLATT	2000/04/26	AGN	1	TUKS-Pretoria	17-Feb
1.95		Enrique	FOURIE	2000/04/27	AGN	3	PAARL	06 Apr
1.95		Bronwen	FRANSMAN	1999/03/19	BOLA	5	PAARL	06 Apr
1.90		Siyanda	MASUKU		CGA	1	BOKSBURG	27-Jan
1.90		Matthew	PUDULE		CGA	2	BOKSBURG	27-Jan
1.90		Marcel	BOTHA	2000/12/22	AMPU	6	PAARL	06 Apr
1.90		Letsema	MAHUMA	2000/06/19	AGN	8	PAARL	6 Apr
1.90		Lucian	Ross	1999/08/27	WPA	3F	Paarl	10-Mar
1.90		Bevan	Hendricks	2000/05/06	WPA	3F	Paarl	10-Mar
1.90		Daniel	Snyman	2000/04/17	ASWD	5F	Paarl	10-Mar
<b>Pole Vault</b>		<b>SAR : 5.50</b>						
5.40		Valco	VAN WYK	2000/07/26	BOLA	1	TUKS-Pretoria	15-Mar
5.23		Ekhardt	VAN DER WATT	1999/10/04	BOLA	1	BOKSBURG	28-Apr
4.41		Pieter	Gilomee	2000/03/13	BOLA	3F	Paarl	10-Mar

4.20		Elmar	SCHUTTE		AGN	2	PILDITCH-Pretoria	27-Jan
4.10		Heinrich	SCHAEFER	2000/01/02	BOLA	5	PAARL	07 Apr
4.10		Marnel	COERTZE	2000/05/30	ASWD	6	PAARL	07 Apr
3.20		Renaldo	MC KENZIE	2000/04/08	BOLA	1	TUKS-Pretoria	16-Mar
2.65		Tashriq	PARKER	2000/05/07	WPA	2	TUKS-Pretoria	16-Mar
2.20		Ezzard	DE VILLIERS	2000/12/04	WPA	3	TUKS-Pretoria	16-Mar

### Long Jump

**SAR : 8.19**

7.60	0.9	Christy	LE ROUX		AGN	5	TUKS-Pretoria	17-Mar
7.39	-0.4	Aaron	PEDRO	1999/02/10	CGA	1	BOKSBURG	27-Apr
7.28	0.5	Luke	GAUCHE		AGN	2	TUKS-Pretoria	24-Feb
7.16	-0.5	Bevan	SASMAN	1999/01/09	WPA	7S2	TUKS-Pretoria	15-Mar
7.16	1.3	Muller	PIETERSE	1999/01/11	ACNW	3	PAARL	07 Apr
7.10	-1.4	Rehane	Adams	1999/03/08	BOLA	1F	Paarl	10-Mar
7.09	1.4	Siyabonga	NYATHI	1999/07/25	AGN	1	TUKS-Pretoria	10-Feb
6.99	-0.5	Brent	Manuel	2000/01/28	BOLA	2F	Paarl	10-Mar
6.80	0.8	Caleb	Williams	2000/06/02	BOLA	3F	Paarl	10-Mar
6.76	-0.1	Austin	Sefoor	1999/02/26	ASWD	4F	Paarl	10-Mar

### Wind

7.42	<b>2.2</b>	Aaron	PEDRO	1999/02/10	CGA	1	PAARL	07 Apr
6.88	<b>3.7</b>	Siyabonga	NYATHI	1999/07/25	AGN	7	PAARL	07 Apr

### NWI

6.98	NW	Tebogo	MASEEMA	2000/02/17	CGA	6	PAARL	07 Apr
------	----	--------	---------	------------	-----	---	-------	--------

### Triple Jump

**SAR : 16.96**

14.96	-0.5	Tebogo	MASEEMA	2000/02/17	CGA	1	PAARL	07 Apr
14.95	-1.0	Kyle	GREEN	1999/01/14	WPA	2	PAARL	07 Apr
14.94	-1.3	Essan	KWEKU		AGN	1	PILDITCH-Pretoria	27-Jan
14.85	1.0	Christie	LE ROUX	160300	AGN	1	Pilditch - PRETORIA	13-Jan
14.46	-1.8	Jesse	Fisher	2000/04/05	WPA	1F	Paarl	10-Mar
14.39	0.0	Mark	GAINES	2000/08/19	KZNA	3	PAARL	07 Apr
14.06	0.3	Alulelwe	MBEWANA	1999/03/20	KZNA	5	PAARL	07 Apr
13.93	0.2	Karl-otto	MATTHEE	1999/06/02	WPA	6	PAARL	07 Apr
13.91	-0.9	Tiaan	Whelpton	2000/03/29	BOLA	2F	Paarl	10-Mar

