

South African Track & Field TOP 10 Performances 2017

as @ 3 December 2017

Senior (Any athlete 16 years & Older born 2001 and earlier)

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

Edited by : Sarina Cronje

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>	<u>SA TOP10</u>	<u>IAAF</u> <u>Top 150</u>
<u>MEN</u>										
<u>60m</u>										
6.69	Indoors	Emile	ERASMUS	030492	AGN	1h2	Ulvsunda, SWE	28-Jan		
6.76	Indoors	Ncincihli	TITI	151293	AGN	1h5	Clemson SC	10-Feb		
6.77	-0.3	Le Roux	VAN TONDER		CGA	1	Potchefstroom	17 Jan		
6.82	Indoors	Lebogang	MALOKA			8	Frisco TX	10-Feb		
7.02	0.4	Lebogang	MAAGA		AGN	1	Pilditch-Pretoria	21 Jan		
7.10	0.4	Mehdi	SULEMANN		AGN	2	Pilditch-Pretoria	21 Jan		
7.12	-0.3	Thulani	MAKHANYA		ACNW	2	Potchefstroom	17 Jan		
7.12	-0.3	Arno	SNYMAN		ACNW	3	Potchefstroom	17 Jan		
7.14	-0.3	Phebogo	SEBONEGO		ACNW	4	Potchefstroom	17 Jan		
7.19	0.4	Thomas	NIKWZE		AGN	4	Pilditch-Pretoria	21 Jan		
<u>80m</u>										
08.91	-0.6	Nathaniel	SAULS		CGA	1h1	Germiston	22-Mar		
08.94	-0.2	Thabang	PEANA		AVT	1h2	Germiston	22-Mar		

09.04	-0.6	Ntando	MOLEFE		CGA	2h1	Germiston	22-Mar
09.14	-0.2	Archie	DLAMINI		CGA	2h2	Germiston	22-Mar
09.23	-0.2	Bongumusa	NKOSI			3h2	Germiston	22-Mar
09.33	-0.6	Timothy	MOHABI		CGA	3h1	Germiston	22-Mar
09.68	-0.6	Tumelo.	KHOZA		CGA	4h1	Germiston	22-Mar

100m

09.92	1.2	Akani	SIMBINE	210993	AGN	1	TUKS-Pretoria	18-Mar	1	4
09.94	0.9	Wayde	VAN NIEKERK	150792	AFS	1	Velenje, SLO	20-June	2	8
09.95	1.2	Thando	ROTO	260995	AGN	2	TUKS-Pretoria	18-Mar	3	9
10.06	1.5	Henricho	BRUINTJIES	160793	AGN	2	Turku, FIN	13-June	4	37
10.08	2	Emile	ERASMUS	030492	AGN	1h1	TUKS-Pretoria	13-May	5	47
10.12	1.1	Gift	LEOTLELA	120598	AGN	1h1	TUKS-Pretoria	18-Mar	6	62
10.16	1.1	Anaso	JOBODWANA	300792	KZNA	1h2	TUKS-Pretoria	11-Nov	7	88
10.20	2	Clarence	MUNYAI	200298	AGN	2h5	TUKS-Pretoria	04-Mar	8	127
10.21	-0.3	Simon	MAGAKWE	250585	ANWN	1h1	TUKS-Pretoria	03-Jun	9	137
10.23	-1.2	Lebokeng	SESELE	101290	AGN	1	Hilversum	09-July	10	

150m

15.66	0.6	LeRoux	VAN TONDER		CGA	1	Potchefstroom	31-Jan
16.26	-0.6	Mehidi	SULEMAN		AGN	1h1	Pilditch-Pretoria	21 Jan
16.59	-0.7	Lebogang	MAAGA		AGN	1h2	Pilditch-Pretoria	21 Jan
16.98	-0.6	Marcus	BORNMAN		AGN	2h1	Pilditch-Pretoria	21 Jan
17.05	-0.6	Sylvester	ABRAHAMS		AGN	3h1	Pilditch-Pretoria	21 Jan
17.19	-0.7	Thato	NDLULI		AGN	2h2	Pilditch-Pretoria	21 Jan
17.23	-0.7	Morne	FOURIE		AGN	3h2	Pilditch-Pretoria	21 Jan
17.46	-0.6	Wouter	DE VOS		AGN	4h1	Pilditch-Pretoria	21 Jan
17.63	-0.7	Emmanuel	ANIGWE		AGN	6h2	Pilditch-Pretoria	21 Jan
18.95	-0.6	Keagan	HOFFMAN		AGN	5h1	Pilditch-Pretoria	21 Jan

200m

19.84	1.2	Wayde	VAN NIEKERK	150792	AFS	1	Kingston, JAM	10-June	1	3
19.95	1.7	Akani	SIMBINE	210993	AGN	1h5	TUKS-Pretoria	04-Mar	2	5
20.10	1.7	Clarence	MUNYAI	200298	AGN	2h5	TUKS-Pretoria	04-Mar	3	13
20.14	1.7	Ncincihli	TITI	151293	AGN	1r1	Columbia SC	15-Apr	4	16
20.20	0.5	Gift	LEOTLELA	120598	AGN	3	Potchefstroom	22-Apr	5	24
20.27	-0.2	Lebokeng	SESELE	101290	AGN	1	Kortrijk, BEL	08-July	6	34
20.40	0.7	Hendrik	MAARTENS	240596	AFS	1s2	Potchefstroom	22-Apr	7	71
20.51	0.7	Luxolo	ADAMS	01.08.96	EPA	3s2	Potchefstroom	22-Apr	8	108
20.69	0	Anaso	Jobodwana	02.08.85	KZNA	1	TUKS-Pretoria	13-May	9	
20.81	0.7	Lebogang	MOENG	101089	AGN	4s2	Potchefstroom	22-Apr	10	

SAR

300m

30.81		Wayde	VAN NIEKERK	150792	AFS	1	Ostrava, CZE	28-June	1	
31.61		Clarence	MUNYAI	200298	AGN	3	Ostrava, CZE	28-June	2	
32.88		Ricardo	DOS SANTOS		ACNW	1	Potchefstroom	17 Jan	3	
33.54		Phelogo	SEBONEGO		ACNW	2	Potchefstroom	17 Jan	4	
33.59		Pino	KALANE		ACNW	3	Potchefstroom	17 Jan	5	
34.05		Stefan	BRUWER		ACNW	1h1	Potchefstroom	24-Oct	6	
34.19		Phemelo	MATLHABE		ANWN	1	Potchefstroom	31-Oct	7	
34.41		Andrew	BARNES		AGN	1	Pilditch-Pretoria	21 Jan	8	
34.57		Lethogonolo	SEPOTOKEK		AGN	2	Pilditch-Pretoria	21 Jan	9	
35.28		Hendrik	SUSAN		ACNW	2h1	Potchefstroom	24-Oct	10	
35.28		Lenku	OOSTHUIZEN		ACNW	3h1	Potchefstroom	24-Oct		

WB / AB / SAB

400m

0:43.62	Wayde	VAN NIEKERK	150792	AFS	1	Lausanne, SUI	06-July	1	1
0:45.15	Pieter	CONRADIE	201094	ACNW	1	Potchefstroom	22-Apr	2	40
0:45.66	Ranti	DIKGALE	120787	AGN	1	Pretoria	12-Apr	3	102
0:45.39	Thapelo	PHORA	211191	AGN	1	Potchefstroom	20-May	4	115
0:45.95	Ashley	HLUNGWANI	250491	AGN	2	TUKS-Pretoria	03-Jun	5	
0:45.96	Derrick	MOKOLENG	97		6q1	Austin TX	26-May	6	
0:46.20	Sokwakhana	ZAZINI	230900	AGN	1	Durban	01-Apr	7	
0:46.24	Jon	SEELIGER	270495	AGN	2s1	Pretoria	18-Mar	8	
0:46.41	Zakithi	NENE	020498	KZNA	5	Potchefstroom	22-Apr	9	
0:46.65	Kyle	APPEL	100598	WPA	1	Cape Town	04-Nov	10	
0:46.65	Oscar	MAVUNDLA		AGN	1	TUKS-Pretoria	02-Dec	10	

