

SASAPD Eventlist Field Events

EVENT	CLASS	AGE	GENDER	SAQ	WORLD RECORD as on 14/04/2021	AFRICA RECORD as on 14/04/2021	SA RECORDS as on 12/09/2021	SURNAME	INIT	PLACE	DATE	IMPLEMENT
CLUB THROW	F31	OPEN	M	15.00	30.72	30.35	15.00	Record marked				397g
CLUB THROW	F31	OPEN	F	10.00	20.45	20.45	10.00	Record marked				397g
CLUB THROW	F31	U/14	M	9.00	30.72	30.35	9.00	Record marked				397g
CLUB THROW	F31	U/14	F	6.00	20.45	20.45	6.00	Record marked				397g
CLUB THROW	F31	U/17	M	11.00	30.72	30.35	11.00	Record marked				397g
CLUB THROW	F31	U/17	F	7.00	20.45	20.45	7.00	Record marked				397g
CLUB THROW	F31	U/20	M	13.00	30.72	30.35	13.00	Record marked				397g
CLUB THROW	F31	U/20	F	8.00	20.45	20.45	8.00	Record marked				397g
CLUB THROW	F32	OPEN	M	15.00	37.19	34.46	24.42	LUBBE	Ernest	PORT ELIZABETH	24 April 2021	397g
CLUB THROW	F32	OPEN	F	10.00	27.28	27.28	10.00	Record marked				397g
CLUB THROW	F32	U/14	M	9.00	37.19	34.46	9.00	Record marked				397g
CLUB THROW	F32	U/14	F	6.00	27.28	27.28	6.00	Record marked				397g
CLUB THROW	F32	U/17	M	11.00	37.19	34.46	11.00	Record marked				397g
CLUB THROW	F32	U/17	F	7.00	27.28	27.28	7.00	Record marked				397g
CLUB THROW	F32	U/20	M	13.00	37.19	34.46	13.00	Record marked				397g
CLUB THROW	F32	U/20	F	8.00	27.28	27.28	8.00	Record marked				397g
CLUB THROW	F51	OPEN	M	13.30	33.96	26.24	13.30	Record marked				397g
CLUB THROW	F51	OPEN	F	7.90	25.23	12.61	7.90	Record marked				397g
CLUB THROW	F51	U/14	M	5.30	33.96	26.24	5.30	Record marked				397g
CLUB THROW	F51	U/14	F	3.20	25.23	12.61	3.20	Record marked				397g
CLUB THROW	F51	U/17	M	8.00	33.96	26.24	8.00	Record marked				397g
CLUB THROW	F51	U/17	F	4.80	25.23	12.61	4.80	Record marked				397g
CLUB THROW	F51	U/20	M	10.70	33.96	26.24	10.70	Record marked				397g
CLUB THROW	F51	U/20	F	6.30	25.23	12.61	6.30	Record marked				397g
DISCUS	F11	OPEN	M	22.00	46.10	36.80	30.26	MORRIES	L	PIETERSBURG	01 October 1989	2.00kg
DISCUS	F11	OPEN	F	19.30	40.42		24.48	KANNENBERG	J		01 March 1983	1.00kg
DISCUS	F11	U/14	M	8.90			8.90	Record marked				1.00kg
DISCUS	F11	U/14	F	7.70	40.42		7.70	Record marked				1.00kg
DISCUS	F11	U/17	M	13.30			13.30	Record marked				1.50kg
DISCUS	F11	U/17	F	11.60	40.42		11.60	Record marked				1.00kg
DISCUS	F11	U/20	M	17.80			17.80	Record marked				1,75kg
DISCUS	F11	U/20	F	15.50	40.42		15.50	Record marked				1.00kg
DISCUS	F12	OPEN	M	26.30	52.51	51.16	51.16	BLOM	Hermanus	LONDON	23 July 2017	2.00kg
DISCUS	F12	OPEN	F	22.50	47.40	23.48	22.50	Record marked				1.00kg
DISCUS	F12	U/14	M	10.50			10.50	Record marked				1.00kg
DISCUS	F12	U/14	F	9.00	47.40		9.00	Record marked				1.00kg
DISCUS	F12	U/17	M	15.80			15.80	Record marked				1.50kg
DISCUS	F12	U/17	F	13.50	47.40		13.50	Record marked				1.00kg
DISCUS	F12	U/20	M	21.00			21.00	Record marked				1,75kg
DISCUS	F12	U/20	F	18.00	47.40		18.00	Record marked				1.00kg

DISCUS	F13	OPEN	M	26.80	53.61	46.38	46.49	BLOM	Hermanus	JOHANNESBURG	01 April 2015	2.00kg
DISCUS	F13	OPEN	F	22.30	44.67		31.08	WAIT	B	BLOEMFONTEIN	01 March 1986	1.00kg
DISCUS	F13	U/14	M	10.70			10.70	Record marked				1.00kg
DISCUS	F13	U/14	F	8.90	44.67		8.90	Record marked				1.00kg
DISCUS	F13	U/17	M	16.10			16.10	Record marked				1.50kg
DISCUS	F13	U/17	F	13.40	44.67		13.40	Record marked				1.00kg
DISCUS	F13	U/20	M	21.40			21.40	Record marked				1,75kg
DISCUS	F13	U/20	F	15.60	44.67		20.12	MENTOR	Carmen	RUSTENBURG	30 March 2011	1.00kg
DISCUS	F32	OPEN	M	9.00	23.08	20.12	13.29	LUBBE	Ernest	STELLENBOSCH	19 March 2019	1.00kg
DISCUS	F32	OPEN	F	7.00	13.97	13.97	7.00	Record marked				1.00kg
DISCUS	F32	U/14	M	4.50			4.50	Record marked				750g
DISCUS	F32	U/14	F	4.00			4.00	Record marked				750g
DISCUS	F32	U/17	M	6.00			6.00	Record marked				750g
DISCUS	F32	U/17	F	5.00			5.00	Record marked				750g
DISCUS	F32	U/20	M	7.50	23.08	20.12	7.50	Record marked				1.00kg
DISCUS	F32	U/20	F	6.00	13.97	13.97	6.00	Record marked				1.00kg
DISCUS	F33	OPEN	M	9.00	31.14	26.00	14.54	BREET	Adeo	STELLENBOSCH	01 April 2014	1.00kg
DISCUS	F33	OPEN	F	7.50	20.70	16.06	7.86	COETZER	Jeanell	BLOEMFONTEIN	03 November 2018	1.00kg
DISCUS	F33	U/14	M	6.00			6.00	Record marked				750g
DISCUS	F33	U/14	F	4.50			4.50	Record marked				750g
DISCUS	F33	U/17	M	7.00			11.38	JANSE V RENSBURG	Doran	STELLENBOSCH	19 March 2019	750g
DISCUS	F33	U/17	F	5.50			5.50	Record marked				750g
DISCUS	F33	U/20	M	8.00	31.14	26.00	12.28	DANGALAZANA	Onele	STELLENBOSCH	31 March 2014	1.00kg
DISCUS	F33	U/20	F	7.00	20.70	16.06	7.34	COETZER	Jeanell	BLOEMFONTEIN	01 April 2018	1.00kg
DISCUS	F34	OPEN	M	9.00	43.29	36.15	17.27	LANGA	Ayanda	PORT ELIZABETH	24 April 2021	1.00kg
DISCUS	F34	OPEN	F	8.00	21.02	19.21	13.50	MANDEAN	Jane	CAPE TOWN	12 November 2016	1.00kg
DISCUS	F34	U/14	M	6.00			6.00	Record marked				750g
DISCUS	F34	U/14	F	5.00			5.00	Record marked				750g
DISCUS	F34	U/17	M	7.00			11.49	GALANT	Riaan	STELLENBOSCH	19 March 2019	750g
DISCUS	F34	U/17	F	6.00			11.07	LANGA	Ayanbulela	PORT ELIZABETH	24 April 2021	750g
DISCUS	F34	U/20	M	8.00	43.29	36.15	13.77	BURR-DIXON	Daniel	JOHANNESBURG	02 April 2015	1.00kg
DISCUS	F34	U/20	F	7.00	21.02	19.21	8.25	PIENAAR	Juanita	BLOEMFONTEIN	21 March 2016	1.00kg
DISCUS	F35	OPEN	M	27.10	54.13	33.01	37.96	MICHAELS	Fabian	GERMISTON	05 April 2007	1.00kg
DISCUS	F35	OPEN	F	12.70	31.92	27.39	27.39	V ZYL	Chenelle	PRETORIA	05 May 2012	1.00kg
DISCUS	F35	U/14	M	10.80			10.80	Record marked				750g
DISCUS	F35	U/14	F	5.10			5.10	Record marked				750g
DISCUS	F35	U/17	M	16.20			21.82	ROSS	Ruben	PORT ELIZABETH	25 April 2021	750g
DISCUS	F35	U/17	F	7.60			13.80	BANYATSANG	Khumo	STELLENBOSCH	19 March 2019	750g
DISCUS	F35	U/20	M	19.00	54.13	33.01	22.59	MC CORN	Peter	JOHANNESBURG	02 April 2015	1.00kg
DISCUS	F35	U/20	F	10.10	31.92	27.39	15.52	VAN DER WALT	Emeline	STELLENBOSCH	28 March 2008	1.00kg
DISCUS	F36	OPEN	M	19.50	42.96	38.37	37.71	STRYDOM	Duane	PORT ELIZABETH	10 October 2009	1.00kg
DISCUS	F36	OPEN	F	12.90	28.01	17.78	12.60	Record marked				1.00kg
DISCUS	F36	U/14	M	7.80			7.80	Record marked				750g
DISCUS	F36	U/14	F	5.20			5.20	Record marked				750g

