

# 2013 SOUTH AFRICAN SENIOR TOP 10 LIST

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**i - indoors**

**h - hand time**

**As at 8 April**

## MEN

### 60 meters Indoor

6.66		Anaso Jobodwana		300792	2	Birmingham	17-Feb
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### 100m

10.26	1.6	Anaso Jobodwana		300792	1	Baton Rouge	23-Mar
10.39	1.2	Akani Simbine	GN	21-09-93	1h2	ABSA Tuks Pretoria	09-Mar
10.44	-0.2	Henrico Bruintjies	BOL		1	Pretoria	05-Apr
10.53	0.1	Roscoe Engel	WP	060889	1	Bellville	16-Mar
10.53	0.7	Thando Roto	GN		1	Pretoria	05-Apr
10.55	0.7	Wesley Pindele	BO	1995	2	Pretoria	05-Apr
10.56	0.1	Antonio Alkana	WP		2	Bellville	16-Mar
10.58	0.1	Waide Jooste	CG		2sf1	Pretoria	05-Apr
10.59	0.1	Danie van Blerk	CG		3sf1	Pretoria	05-Apr
10.59	0.8	Lebakeng Sesele	GN		1h7	Pretoria	02-Mar
10.59	0.7	Sabelo Samkelo	CG	1995	3	Pretoria	05-Apr

### Wind

10.13	2.1	Anaso Jobodwana		300792	1h7	Austin	29-Mar
10.25	4.8	Antonio Alkana	WP		1h5	Parow	16-Feb
10.32	4.8	Sergio Mullins	WP	120580	2h5	Parow	16-Feb
10.33	2.2	Roscoe Engel	WP	6-Mar-89	1sf2	Bellville	16-Mar
10.42	2.4	Sesele Lebokeng	GN		1h1	ABSA Tuks Pretoria	09-Mar
10.59	2.8	Fana Mofokeng	FS	11-09-94	1h1	Bloemfontein	08-Mar

### 200m Indoor

20.47		Anaso Jobodwana		300792	1rB	Fayetteville	08-Mar
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### 200m

20.79	0.8	Akani Simbini	GN	21-Sep-93	1	ABSA Tuks Pretoria	09-Mar
20.95	-1.8	Gideon Trotter	FS		2	Pretoria	06-Apr
21.02	0.4	Jacques de Swardt	GN	12-Aug-92	1h1	Pretoria	02-Mar
21.20	1.0	Lebokeng Sesele	GN		1h2	Pretoria	02-Mar
21.20	-0.3	Walter Ungerer	CG	15-01-95	1	Pretoria	06-Apr
21.29	1.2	Fana Mofokeng	FS	11-09-94	1	Bloemfontein	08-Mar
21.31	-0.3	Keenan Michau	WP		2	Pretoria	06-Apr
21.33	0.7	Pierre Truter	GN		1h3	ABSA Tuks Pretoria	09-Mar
21.36	0.4	Ruan Greyling	GN	28-Jul-93	2h1	Pretoria	02-Mar
21.39	-0.3	Thando Roto	GN		3	Pretoria	06-Apr

### NWI

21.39		Walter Ungerer	CG	15-01-95	1	Germiston	02-Mar
21.43		Thando Roto	GN		2	Germiston	02-Mar
21.51		Samkelo Sabela	GAU		3	Germiston	02-Mar

**400m**

45.83		Wayde van Niekerk	FS		1	Pretoria	06-Apr
45.87		Jacques de Swardt	GN	12-Aug-92	2	Potchefstroom	19-Mar
45.94		Ofentse Mogawane	GN	20-02-82	1	ABSA Tuks Pretoria	09-Mar
46.45		Ruan Greyling	GN	28-Jul-93	2	ABSA Tuks Pretoria	09-Mar
46.76		Sonwabiso Skhosana	KZ	1995	1	Pretoria	06-Apr
46.91		Jon Seeliger	GN	27-04-95	2	Pretoria	06-Apr
46.95		Jaden Flagg	BOL		3	Pretoria	06-Apr
47.04		Rodwell Ndlovu	WP		4	Pretoria	06-Apr
47.12		Wouter le Roux	GN		1h3	Pretoria	02-Mar
47.14		Stefan Bruwer	GAU	1995	4	Pretoria	06-Apr

**800m**

1:46.61		Andre Olivier	CNW	29-12-89	1	Potchefstroom	19-Mar
1:47.87		Rynhardt van Rensburg	FS		2	Potchefstroom	19-Mar
1:49.20		Isaac Seoke	CNW		1	Potchefstroom	06-Mar
1:49.27		Steven Mhlongo	CG		2	Pretoria	06-Apr
1:49.47		Jacob Rozani	NWN	84	1	Pretoria	09-Feb
1:50.18		Themba Madima	GN		2	Pretoria	09-Feb
1:50.34		Duran Faro	CNW		1	Pretoria	06-Apr
1:50.46		Hannes Naude	BOL	14-Mar-90	5	Potchefstroom	19-Mar
1:50.62		Sandile Mdluli	CG		3	Pretoria	06-Apr
1:50.76		Mpho Makofane	GN	1994	2	Pretoria	06-Apr