600m

1:18.03	Kabelo	MOHLOSI	200193			1 Potchefstroom	11-Apr		
1:18.09	Jacob	ROZANI	240188	ANWN		2 Potchefstroom	11-Apr		
1:18.60	Henco	UYS	040692	ACNW		3 Potchefstroom	11-Apr		
1:20.70	Julius	VVELA			1	Potchefstroom	04-Apr		
1:26.93	Christopher	SWART		AGN	1	Pilditch-Pretoria	21 Jan		
1:29.94	Keagan	HOFFMAN		AGN	2	Pilditch-Pretoria	21 Jan		
1:31.93	Clinton	FOURIE		AGN	3	Pilditch-Pretoria	21 Jan		

800m

1:45.73	Rynardt	VAN RENSBURG	230392	AFS	3	Stockholm, SWE	18-June	1	62
1:46.33	Jacob	ROZANI	240188	ANWN	3	Velenje, SLO	20-June	2	92
1:46.65	Henco	UYS	040692	ACNW	2	Potchefstroom	22-Apr	3	115
1:47.11	Tshepo	TSHITE		ACNW	3	Potchefstroom	22-Apr	4	
1:47.31	William	MOTHOSOLO	310390	AMPU	4	Potchefstroom	22-Apr	5	

1:47.31	Kabelo	MOHLOSI	200193	ANWN	1	TUKS-Pretoria	03-Jun	6
1:47.83	Mpho	MAKOFANE	94	Clemsen	2	Baton Rouge LA	22-Apr	7
1:47.86	Tian	BASSON	93	AMPU	5	Potchefstroom	22-Apr	8
1:47.90	Themba	MADIMA	040489	AGN	3	Regensburg	11-June	9
1:47.98	George	KUSCHE	060898	AGN	1	Bruxelles, BEL	09-July	10

1000m

2:20.25	Jacob	ROZANI	240188	ANWN	7	Ostrava, CZE	28-June	
2:25.14	Jerry	MOTSAU	120390	ACNW	4	Sint-Niklaas, BEL	02-Aug	
2:27.50	Henco	UYS	040692	ACNW	1	Potchefstroom	17 Jan	
2:29.64	Emile	PIETERSE		ACNW	2	Potchefstroom	17 Jan	
2:30.75	Indoors Moses	DIRANE			2	Pittsburg KS	03-Mar	
2:35.69	Given	MORUBO		AGN	1	Pilditch-Pretoria	21 Jan	
2:37.16	Christopher	???		AGN	2	Pilditch-Pretoria	21 Jan	
2:38.59	Mogomotsi	SEGOMELO		ACNW	3	Potchefstroom	17 Jan	
2:38.68	Ruben	GOUWS		ACNW	4	Potchefstroom	17 Jan	
2:40.00	Matthew	FORRESTER		AGN	3	Pilditch-Pretoria	21 Jan	

1500m

03:38.11	Jerry	MOTSAU	120390	ACNW	4	Bruxelles, BEL	09-July	1	110
03:38.83	Rantso	MOKOPANE	080894	ACNW	1	Cape Town	28-Apr	2	133
03:38.94	Dumisane	HLASELO	080689	CGA	2	Cape Town	28-Apr	3	137
03:40.69	Nkosinathi	SIBIYA	010194	KZNA	2	Kings Park - DURBAN	28-Feb	4	
03:41.18	George	KUSCHE	060898	TUKS	4	Kings Park - DURBAN	28-Feb	5	
03:41.42	Treasure	DERISON	040992	AFS	5	Kings Park - DURBAN	28-Feb	6	
03:43.64	Henry	MAKANE	010393	CGA	5	Cape Town	28-Apr	7	
03:45.09	Tumisang	MONNATLALA	310195		7	Kings Park - DURBAN	28-Feb	8	
03:45.91	Ryan	MPHAHLELE	98	CGA	6	Potchefstroom	22-Apr	9	
03:46.03	Thakgatso	MALEBANA	110299	AGN	6	Cape Town	28-Apr	10	

1 Mile

04:08.63	indoors	Mpho	MAKOFANE	94	Monroe College	1	Clemson SC	14-Jan	
04:11.04		Ryan	MPHAHLELE	98	CGA	1	Germiston	22-Mar	
04:13.31	Indoors	Warno	POTGIETER			3	Birmingham AL	05-Feb	
04:14.67		Henry	MAKANE	010393	CGA	2	Germiston	22-Mar	
04:17.33	Indoors	Migael	STRYDOM	090898	South Alabama	10	Birmingham AL	21-Feb	
04:18.61		Thobile	MOSITO		AGN	4	Pittsburg KS	04-Mar	
04:27.53		Gladwin	MZAZI	280888	CGA	3	Germiston	22-Mar	

3000m

08:01.27		Elroy	GELANT	250886	ACNW	1	Potchefstroom	04-Apr	1
08:04.57		Jerry	MOTSAU	120390	ACNW	1	Potchefstroom	15-Mar	2
08:07.95		Dikotsi	LEKOPA	070788	ACNW	2	Potchefstroom	15-Mar	3
08:08.11		Joel	MMONE	290391	ACNW	3	Potchefstroom	15-Mar	4
08:09.09		Thabang	MOSIAKO	230295	ACNW	4	Potchefstroom	15-Mar	5
08:10.64		David	MANJA	080691		5	Potchefstroom	15-Mar	6
08:12.30		Dumisane	HLASELO	080689	CGA	2	SASOLBURG	28-Mar	7
08:15.07		Jeromy	ANDREAS	280292	CGA	6	Potchefstroom	15-Mar	8
08:21.00	indoors	Warno	POTGIETER			1rB	Nashville TN **	21-Jan	9
08:21.00		Anthony	TIMOTEUS	34846	WPA	1	Parow	18-Feb	10

5000m

13:52.13		Jeromy	ANDREAS	280292	CGA	1	Cape Town	29-Apr	1
14:03.84		Thabang	MOSIAKO	230295	ACNW	1	Potchefstroom	21-Apr	2
14:05.04		Rantso	MOKOPANE	80894	ACNW	2	Cape Town	29-Apr	3

14:05.59	Elroy	GELANT	250886	ACNW	2	Potchefstroom	21-Apr	4
14:05.73	Milton	KEKANA		AGN	3	Cape Town	29-Apr	5
14:07.11	Collen	MULAUDZI	080491	AGN	4	Cape Town	29-Apr	6
14:09.55	Stephen	MOKOKA	010485	AGN	3	Potchefstroom	21-Apr	7
14:12.13	Siboniso	SOLDAKA	201290	WPA	1	Lier, BEL	05-Aug	8
14:12.72	Nadeel	WILDSCHUTT	281196	WPA	1	Parow	18-Mar	9
14:13.86	Anthony	TIMOTEUS	270595	WPA	2	Parow	18-Mar	10

10 000m

28:14.67	Stephen	MOKOKA	010485	AGN	20	London, GBR	04-Aug	1	96
28:16.54	Elroy	GELANT	250886	ACNW	1	Kings Park - DURBAN	28-Feb	2	102
28:49.92	Joel	MMONE	290391	ACNW	3	Kings Park - DURBAN	28-Feb	3	
29:00.38	Thabang	MOSIAKO	230295	ACNW	4	Kings Park - DURBAN	28-Feb	4	
29:01.01	David	MANJA	080691	ACNW	5	Kings Park - DURBAN	28-Feb	5	
29:08.51	Jeromy	ANDREAS	280292	CGA	1	Cape Town	28-Apr	6	
29:14.83	Milton	KEKANA		AGN	2	Cape Town	28-Apr	7	
29:19.25	Marianio	EESOU	071291	EPA	6	Kings Park - DURBAN	28-Feb	8	
29:22.31	Collen	MULAUDZI	080491	AGN	3	Cape Town	28-Apr	9	
29:27.25	Vuyisile	TSHOBO	120291	AGN	7	Kings Park - DURBAN	28-Feb	10	

3000m Steeple (91.4cm

08:34.47	Rantso	MOKOPANE	080894	ACNW	1	Potchefstroom	22-Apr	1	131
08:45.7	Siboniso	SOLDAKA	201290	WPA	3	Merksem, BEL	29-Jul	2	
08:47.15	Dikotsi	LEKOPA	070788	ACNW	2	Potchefstroom	22-Apr	3	
08:50.79	Sibisiso	MADIKIZELA	130691	WPA	5	Copenhagen, DEN	20-June	4	
08:51.56	Merlin	KLAASTE	081292	WPA	2	Cape Town	28-Apr	5	
08:54.20	Sive	NGUBO		AGN	3	Cape Town	28-Apr	6	
08:54.38	Ruan	MEINTJIES	100396	AFS	4	Cape Town	28-Apr	7	
08:54.83	Kabelo	SEBOKO	010198	CGA	3	Potchefstroom	22-Apr	8	