DISCUS	F36	U/17	M	11.70			12.60	MOSIFANE	Refilwe	STELLENBOSCH	19 March 2019	750g
DISCUS	F36	U/17	F	7.70			7.70	Record marked				750g
DISCUS	F36	U/20	M	15.60	42.96	38.37	15.60	Record marked				1.00kg
DISCUS	F36	U/20	F	10.30	28.01	17.78	13.39	CARINUS	Madri	PORT ELIZABETH	07 April 2009	1.00kg
DISCUS	F37	OPEN	M	26.00	59.75	51.92	48.32	KRUGER	Gerrit	PORT ELIZABETH	29 March 2010	1.00kg
DISCUS	F37	OPEN	F	16.80	38.29	28.97	23.90	VAN DER WATT	M	DURBAN	01 March 1988	1.00kg
DISCUS	F37	U/14	M	10.40			10.40	Record marked				750g
DISCUS	F37	U/14	F	6.70			6.70	Record marked				750g
DISCUS	F37	U/17	M	15.60			28.54	MANABELA	Sibusiso	STELLENBOSCH	19 March 2019	750g
DISCUS	F37	U/17	F	10.10			13.96	ADAMS	Roefia	STELLENBOSCH	19 March 2019	750g
DISCUS	F37	U/20	M	20.80	59.75	51.92	29.85	MANABELA	Sibusiso	PORT ELIZABETH	25 April 2021	1.00kg
DISCUS	F37	U/20	F	13.50	38.29	28.97	17.98	GREYLING	Deyanne	GERMISTON	04 April 2007	1.00kg
DISCUS	F38	OPEN	M	24.20	52.91	12.03	39.93	HAMMAN	Reinhardt	JOHANNESBURG	01 April 2015	1.50kg
DISCUS	F38	OPEN	F	15.80	33.91	33.91	34.53	KRUGER	Simone	PRETORIA	17 April 2021	1.00kg
DISCUS	F38	U/14	M	9.70			9.70	Record marked				750g
DISCUS	F38	U/14	F	6.30			6.30	Record marked				750g
DISCUS	F38	U/17	M	14.50			14.50	Record marked				1.00kg
DISCUS	F38	U/17	F	9.50			38.63	KRUGER	Simone	NOTTWIL	04 August 2019	750g
DISCUS	F38	U/20	M	19.30	52.91	45.02	19.77	KGOMO	Lucky	BLOEMFONTEIN	02 April 2018	1.50kg
DISCUS	F38	U/20	F	11.10	32.95	33.91	19.42	HAYWOOD	Andrea	PORT ELIZABETH	24 April 2021	1.00kg
DISCUS	F40	OPEN	M	15.70	27.87	18.80	15.70	Record marked				1.00kg
DISCUS	F40	OPEN	F	14.00	24.65	22.96	14.00	Record marked				750g
DISCUS	F40	U/14	M	6.30	27.87	18.80	6.30	Record marked				1.00kg
DISCUS	F40	U/14	F	5.60	24.65	22.96	5.60	Record marked				750g
DISCUS	F40	U/17	M	9.40	27.87	18.80	9.40	Record marked				1.00kg
DISCUS	F40	U/17	F	8.40	24.65	22.96	8.40	Record marked				750g
DISCUS	F40	U/20	M	12.50	27.87	18.80	18.91	VAN STADEN	Joshua	STELLENBOSCH	19 March 2019	1.00kg
DISCUS	F40	U/20	F	11.20	24.65	22.96	11.40	HOLTZHAUSEN	Cherel	BLOEMFONTEIN	07 November 2020	750g
DISCUS	F41	OPEN	M	15.70	44.36	31.16	15.87	VAN STADEN	Joshua	PORT ELIZABETH	25 April 2021	1.00kg
DISCUS	F41	OPEN	F	14.00	35.33	35.33	14.00	Record marked				750g
DISCUS	F41	U/14	M	6.30	44.36	31.16	6.30	Record marked				1.00kg
DISCUS	F41	U/14	F	5.60	35.33	35.33	5.60	Record marked				750g
DISCUS	F41	U/17	M	9.40	44.36	31.16	9.40	Record marked				1.00kg
DISCUS	F41	U/17	F	8.40	35.33	35.33	8.40	Record marked				750g
DISCUS	F41	U/20	M	12.50	44.36	31.16	17.82	VAN STADEN	Joshua	NOTTWIL	03 August 2019	1.00kg
DISCUS	F41	U/20	F	11.20	35.33	35.33	11.60	XABA	Gaba	STELLENBOSCH	02 April 2014	750g
DISCUS	F42	OPEN	M	23.90	54.14	47.85	23.90	Record marked				1.50kg
DISCUS	F42	OPEN	F	16.60	32.95	32.95	16.60	Record marked				1.00kg
DISCUS	F42	U/14	M	9.60			9.60	Record marked				1.00kg
DISCUS	F42	U/14	F	6.60	32.95	32.95	6.60	Record marked				1.00kg
DISCUS	F42	U/17	M	14.40			20.48	MOLOBELA	Daniel	PORT ELIZABETH	25 April 2021	1.00kg
DISCUS	F42	U/17	F	10.00	32.95	32.95	10.00	Record marked				1.00kg
DISCUS	F42	U/20	M	19.10	54.14	47.85	19.10	Record marked				1.50kg
DISCUS	F42	U/20	F	13.30	32.95	32.95	13.30	Record marked				1.00kg

DISCUS	F43	OPEN	M	19.40	63.70		27.69	CUMBA	Mzimadoda	PORT ELIZABETH	24 April 2021	1.50kg
DISCUS	F43	OPEN	F	16.10	15.13		16.10	Record marked				1.00kg
DISCUS	F43	U/14	M	7.80			7.80	Record marked				1.00kg
DISCUS	F43	U/14	F	6.40	15.13		6.40	Record marked				1.00kg
DISCUS	F43	U/17	M	11.70			11.70	Record marked				1.00kg
DISCUS	F43	U/17	F	9.70	15.13		9.70	Record marked				1.00kg
DISCUS	F43	U/20	M	15.60	63.70		25.16	DRAMAT	Bilaal	BLOEMFONTEIN	01 April 2018	1.50kg
DISCUS	F43	U/20	F	12.90	15.13		13.69	MTHETHEWA	Zanele	DURBAN	28 March 2012	1.00kg
DISCUS	F44	OPEN	M	27.80	64.11	41.63	27.80	Record marked				1.50kg
DISCUS	F44	OPEN	F	17.00	44.53	29.68	29.92	VAN DER MERWE	Yane	PORT ELIZABETH	24 April 2021	1.00kg
DISCUS	F44	U/14	M	11.10			11.10	Record marked				1.00kg
DISCUS	F44	U/14	F	8.50	44.53	29.68	8.50	Record marked				1.00kg
DISCUS	F44	U/17	M	16.70			16.70	Record marked				1.00kg
DISCUS	F44	U/17	F	12.70		29.68	29.42	HOFFMAN	Mandilene	STELLENBOSCH	21 March 2019	1.00kg
DISCUS	F44	U/20	M	22.20	64.11	41.63	22.20	Record marked				1.50kg
DISCUS	F44	U/20	F	15.00	44.53	29.68	29.61	HOFFMAN	Mandilene	PORT ELIZABETH	24 April 2021	1.00kg
DISCUS	F45	OPEN	M	9.00	12.47		9.00	Record marked				1.50kg
DISCUS	F45	OPEN	F	16.00	20.09		16.00	Record marked				1.00kg
DISCUS	F45	U/14	M	10.00			10.00	Record marked				1.00kg
DISCUS	F45	U/14	F	8.40			8.40	Record marked				750g
DISCUS	F45	U/17	M	15.00			15.00	Record marked				1.00kg
DISCUS	F45	U/17	F	12.60	20.09		12.60	Record marked				1.00kg
DISCUS	F45	U/20	M	19.90	26.87		19.90	Record marked				1.50kg
DISCUS	F45	U/20	F	15.00	20.09		15.00	Record marked				1.00kg
DISCUS	F46	OPEN	M	24.90	52.64	47.77	43.82	NOEMDO	Kerwin	STELLENBOSCH	20 March 2019	1.50kg
DISCUS	F46	OPEN	F	19.00	42.12	21.35	21.11	KONDILATI	T	GERMISTON	16 March 2003	1.00kg
DISCUS	F46	U/14	M	10.00			10.00	Record marked				1.00kg
DISCUS	F46	U/14	F	8.40			8.40	Record marked				750g
DISCUS	F46	U/17	M	15.00			15.00	Record marked				1.00kg
DISCUS	F46	U/17	F	12.60	42.12	21.35	15.53	MAHON	Elle	STELLENBOSCH	21 March 2019	1.00kg
DISCUS	F46	U/20	M	19.90	52.64	47.77	32.24	NOEMDO	Kerwin	PRETORIA	26 March 2013	1.50kg
DISCUS	F46	U/20	F	15.00	42.12	21.35	16.29	LEKHELE	Elizabeth	RUSTENBURG	30 March 2011	1.00kg
DISCUS	F51	OPEN	M	4.00	13.17	13.17	5.36	BARKLEY	J	PRETORIA	23 March 1996	1.00kg
DISCUS	F51	OPEN	F	3.10	13.23	5.83	6.18	MC CURRACH	S	DURBAN	22 March 1993	1.00kg
DISCUS	F51	U/14	M	2.20			2.20	Record marked				750g
DISCUS	F51	U/14	F	1.20			1.20	Record marked				750g
DISCUS	F51	U/17	M	3.30			3.30	Record marked				750g
DISCUS	F51	U/17	F	1.80			1.80	Record marked				750g
DISCUS	F51	U/20	M	3.80	13.17	13.17	3.80	Record marked				1.00kg
DISCUS	F51	U/20	F	2.50	13.23	5.83	2.50	Record marked				1.00kg
DISCUS	F52	OPEN	M	10.70	23.80	12.08	12.08	PIETERS	Jakkie	DURBAN	24 March 2004	1.00kg
DISCUS	F52	OPEN	F	6.10	16.89	8.35	7.94	JOHNSON	Rushda	DURBAN	28 March 2012	1.00kg
DISCUS	F52	U/14	M	4.30			4.30	Record marked				750g
DISCUS	F52	U/14	F	3.10			3.10	Record marked				750g

