



1992-2017

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BOARD MEMBERS

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MISSION

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

To
From
Date
Subject
No pages

ASA Members
ASA Office
2 May 2017
ASA TOP 10 SENIOR RANKING AS ON 2 MAY 2017
19

ELECTRONIC TRANSMISSION

Dear ASA Members

Circular 48 of ASA 2017 (05/02) – ASA TOP 10 SENIOR RANKING AS ON 2 MAY 2017

Please find attached the latest ASA Top 10 Rankings.

Please note that ASA has not received a satisfactory explanation for the electronic time system used in Bloemfontein during Speed Series 2 that appeared to be defective and as a result, all electronic times achieved at the mentioned event have been removed from the ASA Top 10 Ranking List.

The SA Record set in the 110mH Men during the mentioned event will also not be ratified.

Athletics greetings

Richard Stander

ASA CEO

Not signed due to electronic sending



Athletics South Africa Ranking Lists, 2017

As at 2 May 2017

Compiled by: Clyde Kinloch, Sarina Cronje, Cobus Kok, Wesley Botton and Staci Kiloh (under the auspices of SAAS)

SENIORS

MEN

100m

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

200m

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

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

Indoors

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

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

800m

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

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

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

3 000m steeplechase

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

110m hurdles

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

400m hurdles

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

High jump

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

Pole vault

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

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

Indoors

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

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

Indoors

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

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

Shot put

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

Discus throw

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

Hammer throw

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

Javelin throw

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

Decathlon

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

4x100m relay

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

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

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

20km walk (road)

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

WOMEN

100m

11.10	+0.3	Carina	Horn	AGN	1s1	Potchefstroom	21-Apr
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11.34	+0.3	Tebogo	Mamatu	AGN	2s1	Potchefstroom	21-Apr
11.41	-0.2	Alyssa	Conley	CGA	1	Potchefstroom	21-Apr
11.50	+1.3	Nabeela	Parker	WPA	3s1	Potchefstroom	21-Apr
11.53	+0.2	Tamzin	Thomas	WPA	1	Cape Town	28-Apr
11.73	-0.2	Lente	Pieterse	ACNW	5	Potchefstroom	21-Apr
11.80	+2.0	Reabetswe	Moloi	AGN	3s1	Cape Town	28-Apr
11.81	-2.5	Rose	Xeyi	AGN	3s2	Potchefstroom	21-Apr
11.88	+0.3	Shanice	Marncé	KZNA		Potchefstroom	21-Apr
11.97	+1.9	Cherese	Jones	AGN		Pretoria	18-Mar

200m

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

400m

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

55.43	Sonja	van der Merwe	WPA	6h2	Potchefstroom	15-Mar
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800m

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

1 500m

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

Indoors

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

16:08.21	Kesa	Molotsane	AFS	1	Durban	28-Feb
16:20.06	Irvette	van Zyl	AGN	2	Durban	28-Feb

16:24.44	Louisa	Leballo		3	Durban	28-Feb
16:32.51	Nolene	Conrad	WPA	3	Potchefstroom	21-Apr
16:36.49	Mapaseka	Makhanya	CGA	4	Potchefstroom	21-Apr
16:38.49	Glenrose	Xaba	AMPU	4	Durban	28-Feb
16:38.78	Jenet	Dlamini	KZNA	5	Durban	28-Feb
16:47.47	Andrea	Steyn	KPMG	6	Durban	28-Feb
16:50.14	Sherilene	Gelderblom	ACNW	2	Cape Town	29-Apr
16:52.81	Stella	Marais	AGN	3	Cape Town	29-Apr

Indoors

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

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

3 000m steeplechase

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

11:34.16	Lara	Orrock	AFS	6	Potchefstroom	22-Apr
11:47.23	Lizandre	Mulder	AFS	4	Cape Town	28-Apr

100m hurdles

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

400m hurdles

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

High jump

1.85		Julia	du Plessis	ANCW	1	Potchefstroom	22-Apr
1.80		Tillanie	Neethling	AGN	1	Pretoria	04-Mar
1.80		Yvonne	Robson	AGN	1	Pretoria	
1.75		Brittany	Uys	KZNA	2	Pretoria	29-Mar

1.75	Erikah	Seyama	AGN	2	Pretoria	31-Mar
1.75	Mahlatsie	Dombeni	AGN	2	Cape Town	08-Apr
1.75	Marilize	Higgins	CGA	3	Potchefstroom	22-Apr
1.75	Geraldine	King	WPA	5	Potchefstroom	22-Apr
1.75	Danielle	Carstens	AGN	3	Cape Town	29-Apr
1.70	Kristi	Snyman	WPA	7	Potchefstroom	22-Apr
1.70	Sharrafah	Arewa	AGN	8	Potchefstroom	31-Mar

Pole vault

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

Long jump

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

* Holds dual SA/Turkey citizenship

Indoors

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

Triple jump

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

Indoors

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

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

Discus throw

54.74	Ischke	Senekal	EPA	1	Potchefstroom	03-Mar
48.17	Yolandi	Stander	AGN	1	Sasolburg	28-Mar
47.66	Tharina	van der Walt	AFS	2	Potchefstroom	22-Apr
47.59	Leandri	Geel	CGA	2	Potchefstroom	03-Mar
46.64	Riette	Heyns	ACNW	2	Germiston	22-Mar
46.40	Linda	van Vreden	CGA	1	Pretoria	04-Mar
43.86	Ashley	Nieuwenhuizen		3	Sasolburg	28-Mar
43.31	Jana	Steinmann	ACNW	5	Germiston	22-Mar
41.95	Sonia	Smuts	AGN	7	Potchefstroom	22-Apr
41.06	Mia	van Oudtshoorn	AFS	8	Potchefstroom	22-Apr

Hammer throw

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

Javelin throw

63.49	Sunette	Viljoen	ACNW	1	Potchefstroom	21-Apr
55.43	Jo-Ane	van Dyk	ACNW	1	Reduit	08-Apr
51.00	Megan	Wilke	ACNW	2	Cape Town	28-Apr
50.50	Tazmin	Brits	ACNW	3	Potchefstroom	15-Mar
49.12	Maggie	le Roux		1	Durban	29-Mar
47.45	Carli	Nieuwenhuisen	ACNW	2	Bloemfontein	08-Mar
46.82	Linda	van Vreden	CGA	5	Potchefstroom	15-Mar

45.27	Leandri	Lamprecht	AMPU	6	Potchefstroom	21-Apr
45.24	Anneke	Germishuys	BOLA	2	Cape Town	08-Apr
44.59	Zandri	Bailey	WPA	8	Potchefstroom	21-Apr

Heptathlon

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

4x100m relay

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

4x400m relay

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

3:52.27	Athletics Gauteng North U-20	AGN	2	Cape Town	08-Apr
3:53.22	Boland Athletics U-20	BOLA	3	Cape Town	08-Apr

20km walk

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