08:57.82	Nope	MOLEJANE	98	AFS	1	Durban	01-Apr	9
08:58.46	Aphelele	NKONYENI	98	EPA	2	Durban	01-Apr	10
08:58.71	Siboniso	SOLDAKA	201290	WPA	5	Cape Town	28-Apr	

60m Hurdles

106.7cm

08.11	0.6	Muntingh	HAMMAN	AGN	1	Potchefstroom	24-Jan
08.23	0.6	Alwyn	BOTHMA	ACNW	2	Potchefstroom	24-Jan
08.31	0.6	Theodor	YOUNG	ACNW	3	Potchefstroom	24-Jan
08.44	0.6	Shaun	BOWNES	ACNW	4	Potchefstroom	24-Jan
08.48	0.6	Tiaan	KLEYNHANS	ACNW	5	Potchefstroom	24-Jan
08.49	0.6	Cobus	HAMMAN	AFS	6	Potchefstroom	24-Jan
08.85	0.6	Naeem	RAZAK	ACNW	7	Potchefstroom	24-Jan
09.29	0.6	Paballo	MAIMANE	ACNW	8	Potchefstroom	24-Jan

110m Hurdles

106.7cm

13.11	1.8	Antonio	ALKANA	120490	WPA	1	Praha, CZE	05-June	1	7
13.42	0.3	Tiaan	SMIT	140395	AGN	1	Potchefstroom	22-Apr	<i>Subsequently Banned</i>	
13.73	0.4	Junior	MKATINI	040190	CGA	1	TUKS-Pretoria	03-Jun	2	128
13.77	-0.1	Ruan	DE VRIES	010286	AGN	1	Potchefstroom	20-May	3	
13.84	-0.2	Alwyn	BOTHMA	97	ACNW	1	Potchefstroom	31- Oct	4	
13.86	2.0	Tshepo	LEFETE	020292	CGA	1h1	Cape Town	28-Apr	5	
13.99	1.4	Muntingh	HAMMAN	070390	AGN	2h2	Potchefstroom	15-Mar	6	
14.04	2.0	Kobus	MOOLMAN	080191	AFS	2h1	Cape Town	28-Apr	7	
14.16	2.0	Theodor	YOUNG	050796	ACNW	3h1	Cape Town	28-Apr	8	
14.26	0.9	Andre	SEPTEMBER	050793	WPA	5h1	Potchefstroom	21-Apr	9	
14.32	-1.0	Friedrich	PRETORIUS	040895	AGN	4	TUKS-Pretoria	31-Mar	10	
		AR - SAR								

300m Hurdles

91.4cm

39.86	Theodor	YOUNG	050796	ACNW	2	Potchefstroom	24-Jan
40.14	Naeem	RAZAK		ACNW	3	Potchefstroom	24-Jan
40.28	Hannes	AUCAMP		ACNW	4	Potchefstroom	24-Jan

400m Hurdles

91.4cm

0:49.27	Cornel	FREDRICKS	030390	AGN	1	TUKS-Pretoria	17-Mar	1	42
0:49.28	Constant	PRETORIUS	260194	AGN	1	TUKS-Pretoria	03-Jun	2	43
0:49.29	LJ	VAN ZYL	200785	AGN	1	TUKS-Pretoria	12-Mar	3	44
0:49.35	LeRoux	HAMMAN	060192	AGN	1	Potchefstroom	21-Apr	4	50
0:49.91	Kefilwe	MOGOWANE	111097	AGN	3	TUKS-Pretoria	03-Jun	5	101
0:50.20	PC	BENEKE	180790	AGN	4	TUKS-Pretoria	17-Mar	6	136
0:50.63	Lindsey	HANEKOM	150593	AGN	5	Praha, CZE	05-June	7	
0:50.99	Linford	MAREE	310199	BOLA	4	Potchefstroom	21-Apr	8	
0:51.10	Elshami	EKSTEEN	060892	AFS	3h2	Potchefstroom	21-Apr	9	
0:5.90	Louwtjie	STEENKAMP		AGN	3	TUKS-Pretoria	02-Dec	10	

High Jump

2.25	Chris	MOLEYA	270197	AGN	1	Potchefstroom	22-Apr	1	57
2.25	Breyten	POOLE	230300	WPA	1	Cape Town	04-Nov	1	57
2.23	Mpho	LINKS	200696	ACNW	7	Taipei City, TPE	25-Aug	3	82
2.20	Keegan	FOURIE	071191	BOLA	2	Potchefstroom	22-Apr	4	128
2.18	Tiaan	STEENKAMP	140396	Arkansas	5q	Austin TX	27-May	5	
2.15	Garth	ELLIS	92	EPA	3	Potchefstroom	22-Apr	6	
2.05	Leandre	VAN ROOYEN	99	AGN	1	Pretoria	15-Feb	7	
2.05	Gift	NKOSI	99	AGN	1	Durban	01-Apr	8	
2.05	Matthew	PUDULE		CGA	2	Durban	01-Apr	9	
2.05	Sarel	PRINSLOO	260593	ACNW	6	Potchefstroom	22-Apr	10	

Pole Vault

5.25	Niel	GILIOME			14	Lexington KY	27-May	1
5.22	Valco	VAN WYK	260700	BOLA	1	Paarl	02-Dec	2
5.20	Eben	BEUKES	090390	AGN	1	TUKS - Pretoria	04-Mar	3
5.12	Lukas	VAN DER WALT	240198	BOLA	4	Lawrence KS	28-Apr	4
5.10	Michael	CILLIERS	250493	AGN	2	TUKS - Pretoria	12-Apr	5
5.00	Heinrich	SMIT	200287	AGN	2	Potchefstroom	21-Apr	6
4.97	Friedrich	PRETORIUS	040895	AGN	1	Pretoria	18-Mar	7
4.94	Hendrick	VAN WYK		WPA	1	Durban	01-Apr	8
4.90	Eckhardt	VAN DER WATT	99	BOLA	3	Potchefstroom	21-Apr	9
4.80	Juan	DE SWART		BOLA	1	Cape Town	28-Apr	10

Long Jump

8.65	1.3	Luvo	MANYONGA	080191	AGN	1	Potchefstroom	22-Apr	1	1
8.49	-0.8	Ruswahl	SAMAAI	250991	CGA	2	Potchefstroom	22-Apr	2	2
8.22	1.5	Zarck	VISSER	150989	CGA	1	Bad Langensalza, GER	17-June	3	17
8.19	1.0	Godfrey	MOKOENA	060385	CGA	1	Weinheim, GER	27-May	4	23
7.81	1.4	Cheswill	JOHNSON	300997	CGA	1	TUKS-Pretoria	02-Dec	5	
7.80	0.4	Jovan	VAN VUUREN	170796	AFS	2	Bloemfontein	08-Mar	6	
7.72	0.3	Dylan	COTTER	230891	CGA	2	Germiston	22-Mar	7	
7.64	0.5	Peter	MAKGATO	050596	CGA	4	Bloemfontein	08-Mar	8	
7.52	1.1	Jason	FARAO	190996	CGA	6	Bloemfontein	08-Mar	9	
7.52	0.0	Divan	MANUEL		EPA	4	Cape Town	28-Apr	10	

Triple Jump

13m										
16.75	0.7	Reneilwe	APHANE	240890	AGN	1	TUKS-Pretoria	18-Feb	1	52
16.65	-0.5	Godfrey	MOKOENA	060385	CGA	1	TUKS-Pretoria	02-Dec	2	

15.96	0.4	Sefako	MOKHOSOA	130396	AFS	2	Cape Town	29-Apr	3
15.85	0.6	Junior	MPHEFU		BOLA	2	TUKS-Pretoria	02-Dec	4
15.62	-1	Menzi	MTHEMBU	070295	CGA	4	TUKS-Pretoria	02-Dec	5
15.55	-1.9	Dylon	COTTER	230891	CGA	1	Germiston	14-Jan	6
15.53	1.6	Jason	KIDZA-SEWENYANA	030182	WPA	2	Pretoria	11-Mar	7
15.28	0.4	Kweku	ESSAH	030791	AGN	2	Pretoria	11-Mar	8
15.20	-3.8	Jubilant	MOTHLAKE	96	CGA	1	TUKS-Pretoria	31-Mar	9
15.18	-1.8	Itumuleng	DIKOKO	95	AVT	2	SASOLBURG	28-Mar	10