DISCUS	F52	U/17	M	6.40			6.40	Record marked				750g
DISCUS	F52	U/17	F	4.60			4.60	Record marked				750g
DISCUS	F52	U/20	M	8.60	23.80	12.08	8.60	Record marked				1.00kg
DISCUS	F52	U/20	F	5.40	16.89	8.35	5.74	MADULWANE	Mpho	STELLENBOSCH	19 March 2019	1.00kg
DISCUS	F53	OPEN	M	13.30	26.62	25.96	15.48	KOCK	F	GERMISTON	19 March 1997	1.00kg
DISCUS	F53	OPEN	F	7.20	16.26	11.67	8.60	JOHNSON	Rushda	STELLENBOSCH	27 March 2008	1.00kg
DISCUS	F53	U/14	M	5.30			5.30	Record marked				750g
DISCUS	F53	U/14	F	2.90			2.90	Record marked				750g
DISCUS	F53	U/17	M	8.00			8.00	Record marked				750g
DISCUS	F53	U/17	F	4.30			4.30	Record marked				750g
DISCUS	F53	U/20	M	10.70	26.62	25.96	10.70	Record marked				1.00kg
DISCUS	F53	U/20	F	5.80	16.26	11.67	5.80	Record marked				1.00kg
DISCUS	F54	OPEN	M	15.50	33.68	23.08	27.84	LABUSCHAGNE	Leon	PRETORIA	23 March 1996	1.00kg
DISCUS	F54	OPEN	F	10.00	19.96	19.27	15.53	MADEIRA	A	DURBAN	24 March 2004	1.00kg
DISCUS	F54	U/14	M	6.20			6.20	Record marked				750g
DISCUS	F54	U/14	F	4.00			4.00	Record marked				750g
DISCUS	F54	U/17	M	9.30			9.30	Record marked				750g
DISCUS	F54	U/17	F	6.00			9.06	MATLATSHANA	Sinesipho	STELLENBOSCH	19 March 2019	750g
DISCUS	F54	U/20	M	12.40	33.68	23.08	15.89	WARD	Glen	PORT ELIZABETH	29 March 2010	1.00kg
DISCUS	F54	U/20	F	8.00	19.96	19.27	8.93	MAHLATSHAN	Sinesioho	PORT ELIZABETH	24 April 2021	1.00kg
DISCUS	F55	OPEN	M	16.50	39.84	31.15	22.08	FERREIRA	W	DURBAN	22 March 1993	1.00kg
DISCUS	F55	OPEN	F	13.90	27.80	17.38	14.30	MOTAUNG	Elizabeth	DURBAN	24 March 2004	1.00kg
DISCUS	F55	U/14	M	7.90			7.90	Record marked				750g
DISCUS	F55	U/14	F	5.60			5.60	Record marked				750g
DISCUS	F55	U/17	M	11.80			13.79	XUNDU	Khanya	STELLENBOSCH	19 March 2019	750g
DISCUS	F55	U/17	F	8.30			10.71	RAOOF	Azizat	STELLENBOSCH	19 March 2019	750g
DISCUS	F55	U/20	M	15.50	39.84	31.15	18.96	MYBURGH	Stephen	DURBAN	27 March 2012	1.00kg
DISCUS	F55	U/20	F	11.10	27.80	17.38	11.10	Record marked				1.00kg
DISCUS	F56	OPEN	M	18.00	46.68	41.51	36.22	HUMPRIES	Steyn	PRETORIA	22 March 1996	1.00kg
DISCUS	F56	OPEN	F	12.50	26.28	26.28	13.40	VORSTER	L	STELLENBOSCH	27 March 2008	1.00kg
DISCUS	F56	U/14	M	8.20			8.20	Record marked				750g
DISCUS	F56	U/14	F	5.00			5.00	Record marked				750g
DISCUS	F56	U/17	M	12.30			20.38	MALAO	Katlego	STELLENBOSCH	19 March 2019	750g
DISCUS	F56	U/17	F	7.50			10.85	NDLONDLO	Nandi	STELLENBOSCH	19 March 2019	750g
DISCUS	F56	U/20	M	16.40	46.68	41.51	20.49	NDEBELE	Max	STELLENBOSCH	29 March 2008	1.00kg
DISCUS	F56	U/20	F	10.00	26.28	26.28	14.39	YONKE	Nokuthula	PORT ELIZABETH	24 April 2021	1.00kg
DISCUS	F57	OPEN	M	18.00	48.55	46.63	36.20	STRYDOM	Nicholas	GERMISTON	27 April 2019	1.00kg
DISCUS	F57	OPEN	F	12.50	35.76	35.76	14.69	POTGIETER	Martha	VILA REAL DE SANTO	03 December 2017	1.00kg
DISCUS	F57	U/14	M	9.00	48.55	46.63	9.00	Record marked				1.00kg
DISCUS	F57	U/14	F	6.00			6.00	Record marked				750g
DISCUS	F57	U/17	M	12.30	48.55	46.63	15.54	LETSOALO	Kgotso	STELLENBOSCH	19 March 2019	1.00kg
DISCUS	F57	U/17	F	7.50			18.53	THEMBA	Mariam	STELLENBOSCH	19 March 2019	750g
DISCUS	F57	U/20	M	16.40	48.55	46.63	25.49	TEFU	Warren	BLOEMFONTEIN	22 March 2016	1.00kg
DISCUS	F57	U/20	F	10.00	35.76	35.76	14.60	THEMBA	Miriam	PORT ELIZABETH	24 April 2021	1.00kg

DISCUS	F61	OPEN	M	23.90			23.90	Record marked				1.50kg
DISCUS	F61	OPEN	F	16.60			16.60	Record marked				1.00kg
DISCUS	F61	U/14	M	9.60			9.60	Record marked				1.00kg
DISCUS	F61	U/14	F	6.60			6.60	Record marked				1.00kg
DISCUS	F61	U/17	M	14.40			14.40	Record marked				1.00kg
DISCUS	F61	U/17	F	10.00			10.00	Record marked				1.00kg
DISCUS	F61	U/20	M	19.10			19.10	Record marked				1.50kg
DISCUS	F61	U/20	F	13.30			13.30	Record marked				1.00kg
DISCUS	F62	OPEN	M	20.00	27.36		20.00	Record marked				1.50kg
DISCUS	F62	OPEN	F	17.00			17.00	Record marked				1.00kg
DISCUS	F62	U/14	M	11.10			11.10	Record marked				1.00kg
DISCUS	F62	U/14	F	8.50			8.50	Record marked				1.00kg
DISCUS	F62	U/17	M	16.70			16.70	Record marked				1.00kg
DISCUS	F62	U/17	F	12.70			12.70	Record marked				1.00kg
DISCUS	F62	U/20	M	15.00	27.36		15.00	Record marked				1.50kg
DISCUS	F62	U/20	F	15.00			15.00	Record marked				1.00kg
DISCUS	F63	OPEN	M	23.90	46.91	19.01	23.90	Record marked				1.50kg
DISCUS	F63	OPEN	F	16.60	33.19	25.43	11.73	SCHOEMAN	Cecilia	STELLENBOSCH	20 March 2019	1.00kg
DISCUS	F63	U/14	M	9.60			9.60	Record marked				1.00kg
DISCUS	F63	U/14	F	6.60	33.19	25.43	6.60	Record marked				1.00kg
DISCUS	F63	U/17	M	14.40			30.70	BURGERS	Emile	STELLENBOSCH	19 March 2019	1.00kg
DISCUS	F63	U/17	F	10.00	33.19	25.43	11.50	KEKANA	Lesego	STELLENBOSCH	19 March 2019	1.00kg
DISCUS	F63	U/20	M	19.10	46.91	19.01	19.10	Record marked				1.50kg
DISCUS	F63	U/20	F	13.30	33.19	25.43	13.36	TAU	Agnes	BLOEMFONTEIN	07 November 2020	1.00kg
DISCUS	F64	OPEN	M	27.80	65.47	46.39	45.60	SIMON	Lean	PORT ELIZABETH	24 April 2021	1.50kg
DISCUS	F64	OPEN	F	17.00	36.53	27.09	27.09	COMBRINK	Maria	STELLENBOSCH	20 March 2019	1.00kg
DISCUS	F64	U/14	M	11.10			11.10	Record marked				1.00kg
DISCUS	F64	U/14	F	8.50	36.53	27.09	8.50	Record marked				1.00kg
DISCUS	F64	U/17	M	16.70			32.91	BURGERS	Emile	NOTTWIL	01 August 2019	1.00kg
DISCUS	F64	U/17	F	12.70	36.53	27.09	12.70	Record marked				1.00kg
DISCUS	F64	U/20	M	22.20	65.47	46.39	23.98	BURGERS	Emile	ATHLONE	04 July 2018	1.50kg
DISCUS	F64	U/20	F	15.00	36.53	27.09	15.00	Record marked				1.00kg
JAVELIN	F11	OPEN	M	26.40	53.99	32.70	26.40	Record marked				800g
JAVELIN	F11	OPEN	F	19.30	38.62		19.30	Record marked				600g
JAVELIN	F11	U/14	M	10.60			10.60	Record marked				600g
JAVELIN	F11	U/14	F	7.70			7.70	Record marked				400g
JAVELIN	F11	U/17	M	15.80			15.80	Record marked				700g
JAVELIN	F11	U/17	F	11.60			11.60	Record marked				500g
JAVELIN	F11	U/20	M	21.10	53.99	32.70	21.10	Record marked				800g
JAVELIN	F11	U/20	F	15.50	38.62		16.26	DWAYISE	Nandipha	JOHANNESBURG	01 April 2015	600g
JAVELIN	F12	OPEN	M	31.50	64.38	54.30	53.09	LANGENHOVEN	Hilton	LILLE	20 July 2002	800g
JAVELIN	F12	OPEN	F	15.10	46.00	30.61	15.10	Record marked				600g
JAVELIN	F12	U/14	M	12.60			12.60	Record marked				600g
JAVELIN	F12	U/14	F	6.00			6.00	Record marked				400g