**1500m**

3:38.83		Jerry Matsau	CG	120390	1	Potchefstroom	06-Mar
3:46.78		Armin Botha	CNW		2	Potchefstroom	06-Mar
3:47.04		Joel Mmone	CNW		3	Potchefstroom	06-Mar
3:47.7	h	Stephen Mokoka	GN	310185	1	ABSA Tuks Pretoria	19-Feb
3:48.34		Mboshishi Baloyi			1	Potchefstroom	19-Feb
3:48.4	h	Clinton Swanepoel	CG	08-Apr-83	2	ABSA Tuks Pretoria	19-Feb
3:49.3	h	Gladwin Mzazi	GN	28-Aug-88	3	ABSA Tuks Pretoria	19-Feb
3:49.58		Nkhasi Namakoe	GAU		1	Germiston	01-Mar
3:49.85		Adriaan Geldenhuys	GN	06-Oct-87	4	Potchefstroom	19-Mar
3:49.9	h	Moses Dirane	GN		4	Pretoria	09-Feb

**One Mile Indoors**

3:59.43		Pieter vd Westhuizen		21-Dec-84	2	Winston-Salem	02-Feb
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**3000m**

7:47.50		Elroy Gelant	CNW		1	Potchefstroom	23-Feb
8:02.20		Jerry Motsau	CG	12-Mar-90	2	Potchefstroom	19-Mar
8:08.20		Joel Mmone	CNW		4	Potchefstroom	19-Mar
8:02.52		Armin Botha	CNW		3	Potchefstroom	19-Mar
8:16.74		Dean Brummer	CN	150988	5	Potchefstroom	19-Mar

**5000m**

14:09.16		Joel Mmone	CNW		1	Potchefstroom	06-Mar
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14:09.30		David Manja	CNW		2	Potchefstroom	06-Mar
14:11.70		Gladwin Mzazi	GN	28-Aug-88	1	ABSA Tuks Pretoria	16-Mar
14:14.11		Kgosi Tsotsane	GN		2	ABSA Tuks Pretoria	16-Mar
14:18.50	h	Nkashi Namakoe	GAU		1	East London	23-Mar

#### 10 000m

28:50.24		Elroy Gelant	CNW		1	Potchefstroom	16-Mar
29:41.62		Stephen Mokoka	GN	01-Apr-85	1	ABSA Tuks Pretoria	15-Mar
29:48.04		Jani Lucas	GN		2	ABSA Tuks Pretoria	15-Mar
29:54.21		Joel Mmone	CNW		1	Potchefstroom	06-Feb
30:09.66		Kgosi Tsosane	GN		3	ABSA Tuks Pretoria	15-Mar
30:33.78		Nkosinathi Sotyantya	WP		1	Belville	16-Mar
30:51.60		David Manja	CNW		2	Potchefstroom	06-Feb
31:19.72		Michael Pienaar	BOL		1	Pretoria	05-Apr
31:19.72		Thobani Chagwe	KZ		1	Pretoria	05-Apr
31:38.98		Vuyisele Tshoba	GN		4	ABSA Tuks Pretoria	15-Mar

#### 3000m steeplechase

8:48.74		Skhumbozo Seeme	GN		1	ABSA Tuks Pretoria	15-Mar
8:51.90		Dean Brummer	CNW	15-Sep-88	1	Potchefstroom	06-Mar
9:03.81		Rantso Mokopane	CNW		1	Pretoria	5-Apr
9:05.20		Adam Lipschitz	GN	01-01-94	2	Pretoria	5-Apr
9:09.47		Adam Lipschitz	KZ	01-Jan-94	1	ABSA Tuks Pretoria	15-Mar
9:11.36		Lucas Bothubuthle	CNW		2	Potchefstroom	06-Mar
9:16.49		Mabinza Lukhanyo	GN		2	ABSA Tuks Pretoria	16-Mar
9:16.97		Tumisang Monnatlala	CG		3	Pretoria	5-Apr
9:17.28		Sakhamzi Matiso	EC		1	East London	22-Mar
9:17.60		Sibusiso Madikizela	CGA		1	Pretoria	5-Apr

#### 110m hurdles

13.96	-0.9	Tshepo Lefete	GN		1	Pretoria	06-Apr
13.98	-0.9	Kobus Moolman	GN	08-Jan-91	2	Pretoria	06-Apr
14.08	0.4	Andre Storm	CNW		1	Potchefstroom	06-Feb
14.23	1.0	Werner Pretorius	GN	26-Jan-92	2	Pretoria	02-Mar
14.25	-0.3	Antonio Alkana	FS	12-Apr-90	1	Bellville	16-Mar
14.27	1.0	Muntingh Hamman	GN	07-Mar-90	3	Pretoria	02-Mar
14.40	-0.9	Emmanuel Paggis	FS		3	Pretoria	06-Apr
14.67	-0.3	Neil le Roux	BOL		2	Bellville	16-Mar
14.68	0.4	Ruan Eygelaar	CNW		2	Potchefstroom	06-Feb
14.81	0.3	WP Swart	CNW		2	Potchefstroom	06-Mar