13.79	-2.0	Peter John	Matthysen	1999/01/09	BOLA	3F	Paarl	10-Mar
	<b><u>WIND</u></b>							
14.91	<b>2.4</b>	Tebogo	MASEEMA	2000/02/17		2	BOKSBURG	28-Apr
14.22	<b>5.7</b>	Tiaan	Whelpton	2000/03/29	BOLA	1	PAARL	24-Feb
13.90	<b>2.4</b>	Jesse	FISHER	050400	WPA	1	Parow	13-Jan
	<b><u>NWI</u></b>							
14.57	NW	Kgalalelo	Mantjies		AFS	1	Bloemfontein	09 Apr

**Shot Put**

**SAR : 22,07 \*\***

<b>22.07</b>	<b>Kayle</b>	<b>BLIGNAUT</b>	<b>1999/11/09</b>	<b>CGA</b>	<b>1</b>	<b>Tempere, FIN</b>	<b>10-Jul</b>
18.22	Jonathan	DE LACEY LACEY	2000/01/05	AVT	2	BOKSBURG	28-Apr
17.84	Ignatius	MARAIS	1999/03/04	ACNW	2	PAARL	07 Apr
17.48	Chris	VAN NIEKERK	2000/08/30	AVT	1	TUKS-Pretoria	10-Mar
14.70	Charl	VAN ROOYEN		CGA	2	GERMISTON	20-Jan
14.43	Henco	De Beer	2000/01/01	BOLA	1F	Paarl	10-Mar
14.34	Renier	Janse Van Rensburg	2000/01/01	BOLA	2F	Paarl	10-Mar
14.19	Ewan	Roos	2000/01/27	BOLA	1	PAARL	24-Feb
14.19	Joshua	Lawson	1999/12/14	ASWD	3F	Paarl	10-Mar
12.95	Zaan	Hendricks	2000/01/08	BOLA	2	PAARL	24-Feb

**Discus**

**SAR : 63.94**

59.40	Ignatius	MARAIS	1999/03/04	ACNW	1	BOKSBURG	27-Apr
53.35	Kayle	BILGNAUT	1999/11/09	CGA	1	GERMISTON	20-Jan
52.13	Roubert	ROUSSEAU	1999/01/18	ACNW	2	Potchefstroom	19-Apr
51.67	Franco	VERMEULEN	1999/03/23	BOLA	3	PAARL	06 Apr
48.07	Jan	VISSER	2000/03/13	NWCA	4	PAARL	06 Apr
47.90	Jonathan	DE LACEY LACEY	2000/01/05	AVT	5	PAARL	06 Apr
47.32	JF	SWANPOEL		AGN	1	PILDITCH-Pretoria	27-Jan
44.87	Chris	VAN NIEKERK	2000/08/30	AVT	6	PAARL	06 Apr
44.08	Ewan	Roos	2000/01/27	BOLA	2	PAARL	24-Feb
43.89	JP	Luise	2000/04/18	WPA	1F	Paarl	10-Mar

**Hammer Throw**

**SAR : 81.04**

66.97	JC	SCHULTZ	1999/02/13	ACNW	1	BOKSBURG	28-Apr
-------	----	---------	------------	------	---	----------	--------

61.89	Hanno	du Plessis	2000/03/22	ASWD	1F	Paarl	10-Mar
60.37	Cedric	KOBOKANE	2000/06/06	AFS	2	PAARL	07 Apr
57.66	James	HAVINGA	2000/09/27	AFS	4	PAARL	07 Apr
57.50	Corne	THIART	1999/01/14	WPA	5	PAARL	07 Apr
53.57	CJ	Niemand	2000/05/29	ASWD	2F	Paarl	10-Mar
52.16	Eric	Havenga	2000/06/14	BOLA	3F	Paarl	10-Mar
51.86	Dante	NEL	1999/11/09	EPA	6	PAARL	07 Apr
51.72	Ludwig	Bruwer	2000/02/03	BOLA	4F	Paarl	10-Mar
50.40	Johan	Minnaar	2000/05/13	ACNW	4	POTCHEFSTROOM	20 March