Shot Put

7.26kg

21.12	Orazio	CREMONA	010789	AGN	1	Potchefstroom	22-Apr	1	19
20.63	Jaco	ENGELBRECHT	080387	CGA	2	Potchefstroom	22-Apr	2	33
19.15	Burger (jnr)	LAMBRECHTS	060898	AGN	3	Potchefstroom	22-Apr	3	115
19.00	Jason	VAN ROOYEN	040297	CGA	1	Harare, ZIM	10-June	4	132
18.51	Kayle	BLIGNAUT	091199	CGA	5	Potchefstroom	22-Apr	5	
17.73	Ruan	COMBRINK	110395	AGN	1	TUKS-Pretoria	31-Mar	6	
16.78	Tumelo	THAGE	240290	AGN	2	Pretoria	11-Mar	7	
16.76	Zane	WEIR	070995	WPA	2	TUKS-Pretoria	31-Mar	8	
16.29	Dean	WATTRUS	100589	ACNW	5	Sydney, AUS	02-Apr	9	
16.20	Constand	VAN ROOYEN	250192	ACNW	4	Potchefstroom	15-Mar	10	

Discus

2kg

64.18	Victor	HOGAN	250789	BOLA	1	Leiria	20-Jul	1	33
57.90	Dewald	VAN HEERDEN	040496	CGA	1	TUKS-Pretoria	11-Mar	2	
56.78	Jan-Louw	KOTZE	180394		1	Mobile AL	15-Apr	3	
55.27	Patrick	DUVENHAGE	170298	AGN	1	TUKS-Pretoria	31-Mar	4	
55.12	Brynn-Peter	KEMP	180191	BOLA	2	Potchefstroom	21-Apr	5	
54.18	Werner	VISSER	270298	CGA	2	TUKS-Pretoria	31-Mar	6	
53.37	Jaco	ENGELBRECHT	080387	CGA	1	Potchefstroom	31-Jan	7	
52.09	Jason	VAN ROOYEN	040297	CGA	2	Potchefstroom	03-Mar	8	

52.08	Burton	HAUPT	150961	AGN	2	TUKS-Pretoria	11-Mar	9
52.01	Johan	SCHOLTZ	040396	AGN	2	Pretoria	30-Jan	10

Hammer Throw 7.26kg

71.28	Tshepang	MAKHETE	090296	ACNW	1	SASOLBURG	28-Mar	1	87
70.53	Chris	HARMSE	310573	AFS	1	Potchefstroom	22-Apr	2	108
70.30	Renaldo	FRECHOU	040392	AGN	2	Potchefstroom	22-Apr	3	111
69.14	Alan	CUMMING	210396	ACNW	2	Potchefstroom	19-Sep	4	
65.46	Damien	BOTHA		BOLA	3	TUKS-Pretoria	02-Dec	5	
65.27	Carel	HAASBROEK	270298	ACNW	3	Potchefstroom	19-Sep	6	
61.33	Vincent	VAN RENSBURG		CGA	1	Pretoria	04-Mar	7	
60.66	Johan	KRUGER	07-Jan-12	BOLA	1	Parow	18-Feb	8	
59.56	Eurard	ROODE		CGA	2	Germiston	22-Mar	9	
58.15	Juan	OLIVIER		BOLA	4	TUKS-Pretoria	02-Dec	10	

Javelin 800g

84.09	Rocco	VAN ROOYEN	231292	WPA	1	Parow	18-Mar	1	25
80.49	Phil-Mar	JANSE VAN RENSBURG	230689	AMPU	1	Germiston	18-Mar	2	53
77.88	Johann	GROBLER	60897	ACNW	1	Potchefstroom	20-May	3	87
77.81	Chad	HERMAN	250592	ACNW	1	Potchefstroom	15-Mar	4	90
77.20	Reinhardt	VAN ZYL	070294	Missouri	2	Columbia SC	13-May	5	105
76.82	Leon	LAUBSER	210296	ACNW	1	TUKS-Pretoria	31-Mar	6	122
76.19	Tobie	HOLTZHAUZEN	250587	AGN	2	TUKS-Pretoria	02-Dec	7	
74.83	Hernu	VAN VUUREN	150498	CGA	4	Potchefstroom	21-Apr	8	
73.51	Werner	DAMES	010699	ANWN	1	Cape Town	07-Apr	9	
72.78	Arno	VAN EEDEN	170599	WPA	1	Cape Town	04-Nov	10	

4 x 100m Relay

0:38.47	Henricho BRUINTJIES, Gift LEOTLLA, Clarence MONYAI, Akani SIMBINE	RSA	1	Germiston	22-Mar	15
0:39.80	Henricho BRUINTJIES, Thando ROTO, Clarence MONYAI, Akani SIMBINE	RSA	1	Šamorin, SVK	17-June	
0:39.98	UJ	CGA	1	TUKS-Pretoria	31-Mar	
0:40.07	WPA	WPA	1	Potchefstroom	22-Apr	
0:40.15	NWU-PUKKE	ACNW	2	TUKS-Pretoria	31-Mar	
0:40.17	TUKS	AGN	1	Potchefstroom	03-Mar	
0:40.36	UJ	CGA	2	Potchefstroom	03-Mar	
0:40.45	KOVSIES	AFS	3	TUKS-Pretoria	31-Mar	
0:40.58	Wpa	WPA	4	Germiston	22-Mar	
0:40.78	PUKKE	ACNW	1	Cape Town	28-Apr	

4 x 400m Relay

03:03.53	South Africa "A"	RSA	1	Germiston	22-Mar	32
03:06.80	South Africa "B"	RSA	2	Germiston	22-Mar	
03:09.01	Maties A	BOLA	1	Cape Town	29-Apr	
03:10.20	TUT A	AGN	2	Cape Town	29-Apr	
03:10.21	TUKS A	AGN	3	Cape Town	29-Apr	
03:10.22	Tut	AGN	3	Germiston	22-Mar	
03:10.53	PUKKE	ACNW	4	Cape Town	29-Apr	
03:11.04	BOLAND	BOLA	1	Potchefstroom	22-Apr	
03:14.11	AGN INDIVIDUALS	AGN	2	Potchefstroom	22-Apr	
03:14.37	UJ	CGA	5	Cape Town	29-Apr	

3 000m Walk (Track)

11:10.22	Wayne	SNYMAN	080385	AGN	2	Brisbane, AUS	11-Feb
11:14.49	Lebogang	SHANGE	010890	CGA	1	Šamorin, SVK	17-June
12:10.61	Sizwe	NDEBELE		AGN	2	Germiston	22-Mar

12:25.66	Mzwakhe	MAVUNDLA		CGA	3	Germiston	22-Mar
13:13.99	Tumisang	PULE		AGN	4	Germiston	22-Mar
14:03.99	Nkosinathi	NCOKAZI			5	Germiston	22-Mar
14:06.63	Tebatso	MASHIMBYI			6	Germiston	22-Mar
14:51.82	Ntaone	NTOANE		CGA	7	Germiston	22-Mar
15:39.18	Vincent	NHLAPO		AGN	1	Pilditch-Pretoria	21 Jan
15:43.15	Gift	LIMBA			8	Germiston	22-Mar
15:50.67	Frans	OOSTHUIZEN		AGN	2	Pilditch-Pretoria	21 Jan

5 000m Walk (Track)

18:55.60	Lebogang	SHANGE	010890	CGA	1	Budapest, HUN	30-June
29:47.53	Johan	VAN ZYL	18-Feb-49	WPA	1	Parow	18-Feb
27:32.51	Bheki	MNYAMANE		AGN	1	TUKS-Pretoria	02-Dec
27:37.47	Chris	BRITZ		AGN	2	TUKS-Pretoria	02-Dec
27:51.13	Jan	BESTER		AGN	3	TUKS-Pretoria	02-Dec
29:23.26	DJR	LABUSCHAGNE		AGN	4	TUKS-Pretoria	02-Dec
31:55.30	Tembelani	FIGLAN	03-Feb-65	WPA	2	Parow	18-Feb
31:56.00	Jurgen	SPENCER	01-Oct-40	WPA	3	Parow	18-Feb
32:19.79	Schalk	WALTERS	21-Nov-57	WPA	4	Parow	18-Feb
32:22.37	Lucky	ZIQWAYI	24-Aug-77	WPA	5	Parow	18-Feb
33:53.09	Len	DIEDERICKS	14-Dec-44	WPA	6	Parow	18-Feb
	SAR						