#### Wind

13.78	4.5	Antonio Alkana	FS	12-Apr-90		Parow	16-Feb
13.92	2.1	Kobus Moolman	GN	08-Jan-91	1	ABSA Tuks Pretoria	16-Mar
14.07	2.1	Muntingh Hamman	GN	07-Mar-90	2	ABSA Tuks Pretoria	16-Mar
14.09	2.1	Werner Pretorius	GN	26-Jan-92	3	ABSA Tuks Pretoria	16-Mar
14.28	2.1	Tshepo Lefete	GN		4	ABSA Tuks Pretoria	16-Mar

#### 400m hurdles

49.77		PC Beneke	GN	18-Jul-90	1	ABSA Tuks Pretoria	15-Mar
50.97		Le Roux Hamman	GN	06-Jan-92	1	Pretoria	06-Apr

51.07	Taariq Solomons	BOL	22-Aug-93	2	Pretoria	06-Apr
51.29	Constant Pretorius	GN	26-01-94	1	Pretoria	05-Apr
51.30	Bernard Pretorius	GN	06-Jan-93	3	Pretoria	06-Apr
51.90	Lindsay Hanekom	CG	93	4	Pretoria	06-Apr
52.07	Schalk Burger	CN		1	Potchefstroom	06-Mar
52.12	Shami Eksteen	FS		2h1	Pretoria	06-Apr
52.65	Jurie Moolman	GN		2h2	Pretoria	06-Apr
52.69	Hanco Sipsma	NW	1995	1h2	East London	23-Mar

### High jump

2.18	Ruan Claasen	CG	26-Mar-90	1	Ruimsig	09-Feb
2.08	Clyde Ruiters	WP	1994	1	Bellville	09-Mar
2.08	Jacques Freitag	GN		1	ABSA Tuks Pretoria	16-Mar
2.08	Vernon Lategan	CG	1995	1	East London	21-Mar
2.06	Mpho Links	GN		1	ABSA Tuks Pretoria	09-Mar
2.06	Ciaran Burks	GAU		q	East London	21-Mar
2.05	Sibusiso Mncube	GAU	1994	q	East London	21-Mar
2.05	Teboho Modise	VT		2	Pretoria	06-Apr
2.05	Tiro Motsepe	GN		1	Pretoria	06-Apr
2.05	JVA Steytler	FS		2	Pretoria	06-Apr
2.02	Ruhan Alberts	FS	1995	q	East London	21-Mar
2.00	Brandon Prinlsoo	CN		1	Potchefstroom	06-Feb
2.00	Christo Crause	CNW		1	Potchefstroom	06-Feb
2.00	Maurice Fisher	BOL		1	Paarl	13-Feb
2.00	Andrew de Beer	CG	1994	4	Germiston	02-Mar
2.00	Craig Caniham	GN	u/20	2	ABSA Tuks Pretoria	16-Mar
2.00	Fredericks Robbert	NW		q	East London	21-Mar
2.00	Ntandazo Mtshengu	KZ	1995	2	East London	21-Mar

### Pole vault

5.30	Eben Beukes	CG		1	Pretoria	02-Mar
5.10	Miqael Cilliers	GN		1	ABSA Tuks Pretoria	09-Mar
5.10	Heinrich Smit	WP		1	Potchefstroom	16-Mar
4.70	Juan de Swardt	BO	1994	1	East London	22-Mar
4.60	Waldo van Staden	GN		2	ABSA Tuks Pretoria	16-Mar
4.40	Armandt Lotter	GN	u/20	2	Pretoria	09-Feb
4.40	Emile Pellisier	BO		2	Pretoria	05-Apr
4.30	Neil le Roux	FS	1995	3	East London	22-Mar
4.25	Eric Pellisier	BOL		1	Paarl	13-Feb
4.20	Chris van der Merwe	FS	1995	5	East London	22-Mar
4.20	Coleman Brits	GN	06-04-00	3	Pretoria	09-Feb
4.20	Fabio Gruent	FS	1995	4	East London	22-Mar
4.20	Fredriech Pretorius	GN		4	Pretoria	09-Feb
4.20	JF Burger	CNW		2	Potchefstroom	06-Feb
4.20	JP van der Schyff	CNW		3	Potchefstroom	06-Feb

### Long jump Indoors

8.15	Khotso Mokoena	GN	060385	2	Stockholm	21-Feb
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### Long jump

8.19	0.2	Zark Visser	CG	150989	1	Pretoria	02-Mar
7.88	0.4	Ruswahl Samaai	CG		2	Pretoria	02-Mar
7.60	0.2	Francois Coetzee	GN		1	ABSA Tuks Pretoria	15-Mar
7.43	0.6	Duwayne Boer	GN	06-01-95	1	Pretoria	06-Apr
7.33	0.2	Keenon Watson	WP		1	Bellville	16-Mar
7.29	-1.2	Duwayne Boer	GN	06-01-95	2	ABSA Tuks Pretoria	15-Mar
7.12	0.7	Lezlo Bramwill	CG		3	Pretoria	06-Apr
7.10	-1.0	Nhlanhla Masemola	MP		4	Pretoria	06-Apr
6.99	1.5	Itemuleng Dikoko	GAU		2	Pretoria	06-Apr
6.99	1.4	Koketso Mogapi	VT		5	Pretoria	06-Apr
6.96	-1.2	Simon Mbarane	FS		1	Bloemfontein	08-Mar