<b>Javelin</b>		<b>SAR : 83.07</b>					
77.59	Anro	VAN EEDEN	1999/05/19	BOLA	1	PAARL	06 Apr
69.18	Coenraad	KOTZE	1999/03/04	ACNW	2	Potchefstroom	03-May
62.21	Matthew	JOUBERT	2001/01/03	KZNA	1	Sasolburg	29-Sep
62.02	Juan	Smith	2000/05/23	BOLA	2	PAARL	24-Feb
60.83	Stefan	SMIT	2000/01/09	AMPU	3	PAARL	06 Apr
57.47	Freddie	Visser	2000/12/29	BOLA	3	PAARL	24-Feb
56.07	Lohan	RHOODE	2000/01/24	AGN	4	PAARL	06 Apr
55.91	Xander	JORDAN	2000/06/29	CGA	5	PAARL	06 Apr
55.53	Renier	Janse van Rensburg	2000/01/02	BOLA	4	PAARL	24-Feb
54.46	Jannes	SCHLEBUSCH	2000/08/26	AFS	1	Bloemfontein	10-Feb

<b>4x 100m Relay</b>		<b>SAR : 39,33 **</b>					
39.33	Silisapho DINGWAYO, Thando DLODLO, Tsebo MATSOSO, Retsiditswe MLENGE			RSA	1	BOKSBURG	28-Apr
39.46	Retsiditswe MLENGE, Maleseba SENONA, Thembo MONARENG, Thando DLODLO			RSA	1	TUKS-Pretoria	15-Mar
49.96	AGN A			AGN	1	PAARL	6 Apr
41.81	Puma Inv A 19				1	POTCHEFSTROOM	20-Jan
42.14	AGN B			AGN	2	PAARL	6 Apr
42.46	CGA A			CGA	3	PAARL	6 Apr
42.49	AFS			AFS	4	PAARL	6 Apr
42.51	WPA			WPA	5	PAARL	6 Apr
42.58	AMPU			AMPU	6	PAARL	6 Apr
43.15	Paarl AC			BOLA	1	PAARL	22-Mar



**4 x 400m Relay****SAR : 3:04.50**

3:08.07	RSA			RSA	1	BOKSBURG	28-Apr
3:10.38	CGA A			CGA	1	PAARL	07 Apr
3:16.66	AGN			AGN	2	PAARL	07 Apr
3:17.27	WPA			WPA	3	PAARL	07 Apr
3:24.53	BOLA			BOLA	4	PAARL	07 Apr
3:24.82	ACNW			ACNW	5	PAARL	07 Apr
3:26.18	AMPU			AMPU	6	PAARL	07 Apr
3:26.44	RSA Juniors			RSA	6h1	Tempere, FIN	14-Jul
3:29.02	CGA B			CGA	7	PAARL	07 Apr

**1000m Medley Relay (100m, 200m, 300m, 400r**

2:00.78	NHW 19				1	POTCHEFSTROOM	20-Jan
2:02.83	HMK 19				2	POTCHEFSTROOM	20-Jan
2:05.25	Lichtenburg 19				3	POTCHEFSTROOM	20-Jan
2:07.51	POBH 19				4	POTCHEFSTROOM	20-Jan

**Decathlon****SAR : 7689 pts****100m ; Long Jump ; Shot Put ; High Jump ; 400m ; 110m Hurdles ; Discus ; Pole Vault ; Javelin ; 1500m**

6086	Renaldo	MC KENZIE		BOLA	1	TUKS-Pretoria	15/16-Mar
5107	Tashriq	PARKER	2000/05/07	WPA	2	TUKS-Pretoria	15/16-Mar
4756	Rikus	VAN ZYL	2000/01/10	ACNW	3	TUKS-Pretoria	15/16-Mar
4541	Ezzard	DE VILLIERS	2000/12/04	WPA	4	TUKS-Pretoria	15/16-Mar

**5000m Walk (Track)****SAR : 21:32.40**

24:30.04	Xolani	HLONGWANE		CGA	1	GERMISTON	20-Jan
25:39.31	Vusi	HLONGWANE		CGA	1	BOKSBURG	27-Jan
27:20.24	Tumelo	MOLETE		CGA	2	BOKSBURG	27-Jan
29:52.59	Kgosi	NGAKE		CGA	2	GERMISTON	20-Jan

**10000m Walk (Track)****SAR : 44:23.12**

45:45.08	Francois	JACOBS	2000/01/01	BOLA	1F	Paarl	10-Mar
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	Jacques	HEYMANS	2000/02/14	AFS	3	PAARL	06 Apr
48:57.94	Siyabonga	SHONGWE	1999/04/24	KZNA	4	PAARL	06 Apr
49:51.71	Sylvester	KALANIE	2000/08/23	AGN	5	PAARL	06 Apr
50:00.06	Russel	PRATT	2000/01/03	BOLA	6	PAARL	06 Apr
52:31.75	Sandile	SITHOLE	2000/10/31	KZNA	8	PAARL	06 Apr
52:48.63	Siphiwe	SESANE	1999/03/29	CGA	9	PAARL	06 Apr
53:04.35	Wensley	MERKUUR	2000/02/13	WPA	4F	Paarl	10-Mar