JAVELIN	F12	U/17	M	19.00			19.00	Record marked				700g
JAVELIN	F12	U/17	F	9.10			9.10	Record marked				500g
JAVELIN	F12	U/20	M	25.20	64.38	54.30	29.08	NEMAGOVHANI	Terrence	JOHANNESBURG	01 April 2015	800g
JAVELIN	F12	U/20	F	12.10	46.00	30.61	15.48	MTUMBA	Nombuso	PORT ELIZABETH	29 March 2010	600g
JAVELIN	F13	OPEN	M	29.70	71.01	57.64	51.74	CHADWIND	James	LILLE	01 July 2002	800g
JAVELIN	F13	OPEN	F	21.90	44.58	31.05	26.08	MENTOR	Carmen	CHRISTCHURCH	24 January 2011	600g
JAVELIN	F13	U/14	M	11.90			11.90	Record marked				600g
JAVELIN	F13	U/14	F	8.80			8.80	Record marked				400g
JAVELIN	F13	U/17	M	17.80			19.68	KLOPPER	PJ	PORT ELIZABETH	24 April 2021	700g
JAVELIN	F13	U/17	F	13.20			13.20	Record marked				500g
JAVELIN	F13	U/20	M	23.80	71.01	57.64	25.93	GODFREY	Luchen	DURBAN	26 March 2012	800g
JAVELIN	F13	U/20	F	17.50	44.58	31.05	22.55	MENTOR	Carmen	RUSTENBURG	29 March 2011	600g
JAVELIN	F33	OPEN	M	10.00	26.96	21.64	11.88	SWART	Blackie	STELLENBOSCH	31 March 2014	600g
JAVELIN	F33	OPEN	F	7.50	16.99	14.78	7.50	Record marked				600g
JAVELIN	F33	U/14	M	6.00			6.00	Record marked				500g
JAVELIN	F33	U/14	F	3.00			3.00	Record marked				500g
JAVELIN	F33	U/17	M	8.00			8.00	Record marked				500g
JAVELIN	F33	U/17	F	5.50			5.50	Record marked				500g
JAVELIN	F33	U/20	M	9.00	26.96	21.64	12.50	JANSE V RENSBURG	Doran	STELLENBOSCH	21 March 2019	600g
JAVELIN	F33	U/20	F	7.00	16.99	14.78	7.00	Record marked				600g
JAVELIN	F34	OPEN	M	10.00	38.23	34.26	20.26	LANGA	Ayanda	PORT ELIZABETH	25 April 2021	600g
JAVELIN	F34	OPEN	F	7.50	22.28	17.41	13.86	NHLAPHO	Zandile	POTCHEFSTROOM	22 April 2017	600g
JAVELIN	F34	U/14	M	6.00			6.00	Record marked				500g
JAVELIN	F34	U/14	F	3.00			3.00	Record marked				500g
JAVELIN	F34	U/17	M	8.00			12.28	GALANT	Riaan	STELLENBOSCH	20 March 2019	500g
JAVELIN	F34	U/17	F	5.50			9.68	LANGA	Ayanbulela	PORT ELIZABETH	25 April 2021	500g
JAVELIN	F34	U/20	M	9.00	38.23	34.26	13.58	BURR-DIXON	Daniel	BLOEMFONTEIN	22 March 2016	600g
JAVELIN	F34	U/20	F	7.00	22.28	17.41	9.28	BINDA	Wandisile	STELLENBOSCH	20 March 2019	600g
JAVELIN	F35	OPEN	M	28.00	56.07	42.22	42.22	MICHAELS	Fabian	ATHENS	25 September 2004	600g
JAVELIN	F35	OPEN	F	12.80	28.44	21.94	21.94	MASHININI	Beverley	ATHENS	21 September 2004	600g
JAVELIN	F35	U/14	M	11.20			11.20	Record marked				500g
JAVELIN	F35	U/14	F	5.10			5.10	Record marked				500g
JAVELIN	F35	U/17	M	16.80			16.80	Record marked				500g
JAVELIN	F35	U/17	F	7.70			17.40	SEPURU	Lehlogonolo	STELLENBOSCH	20 March 2019	500g
JAVELIN	F35	U/20	M	22.40	56.07	42.22	24.36	MC CORN	Peter	STELLENBOSCH	31 March 2014	600g
JAVELIN	F35	U/20	F	10.20	28.44	21.94	15.39	KHUMALO	Thamdokuhle	PORT ELIZABETH	07 April 2009	600g
JAVELIN	F36	OPEN	M	21.40	45.18	42.48	42.48	NEWMAN	Nicholas	BEIJING	08 September 2008	600g
JAVELIN	F36	OPEN	F	13.00	29.55	16.04	13.00	Record marked				600g
JAVELIN	F36	U/14	M	8.60			8.60	Record marked				500g
JAVELIN	F36	U/14	F	5.80			5.80	Record marked				500g
JAVELIN	F36	U/17	M	12.90			12.90	Record marked				500g
JAVELIN	F36	U/17	F	8.70			8.70	Record marked				500g
JAVELIN	F36	U/20	M	17.20	45.18	42.48	27.18	KUBHEKA	Sicelo	RUSTENBURG	29 March 2011	600g
JAVELIN	F36	U/20	F	10.00	29.55	16.04	11.56	CARINUS	Madri	PORT ELIZABETH	07 April 2009	600g

JAVELIN	F37	OPEN	M	29.00	57.81	48.35	43.26	JONKER	J	PRETORIA	01 March 1996	600g
JAVELIN	F37	OPEN	F	18.00	37.86	36.37	23.25	LATTO	P	KIMBERLEY	27 March 2002	600g
JAVELIN	F37	U/14	M	11.60			11.60	Record marked				500g
JAVELIN	F37	U/14	F	7.20			7.20	Record marked				500g
JAVELIN	F37	U/17	M	17.30			23.08	RHODE	Chad	STELLENBOSCH	19 March 2019	500g
JAVELIN	F37	U/17	F	10.80			11.10	PHETU	Imani	PORT ELIZABETH	25 April 2021	500g
JAVELIN	F37	U/20	M	23.10	57.81	48.35	30.86	SLAMMAT	Lucian	STELLENBOSCH	19 March 2019	600g
JAVELIN	F37	U/20	F	14.40	37.86	36.37	17.54	VOLKWYN	Alvine	BLOEMFONTEIN	02 April 2018	600g
JAVELIN	F38	OPEN	M	25.70	58.18	54.63	54.63	HAMMAN	Reinhardt	DUBAI	09 November 2019	800g
JAVELIN	F38	OPEN	F	14.20	32.87	21.07	23.01	MARWANQANA	Siphokazi	KIMBERLEY	27 March 2002	600g
JAVELIN	F38	U/14	M	10.30			10.30	Record marked				600g
JAVELIN	F38	U/14	F	5.70			5.70	Record marked				500g
JAVELIN	F38	U/17	M	15.40			15.40	Record marked				600g
JAVELIN	F38	U/17	F	8.50			8.50	Record marked				500g
JAVELIN	F38	U/20	M	20.60	58.18	54.63	38.66	FELIX	Sadah	NOTTWIL	02 August 2019	800g
JAVELIN	F38	U/20	F	11.40	32.87	21.07	21.83	HAYWOOD	Andrea	PORT ELIZABETH	25 April 2021	600g
JAVELIN	F40	OPEN	M	19.30	38.90	33.40	19.30	Record marked				600g
JAVELIN	F40	OPEN	F	12.00	23.37	18.89	12.00	Record marked				400g
JAVELIN	F40	U/14	M	7.70			7.70	Record marked				400g
JAVELIN	F40	U/14	F	4.80	23.37	15.42	4.80	Record marked				400g
JAVELIN	F40	U/17	M	11.60			11.60	Record marked				500g
JAVELIN	F40	U/17	F	7.20	23.37	15.42	8.78	HOLTZHAUSEN	Cherel	BLOEMFONTEIN	03 November 2018	400g
JAVELIN	F40	U/20	M	13.00	38.90	33.40	18.10	MPHUTLANE	Thato	JOHANNESBURG	01 April 2015	600g
JAVELIN	F40	U/20	F	9.60	23.37	18.89	9.94	HOLTZHAUSEN	Cherel	PORT ELIZABETH	25 April 2021	400g
JAVELIN	F41	OPEN	M	19.30	44.35	37.51	24.31	VAN STADEN	Joshau	PRETORIA	17 April 2021	600g
JAVELIN	F41	OPEN	F	12.00	28.70	28.70	14.24	XABA	Gaba	JOHANNESBURG	01 April 2015	400g
JAVELIN	F41	U/14	M	7.70			7.70	Record marked				400g
JAVELIN	F41	U/14	F	4.80	28.70	28.70	4.80	Record marked				400g
JAVELIN	F41	U/17	M	11.60			11.60	Record marked				500g
JAVELIN	F41	U/17	F	7.20	28.70	28.70	7.20	Record marked				400g
JAVELIN	F41	U/20	M	14.00	44.35	37.51	23.96	VAN STADEN	Joshua	NOTTWIL	02 August 2019	600g
JAVELIN	F41	U/20	F	9.60	28.70	28.70	14.33	XABA	Gaba	STELLENBOSCH	01 April 2014	400g
JAVELIN	F42	OPEN	M	26.40	56.56	48.12	26.40	Record marked				800g
JAVELIN	F42	OPEN	F	15.80	31.51	16.35	17.90	GROOTBOOM	Nolubabalo	PORT ELIZABETH	29 March 2010	600g
JAVELIN	F42	U/14	M	11.60			11.60	Record marked				600g
JAVELIN	F42	U/14	F	6.30			6.30	Record marked				400g
JAVELIN	F42	U/17	M	15.80			18.47	MOLOBELA	Daniel	PORT ELIZABETH	24 April 2021	700g
JAVELIN	F42	U/17	F	9.50			9.50	Record marked				500g
JAVELIN	F42	U/20	M	21.10	56.56	48.12	34.57	FOURIE	Lohan	DURBAN	26 March 2012	800g
JAVELIN	F42	U/20	F	12.60	31.51	16.35	12.60	Record marked				600g
JAVELIN	F43	OPEN	M	13.00	57.61		32.01	CAMBA	Mzimadoda	STELLENBOSCH	21 March 2019	800g
JAVELIN	F43	OPEN	F	14.00	27.97	23.33	14.00	Record marked				600g
JAVELIN	F43	U/14	M	10.00			10.00	Record marked				600g
JAVELIN	F43	U/14	F	5.60			5.60	Record marked				400g