#### nwi

7.18		Ryan Pottinger	GAU	1995	2	East London	21-Mar
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#### Wind

7.40	6.0	Keenon Watson	WP		1	Parow	16-Feb
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#### Triple jump Indoors

15.68		Khotso Mokoena	GN	060385	1	Jyvaskyla	21-Feb
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#### Triple jump

16.03	0.3	Reneilwe Aphane	GN	24-Aug-90	1	Pretoria	02-Mar
15.63	-0.2	Charles le Roux	GN	05-May-85	3	ABSA Tuks Pretoria	19-Feb
15.58	1.3	Sabelo Ndlovu	GN	24-06-94	1	Pretoria	06-Apr
15.42	1.0	Duwayne Boer	GN	06-01-95	2	Pretoria	06-Apr
15.26	0.8	Apelele Rasmeni	CG	15-Apr-91	2	Pretoria	02-Mar
15.16	-3.1	Albert Jankie	GN	15-Jun-94	1	ABSA Tuks Pretoria	09-Mar
14.68	0.1	Koketse Mogapi	VT		2	Pretoria	06-Apr
14.57	-0.3	Itemuleng Dikoko	GAU		4	Pretoria	06-Apr
14.43	0.4	Lorenzo Gordon	WC	1995	5	Pretoria	06-Apr
14.21	0.2	Angel Apolonari	NWN		6	Pretoria	06-Apr

#### nwi

15.79		Charles le Roux	GN	05-May-85	1	Potchefstroom	19-Mar
14.54		Wandile Sibiya	MP	1994	3	East London	23-Mar
14.33		Jason Boonman	NC		5	East London	23-Mar

#### Shot put

19.36		Jaco Engelbrecht	CG	8-Mar-87	1	Potchefstroom	06-Mar
19.28		Orazio Cremona	GN	1-Jul-89	1	ABSA Tuks Pretoria	19-Feb
18.13		Roelie Potgieter	GN		2	ABSA Tuks Pretoria	16-Mar
16.85		Johan Scholtz	GN		2	ABSA Tuks Pretoria	19-Feb
16.85		Donovan Stebbing	CG	2-Feb-92	1	Pretoria	05-Apr
16.75		Ruan Brits	BOL		1	Paarl	23-Jan
16.74		JP Hoffman	GN		2	Pretoria	02-Mar
16.62		Brynn-Peter Kemp	BOL		2	Pretoria	05-Apr
16.42		Ruan Murray	CNW		3	Pretoria	06-Apr
16.35		Thumelo Thage	GN		3	Pretoria	02-Mar

#### Discus

59.27		Russel Tucker	GN		1	ABSA Tuks Pretoria	09-Mar
55.41		Dewald van Heerden	CG	04-Apr-91	1	Pretoria	06-Apr

55.14	Brynn-Peter Kemp	BOL		2	Pretoria	06-Apr
53.97	Bryn Kemp	BOL		1	Paarl	13-Feb
53.61	Donovan Snyman	CG	30-May-86	1	Potchefstroom	06-Mar
53.42	James Sinclair	MP	02-Jun-86	1	ABSA Tuks Pretoria	15-Mar
52.66	Charl Grobler	GN	23-May-92	3	Pretoria	02-Mar
52.62	Wynand Carstens	BOL		3	Pretoria	06-Apr
52.51	Johan Scholtz	GN		3	Pretoria	09-Feb
52.38	Sven van Niekerk	MP		4	Pretoria	09-Feb

### Hammer

66.24	Johan Kruger	WP	150487	1	Belville	23-Feb
64.58	Kristiaan Bekker	CG	16-Jun-80	1	Ruimsig	09-Feb
64.04	Renaldo Frechou	CNW		1	Potchefstroom	06-Mar
63.13	Ricardo Meiring	EP	12-Sep-74	1	Sydney	02-Mar
61.69	Lodewalt Venter	CNW		2	Potchefstroom	06-Mar
59.44	Thehann van Niekerk	CNW		3	Potchefstroom	06-Mar
57.55	Anre Kotze	CNW		8	Potchefstroom	06-Feb
57.51	Micqel le Roux	WP		1	Belville	16-Mar
56.50	Donovan Stebbing	CG	2-Feb-92	3	Pretoria	06-Apr
55.80	Martin Venter	GN		1	Pretoria	02-Mar

### Javelin

77.73	Robert Oosthuizen	BOL	230187	1	Paarl	23-Mar
74.70	Chad Herman	EP		1	Pretoria	05-Apr
73.83	Morne Moolman	WP	010994	3	Austin	29-Mar
73.74	Tobie Holtzhausen	CNW	25-May-87	2	Potchefstroom	06-Feb
72.66	Rocco van Rooyen	WP	2-Apr-33	2	Pretoria	06-Apr
72.33	Stephan Beukes	RSA	14-Jul-94	1	Potchefstroom	06-Mar
71.72	Dylan Lindsay	CG		3	Pretoria	06-Apr
71.24	Ulrich Damon	BOL	23-Oct-90	1	Parow	16-Feb
71.00	Jason Henning	CN	13-Aug-90	2	Potchefstroom	06-Mar
69.95	Reinhard van Zyl	GN	07-02-94	1	Pretoria	05-Apr