10 000m Walk (Track)

0:41:16.23	Lebogang	SHANGE	010890	CGA	3	Canberra, AUS	29-Jan
0:41:41.60	Wayne	SNYMAN	080385	AGN	1	Pretoria	18-Mar
0:42:53.23	Sizwe	NDEBELE		AGN	2	Pretoria	18-Mar
0:44:31.82	Mthembu	CHAUQUE	110293	AFS	1	Bloemfontein	11-Mar
0:45:34.11	Thumisang	PULE		AGN	3	Pretoria	18-Mar

10km Walk (Road)

0:39:48.00	Lebogang	SHANGE	010890	CGA	1	Waxi CHN	25-Sep
0:40:29.00	Wayne	SNYMAN	080385	AGN	mediate	Cape Town	05-Aug
0:56:34.00	Wentsley	MEKUUR			1	Cape Town	05-Aug

SAR

20km Walk (Road)

1:19:18.00	Lebogang	Shange	10890	CGA	4	London, GBR	13 Aug	1	12
1:21:06.00	Wayne	SNYMAN	080385	AGN	1	Cape Town	05-Aug	2	53
1:28:37.00	Sizwe	NDEBELE		AGN	2	Potchefstroom	22-Apr	3	
1:32:45.00	Mzwakhe	MAVANDLA		CGA	3	Potchefstroom	22-Apr	4	
1:32:52.00	Marc	MUNDELL	070783	AGN	41	Juarez	12-Mar	5	
1:33:55.00	Thumisang	PULE		AGN	4	Potchefstroom	22-Apr	6	
1:34:15.00	Aron	MAHLANGU		KZNA	5	Potchefstroom	22-Apr	7	
1:38:25.00	Mthunzi	MNISI		AGN	6	Potchefstroom	22-Apr	8	

SAR

Decathlon

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

8002	Friedrich	PRETORIUS	40895	AGN	1	Pretoria	17/18-Mar	1	37
	10.74(1.8) - 7.39(1.2) - 13.30 - 1.96 - 49.98 - 14.61(0.6) - 41.26 - 4.60 - 04:26.15								
7804	Willem	COERTZEN	301282	ACNW	2	Kladno, CZE	18-June	2	67
	11.12/2.3 7.23/-0.5 13.38 1.90 48.82 14.53/1.3 42.56 4.20 66.77 4:31.11								
6788	Duncan	McGladdery		AGN	2	Potchefstroom	21/22-Apr	3	
	11.35(-1.2) - 6.56(0.5) - 11.96 - 1.88 - 0:51.15 - 16.01(0) - 36.62 - 4.30 - 56.74 - 05:08.48								
6747	Marcelle	DE JAGER		AFS	3	Potchefstroom	21/22-Apr	4	
	11.66(-0.8) - 6.80(-0.1) - 14.20 - 1.88 - 0:53.12 - 17.74(0) - 45.74 - 3.80 - 45.73 - 05:07.66								
6700	JC	VAN BILJON		AFS	2	Cape Town	28/29-Apr	5	

6582	Lee	VAN DER BERG	ACNW	3	Cape Town	28/29-Apr	6
6236	Hennie	BEUKES	BOLA	6	Potchefstroom	21/22-Apr	7
						11.91(-1.2) - 6.21(1.7) - 10.04 - 1.82 - 0:52.91 - 16.59(0.9) - 31.31 - 4.40 - 47.03 - 04:39.38	
6039	Terrence	Weperer	WPA	7	Potchefstroom	21/22-Apr	8
						12.17(-0.8) - 6.02(0.4) - 12.26 - 1.91 - 0:54.69 - 1625(0) - 36.80 - 4.00 - 47.18 - 05:28.87	
5588	Katleho	MATSEKANE	AVT	8	Potchefstroom	21/22-Apr	9
						11.32(-0.8) - 6.77(-1) - 10.83 - 1.70 - 0:51.63 - 15.73(0.9) - 19.75 - 2.60 - 34.08 - 04:59.07	10
5134	Brandon	BARNARD	ACNW	4	Cape Town	28/29-Apr	

WOMEN

80m

09.99	-0.5	Taylor	UNDERHAY	CGA	1	Germiston	22-Mar
10.03	-0.5	Chante	VAN TONDER	CGA	2	Germiston	22-Mar
10.27	-0.5	Anushka	JANSEN VAN VUUREN	CGA	3	Germiston	22-Mar

100m

11.10	0.3	Carina	HORN	090389	AGN	1s1	Potchefstroom	21-Apr	1	38
11.34	0.3	Tebogo	MAMATHU	270595	AGN	2s1	Potchefstroom	21-Apr	2	129
11.41	0.5	Alyssa	CONLEY	270491	CGA	6	Budapest, HUN	04-July	3	
11.46	0.1	Rikenette	STEENKAMP	161092	AGN	2	Pretoria	25-Feb	4	
11.50	0.3	Nabeela	PARKER	101294	WPA	3s1	Potchefstroom	21-Apr	5	
11.51	0.2	Lente	PIETERSE	160797	ACNW	1h1	TUKS- Pretoria	11-Nov	6	
11.53	0.2	Tamzin	THOMAS	061097	WPA	1	Cape Town	28-Apr	7	
11.62	1.9	Taylor	JOBODWANE	90	KZNA	5h2	Regensburg	11-June	8	
11.71	1.9	Rose	XEYI	160301	AGN	1	Pretoria	18-Mar	9	
11.80	2.0	Reabetswe	MOLOI		AGN	2s2	Cape Town	28-Apr	10	

**** Awaiting SA Residency

150m

19.00	0.3	Chanel	LOUVENNINK		AGN	1	Pilditch-Pretoria	21 Jan	
19.32	0.3	Chante	FINGER		AGN	2	Pilditch-Pretoria	21 Jan	
19.34	0.3	Bianca	VISSER		AGN	3	Pilditch-Pretoria	21 Jan	
19.51	0.3	Belinda	VAN DER MERWE		AGN	4	Pilditch-Pretoria	21 Jan	

200m

22.84	1.7	Justine	PALFRAMAN	041193	BOLA	1	Kortrijk, BEL	08-July	1	54
22.94	1.5	Alyssa	CONLEY	270491	CGA	1	Potchefstroom	22-Apr	2	76
23.39	0.6	Wenda	NEL	300788	AGN	1s2	Potchefstroom	22-Apr	3	
23.43	1.5	Tamzin	THOMAS	061097	WPA	2	Potchefstroom	22-Apr	4	
23.60	0.3	Ariane	NEL	060396	ACNW	2	Cape Town	29-Apr	5	
23.86	0.3	Shanice	MARNCE	140695	KZNA	3	Cape Town	29-Apr	6	
24.02	1.3	Jessica	BOMPAS	01		1h3	Durban	01-Apr	7	
24.04	0.6	Nabeela	PARKER	101294	WPA	3s2	Potchefstroom	22-Apr	8	
24.26	-1.6	Taylor	JOBODWANA		KZNA	4	Regensburg	11-June	9	
24.31	-1.2	Shere	JANSE VAN RENSBURG	2001		3	SASOLBURG	28-Mar	10	

**** Awaiting SA Residency

300m

37.22		Caster	SEMENYA	070191	ACNW	1	SASOLBURG	28-Mar	1	
37.59		Wenda	NEL	300788	AGN	3	SASOLBURG	28-Mar	2	
38.80		Rorisang	ROMONYE		ANWN	1h2	Potchefstroom	31-Oct	3	
38.86		Ariane	NEL		ACNW	1h2	Potchefstroom	24-Oct	4	

38.97	Zeney	VAN DER WALT	99	AGN	4	SASOLBURG	28-Mar	5
39.98	Danel	HOLTON		ACNW	2h2	Potchefstroom	24-Oct	6
40.33	Cynthia	TSETSEWA		ACNW	2h2	Potchefstroom	31-Oct	7
40.67	Nicola	GIBBON		AGN	5	SASOLBURG	28-Mar	8
40.76	Chanel	LOUVENNINK		AGN	1	Pilditch-Pretoria	21 Jan	9
41.00	Boitumelo	SELEKA		ANWN	3h2	Potchefstroom	31-Oct	10