### 10km Walk (Road)

**SAR : 44:37:00 \*\***

0:44:37.00	Francois	JACOBS	2000/09/23	BOLA	36	Taicang, CHN	05-May
0:46:49.00	Antonio	FARMER	2000/12/21	ASWD	42	Taicang, CHN	05-May
0:49:10.00	Jacques	HEYMANS	2000/02/14	AFS	1	TUKS-Pretoria	17-Mar

## FEMALE

<b><u>100m</u></b>		<b>SAR : 11.25</b>					
12.00	0.7	Valeska	NEL	1999/04/20	AGN	1	PAARL 05-Apr
12.07	0.7	Rorisang	PADI	1999/05/05	AGN	2	PAARL 05-Apr
12.10	-2.6	Elsabe	DU PLESSIS	1999/03/15	AFS	3H1	TUKS-Pretoria 15-Mar
12.14	-0.2	Simone	KELLERMAN	2000/02/07	AGN	2S2	PAARL 05-Apr
12.18	0.7	Taylor	UNDERHAY	1999/01/16	CGA	4	PAARL 05-Apr
12.20	0.7	Lara	JOHNSON	2000/11/14	WPA	5	PAARL 05-Apr
12.21	0.7	Anja	VAN HEERDEN	1999/12/17	WPA	6	PAARL 05-Apr
12.23	0.8	Angel	KIVIDO	2000/02/04	AFS	1	BLOEMFONTEIN 09-Apr
12.28	-0.2	Prudence	KGADIMA	2000/04/11	CGA	3S2	PAARL 05-Apr
12.41	-0.2	Soleil	BOTHA	2000/01/03	EPA	4S2	PAARL 05-Apr
12.41	1.0	Bellanca	LOMBAARD	1999/07/26	ACNW	2	POTCHEFSTROOM 20 March
	<b><u>WIND</u></b>						
12.22	<b>2.4</b>	Angel	KIVIDO	2000/02/04	AFS	1S1	PAARL 05-Apr
12.26	<b>2.4</b>	Taylor	UNDERHAY	1999/01/16	CGA	2S1	PAARL 05-Apr
12.33	<b>2.1</b>	Jade	Paulse	2000/01/01	BOLA	1F	Paarl 10-Mar

12.40	<b>2.1</b>	Tamsyn	Groenewald	2000/02/04	WPA	2F	Paarl	10-Mar
	<b><u>NWI</u></b>							
12.27		Prudence	KGADIMA			1	POTCHEFSTROOM	20-Jan
<b>200m</b>		<b>SAR : 22.76</b>						
24.50	1.5	Angel	KIVIDO	2000/02/04	AFS	1S2	BOKSBURG	28-Apr
24.55	1.1	Zeney	VAN DER WALT	2000/05/22	AGN	1	Celle Ligure	03-Jul
24.63	1.5	Anja	VAN HEERDEN	1999/12/17	WPA	2S2	BOKSBURG	28-Apr
24.69	0.3	Simone	KELLERMAN	2000/02/07	AGN	5S1	TUKS-Pretoria	16-Mar
24.97	0.7	Elsabe	DU PLESSIS		AFS	2	BLOEMFONTEIN	09Apr
24.98	0.3	Julia	LUTZ	1999/06/24	CGA	7S1	TUKS-Pretoria	16-Mar
25.01	1.7	Caroline	MOSIME	2000/02/26	AGN	1S3	PAARL	06-Apr
25.22	0.2	Zenobea	JEWASKIEWITZ	2000/07/22	LIMA	2S1	PAARL	06-Apr
25.23	1.3	Melissa	STEENKAMP	2000/01/25	ACNW	2S2	PAARL	06-Apr
25.37	1.3	Tamzyn	GROENEWALD	2000/02/04	WPA	3S2	PAARL	06-Apr
	<b><u>WIND</u></b>							
24.90	<b>7.2</b>	Sherine	VAN DER WESTHUIZE	99	CGA	3	Shawnee OK	15-Mar
24.94	<b>2.1</b>	Julia	LUTZ	1999/06/24	CGA	2H2	TUKS-Pretoria	16-Mar
<b>300m</b>								
45.22		Melissa	RAHRAY	021100	CGA	2	Pilditch - PRETORIA	13-Jan
<b>400m</b>		<b>SAR : 51.87</b>						
54.07		Marlie	VILJOEN	2000/08/01	AGN	3	TUKS-Pretoria	17-Mar
54.67		Nicola	GIBBON	2000/10/09	AGN	2	PAARL	07-Apr
55.24		Carien	SANDER	1999/02/15	AFS	5	Johannesburg	01-Mar
55.39		Juli	VERCUIEL	2000/01/25	WPA	3	PAARL	07-Apr
56.18		Liza	KELLERMAN	1999/09/16	CGA	5	PAARL	07-Apr
56.77		Sherine	van der Westhuizen	1999		2	Arizona, USA	21-Apr
57.03		Armoure	LE ROUX		CGA	1	BOKSBURG	27-Jan
57.25		Louna	JACOBS	2000/11/09	AFS	2	BLOEMFONTEIN	09-Apr
57.28		Bellanca	LOMBAARD	1999/07/26	ACNW	6	PAARL	07-Apr
57.35		Leandra	Custodio	2000/07/01	BOLA	1F	Paarl	10-Mar