### 3km Walk

13:42.3	Mdudadzi Mavundla	CGA		1	Potchefstroom	06-Feb
13:56.28	Sheldon George	CN		2	Potchefstroom	06-Feb

### 5km Walk

24:12.53	Ross McDonald	WP		1	Bellville	16-Mar
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### 10km Walk

45:38.24	Lebegang Shange	GN		1	ABSA Tuks Pretoria	16-Mar
45:39.39	Marc Mundell	GN		1	ABSA Tuks Pretoria	16-Mar

### WOMEN

#### 100m

11.72	-1.0	Alyssa Conley	CG	27-Apr-91	1	Pretoria	05-Apr
11.79	1.5	Samantha Pretorius	WP		1h1	Bellville	16-Mar

11.80	-1.0	Elzette Buys	GN	22-Nov-92	2	Pretoria	05-Apr
11.89	1.4	Phillipa van der Merwe	NC	07-01-94	1	Pretoria	05-Apr
11.91	-1.0	Ansulet Potgieter	FS		4	Pretoria	05-Apr
11.94	1.0	Chante van Tonder	CG	25-May-93	2	Potchefstroom	19-Mar
11.95	1.4	Liezl Hechter	CN	22-03-94	2	Pretoria	05-Apr
11.95	-1.0	Melissa Hewitt	CNW	31-Dec-90	6	Pretoria	05-Apr
11.96	-1.2	Cherise Jones	GN		1h3	ABSA Tuks Pretoria	19-Feb
11.96	-0.9	Sonja van der Merwe	WP		2h1	Pretoria	05-Apr

#### Wind

11.87	2.6	Samantha Pretorius	WP		2	Parow	16-Feb
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#### 200m

23.46	-0.7	Justine Palframan	BOL		1	Pretoria	06-Apr
23.67	-0.7	Allysa Conley	CG		2	Pretoria	06-Apr
23.78	-0.7	Sonja van der Merwe	WP	19-May-92	3	Pretoria	06-Apr
23.84	1.5	Arista Nienaber (Hefer)	CG	09-Dec-87	1h2	Pretoria	02-Mar
23.86	-0.7	Chante van Tonder	CG	25-May-93	4	Pretoria	06-Apr
23.88	1.0	Elzette Buys	GN	22-Nov-92	2h2	ABSA Tuks Pretoria	09-Mar
24.02	0.8	Philippa vd Merwe	GN		1h1	ABSA Tuks Pretoria	09-Mar
24.35	1.0	Wenda Nel (Theron)	GN		4h2	ABSA Tuks Pretoria	09-Mar
24.36	1.1	Loungo Mathaku	GN		1h3	ABSA Tuks Pretoria	09-Mar
24.50	1.5	Welme van Zyl	GN	15-Dec-88	2h2	Pretoria	02-Mar

#### 400m

53.32		Sonja van der Merwe	WP	19-May-92	1	Pretoria	06-Apr
53.32		Justine Palframan	BOL		2	Pretoria	06-Apr
53.60		Anneri Ebersohn	GN	09-Aug-90	1h1	Pretoria	09-Feb
53.74		Wenda Nel (Theron)	GN	30-Jul-88	1	ABSA Tuks Pretoria	09-Mar
54.11		Sonja van der Merwe	WP	19-May-92	1	Bellville	16-Mar
54.84		Arista Nienaber (Hefer)	CG	09-Dec-87	1	Potchefstroom	06-Mar
55.07		Ramonnye Goitseona			3h1	Pretoria	09-Feb
55.26		Carina Swiegers	CG	15-05-95	1	Pretoria	06-Apr
55.50		Janet Seeliger	GN	27-04-95	2	Pretoria	06-Apr
55.51		Goitsione Ramonnye	NW		3	Pretoria	06-Apr
55.51		Anuscha Nice	GN	26-Aug-91	1	ABSA Tuks Pretoria	16-Mar

#### 800m

2:05.00		Gena Lofstrand	KZ	23-10-95	1h1	East London	23-Mar
2:05.60		Anuscha Nice	GN	26-Aug-91	1	ABSA Tuks Pretoria	15-Mar
2:09.00		Mandie Brandt	CG	05-Nov-82	2	ABSA Tuks Pretoria	15-Mar
2:09.93		Adel Vermaak	GN		3	Potchefstroom	19-Mar
2:09.16		Danel Prinsloo	FS		2	Pretoria	05-Apr
2:10.65		Sunel Jacobs	CNW		4	Potchefstroom	19-Mar
2:11.22		Thato Makhafola	CG		3	Pretoria	06-Apr
2:11.46		Carien van Deventer	WP	1995	2	East London	23-Mar
2:11.81		Alet Marais (van Wyk)	WP	11-Nov-85	1	Bellville	16-Mar
2:11.99		Icarien van Deventer	WP		2	Bellville	16-Mar