JAVELIN	F43	U/17	M	11.00			11.00	Record marked				700g
JAVELIN	F43	U/17	F	8.40			8.40	Record marked				500g
JAVELIN	F43	U/20	M	12.50	57.61		26.31	DRAMAT	Bilaal	BLOEMFONTEIN	02 April 2018	800g
JAVELIN	F43	U/20	F	11.20	27.97	23.33	22.12	FOX	Kainka	STELLENBOSCH	20 March 2019	600g
JAVELIN	F44	OPEN	M	13.00	66.18	39.02	17.90	MJEKULA	Mogezi	STELLENBOSCH	21 March 2019	800g
JAVELIN	F44	OPEN	F	20.30	43.12	29.31	31.62	MOKHINE	Masego	BANGALORE	01 November 2009	600g
JAVELIN	F44	U/14	M	11.50			11.50	Record marked				600g
JAVELIN	F44	U/14	F	8.10			8.10	Record marked				400g
JAVELIN	F44	U/17	M	17.30			17.30	Record marked				700g
JAVELIN	F44	U/17	F	12.20			15.39	HOFFMAN	Mandilene	STELLENBOSCH	20 March 2019	500g
JAVELIN	F44	U/20	M	23.00	66.18	39.02	23.00	Record marked				800g
JAVELIN	F44	U/20	F	16.20	43.12	29.31	27.92	VAN DER MERWE	Yane	NOTTWIL	02 August 2019	600g
JAVELIN	F45	OPEN	M	19.00	27.90		19.00	Record marked				800g
JAVELIN	F45	OPEN	F	14.00	21.65		14.00	Record marked				600g
JAVELIN	F45	U/14	M	12.00			12.00	Record marked				600g
JAVELIN	F45	U/14	F	7.90			7.90	Record marked				400g
JAVELIN	F45	U/17	M	14.00			14.00	Record marked				700g
JAVELIN	F45	U/17	F	10.00			10.00	Record marked				500g
JAVELIN	F45	U/20	M	16.00	27.90		16.00	Record marked				800g
JAVELIN	F45	U/20	F	12.00	21.65		12.00	Record marked				600g
JAVELIN	F46	OPEN	M	31.10	63.97	52.94	52.94	VAN STADEN	Jan	POTCHEFSTROOM	21 April 2017	800g
JAVELIN	F46	OPEN	F	19.60	45.73	33.79	26.94	SESINYE	Susan	GERMISTON	04 April 2007	600g
JAVELIN	F46	U/14	M	12.40			12.40	Record marked				600g
JAVELIN	F46	U/14	F	7.90			7.90	Record marked				400g
JAVELIN	F46	U/17	M	18.70			37.36	KOTZE	Ewan	NOTTWIL	02 August 2019	700g
JAVELIN	F46	U/17	F	11.80			11.80	Record marked				500g
JAVELIN	F46	U/20	M	24.90	63.97	52.94	28.74	DE WEE	Raylen	JOHANNESBURG	01 April 2015	800g
JAVELIN	F46	U/20	F	15.70	45.73	33.79	15.70	Record marked				600g
JAVELIN	F52	OPEN	M	9.30	18.58		14.86	DEGENAAR	Luan	PRETORIA	01 March 2000	600g
JAVELIN	F52	OPEN	F	6.70	13.46	7.25	6.70	Record marked				600g
JAVELIN	F52	U/14	M	3.70			3.70	Record marked				400g
JAVELIN	F52	U/14	F	2.70			2.70	Record marked				400g
JAVELIN	F52	U/17	M	5.60			5.60	Record marked				500g
JAVELIN	F52	U/17	F	4.00			4.00	Record marked				500g
JAVELIN	F52	U/20	M	7.40	18.58		7.40	Record marked				600g
JAVELIN	F52	U/20	F	5.40	13.46	7.25	5.40	Record marked				600g
JAVELIN	F53	OPEN	M	11.00	24.30	16.52	12.10	KOCK	F	WORCESTER	28 March 1998	600g
JAVELIN	F53	OPEN	F	5.90	11.87	7.07	5.90	Record marked				600g
JAVELIN	F53	U/14	M	4.40			4.40	Record marked				400g
JAVELIN	F53	U/14	F	2.40			2.40	Record marked				400g
JAVELIN	F53	U/17	M	6.60			6.60	Record marked				500g
JAVELIN	F53	U/17	F	3.60			3.60	Record marked				500g
JAVELIN	F53	U/20	M	8.80	24.30	16.52	8.80	Record marked				600g
JAVELIN	F53	U/20	F	4.80	11.87	7.07	4.80	Record marked				600g

JAVELIN	F54	OPEN	M	14.70	31.90	22.94	18.58	DU PREEZ	I	KIMBERLEY	27 March 2002	600g
JAVELIN	F54	OPEN	F	8.40	20.25	20.25	18.00	SITU	Zanele	BERLIN	01 June 2017	600g
JAVELIN	F54	U/14	M	5.90			5.90	Record marked				400g
JAVELIN	F54	U/14	F	3.40			3.40	Record marked				400g
JAVELIN	F54	U/17	M	8.80			8.80	Record marked				500g
JAVELIN	F54	U/17	F	5.10			5.10	Record marked				500g
JAVELIN	F54	U/20	M	11.80	31.90	22.94	11.80	Record marked				600g
JAVELIN	F54	U/20	F	6.70	20.25	20.25	9.25	MAHLATSHAN	Sinesioho	PORT ELIZABETH	25 April 2021	600g
JAVELIN	F55	OPEN	M	17.70	35.30	30.92	20.00	GRAHAM	Johan	PORT ELIZABETH	29 March 2010	600g
JAVELIN	F55	OPEN	F	10.00	27.07	15.16	12.50	MOKOENA	E	GERMISTON	21 March 2003	600g
JAVELIN	F55	U/14	M	7.10			7.10	Record marked				400g
JAVELIN	F55	U/14	F	4.50			4.50	Record marked				400g
JAVELIN	F55	U/17	M	10.60			16.90	XUNDU	Khanya	STELLENBOSCH	20 March 2019	500g
JAVELIN	F55	U/17	F	6.80			7.86	RAOOF	Azizat	STELLENBOSCH	20 March 2019	500g
JAVELIN	F55	U/20	M	14.10	35.30	30.92	15.60	SWANEPOEL	Johnathan	BLOEMFONTEIN	22 March 2016	600g
JAVELIN	F55	U/20	F	9.00	27.07	15.16	9.29	LA GRANGE	Line	RUSTENBURG	30 March 2011	600g
JAVELIN	F56	OPEN	M	21.10	42.74	34.31	28.60	HUMPRIES	Steyn	PRETORIA	22 March 1996	600g
JAVELIN	F56	OPEN	F	12.00	24.03	21.00	14.05	MOKOENA	Malifetsi	DURBAN	24 March 2004	600g
JAVELIN	F56	U/14	M	8.50			8.50	Record marked				400g
JAVELIN	F56	U/14	F	4.80			4.80	Record marked				400g
JAVELIN	F56	U/17	M	12.70			17.13	MALAO	Katlego	STELLENBOSCH	20 March 2019	500g
JAVELIN	F56	U/17	F	7.20			7.20	Record marked				500g
JAVELIN	F56	U/20	M	16.90	42.74	34.31	16.90	Record marked				600g
JAVELIN	F56	U/20	F	9.60	24.03	21.00	11.71	KODISANG	Maria	RUSTENBURG	30 March 2011	600g
JAVELIN	F57	OPEN	M	21.10	49.26	43.84	34.66	DU PLESSIS	Christiaan	JOHANNESBURG	01 April 2015	600g
JAVELIN	F57	OPEN	F	12.00	25.95	25.95	12.00	Record marked				600g
JAVELIN	F57	U/14	M	8.50			8.50	Record marked				400g
JAVELIN	F57	U/14	F	4.80			4.80	Record marked				400g
JAVELIN	F57	U/17	M	12.70			12.92	LETSOALO	Kgotso	STELLENBOSCH	20 March 2019	500g
JAVELIN	F57	U/17	F	7.20			8.31	THEMBA	Mariam	STELLENBOSCH	20 March 2019	500g
JAVELIN	F57	U/20	M	16.90	49.26	43.84	20.97	TEFU	Warren	BLOEMFONTEIN	22 March 2016	600g
JAVELIN	F57	U/20	F	9.60	25.95	25.95	11.61	YONKE	Nonkuthula	STELLENBOSCH	20 March 2019	600g
JAVELIN	F61	OPEN	M	26.40			26.40	Record marked				800g
JAVELIN	F61	OPEN	F	15.80			15.80	Record marked				600g
JAVELIN	F61	U/14	M	11.60			11.60	Record marked				600g
JAVELIN	F61	U/14	F	6.30			6.30	Record marked				400g
JAVELIN	F61	U/17	M	15.80			15.80	Record marked				700g
JAVELIN	F61	U/17	F	9.50			9.50	Record marked				500g
JAVELIN	F61	U/20	M	21.10			21.10	Record marked				800g
JAVELIN	F61	U/20	F	12.60			12.60	Record marked				600g
JAVELIN	F62	OPEN	M	13.00	31.21		13.00	Record marked				800g
JAVELIN	F62	OPEN	F	20.30			20.30	Record marked				600g
JAVELIN	F62	U/14	M	11.50			11.50	Record marked				600g
JAVELIN	F62	U/14	F	8.10			8.10	Record marked				400g