<b>800m</b>		<b>SAR : 1:55.46</b>					
2:07.19	SIMONAY	WEITSZ	1999/04/26	AGN	2	TUKS-Pretoria	02-Mar
2:08.27	Liza	KELLERMAN	1999/09/16	CGA	4	TUKS-Pretoria	17-Mar
2:09.72	Rhode	BOON	2000/07/05	AVT	3h1	TUKS-Pretoria	16-Mar
2:11.86	Thobile	Vilakazi	1999/11/20	AGN	3h3	TUKS-Pretoria	16-Mar
2:11.98	Fina	DUBE	2000/09/24	CGA	2S1	PAARL	05-Apr
2:12.32	Janie	JANSE VAN RENSBUF	2000/08/09	AGN	4S1	PAARL	05-Apr
2:13.95	Marlie	Viljoen	2000/08/01		1	TUKS-Pretoria	03-Feb
2:14.20	Thulisile	AMON	1999/05/01	AGN	5S1	PAARL	05-Apr
2:14.34	Odette	DREYER	1999/01/01	ACNW	5	PAARL	05-Apr
2:16.51	Sinesipho	PONI	1999/05/08	ATRA	5S2	PAARL	05-Apr

<b>1500m</b>		<b>SAR : 4:01.81</b>					
4:28.87	Tyler	BELLING	1999/08/24	AFS	1	PAARL	07-Apr
4:30.67	Yandiswa	SHANGE	2000/06/30	BOLA	5	Paarl	22-Mar
4:32.78	Simonay	WEITSZ	1999/04/26	AGN	2	PAARL	07-Apr
4:34.27	Thobile	VILAKAZI	1999/11/20	CGA	3	PAARL	07-Apr
4:34.80	Tyler	BELLING	1999/08/24	AFS	1	BLOEMFONTEIN	09-Apr
4:38.19	Odette	DREYER	1999/01/01	ACNW	4	PAARL	07-Apr
4:39.50	Rhode	BOON	2000/07/05	AVT	5	PAARL	07-Apr
4:39.75	Lara	ROSSOUW	1999/03/16	BOLA	6	PAARL	07-Apr
4:40.35	Lara	ORROCK	1999/06/01	AFS	7	PAARL	07-Apr
4:40.73	Kayla	De Waal	2000/06/11	WPA	1F	Paarl	10-Mar

<b>3000m</b>		<b>SAR : 8:37.50</b>					
10:05.98	Simonay	WEITSZ	1999/04/26	AGN	1	PAARL	06- Apr
10:06.01	Lara	ORROCK	1999/06/01	AFS	2	PAARL	06- Apr
10:15.26	Ntombomzi	TYWALANA	1999/11/21	ATRA	3	PAARL	06- Apr
10:35.09	Antoinette	BEZUIDENHOUT	2000/10/04	CGA	4	PAARL	06- Apr
10:38.89	Lethabo	MAKGOGA	2000/09/13	CGA	5	PAARL	06- Apr
10:39.44	Zelda	VAN DER MERWE	1999/09/27	AFS	6	PAARL	06- Apr
10:48.05	Bea	HAYES	2000/06/02	BOLA	7	PAARL	06- Apr
10:48.71	Simone	ADAMS	1999/11/12	WPA	8	PAARL	06- Apr
10:53.72	Ronelda	Vellem	2000/05/20	BOLA	1F	Paarl	10-Mar

10:55.95	Zelda	VAN DER MERWE	1999/09/27	AFS	2	Bloemfontein	09-Apr
----------	-------	---------------	------------	-----	---	--------------	--------

**Indoors**

9:46.42	Shanley	KOEKEMOER	100100	AGN	2	Winston-Salem	03-Feb
---------	---------	-----------	--------	-----	---	---------------	--------