#### 1500m

4:30.31		Danel Prinsloo	FS		1	Pretoria	06-Apr
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4:30.49		Lorraine Novela	CG		2	Pretoria	06-Apr
4:31.32		Gena Lofstrand	KZ	23-10-95	1	Pretoria	06-Apr
4:31.43		Anuscha Nice	GN	26-Aug-91	1	ABSA Tuks Pretoria	19-Feb
4:31.63		Mandie Brandt	GN	05-Nov-82	2	ABSA Tuks Pretoria	19-Feb
4:33.07		Nolene Conrad	CG		1	Potchefstroom	19-Mar
4:34.54		Duanne Fourie	GAU	1995	1	East London	22-Mar
4:34.92		Ainslee van Graan	GN		1	ABSA Tuks Pretoria	16-Mar
4:35.08		Stella Marais	GN		3	ABSA Tuks Pretoria	19-Feb
4:36.68		Sunelle Coetzee	MP		2	East London	22-Mar

#### One Mile Indoors

4:44.78		Dominique Scott		24-Jun-92	3	College Station	19-Feb
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#### 3000m Indoor

9:18.71		Dominique Scott		24-Jun-92	2	Fayetteville	26-Feb
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#### 3000m

9:56.30	h	Blandina Makhatsi	FS		1	East London	23-Mar
10:00.22		N Nobhangaye	GAU		2	East London	23-Mar
10:04.00	h	Luleka Dyonki	NW		3	East London	23-Mar
10:06.00	h	Bernadine McLoud	GAU		4	East London	23-Mar
10:10.40	h	Vuyiseka Nkumenge	EC		5	East London	23-Mar
10:14.61		Ebeth Marais	WC		1	Bellville	09-Mar
10:27.34		Annie Bothma	WP		2	Bellville	09-Mar
10:35.60	h	Sindy Labuschagne	GN	1995	8	East London	23-Mar
10:23.00	h	Janey van der Merwe	BO		6	East London	23-Mar

#### 3000m Indoor

16:03.13		Dominique Scott		24-Jun-92	11	Seattle	08-Feb
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#### 5000m

17:12.71		Blandina Makhatsi	FS		1	East London	21-Mar
17:19.41		Ebeth Marais	WC		2	East London	21-Mar
17:20.36		Annie Bothma	WP		1	Bellville	09-Mar
17:27.31		Ulrica Stander	WP		1	Bellville	16-Mar
17:36.91		Khonzheni Gwegwa	EC	1994	3	East London	21-Mar
17:46.23		Zandile Makatise	CG		2	Pretoria	5-Apr
17:55.89		Thandi Sihohle	GAU	1996	4	East London	21-Mar
18:00.17		Janey van der Merwe	BO		5	East London	21-Mar
18:06.38		Tanya Scott	WP		2	Bellville	16-Mar
18:07.76		Mia Bosman	GAU		6	East London	21-Mar

#### 3000m steeplechase

10:49.21		Thandeka Manzana	GN		1	ABSA Tuks Pretoria	15-Mar
10:49.21		Thandeka Manzana	GN		1	ABSA Tuks Pretoria	15-Mar
10:58.10		Thembi Baloyi	GN	7-Jan-89	1	ABSA Tuks Pretoria	15-Mar
11:03.43		Olivia Labuschagne	GN		2	ABSA Tuks Pretoria	15-Mar
11:07.99		Alicia Labuschagne	GN		3	ABSA Tuks Pretoria	15-Mar
11:20.32		Sindy Labuschagne	GN		4	ABSA Tuks Pretoria	15-Mar
11:41.46		Leani Grimes	GN		1	ABSA Tuks Pretoria	02-Mar

**100m hurdles**

13.78	0.6	Rikenette Steenkamp	GN	16-Oct-92	1	Potchefstroom	19-Mar
13.83	0.6	Ansulet Potgieter	FS	27-Apr-91	2	Potchefstroom	19-Mar
14.07	1.3	Maryke Brits			3	Tampa	14-Mar
14.50	0.3	Bianca Erwee	CNW		1	Potchefstroom	06-Mar
14.58	0.6	Mihandra Dorfling	CNW		3	Potchefstroom	19-Mar
14.62		Mercia Venter	GAU		1h1	East London	21-Mar
14.67		Chrizanne Markham	GAU		1	Germiston	01-Mar
14.68		Schalia Oosthuizen	GAU		2h1	East London	21-Mar
15.02		Helga Wendy Bensusan	CG		3	Germiston	01-Mar
15.08	0.3	Carina Etsebeth	GN		2	ABSA Tuks Pretoria	09-Mar
15.15	0.6	Liriska Botha	FS	02-04-00	4	Potchefstroom	19-Mar
15.18		Marissa Viljoen	GAU		5	Germiston	01-Mar

**Wind**

13.50	2.1	Ansulet Potgieter	FS	27-Apr-91	1	Pretoria	05-Apr
13.56	2.1	Rikenette Steenkamp	GN	16-Oct-92	2	Pretoria	05-Apr
14.07	2.1	Layla Gilbert	CG		3	Pretoria	05-Apr