400m

0:51.53	Caster	SEMENYA	070191	ACNW	7	Rabat, MAR	16-July	1	41
0:51.83	Justine	PALFRAMAN	041193	BOLA	2	Taipei City, TPE	25-Aug	2	65
0:52.03	Wenda	NEL	300788	AGN	1	TUKS-Pretoria	13-May	3	89
0:52.94	Tsholofelo	THIPE	050986	ANWN	1	Potchefstroom	20-May	4	
0:53.81	Gena	LOFSTRAND	231095	KZNA	1	TUKS-Pretoria	03-Jun	5	
0:53.90	Rorisang	RAMMONYA		ANWN	1	TUKS- Pretoria	11-Nov	6	
0:54.05	Ariane	NEL	060396	ACNW	3	Cape Town	28-Apr	7	
0:54.24	Marlie	VILJOEN	010800	AGN	1	Durban	01-Apr	8	
0:54.31	Zoé	ENGLER	010692	KZNA	1	Johannesburg	18-Feb	9	
0:54.66	Sonja	VAN TONDER	190592	WPA	3	Potchefstroom	22-Apr	10	

600m

1:21.77	Caster	SEMENYA	070191	ACNW	1	Berlin, GER	27-Aug	
1:38.02	Danielle	JORDAAN		AGN	1	Pilditch-Pretoria	21 Jan	
1:38.46	Marike	VERMAAK		AGN	2	Pilditch-Pretoria	21 Jan	
1:39.47	Michelle	REDELINGHUYS		AGN	3	Pilditch-Pretoria	21 Jan	
1:41.94	Nicole	REDELINGHUYS		AGN	4	Pilditch-Pretoria	21 Jan	
1:42.33	Danielle	DU TOIT		AGN	5	Pilditch-Pretoria	21 Jan	
1:43.64	Megan	GERBER		AGN	6	Pilditch-Pretoria	21 Jan	
1:35.93	Danel	HOLTON	210794	ACNW	1	Potchefstroom	04-Apr	

World Best

800m

1:55.16	Caster	SEMENYA	070191	ACNW	1	London, GBR	13 Aug	1	1
2:01.50	Gena	LOFSTRAND	231095	KZN	2	Luzern, SUI	11-July	2	73
2:04.85	Anuscha	NICE	260891	AGN	2rB	Ninove, BEL	15-July	3	
2:06.96	Simonay	WEITSZ	260499	CGA	1	Cape Town	08-Apr	4	
2:07.38	Niene	MULLER		AGN	2	Cape Town	08-Apr	5	
2:08.68	Prudence	SEKGODISA			1	Durban	01-Apr	6	
2:08.72	Lee Anne	BLAKE	2001	AGN	5	Potchefstroom	22-Apr	7	
2:08.77	Carina	VILJOEN	150497	CGA	2	Fayetteville AR	05-May	8	
2:09.30	Michelle	REDELINGHUYS		AGN	2	TUKS-Pretoria	02-Dec	9	
2:09.93	Keletso	SENOSI		AGN	1	Pretoria	17-Mar	10	
	SAR								

1000m

2:49.06	Mandie	Brandt	051182	BOLA	5	Sint-Niklaas, BEL	02-Aug		
3:03.81	Danielle	JORDAAN		AGN	1	Pilditch-Pretoria	21 Jan		
3:04.30	Leshan	CURLEWIS		AGN	2	Pilditch-Pretoria	21 Jan		
3:04.36	Jeannie	DE BEER		AGN	3	Pilditch-Pretoria	21 Jan		
3:09.54	Annika	STRYDOM		AGN	4	Pilditch-Pretoria	21 Jan		
3:45.62	Monique	KOTZE		AGN	5	Pilditch-Pretoria	21 Jan		

1500m

04:02.84	Caster	SEMENYA	070191	ACNW	2h1	London, GBR	04-Aug	1	20
04:08.04	Dominique	SCOTT-EFURD	240692	WPA	6	Padova, ITA	16-July	2	86
04:18.41	Anuscha	NICE	260891	AGN	2	Cape Town	28-Apr	3	
04:19.32	Simonay	WEITSZ	260499	CGA	1	Durban	01-Apr	4	
04:19.58	Aynslee	VAN GRAAN	151295	Coastal Carolina	4	Auburn AL	21-Apr	5	

04:19.62	Carina	VILJOEN	150497	CGA	6rB	Azusa CA	14-Apr	6
04:19.92	Kesa	MOLOTSANE	080192	AFS	3	Cape Town	28-Apr	7
04:21.44	Nicole	LOUW	260701	AFS	1	Durban	01-Apr	8
04:22.46	Marne	MENTZ	280596	AFS	2	Potchefstroom	22-Apr	9
								10

1Mile

04:28.47	Indoors	Dominique	SCOTT-EFURD	240692	WPA	5	New York NY	11-Feb	
04:30.24		Dominique	SCOTT-EFURD	240692	WPA	5	Falmouth, MA	19-Aug	34
04:46.01	Indoors	Carina	VILJOEN	150497	CGA	5h1	Nashville TN	24-Feb	
04:50.90	Indoors	Laura	LABUSCHAGNE		South Alabama	10	Nashville TN	11-Feb	
04:58.20		Anusche	NICE		CGA	1	Germiston	22-Mar	
05:12.02		Kacy	BOSMAN		CGA	2	Germiston	22-Mar	
05:14.09		Done'	MOOLMAN		AGN	3	Germiston	22-Mar	
05:14.53		Janie	J VAN RENSBURG		AGN	4	Germiston	22-Mar	
05:16.70		Lebogang	RAMELA		CGA	5	Germiston	22-Mar	
		SAID							

3000m

08:41.33		Dominique	SCOTT-EFURD	240692	WPA	11	Monaco	21-Jul	1	15
08:54.06	Indoors	Dominique	SCOTT-EFURD	240692	WPA	5	Boston MA	28-Jan		
09:32.86		Carina	VILJOEN	150497	CGA	1	Fayetteville AR	22-Apr	2	
09:33.07		Nicole	LOUW	260701	AFS	1	Cape Town	08-Apr	3	
09:33.34		Aynslee	VAN GRAAN	151295	Coastal Carolina	1	Greenville NC	07-Apr	4	
09:34.98		Nadia	POTGIETER			1	Durban	01-Apr	5	
09:36.29		Caster	SEMENYA	070191	ACNW	1	Potchefstroom	15-Mar	6	
09:36.56		Dipue	MASHISHI	021001		2	Cape Town	08-Apr	7	
09:37.46		Kesa	MOLOTSANE	080192	AFS	2	Potchefstroom	15-Mar	8	
09:39.86		Simonay	WEITSZ	260499	CGA	3	Potchefstroom	15-Mar	9	

09:40.39	Gabriella	GAIT-SMITH			2	Durban	01-Apr	10
----------	-----------	------------	--	--	---	--------	--------	----

SAID

5000m

15:20.10	Dominique	SCOTT-EFURD	240692	WPA	13	Rome, ITA	08 June	1	71
16:01.76	Kesa	MOLOTSANE	080192	AFS	9	Taipei City, TPE	27-Aug	2	
16:04.22	Nolene	CONRAD	260785	WPA	7	Kortrijk, BEL	08-July	3	
16:20.06	Irvette	VAN ZYL	050787	AGN	2	Kings Park - DURBAN	28-Feb	4	
16:24.44	Louisa	LEBALLO	041277	AGN	3	Kings Park - DURBAN	28-Feb	5	
16:25.25	indoors Annie	BOTHMA	261295	261295	1	Blackburg VA	21-Jan	6	
16:29.50	Stella	MARAIS	251192	AGN	2	Sollentuna, SWE	29-June	7	
16:34.85	Kyla	VAN GRAAN	141094	Coastal Carolina	14	Raleigh NC	24-Mar	8	
16:36.49	Mapaseka	MAKHANYA	090485	CGA	4	Potchefstroom	21-Apr	9	
16:38.49	Glenrose	XABA	311294	AGN	4	Kings Park - DURBAN	28-Feb	10	

10000m

33:37.91	Annie	BOTHMA	261295		1h1	Lexington KY	25-May	1	
34:12.53	Nolene	CONRAD	260785	WPA	1	Jämsä, FIN	01-July	2	
34:22.71	Louisa	LEBALLO	041277	AGN	1	Pretoria	17-Mar	3	
34:56.12	Glenrose	XABA	311294	AGN	1	Potchefstroom	22-Apr	4	
35:12.32	Cornelia	JOUBERT	220688	CGA	2	Potchefstroom	22-Apr	5	
35:26.89	Mapaseka	MAKHANYA	090485	CGA	3	Potchefstroom	22-Apr	6	
36:32.67	Lusanda	BOMVANA		ATRA	6	Potchefstroom	22-Apr	7	
37:18.36	Puseletso	DLADLA	250991	KZNA	7	Potchefstroom	22-Apr	8	
37:51.00	Rachel	LEISTRA		CGA	1	Cape Town	28-Apr	9	
38:20.97	Monwabisi	MJOLI		KZNA	8	Potchefstroom	22-Apr	10	