**5000m** SAR : 15:01.83

17:10.57	Yandiswa	SHANGE	2000/06/30	BOLA	1	PAARL	07-Apr
17:21.69	Lesego	MPSHE	1999/09/05	AGN	2	PAARL	07 Apr
17:26.85	Tyler	BELLING	1999/08/24	AFS	3	PAARL	07 Apr
17:55.31	Ntombomzi	TYWALANA	1999/11/21	ATRA	4	PAARL	07 Apr
18:19.14	Lara	ORROCK	010699	AFS	3	BLOEMFONTEIN	17-Feb
18:23.54	Welma	NKUNA	2000/03/10	CGA	5	PAARL	07 Apr
18:30.38	Tyler	BELLING	1999/08/24	AFS	1	BLOEMFONTEIN	09-Apr
18:31.16	Thobile	AMON	1999/05/01	AGN	6	PAARL	07 Apr
18:37.43	Nonhlanhla	GCINA	1999/04/04	KZNA	7	PAARL	07 Apr
19:33.46	Michelle	VAN EYSEN	2000/06/06	BOLA	8	PAARL	07 Apr

**Indoors**

17:09.60	Indoors Shanley	KOEKEMOER	100100	AGN	17	Ames IA	10-Feb
----------	-----------------	-----------	--------	-----	----	---------	--------

**10000m**

36:32.08	Lesego	MPSHE	1999/09/05	AGN	2	TUKS-Pretoria	17-Mar
43:20.41	Katlego	MANGALA		CGA	2	BOKSBURG	27-Jan

**3000m Steeple Chase** SAR : 10:35.17

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
11:17.02	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
11:36.11	Tshwanelo	MARUPING	2000/03/19	CGA	7	PAARL	05 Apr
11:54.99	Bongeka	MAGUBANE	1999/05/17	CGA	8	PAARL	05 Apr
12:00.00	Ronelda	Vellem	2000/05/20	BOLA	1F	Paarl	10-Mar
12:29.32	Tshwanello	MARUPING	2000/03/19	CGA	5	TUKS-Pretoria	16-Mar

**100m Hurdles****SAR: 13.35**

14.21	2.0	Rogail	JOSEPH	2000/04/22	BOLA	1	PAARL	06 Apr
14.42	2.0	Martelize	JORDAAN	1999/06/09	BOLA	2	PAARL	06 Apr
14.55	-1.8	Charne-lee	OLKERS	2000/03/22	AGN	2	BOKSBURG	27-Apr
14.64	2.0	Tanya	EHRKE	1999/01/25	CGA	3	PAARL	06 Apr
14.67	2.0	Inge	VAN DER MERWE	1999/09/09	ACNW	4	PAARL	06 Apr
14.94	-1.4	Christin	FOX	1999/04/07	ACNW	1	POTCHEFSTROOM	20 March
15.30	-1.2	Carmen	VAN DER WESTHUIZEN			1	POTCHEFSTROOM	20-Jan
15.43	1.7	JULI	VERCUIEL	25-Jan-00	WPA	2	Parow	13-Jan
15.62	-3.4	Ane'	ERASMUS	1999/07/18	AFS	3S1	PAARL	06 Apr
15.73	2.0	Franci	LOUWRENS	2000/07/14	AMPU	5	PAARL	06 Apr

**Wind**

15.42	<b>2.6</b>	Sydney	Crow	2000/01/01	BOLA	1F	Paarl	10-Mar
15.45	<b>2.6</b>	Elize	Hugo	2000/05/05	BOLA	2F	Paarl	10-Mar

**400m Hurdles****SAR : 55.05**

55.05		Zeney	VAN DER WALT	2000/05/22	AGN	2	TUKS-Pretoria	17-Mar
58.65		Rogail	JOSEPH	2000/04/22	BOLA	2	PAARL	05 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
61.77		Belindi	van der Merwe	1999	AGN	3	TUKS-Pretoria	24-Feb
62.36		Leandra	CUSTODIO	2000/01/07	BOLA	5	PAARL	05 Apr
63.19		Ane'	ERASMUS	1999/07/18	AFS	6	PAARL	05 Apr
63.40		Nikita	GERMISHUIZEN	1999/03/18	AGN	6	TUKS-Pretoria	17-Mar
64.79		Zan-Mari	Roth	2000/01/20	BOLA	2	PAARL	24-Feb
65.37		Nerina	VISSER	1999/03/23	ACNW	4S1	PAARL	05 Apr

**High Jump****SAR : 1.96**

1.80		Yvonne	ROBSON	120999	AGN	1	POTCHEFSTROOM	20-Jan
1.75		Kristi	SNYMAN	2000/12/15	WPA	1	PAARL	06 Apr
1.70		Michelle	NGOZO	2000/05/15	AGN	3	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
1.65		Shannon	VERSTER	1999/11/10	AGN	6	PAARL	06 Apr