JAVELIN	F62	U/17	M	17.30			17.30	Record marked				700g
JAVELIN	F62	U/17	F	12.20			12.20	Record marked				500g
JAVELIN	F62	U/20	M	23.00	31.21		23.00	Record marked				800g
JAVELIN	F62	U/20	F	16.20			16.20	Record marked				600g
JAVELIN	F63	OPEN	M	26.40	59.77		26.40	Record marked				800g
JAVELIN	F63	OPEN	F	15.80	13.74		15.80	Record marked				600g
JAVELIN	F63	U/14	M	11.60			11.60	Record marked				600g
JAVELIN	F63	U/14	F	6.30			6.30	Record marked				400g
JAVELIN	F63	U/17	M	15.80			15.80	Record marked				700g
JAVELIN	F63	U/17	F	9.50			15.74	CROUCAMP	Megan	STELLENBOSCH	20 March 2019	500g
JAVELIN	F63	U/20	M	21.10	59.77		21.10	Record marked				800g
JAVELIN	F63	U/20	F	12.60	13.74		12.60	Record marked				600g
JAVELIN	F64	OPEN	M	13.00	62.88	56.24	51.13	BURGERS	Emile	PORT ELIZABETH	24 April 2021	800g
JAVELIN	F64	OPEN	F	20.30	26.61		20.30	Record marked				600g
JAVELIN	F64	U/14	M	11.50			11.50	Record marked				600g
JAVELIN	F64	U/14	F	8.10			8.10	Record marked				400g
JAVELIN	F64	U/17	M	17.30			48.35	BURGERS	Emile	NOTTWIL	02 August 2019	700g
JAVELIN	F64	U/17	F	12.20			12.20	Record marked				500g
JAVELIN	F64	U/20	M	23.00	62.88	56.24	42.43	BURGERS	Emile	ATHLONE	04 July 2018	800g
JAVELIN	F64	U/20	F	16.20	26.61		16.20	Record marked				600g
SHOTPUT	F11	OPEN	M	7.60	15.26	11.30	10.98	MORRIES	L	PIETERSBURG	01 October 1989	7.26kg
SHOTPUT	F11	OPEN	F	5.50	17.32	8.05	5.50	Record marked				4.00kg
SHOTPUT	F11	U/14	M	3.10			3.10	Record marked				4.00kg
SHOTPUT	F11	U/14	F	2.20			2.20	Record marked				3.00kg
SHOTPUT	F11	U/17	M	4.60			4.60	Record marked				5.00kg
SHOTPUT	F11	U/17	F	3.30			3.30	Record marked				3.00kg
SHOTPUT	F11	U/20	M	6.10			6.89	BREITENBACH	Danie	DURBAN	26 March 2012	6.00kg
SHOTPUT	F11	U/20	F	4.40	17.32	8.05	5.63	JULIES	Kamelin	PORT ELIZABETH	29 March 2010	4.00kg
SHOTPUT	F12	OPEN	M	8.30	16.69	12.98	14.81	BLOM	Hermanus	GERMISTON	26 April 2019	7.26kg
SHOTPUT	F12	OPEN	F	6.50	15.05	9.54	7.12	MTUMBA	Nombuso	JOHANNESBURG	01 April 2015	4.00kg
SHOTPUT	F12	U/14	M	3.30			3.30	Record marked				4.00kg
SHOTPUT	F12	U/14	F	2.60			2.60	Record marked				3.00kg
SHOTPUT	F12	U/17	M	5.00			5.00	Record marked				5.00kg
SHOTPUT	F12	U/17	F	3.90			5.85	ANESIPHO	Koyana	STELLENBOSCH	19 March 2019	3.00kg
SHOTPUT	F12	U/20	M	5.80			12.55	MINNAAR	Dewaldt	COLORADO SPRINGS	14 July 2011	6.00kg
SHOTPUT	F12	U/20	F	5.20	15.05	9.54	7.13	MTUMBA	Nombuso	PORT ELIZABETH	29 March 2010	4.00kg
SHOTPUT	F13	OPEN	M	8.20	16.46	13.20	13.34	BLOM	Hermanus	JOHANNESBURG	01 April 2015	7.26kg
SHOTPUT	F13	OPEN	F	6.50	13.05	8.71	9.51	WAIT	B	BLOEMFONTEIN	01 March 1986	4.00kg
SHOTPUT	F13	U/14	M	3.30			3.30	Record marked				4.00kg
SHOTPUT	F13	U/14	F	2.60			2.60	Record marked				3.00kg
SHOTPUT	F13	U/17	M	4.90			4.90	Record marked				5.00kg
SHOTPUT	F13	U/17	F	3.90			3.90	Record marked				3.00kg
SHOTPUT	F13	U/20	M	6.60			14.51	GRANT	Wesley	JOHANNESBURG	01 April 2015	6.00kg
SHOTPUT	F13	U/20	F	5.20	13.05		8.96	MENTOR	Carmen	RUSTENBURG	29 March 2011	4.00kg

SHOTPUT	F32	OPEN	M	4.50	12.05	11.08	7.49	LUBBE	Ernest	BLOEMFONTEIN	03 November 2018	2.00kg
SHOTPUT	F32	OPEN	F	2.00	7.04	6.95	2.00	Record marked				2.00kg
SHOTPUT	F32	U/14	M	3.00			3.00	Record marked				1.00kg
SHOTPUT	F32	U/14	F	1.40			1.40	Record marked				1.00kg
SHOTPUT	F32	U/17	M	3.50			3.50	Record marked				1.00kg
SHOTPUT	F32	U/17	F	1.60			2.43	VELELE	Latitha	STELLENBOSCH	19 March 2019	1.00kg
SHOTPUT	F32	U/20	M	4.00	12.05	11.08	4.00	Record marked				2.00kg
SHOTPUT	F32	U/20	F	1.80	7.04	6.95	2.10	VELELE	Latitha	PORT ELIZABETH	24 April 2021	2.00kg
SHOTPUT	F33	OPEN	M	5.20	12.36	11.14	6.57	BREET	Adeo	PORT ELIZABETH	03 April 2017	3.00kg
SHOTPUT	F33	OPEN	F	2.60	7.81	6.70	3.36	COETZER	Jeanell	BLOEMFONTEIN	03 November 2018	3.00kg
SHOTPUT	F33	U/14	M	4.00			4.00	Record marked				2.00kg
SHOTPUT	F33	U/14	F	2.00			2.00	Record marked				2.00kg
SHOTPUT	F33	U/17	M	4.60			4.60	Record marked				2.00kg
SHOTPUT	F33	U/17	F	2.20			2.20	Record marked				2.00kg
SHOTPUT	F33	U/20	M	5.00	12.36	11.14	6.21	JANSE V RENSBURG	Doran	NOTTWIL	03 August 2019	3.00kg
SHOTPUT	F33	U/20	F	2.40	7.81	6.70	3.18	COETZER	Jeanell	PORT ELIZABETH	02 April 2017	3.00kg
SHOTPUT	F34	OPEN	M	4.00	12.17	11.28	8.38	LANGA	Ayanda	STELLENBOSCH	19 March 2019	4.00kg
SHOTPUT	F34	OPEN	F	2.80	8.82	8.33	6.27	NHLAPHO	Zandile	JOHANNESBURG	02 April 2015	3.00kg
SHOTPUT	F34	U/14	M	3.20			3.20	Record marked				3.00kg
SHOTPUT	F34	U/14	F	2.20			2.20	Record marked				2.00kg
SHOTPUT	F34	U/17	M	3.60			5.45	GALANT	Riaan	STELLENBOSCH	20 March 2019	3.00kg
SHOTPUT	F34	U/17	F	2.40			5.10	LANGA	Ayanbulela	PORT ELIZABETH	24 April 2021	2.00kg
SHOTPUT	F34	U/20	M	3.80	12.17	11.28	5.21	BURR-DIXON	Daniel	BLOEMFONTEIN	21 March 2016	4.00kg
SHOTPUT	F34	U/20	F	2.60	8.82	8.33	4.30	PIENAAR	Juanita	JOHANNESBURG	02 April 2015	3.00kg
SHOTPUT	F35	OPEN	M	8.10	17.32	11.40	11.43	MICHAELS	Fabian	STELLENBOSCH	27 March 2008	4.00kg
SHOTPUT	F35	OPEN	F	4.70	13.91	9.18	9.18	V ZYL	Chenelle	PRETORIA	04 May 2012	3.00kg
SHOTPUT	F35	U/14	M	3.20			3.20	Record marked				3.00kg
SHOTPUT	F35	U/14	F	1.90			1.90	Record marked				2.00kg
SHOTPUT	F35	U/17	M	4.90			4.90	Record marked				3.00kg
SHOTPUT	F35	U/17	F	2.80			5.58	SEPURU	Lehlogonolo	STELLENBOSCH	19 March 2019	2.00kg
SHOTPUT	F35	U/20	M	5.70	17.32	11.40	8.19	VALENTINE	Dowayne	DURBAN	26 March 2012	4.00kg
SHOTPUT	F35	U/20	F	3.80	13.91	9.18	6.27	VD WALT	Emeline	PORT ELIZABETH	07 April 2009	3.00kg
SHOTPUT	F36	OPEN	M	6.50	16.32	14.74	10.87	STRYDOM	Duane	BLOEMFONTEIN	03 April 2006	4.00kg
SHOTPUT	F36	OPEN	F	4.70	11.79	6.58	7.94	MOKHOSOA	Dineo	PORT ELIZABETH	02 April 2017	3.00kg
SHOTPUT	F36	U/14	M	2.60			2.60	Record marked				3.00kg
SHOTPUT	F36	U/14	F	1.90			1.90	Record marked				2.00kg
SHOTPUT	F36	U/17	M	3.90			5.26	SMITH	Daylan	STELLENBOSCH	20 March 2019	3.00kg
SHOTPUT	F36	U/17	F	2.80			2.80	Record marked				2.00kg
SHOTPUT	F36	U/20	M	5.20	16.32	14.74	8.99	MAHLAMBI	Sabelo	PORT ELIZABETH	24 April 2021	4.00kg
SHOTPUT	F36	U/20	F	3.70	11.79	6.58	5.82	MOKHOSOA	Dineo	DURBAN	26 March 2012	3.00kg
SHOTPUT	F37	OPEN	M	8.30	17.52	14.40	13.51	KRUGER	Gerrit	STELLENBOSCH	16 April 2016	5.00kg
SHOTPUT	F37	OPEN	F	5.80	15.50	8.79	8.55	BOSKER	Christelle	SYDNEY	23 October 2000	3.00kg
SHOTPUT	F37	U/14	M	3.30			3.30	Record marked				3.00kg
SHOTPUT	F37	U/14	F	2.30			2.30	Record marked				2.00kg