3000m Steeple 76.2cm

10:45.51		Tshegofatso	SETHALAKGOE			1	Durban	01-Apr	1
10:45.97		Cherise	SIMS	060693	EPA	1	Cape Town	28-Apr	2
10:46.05		Lesego	MPSHE			2	Durban	01-Apr	3
10:51.12		Thembi	BALOYI	070189	AGN	2	Cape Town	28-Apr	4
11:04.66		Shanley	KOEKEMOER		AGN	3	Potchefstroom	22-Apr	5
11:06.27		Carina	SWIEGERS		ACNW	3	Cape Town	28-Apr	6
11:08.65		Lethabo	MAKGOGA		CGA	4	Potchefstroom	22-Apr	7
11:33.48		Lizandre	MULDER	130597	AFS	1	Bloemfontein	11-Mar	8
11:34.16		Lara	ORROCK		AFS	6	Potchefstroom	22-Apr	9

100m Hurdles 84cm

12.99	1.0	Rikenette	STEENKAMP	161092	AGN	2	Ostrava, CZE	28-June	1	55
13.23	0.9	Claudia	HEUNIS	011089	AGN	2	TUKS-Pretoria	25-Mar	2	120
13.48	1.1	Maryke	BRITS	250294	AFS	2h2	Potchefstroom	21-Apr	3	
13.80	0.9	Taylon	BIELDT	041198	AGN	3	Pretoria	25-Mar	4	
13.82	-0.1	Velmein	HENDRIKS	120799	CGA	4	Potchefstroom	22-Apr	5	
13.93	1.8	Tanya	EHRKE	250199		1h1	Durban	01-Apr	6	
13.93	-0.1	Janke	VAN WYK	050397	BOLA	6	Potchefstroom	22-Apr	7	
14.21	0.1	Inge	VAN DER MERWE	090999	AMPU	4	Germiston	22-Mar	8	
14.24	1.2	Martelize	JORDAAN	99		3	Durban	01-Apr	9	
14.34	1.2	Christen	FOX	99	AFS	4	Durban	01-Apr	10	

300m Hurdles 76.2cm

43.67		Cynthia	TSETSEWA		ACNW	2	Potchefstroom	24-Jan	
45.22		Denise	HARTMAN		ACNW	3	Potchefstroom	24-Jan	

400m Hurdles

76.2cm

0:54.58	Wenda	NEL	300788	AGN	3	Rome, ITA	08 June	1	18
0:57.52	Anneri	MOOLMAN	090890	AFS	1	TUKS-Pretoria	04-Mar	2	117
0:57.68	Jean-Marie	SENEKAL	111292	BOLA	1	Cape Town	29-Apr	3	134
0:57.94	Zeney	VAN DER WALT	220500	AGN	3	Cape Town	08-Apr	4	
0:58.21	Gontse	MORAKE	160601	AGN	2	Cape Town	08-Apr	5	
0:58.87	Belindi	VAN DER MERWE	99	AGN	2	Cape Town	29-Apr	6	
0:59.03	Chanelle	LEUVENNINK	291096	AGN	2h2	TUKS-Pretoria	31-Mar	7	
0:59.25	Hesmari	COETZEE	280298	Coastal Carolina	2	Columbia SC	15-Apr	8	
0:59.26	Juli	VERCUIEL		WPA	3	Cape Town	08-Apr	9	
0:59.28	Rogail	JOSEPH	99	BOLA	4	Cape Town	08-Apr	10	

High Jump

1.85	Julia	DU PLESSIS	270595	ACNW	1	Potchefstroom	22-Apr	1	93
1.80	Tillanie	NEETHLING	180188	AGN	1	TUKS_Pretoria	04-Mar	2	
1.80	Yvonne	ROBSON	120999	AMPU	1	TUKS-Pretoria	18-Mar	3	
1.76	Kristi	SNYMAN		WPA	1	Durban	01-Apr	4	
1.75	Brittany	UYS		KZNA	2	TUKS_Pretoria	04-Mar	5	
1.75	Marilize	HIGGENS	96	CGA	3	Potchefstroom	22-Apr	5	
1.75	Geraldine	KING	110897	WPA	5	Potchefstroom	22-Apr	5	
1.75	Daniella	CARSTENS	240697	AGN	3	Cape Town	29-Apr	5	
1.75	Erikah	SEYAMA	190194	AGN	2	TUKS-Pretoria	02-Dec	5	
1.73	Fleur	SLOT			2	Durban	01-Apr	10	

Pole Vault

3.80	Jodie	SEDRAS	260894	BOLA	1	Cape Town	04-Nov	1	
3.77	Kaitlyn	SPARKS			4	Williamstown MA	06-May	2	

3.75		Christy	NELL	97	UMKC	7	Edinburgh TX	12-May	3
3.70		Nadja	FOURIE		AFS	1	Potchefstroom	21-Apr	4
3.65		Kian-lee	DU TOIT	101201	BOLA	1	Durban	01-APR	5
3.60		Jeannie	VAN DYK	220992	EPA	2	Potchefstroom	21-Apr	6
3.60		Nicole	JANSE VAN RENSBURG	010101	BOLA	2	Cape Town	04-Nov	6
3.50		Esi	LAMLEY	160998	AFS	2	Cape Town	29-Apr	8
3.40		Anje	VILJOEN		BOLA	5	Potchefstroom	21-Apr	9
3.10		Simonn	SWANEVELDER		ASWD	7	Potchefstroom	21-Apr	10
3.10		Rozelle	MEIER		BOLA	4	Cape Town	29-Apr	10

Long Jump

6.59	1.0	Lynique	PRINSLOO	300391	CGA	1	Cape Town	29-Apr	1	54
6.32	1.5	Samantha	PRETORIUS	030292	BOLA	3	Potchefstroom	22-Apr	2	
6.29	1.4	Karin	MEY		AGN	4	Potchefstroom	22-Apr	3	
6.23	0.6	Kelly	KINGWELL	220191	EPA	1	TUKS-Pretoria	02-Dec	4	
6.19	-0.4	Maryke	BRITS	250294	AFS	1	TUKS-Pretoria	31-Mar	5	
6.17	0.2	Zinzi	CHABANGU	280996	CGA	2	TUKS-Pretoria	02-Dec	7	
6.14	1.3	Zanri	VAN DER MERWE	140593	Kansas State	_	Austin TX	15-Apr	6	
6.05	-2.1	Patience	NTSHINGILA	260889	CGA	1q1	Cape Town	29-Apr	8	
6.01	1	Anita	MADIKE	160996	EPA	6	Potchefstroom	22-Apr	9	
6.00	0.1	Renate	VAN TONDER	100498	CGA	6	Louisville KY	29-Apr	10	

Triple Jump

	11m									
13.55	0.5	Kelly	KINGWILL	220191	EPA	1	Potchefstroom	21-Apr	1	92
13.26	-0.2	Patience	NTSHINGILA	260889	CGA	1gA	Taipei City, TPE	25-Aug	2	
13.24	-0.2	Zinzi	CHABANGU	280996	CGA	1	Pretoria	11-Mar	3	
12.38	0.8	Nolwasi	MASHABA			1	Cape Town	08-Apr	4	
12.37	-0.5	Renate	VAN TONDER	100498	CGA	10	Atlanta GA	14-May	5	
12.30	0.3	Gontse	MORAKE		AGN	2	TUKS-Pretoria	02-Dec	6	

12.16	-0.5	Helga-Wendy	BENSUSAN	281194	CGA	4	Potchefstroom	21-Apr	7
12.08	1	Esther	SOLARIN		AGN	4	TUKS-Pretoria	02-Dec	8
12.03	0.5	Moleboheng	PHERANE	290397	AFS	5	Potchefstroom	21-Apr	9
12.00	0.2	Taylia	VISAGIE	160296	AGN	2	Pretoria	11-Mar	10
12.00	0.5	Brithaney	LUDDICK			2	Cape Town	08-Apr	10