1.65		Carryn-ann	HOWARD	2000/03/15	EPA	7	PAARL	06 Apr
1.65		Matlhatsi	DOMBENI	1999/01/21	AGN	12	TUKS-Pretoria	15-Mar
1.60		Anneri	Gravett	05/03/1999	ACNW	2	POTCHEFSTROOM	13-Feb
1.60		Mariette	BOTHA		CGA	3	BOKSBURG	27-Jan
<b><u>Pole Vault</u></b>		<b>SAR : 4.05</b>						
3.60		Nadja	FOURIE	1999/01/25	ACNW	1	BOKSBURG	28-Apr
3.52		Anje	VILJOEN	2000/12/01	BOLA	1F	Paarl	10-Mar
3.50		Simonn	SWANEVELDER	2000/01/04	ASWD	4	TUKS-Pretoria	15-Mar
3.30		Corlè	VAN DER WALT	1999/07/30	ACNW	4	PAARL	05 Apr
3.20		Elata	Fourie	1999/02/11	BOLA	2	PAARL	24-Feb
<b><u>Long Jump</u></b>		<b>SAR : 6.54</b>						
5.97	2.0	Michaela	WRIGHT	1999/08/16	AFS	1	Bloemfontein	09 Apr
5.55	-0.1	Marike	COETZEE	1999/03/01	ACNW	2	PAARL	07 Apr
5.54	-0.5	Nerine	Jordaan	1999/04/01	ACNW	2	Potchefstroom	20 Feb
5.53	1.1	Lene	DUNCAN	2000/02/17	WPA	3	PAARL	07 Apr
5.46	-0.6	Geena	Taljaard	1999/12/12	ACNW	3	Potchefstroom	20 Feb
5.44	0.9	Kiara	WOLMARANS	1999/03/16	WPA	5	PAARL	07 Apr
5.26	-0.1	Cindy	VAN BERS	1999/06/14	AGN	6	PAARL	07 Apr
5.22	0.8	Fazlin	Jacobs	1999/09/08	WPA	2F	Paarl	10-Mar
5.11	1.1	Elize	Hugo	2000/05/05	BOLA	3F	Paarl	10-Mar
5.11	1.5	Lida	Botha	2000/12/19	WPA	4F	Paarl	10-Mar
<b><u>Triple Jump</u></b>		<b>SAR : 13.12</b>						
12.08	1.7	Mahlatsi	DOMBENI	1999/01/21	AGN	1	BOKSBURG	27-Apr
11.56	1.2	Nerine	JORDAAN	1999/04/01	ACNW	3	BOKSBURG	27-Apr
11.12	0.2	Geena	TALJAARD	1999/07/26	ACNW	3	PAARL	05 Apr
10.66	0.3	Marli	MULDER		CGA	1	GERMISTON	20-Jan
<b><u>WIND</u></b>								
11.79	2.4	Nerine	JORDAAN	1999/04/01	ACNW	1	PAARL	05 Apr
<b><u>Shot Put</u></b>		<b>SAR : 16.95</b>						
16.08		Meike	STRYDOM	2000/08/25	ASWD	2	TUKS-Pretoria	15-Mar

13.55	Mia	VAN OUDTSHOORN	99	AFS	4	San Angelo TX	08-Apr
13.14	Ancke	BOTHA	2000/02/25	CGA	2	BOKSBURG	27-Apr
12.02	Collet	UYS	2000/04/20	AFS	3	PAARL	07 Apr
12.02	Ilke	JOUBERT	1999/03/16	AMPU	3	PAARL	07 Apr
11.65	Janke	VAN TONDER	2000/03/13	AVT	5	PAARL	07 Apr
11.58	Tharina	VAN DER WALT	2000/02/22	AFS	1	Bloemfontein	10-Feb
11.21	Skye	Boshoff	2000/03/08	BOLA	2F	Paarl	10-Mar
11.12	Celine	Snyder	1999/12/13	WPA	3F	Paarl	10-Mar
11.10	Colette	UYS	2000/04/20	AFS	1	Bloemfontein	09-Apr

<b><u>Discus</u></b>	<b>SAR : 53.07</b>						
45.52	Collet	UYS	2000/04/20	AFS	1	BOKSBURG	28-Apr
44.83	Mia	VAN OUDTSHOORN	99	AFS	6	Amarillo TX	22-Apr
42.97	Meike	STRYDOM	2000/08/25	ASWD	1F	Paarl	10-Mar
42.70	Tharina	VAN DER WALT	2000/02/22	AFS	1	Bloemfontein	10-Feb
40.75	Colette	Uys	2000/04/20	AFS	1	Bloemfontein	09 Apr
40.50	Lize	BLIGNAUT	2000/09/26	ACNW	3	PAARL	06 Apr
36.99	Heidie	STASSEN	2000/07/21	WPA	4	PAARL	06 Apr
36.98	Janke	VAN TONDER	2000/03/13	AVT	5	PAARL	06 Apr
35.48	Heidi	Stassen	2000/07/21	WPA	2F	Paarl	10-Mar
34.20	Ilke	JOUBERT	1999/03/16	AMPU	6	PAARL	06 Apr