SHOTPUT	F37	U/17	M	5.00			8.95	MANABELA	Sibusiso	STELLENBOSCH	19 March 2019	4.00kg
SHOTPUT	F37	U/17	F	3.50			7.08	PHETU	Imani	PORT ELIZABETH	24 April 2021	2.00kg
SHOTPUT	F37	U/20	M	6.60	17.52	14.40	9.28	MANABELA	Sibusiso	PORT ELIZABETH	24 April 2021	5.00kg
SHOTPUT	F37	U/20	F	4.60	15.50	8.79	7.18	GREYLING	Deyenne	GERMISTON	05 April 2007	3.00kg
SHOTPUT	F38	OPEN	M	7.60	15.95	15.58	13.77	HAMMAN	Reinhardt	SAO PAULO	23 April 2015	5.00kg
SHOTPUT	F38	OPEN	F	6.30	12.58	7.29	11.23	KRUGER	Simone	PORT ELIZABETH	24 April 2021	3.00kg
SHOTPUT	F38	U/14	M	3.00			3.00	Record marked				3.00kg
SHOTPUT	F38	U/14	F	2.50			2.50	Record marked				2.00kg
SHOTPUT	F38	U/17	M	4.60			6.61	SITHOLE	Ntando	STELLENBOSCH	20 March 2019	4.00kg
SHOTPUT	F38	U/17	F	3.80			12.52	KRUGER	Simone	NOTTWIL	03 August 2019	2.00kg
SHOTPUT	F38	U/20	M	6.10	15.95	15.58	9.56	LETHEKO	Tumelo	PORT ELIZABETH	29 March 2010	5.00kg
SHOTPUT	F38	U/20	F	5.00	12.58	7.29	7.57	HAYWOOD	Andrea	PORT ELIZABETH	25 April 2021	3.00kg
SHOTPUT	F40	OPEN	M	5.60	11.01	9.44	6.12	MPHUTLANE	Thato	BLOEMFONTEIN/PORT ELIZABETH	02 April 2017	4.00kg
SHOTPUT	F40	OPEN	F	4.50	9.11	8.63	4.50	Record marked				3.00kg
SHOTPUT	F40	U/14	M	2.20			2.20	Record marked				3.00kg
SHOTPUT	F40	U/14	F	1.80			1.80	Record marked				2.00kg
SHOTPUT	F40	U/17	M	3.40			5.97	RAMOLAHLOANE	Kabelo	STELLENBOSCH	20 March 2019	3.00kg
SHOTPUT	F40	U/17	F	2.70			3.46	HOLTZHAUSEN	Cherel	BLOEMFONTEIN	03 November 2018	2.00kg
SHOTPUT	F40	U/20	M	4.50	11.01	9.44	5.75	MPHUTLANE	Thato	JOHANNESBURG	31 March 2015	4.00kg
SHOTPUT	F40	U/20	F	3.60	9.11	8.63	4.40	MGBISA	Ayanda	RUSTENBURG	29 March 2011	3.00kg
SHOTPUT	F41	OPEN	M	5.60	14.31	10.74	7.48	VAN STADEN	Joshua	PRETORIA	17 April 2021	4.00kg
SHOTPUT	F41	OPEN	F	4.50	10.42	10.42	5.10	XABA	Gaba	JOHANNESBURG	01 April 2015	3.00kg
SHOTPUT	F41	U/14	M	2.20			2.20	Record marked				3.00kg
SHOTPUT	F41	U/14	F	1.80			1.80	Record marked				2.00kg
SHOTPUT	F41	U/17	M	3.40			3.40	Record marked				3.00kg
SHOTPUT	F41	U/17	F	2.70			2.70	Record marked				2.00kg
SHOTPUT	F41	U/20	M	4.50	14.31	10.74	4.50	Record marked				4.00kg
SHOTPUT	F41	U/20	F	3.60	10.42	10.42	5.32	XABA	Gaba	STELLENBOSCH	01 April 2014	3.00kg
SHOTPUT	F42	OPEN	M	7.20	17.52	11.90	7.20	Record marked				6.00kg
SHOTPUT	F42	OPEN	F	5.00	9.00	5.27	6.21	SIKHOTLA	Lulama	PRETORIA	26 March 2013	4.00kg
SHOTPUT	F42	U/14	M	2.90			2.90	Record marked				4.00kg
SHOTPUT	F42	U/14	F	2.00			2.00	Record marked				2.00kg
SHOTPUT	F42	U/17	M	4.30			6.57	MOLOBELA	Daniel	PORT ELIZABETH	25 April 2021	5.00kg
SHOTPUT	F42	U/17	F	3.00			7.03	CROUCAMP	Megan	STELLENBOSCH	19 March 2019	3.00kg
SHOTPUT	F42	U/20	M	5.80	17.52	11.90	5.80	Record marked				6.00kg
SHOTPUT	F42	U/20	F	4.00	9.00	5.27	4.00	Record marked				4.00kg
SHOTPUT	F43	OPEN	M	7.10	19.08		9.68	CAMBA	Mziwadoda	PORT ELIZABETH	24 April 2021	6.00kg
SHOTPUT	F43	OPEN	F	4.90	8.74	7.83	5.22	MOLEMANE	Heleen	STELLENBOSCH	20 March 2019	4.00kg
SHOTPUT	F43	U/14	M	2.80			2.80	Record marked				4.00kg
SHOTPUT	F43	U/14	F	2.00			2.00	Record marked				2.00kg
SHOTPUT	F43	U/17	M	4.30			4.30	Record marked				5.00kg
SHOTPUT	F43	U/17	F	2.90			3.14	ADONIS	Sinothando	STELLENBOSCH	19 March 2019	3.00kg
SHOTPUT	F43	U/20	M	5.70	19.08		8.92	DRAMAT	Bilal	BLOEMFONTEIN	31 March 2018	6.00kg
SHOTPUT	F43	U/20	F	3.90	8.74	7.83	8.35	FOX	Katinka	STELLENBOSCH	20 March 2019	4.00kg