**400m hurdles**

56.57		Anneri Ebersohn	GN	09-Aug-90	1	ABSA Tuks Pretoria	09-Mar
56.94		Wenda Theron	GN	30-Jun-88	1	ABSA Tuks Pretoria	15-Mar
59.82		Ane Fourie	BOL		1	Pretoria	06-Apr
59.98		Izelle Neuhoff	GN		1	Pretoria	06-Apr
60.00		Giana Wilkens	CN		1	Bloemfontein	02-Mar
61.28		Chrizanna Forssman	GN		2	Pretoria	06-Apr
62.22		Marina Swanepoel	BOL		3	Pretoria	06-Apr
62.27		Chanel Leuvenik	WP		1	Bellville	16-Mar
62.39		Tessa Heystek	MP		2	Pretoria	06-Apr
63.39		Chante Finger	GN		2h1	ABSA Tuks Pretoria	19-Feb

**High jump**

1.75		Elizabeth Lotz	GN		1	Pretoria	09-Feb
1.70		Merike Smuts	GN	17-Jan-90	1	Pretoria	30-Jan
1.65		Berne Krugel	GN		2	ABSA Tuks Pretoria	09-Mar
1.65		Leandri Botha	FS		1	Pretoria	05-Apr
1.63		Jeanri J van Rensburg	LIM		q	East London	21-Mar
1.63		Leonie van Rooyen	NC		q	East London	21-Mar
1.63		Evelyn Rothballer	MP		1	Pretoria	06-Apr
1.60		Alice Maree	FS		3	East London	22-Mar
1.60		Calli Camacho	GN		1	ABSA Tuks Pretoria	16-Mar
1.60		Evelyn Rothballer	MP		q	East London	21-Mar
1.60		Inge Viljoen	GN		3	Pretoria	09-Feb
1.60		Megan Wilke	GAU		4	East London	22-Mar
1.60		Sonika Knoetze	GN		2	ABSA Tuks Pretoria	02-Mar
1.60		Zeanke Prinsloo	FS		2	Pretoria	05-Apr

**Pole vault**

3.90		Deone Joubert	GN		1	Pretoria	02-Mar
3.70		Nadia Giliomee	BOL		2	Pretoria	02-Mar

3.60		Mar-Lize Vos	FS	1995	1	East London	22-Mar
3.50		Elandi Styger	CN	10-10-93	1	Potchefstroom	06-Mar
3.45		Honorata Saar	WP		1	Bellville	16-Mar
3.40		Licinda Pienaar	GN		1	Absa Tuks Pretoria	15-Mar
3.30		Surika Piater	FS	1995	3	Pretoria	05-Apr
3.30		Jameson Colins	BOL		4	Pretoria	05-Apr
3.30		Taahirah Kozain	BOL		1	Pretoria	06-Apr
3.30		Mariska Smit	BOL		2	Pretoria	06-Apr

#### Long jump Indoors

6.10		Maryke Brits			5	Blacksburg	22-Feb
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#### Long jump

6.58	-0.8	Lynique Prinsloo	GN	30-Mar-91	1	Pretoria	06-Apr
6.49	2.0	Carla Marais	GN	101287	2	ABSA Tuks Pretoria	15-Mar
6.32	1.5	Samantha Pretorius	WP		2	Pretoria	06-Apr
6.27	0.8	Patience Ntshingila	CNW	26-Aug-89	1	Potchefstroom	06-Mar
6.11	-0.1	Zanri van der Merwe	GN		3	Pretoria	06-Apr
6.05	1.1	Bianca Erwee	CN	4-Mar-90	2	Potchefstroom	06-Mar
5.94	1.8	Monja Goosen	GN		4	ABSA Tuks Pretoria	15-Mar
5.88	0.8	Kayla Gilbert	CG		4	Pretoria	06-Apr
5.85	1.8	Janet Seeliger	GN	27-Apr-95	1	Pretoria	06-Apr
5.72	0.4	Kelly Kingwell	CG		5	Pretoria	06-Apr

#### Wind

6.59	2.1	Lynique Prinsloo	GN	30-Mar-91	1	ABSA Tuks Pretoria	15-Mar
5.80	4.3	Maryke Brits			8	Austin	27-Mar

#### NWI

6.36		Zanri van der Merwe	GN		1	Potchefstroom	19-Mar
5.97		Monja Goosen	GN		4	Potchefstroom	19-Mar
5.83		Nicholeen McClaren	MP	10-May-90	1	Pretoria	02-Mar
5.75		Megan Wyers			5	Potchefstroom	19-Mar

#### Triple jump

12.51	1.8	Matsi Dikotla	GN	03-Sep-87	1	Pretoria	02-Mar
12.35	0.9	Kelly Kingwell	CG	22-Jan-91	1	Pretoria	06-Apr
12.12	0.0	Luchelle Prinsloo	CG		2	Pretoria	06-Apr
12.05	1.5	Somien Schutte	GN		1	ABSA Tuks Pretoria	16-Mar
11.64	1.1	Sone Pretorius	GN		1	ABSA Tuks Pretoria	16-Mar
11.63	-0.3	Bonita Botha	GN		2	Pretoria	06-Apr
11.61	0	Dineo Mgwenya	MP		3	Pretoria	06-Apr
11.53	1.8	Bonita Botha	GN		2	ABSA Tuks Pretoria	16-Mar
11.53	1.8	Bonita Botha	GN		2	ABSA Tuks Pretoria	16-Mar
11.36	1.2	Michelle Cornelius	GN	14-09-89	2	ABSA Tuks Pretoria	16-Mar