<b><u>Hammer Throw</u></b>	<b>SAR : 57.13</b>						
57.12	Tharina	VAN DE WALT	2000/02/22	AFS	3	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
50.94	Lizelle	FOURIE	1999/01/15	CGA	8	TUKS-Pretoria	16-Mar
46.01	Marizel	Van Dyk		AFS	2	Bloemfontein	09-Apr
44.99	Skye	BOSHOFF	2000/03/08	BOLA	5	PAARL	07 Apr
44.66	Monika	HULSMANN	1999/04/12	WPA	1	CAPE TOWN	20-Jan
42.80	Denecke	PRINSLOO	160499	GWA	2	Bloemfontein	10-Feb
42.10	Elzette	Versluis	2000/01/01	BOLA	2F	Paarl	10-Mar
41.83	Karlene	LAMBRECHTS	1999/01/13	BOLA	7	PAARL	07 Apr



<b>Javelin</b>		<b>SAR : 58.33</b>					
49.35	Maggie	LE ROUX	1999/06/11	ACNW	1	BOKSBURG	28-Apr
47.53	Leandri	LAMPRECHT	1999/03/15	ACNW	2	PAARL	06 Apr
44.79	Gestelle	SNYMAN	2000/07/24	AGN	8	TUKS-Pretoria	17-Mar
41.42	Danielle	VAN WYK		CGA	1	GERMISTON	20-Jan
40.08	Minke	WILKINSON	2000/02/18	AFS	4	PAARL	06 Apr
38.68	Jessica	VAN RENSBURG	1999/04/19	AMPU	5	PAARL	06 Apr
37.31	Milana	MULLER	110200	AFS	1	Bloemfontein	10-Feb
37.28	Elandri	Weyers	2000/10/26	WPA	1F	Paarl	10-Mar
35.41	Tameron	Delpont	2000/04/12	BOLA	2F	Paarl	10-Mar
35.23	Marle	Rademan	2000/05/05	BOLA	1	PAARL	24-Feb

<b>4 x 100m Relay</b>		<b>SAR : 45.07</b>					
46.73	AGN A			AGN	1	PAARL	6 Apr
47.65	RSA			RSA	1	BOKSBURG	28-Apr
48.35	PRC 19				1	POTCHEFSTROOM	20-Jan
48.40	BOLA			BOLA	2	PAARL	6 Apr
49.07	WPA			WPA	3	PAARL	6 Apr
49.65	ACNW			ACNW	4	PAARL	6 Apr
50.77	HMK 19				2	POTCHEFSTROOM	20-Jan
51.70	EPA			EPA	5	PAARL	6 Apr
53.60	NHW 19				3	POTCHEFSTROOM	20-Jan

<b>4x 400m Relay</b>		<b>SAR : 0:37.93</b>					
3:45.28	RSA			RSA	1	BOKSBURG	28-Apr
3:48.01	AGN			AGN	1	PAARL	07 Apr
3:50.39	RSA Juniors			RSA	7h1	Tempere, FIN	14-Jul
3:55.43	AFS			AFS	2	PAARL	07 Apr
3:59.96	CGA			CGA	3	PAARL	07 Apr
4:02.96	BOLA			BOLA	4	PAARL	07 Apr

**Heptathlon**      **SAR : 5868 pts**  
**100m Hurdles ; High Jump ; Shot Put ; 200m ; Long Jump ; Javelin ; 800m**

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
3676	Anneri	GRAVETT	1999/03/05	ACNW	3	TUKS-Pretoria	16/17-Mar
3429	Annica	OPPERMAN	2000/09/23	ASWD	4	TUKS-Pretoria	16/17-Mar

**1000m Medley Relay (100m, 200m, 300m, 400r**

2:21.62	HMK 19				1	POTCHEFSTROOM	20-Jan
2:23.39	POGH 19				2	POTCHEFSTROOM	20-Jan
2:31.64	NHW 19				3	POTCHEFSTROOM	20-Jan

**10000m Walk (Track) SAR : 48:30.68**

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

**10km Walk(Road)**

	SAR : 48:59.00						
57:20.00	Annette	KOEN	1999/06/04	ACNW	1	TUKS-Pretoria	17-Mar





















