Shot Put

4kg

16.97		Ischke	SENEKAL	080193	EPA	1	Potchefstroom	21-Apr	1	88
15.59		Lezaan	JORDAAN	171095	CGA	1	Germiston	14-Jan	2	
15.14		Sonia	SMUTS	051091	AGN	1	TUKS-Pretoria	04-Mar	3	
14.40		Jana	STEINMANN	99	ACNW	1	Cape Town	07-Apr	4	
14.08		Mia	VAN R VAN OUDTSHOOR	99	AFS	1	Durban	01-Apr	5	
13.98		Angeline	SMIT	090698		4	Mobile AL	15-Apr	6	
13.55		Yolandi	STANDER	271198	AGN	1	Pretoria	11-Feb	7	
13.50		Tanya	PUBALAKAN		CGA	4	Potchefstroom	21-Apr	8	
13.46		Wanzel	BREYTENBACH	260496	AGN	5	Potchefstroom	21-Apr	9	
13.44		Monique	WAGNER	50297		2	Potchefstroom	31-Jan	10	

Discus

1kg

56.04		Ischke	SENEKAL	080193	EPA	3gB	Taipei City, TPE	23-Aug	1	97
50.85		Tharina	VAN DER WALT	220200	AFS	1	Chatsworth-Durban	30-Mar	2	
49.13		Yolandi	STANDER	271198	AGN	1	Tlemcen, ALG	02-July	3	
48.57		Riette	HEYNS	270296	ACNW	1	Potchefstroom	24-Oct	4	
47.59		Leandri	GEEL	140797	CGA	2	Potchefstroom	03-Mar	5	
46.40		Linda	VAN VREDEN		CGA	1	TUKS-Pretoria	04-Mar	6	
45.28		Angeline	SMIT	090698	BOLA	1	Mobile AL	07-Apr	7	
43.86		Ashley	NIEUWENHUYZEN	060297	ACNW	3	SASOLBURG	28-Mar	8	
43.37		Colette	UYS		AFS	2	Durban	01-Apr	9	
43.31		Jana	STEINMANN	99	ACNW	5	Germiston	22-Mar	10	

Hammer Throw

4kg

63.82	Letitia	JANSE VAN VUUREN	240496	ACNW	1	SASOLBURG	28-Mar	1	120
57.92	Stephanie	GREYLING	250396	ACNW	1	TUKS-Pretoria	02-Dec	2	
57.41	Marga-Chene	COETZEE	160695	AGN	2	TUKS-Pretoria	02-Dec	3	
55.85	Marga	CUMMING	121098	ACNW	3	Potchefstroom	22-Apr	4	
55.78	Kayla	SMIT		WPA	3	TUKS-Pretoria	02-Dec	5	
55.19	Annemie	SMITH	240392	ASWD	3	Iowa City IA	22-Apr	6	
52.51	Marinda	GREYLING	040699	AFS	4	Potchefstroom	22-Apr	7	
52.14	Tanya	PUBALAKAN		CGA	6	Potchefstroom	22-Apr	8	
52.12	Tharina	VAN DER WALT	220200	AFS	7	Potchefstroom	22-Apr	9	
51.59	Lizelle	FOURIE		CGA	8	Potchefstroom	22-Apr	10	

SAR

Javelin

600g

63.49	Sunette	VILJOEN	060183	ACNW	1	Potchefstroom	21-Apr	1	17
57.02	Jo-áne	VAN DYK	031097	ACNW	9	Taipei City, TPE	25-Aug	2	78
52.44	Tazmin	BRITS	080191	ACNW	3	Potchefstroom	03-Mar	3	
51.00	Megan	WILKE	230895	ACNW	2	Cape Town	28-Apr	4	
49.12	Maggie	LE ROUX	110699		1	Durban	01-Apr	5	
47.45	Carli	NIEWENHUIZEN	260198	ACNW	2	Bloemfontein	08-Mar	6	
47.07	Anneke	GERMISHUYS	251198	BOLA	1	Paarl	04-Mar	7	
46.82	Linda	VAN VREDEN	150885	CGA	5	Potchefstroom	15-Mar	8	
45.66	Zandri	BAILEY	010194	WPA	1	Parow	25-Feb	9	
45.27	Leandri	LAMPRECHT	150399	AMPU	6	Potchefstroom	21-Apr	10	

4 x 100m Relay

0:44.85	South Africa	RSA	1	Germiston	22-Mar
0:45.66	TUKS	AGN	1	TUKS-Pretoria	31-Mar
0:45.72	BOLAND	BOLA	1	Potchefstroom	22-Apr
0:45.77	UJ	CGA	2	TUKS-Pretoria	31-Mar
0:46.14	Maties	BOLA	3	TUKS-Pretoria	31-Mar
0:46.17	TUKS	AGN	1	Potchefstroom	03-Mar
0:46.33	WPA	WPA	2	Potchefstroom	22-Apr
0:46.39	TUKS A	AGN	1	Cape Town	28-Apr
0:46.60	Maties	BOLA	2	Cape Town	28-Apr
0:46.79	UJ	CGA	2	Germiston	22-Mar

4 x 400m Relay

03:37.82	RSA	RSA	7h2	London, GBR	12-Aug
03:43.59	AGN	AGN	1	Potchefstroom	22-Apr
03:43.65	PUKKE	ACNW	1	Cape Town	29-Apr
03:43.74	BOLAND	BOLA	2	Potchefstroom	22-Apr
03:47.63	Maties A	BOLA	2	Cape Town	29-Apr
03:48.58	CGA	CGA	3	Potchefstroom	22-Apr
03:48.75	TUKS A	AGN	3	Cape Town	29-Apr
03:53.93	UJ	CGA	4	Cape Town	29-Apr
03:57.67	Maties B	BOLA	5	Cape Town	29-Apr
03:58.00	UWC A	WPA	6	Cape Town	29-Apr
03:59.44	Madibaz	EPA	7	Cape Town	29-Apr

3 000m Walk (Track)

15:16.99	Milandre	STAFFORD	ACNW	1	Potchefstroom	15-Mar
15:18.54	Anette	KOEN	ACNW	2	Potchefstroom	15-Mar

15:59.79	Annette	WOLK	AGN	1	Pilditch-Pretoria	21 Jan
16:38.51	Althea	POTGIETER	ACNW	3	Potchefstroom	15-Mar
18:01.43	Frances	KICHENBRAND	AGN	2	Pilditch-Pretoria	21 Jan
19:41.01	Whitney	MATSEBA	AGN	4	Potchefstroom	15-Mar

5 000m Walk (Track)

25:02.99	Natalie	LE ROUX	KZNA	7	Birmingham, GBR	02-July
----------	---------	---------	------	---	-----------------	---------

20km Walk (Road)

1:34:39.00	Anel	OOSTHUIZEN	220495	CGA	7	Podebrady, CZE	08-Apr	1	127
1:46:14.00	Natalie	LE ROUX		KZNA	2	Potchefstroom	22-Apr	2	
1:46:25.00	Natalie	FOURIE	100282		7	Leeds	25-Jan	3	
1:51:59.00	Zelda	SCHULTZ	150292	KZNA	3	Potchefstroom	22-Apr	4	
1:56:53.00	Milandre	STAFFORD		ACNW	4	Potchefstroom	22-Apr	5	
1:58:18.00	Althea	POTGIETER		ACNW	5	Potchefstroom	22-Apr	6	
1:58:52.00	Mthatsi	MOKHELE		CGA	6	Potchefstroom	22-Apr	7	

SAR

Heptathlon

100m Hurdles ; High Jump ; Shot Put ; 200m ; Long Jump ; Javelin ; 800m

4984	Nienka	DU TOIT	BOLA	1	Cape Town	28/29-Apr
4856	Jone	KRUGER	ACNW	2	Cape Town	28/29-Apr
4833	Nicola	SCHOEMAN	AGN	2	Potchefstroom	21/22-Apr
						16.59(0.5) - 1.60 - 10.34 - 25.8(-1) - 5.47(1.2) - 41.64 - 2:29.30
4112	Anri	SALIM	ACNW	4	Cape Town	28/29-Apr
						16.70(0.5) - 1.63 - 09.90 - 27.55(-1) - 4.77(1.2) - 25.89 - 2:46.42

3830	Megan	BOGNER	AGN	5	Cape Town	28/29-Apr
3742	Danica	KIRSTEN	ACNW	6	Cape Town	28/29-Apr
3449	Sherica	VAN GRAAN	CGA	4	Potchefstroom	21/22-Apr

17.74(0.5) - 1.48 - 07.60 - 28.99(-1) - 4.67(1.6) - 21.78 - 2:36.71