#### NWI

11.80		Helga Wendy Bensusan	GAU	1994	1	Germiston	01-Mar
11.52		Thelma Mosehle	CN	06-04-95	1	Potchefstroom	02-Mar

#### Shot

15.49		Sonia Smuts	GN		1	Pretoria	02-Mar
15.33		Lezaan Jordaan	CG	17-10-95	1	East London	22-Mar

15.26	Ischke Senekal	EP		1	Pretoria	05-Apr
14.43	Geraldine Duvenage	CG	1995	2	Pretoria	05-Apr
14.32	Wanzel Breytenbach	CN		1	Pretoria	02-Mar
13.87	Cecile Meyer	FS		3	Pretoria	05-Apr
13.78	Marista Greyling	GN		Hept	Pretoria	02-Mar
13.67	Sonika Knoetze	GN		1	Pretoria	30-Jan
13.50	Eunice Olevano	FS		3	Pretoria	05-Apr
13.15	Bianca van Rooyen	CG		1	Ruimsig	09-Feb

#### Discus

58.13	Elizna Naude	GN	14-Sep-78	1	Pretoria	09-Feb
56.16	Maryke Oberholzer	GN		1	ABSA Tuks Pretoria	19-Feb
48.80	Simone Meyer	GN	22-03-93	2	ABSA Tuks Pretoria	09-Mar
48.70	Ischke Senekal	EP		2	Pretoria	05-Apr
48.45	Geraldine Duvenhage	CG	1995	1	Germiston	01-Mar
45.66	Eunice Olevano	FS		1	Bloemfontein	02-Mar
44.11	Somari Els	GN		2	Pretoria	05-Apr
43.92	Marga Vermaak	BOL		3	Pretoria	05-Apr
43.25	Carmen Killian	GAU		2	East London	23-Mar
43.86	Lindie Liebenberg	CNW		4	Pretoria	05-Apr

#### Hammer

57.06	Annemie Smith	RSA	24-Mar-92	1	Pella	28-Mar
53.67	Leandri de Beer	CG		1	Ruimsig	09-Feb
52.52	Magdelene Louw	EP		1	Pretoria	06-Apr
50.20	Mieke Stander	EC	1995	1	East London	21-Mar
49.58	Chene Coetzee	EC		1	Pretoria	09-Feb
47.85	Karen le Roux	BOL		1	Paarl	30-Jan
47.15	Marilize Coetzee	WP		1	Bellville	16-Mar
46.23	Karin Snyman	GN		2	Pretoria	02-Mar
45.46	Nadia Botha	FS		2	Pretoria	05-Apr
45.35	Amy Botes	EP		3	Pretoria	06-Apr

#### Javelin

52.05	Sane van Zyl	CNW		2	Pretoria	30-Jan
51.58	Gezelle Bernard	CNW		1	Pretoria	05-Apr
50.90	Anzell van der Schyff	GN		1	Pretoria	30-Jan
47.68	Janika Kotze	CNW		2	Pretoria	05-Apr
47.58	Megan Wilke	GAU	1995	1	East London	22-Mar
47.07	Carli Grobbelaar	CNW		1	Potchefstroom	06-Feb
46.60	Lizel de Swardt	CNW		3	Pretoria	05-Apr
45.64	Carien Dreyer	GN		4	Pretoria	05-Apr
44.75	D de Wet	GAU		2	East London	22-Mar
43.96	Sane van Zyl	CN	12-08-95	3	East London	22-Mar

#### 3km Walk

14:45.16	Jessica van Wyk	CNW		1	Potchefstroom	06-Feb
15:12.33	Corli Swart	CN		2	Potchefstroom	06-Feb
16:49.78	Chandri van Heerden	CNW		3	Potchefstroom	06-Feb

**5km Walk**

24:52.26	Susan Swanepoel	GN	1	ABSA Tuks Pretoria	09-Mar
29:52.23	Juane Wiid	GN	2	ABSA Tuks Pretoria	09-Mar
30:15.75	Edna Brand	WP	1	Bellville	16-Mar
31:44.63	Deborah Horn-Botha	WP	2	Bellville	16-Mar

**10km Walk**

50:41.09	Susan Swanepoel	GN	1	ABSA Tuks Pretoria	16-Mar
54:40.11	Chanice Klink	BO	1	Bellville	09-Mar
57:59.40	Phelokazi Gcolotela	CG	1	East London	23-Mar
1:06:03.41	Juanine Langeveldt	WC	2	East London	23-Mar
1:06:39.63	Bianca Swanepoel	WP	2	Bellville	09-Mar
1:07:17.94	Sisipoho Sokrowa	WC	3	East London	23-Mar

end





























































































































































































































































































































































































































































































































































































































































