SHOTPUT	F44	OPEN	M	9.00	15.73	15.65	9.00	Record marked				6.00kg
SHOTPUT	F44	OPEN	F	6.30	13.14	9.68	8.76	VAN DER MERWE	Yane	PORT ELIZABETH	25 April 2021	4.00kg
SHOTPUT	F44	U/14	M	3.60			3.60	Record marked				4.00kg
SHOTPUT	F44	U/14	F	2.50			2.50	Record marked				2.00kg
SHOTPUT	F44	U/17	M	5.40			5.40	Record marked				5.00kg
SHOTPUT	F44	U/17	F	3.80			9.68	HOFFMANN	Mandilene	ATHLONE	04 July 2018	3.00kg
SHOTPUT	F44	U/20	M	7.20	15.73	15.65	9.24	JANSEN	Dian	STELLENBOSCH	20 March 2019	6.00kg
SHOTPUT	F44	U/20	F	5.00	13.14	9.68	8.63	DU TOIT	Hemarisha	PORT ELIZABETH	25 April 2021	4.00kg
SHOTPUT	F45	OPEN	M	7.40			7.40	Record marked				6.00kg
SHOTPUT	F45	OPEN	F	6.00	8.74		6.00	Record marked				4.00kg
SHOTPUT	F45	U/14	M	3.00			3.00	Record marked				4.00kg
SHOTPUT	F45	U/14	F	2.40			2.40	Record marked				2.00kg
SHOTPUT	F45	U/17	M	4.50			4.50	Record marked				5.00kg
SHOTPUT	F45	U/17	F	3.60			3.60	Record marked				3.00kg
SHOTPUT	F45	U/20	M	6.00			7.67	ODENDAAL	Nabeel	PORT ELIZABETH	02 April 2017	6.00kg
SHOTPUT	F45	U/20	F	4.20	8.74		4.20	Record marked				4.00kg
SHOTPUT	F46	OPEN	M	7.40	16.80	14.29	16.07	NOEMDO	Kerwin	PORT ELIZABETH	24 April 2021	6.00kg
SHOTPUT	F46	OPEN	F	6.00	12.47	9.63	6.00	Record marked				4.00kg
SHOTPUT	F46	U/14	M	3.00			3.00	Record marked				4.00kg
SHOTPUT	F46	U/14	F	2.40			2.40	Record marked				2.00kg
SHOTPUT	F46	U/17	M	4.50			4.50	Record marked				5.00kg
SHOTPUT	F46	U/17	F	3.60			6.78	MARGGRAF	Jessica	SHARJAH	14 February 2019	3.00kg
SHOTPUT	F46	U/20	M	6.00	16.80	14.29	10.42	NOEMDO	Kerwin	PRETORIA	26 March 2013	6.00kg
SHOTPUT	F46	U/20	F	4.20	12.47	9.63	6.65	MAHON	Elle	PORT ELIZABETH	25 April 2021	4.00kg
SHOTPUT	F52	OPEN	M	5.00	11.74	5.22	6.57	PIETERS	Jakkie	PORT ELIZABETH	03 April 1995	2.00kg
SHOTPUT	F52	OPEN	F	2.60	7.80	2.95	2.80	SOMTSWAYI	N	STELLENBOSCH	11 April 2001	2.00kg
SHOTPUT	F52	U/14	M	2.00	11.74	5.22	2.00	Record marked				2.00kg
SHOTPUT	F52	U/14	F	1.20	7.80	2.95	1.20	Record marked				2.00kg
SHOTPUT	F52	U/17	M	3.00	11.74	5.22	3.00	Record marked				2.00kg
SHOTPUT	F52	U/17	F	1.80	7.80	2.95	1.80	Record marked				2.00kg
SHOTPUT	F52	U/20	M	4.00	11.74	5.22	4.00	Record marked				2.00kg
SHOTPUT	F52	U/20	F	2.30	7.80	2.95	3.03	MDULWANE	Mpho	BLOEMFONTEIN	02 April 2018	2.00kg
SHOTPUT	F53	OPEN	M	4.40	8.83	6.45	6.05	BEACK	Brandon	BLOEMFONTEIN	06 May 2016	3.00kg
SHOTPUT	F53	OPEN	F	2.90	5.88	3.86	2.71	ZIDE	S	DURBAN	24 March 2004	3.00kg
SHOTPUT	F53	U/14	M	1.70			1.70	Record marked				2.00kg
SHOTPUT	F53	U/14	F	1.20			1.20	Record marked				2.00kg
SHOTPUT	F53	U/17	M	2.60			2.60	Record marked				2.00kg
SHOTPUT	F53	U/17	F	1.80			1.80	Record marked				2.00kg
SHOTPUT	F53	U/20	M	3.50	8.83	6.45	3.50	Record marked				3.00kg
SHOTPUT	F53	U/20	F	2.40	5.88	3.86	2.40	Record marked				3.00kg
SHOTPUT	F54	OPEN	M	5.00	11.40	8.01	9.15	LABUSCHAGNE	Leon	STELLENBOSCH	08 April 1992	4.00kg
SHOTPUT	F54	OPEN	F	3.40	8.19	7.11	5.87	ETSEBETH	T	STELLENBOSCH	03 April 1995	3.00kg
SHOTPUT	F54	U/14	M	2.00			2.00	Record marked				2.00kg
SHOTPUT	F54	U/14	F	1.40			1.40	Record marked				2.00kg

SHOTPUT	F54	U/17	M	3.00			3.00	Record marked				3.00kg
SHOTPUT	F54	U/17	F	2.00			4.35	MATLATSHANE	Sinesipho	STELLENBOSCH	19 March 2019	2.00kg
SHOTPUT	F54	U/20	M	4.00	11.40	8.01	4.68	WARD	Glen	PORT ELIZABETH	28 March 2010	4.00kg
SHOTPUT	F54	U/20	F	2.70	8.19	7.11	3.62	MAHLATSHAN	Sinesioho	PORT ELIZABETH	24 April 2021	3.00kg
SHOTPUT	F55	OPEN	M	5.90	12.47	11.46	7.92	GRAHAM	Johan	RUSTENBURG/BLOEMFO	29 Maart 2011/ 2 April 2018	4.00kg
SHOTPUT	F55	OPEN	F	4.50	9.06	7.37	5.82	MOTAUNG	E	DURBAN	24 March 2004	3.00kg
SHOTPUT	F55	U/14	M	2.40			2.40	Record marked				2.00kg
SHOTPUT	F55	U/14	F	1.80			1.80	Record marked				2.00kg
SHOTPUT	F55	U/17	M	3.60			7.12	XUNDU	Khanya	STELLENBOSCH	20 March 2019	3.00kg
SHOTPUT	F55	U/17	F	2.70			4.35	RAOOF	Azizat	STELLENBOSCH	19 March 2019	2.00kg
SHOTPUT	F55	U/20	M	4.70	12.47	11.46	6.46	MYBURGH	Stephen	DURBAN	28 March 2012	4.00kg
SHOTPUT	F55	U/20	F	3.20	9.06	7.37	4.55	THERON	Amore	BLOEMFONTEIN	21 March 2016	3.00kg
SHOTPUT	F56	OPEN	M	6.80	13.49	10.93	11.24	HUMPRIES	Steyn	PRETORIA	23 March 1996	4.00kg
SHOTPUT	F56	OPEN	F	4.30	9.95	9.95	6.38	VORSTER	L	STELLENBOSCH	28 March 2008	3.00kg
SHOTPUT	F56	U/14	M	2.70			2.70	Record marked				2.00kg
SHOTPUT	F56	U/14	F	1.70			1.70	Record marked				2.00kg
SHOTPUT	F56	U/17	M	4.10			4.95	JOUBERT	Steven	PORT ELIZABETH	24 April 2021	3.00kg
SHOTPUT	F56	U/17	F	2.60			3.84	NDLONDLO	Ntandi	STELLENBOSCH	19 March 2019	2.00kg
SHOTPUT	F56	U/20	M	5.40	13.49	10.93	6.94	NDEBELE	Max	GERMISTON	05 April 2007	4.00kg
SHOTPUT	F56	U/20	F	3.50	9.95	9.95	5.33	MOSTERT	Hanelie	PORT ELIZABETH	07 April 2009	3.00kg
SHOTPUT	F57	OPEN	M	7.00	15.26	12.03	11.45	STRYDOM	Nicolas	GERMISTON	26 April 2019	4.00kg
SHOTPUT	F57	OPEN	F	4.30	11.16	11.08	6.10	POTGIETER	Martha	BLOEMFONTEIN	02 April 2018	3.00kg
SHOTPUT	F57	U/14	M	3.00			3.00	Record marked				2.00kg
SHOTPUT	F57	U/14	F	2.00			2.00	Record marked				2.00kg
SHOTPUT	F57	U/17	M	4.50			6.58	JOBE	Antonio	STELLENBOSCH	20 March 2019	3.00kg
SHOTPUT	F57	U/17	F	2.80			6.09	THEMBA	Mariam	STELLENBOSCH	19 March 2019	2.00kg
SHOTPUT	F57	U/20	M	5.60	15.26	12.03	7.44	TEFO	Warren	JOHANNESBURG	31 March 2015	4.00kg
SHOTPUT	F57	U/20	F	3.80	11.16	11.08	5.58	MOKALENG	Malebo	STELLENBOSCH	01 April 2014	3.00kg
SHOTPUT	F61	OPEN	M	7.20			7.20	Record marked				6.00kg
SHOTPUT	F61	OPEN	F	5.00			5.00	Record marked				4.00kg
SHOTPUT	F61	U/14	M	2.90			2.90	Record marked				4.00kg
SHOTPUT	F61	U/14	F	2.00			2.00	Record marked				2.00kg
SHOTPUT	F61	U/17	M	4.30			4.30	Record marked				5.00kg
SHOTPUT	F61	U/17	F	3.00			3.00	Record marked				3.00kg
SHOTPUT	F61	U/20	M	5.80			5.80	Record marked				6.00kg
SHOTPUT	F61	U/20	F	4.00			4.00	Record marked				4.00kg
SHOTPUT	F62	OPEN	M	9.00	7.83		9.00	Record marked				6.00kg
SHOTPUT	F62	OPEN	F	6.30			6.30	Record marked				4.00kg
SHOTPUT	F62	U/14	M	3.60			3.60	Record marked				4.00kg
SHOTPUT	F62	U/14	F	2.50			2.50	Record marked				2.00kg
SHOTPUT	F62	U/17	M	5.40			5.40	Record marked				5.00kg
SHOTPUT	F62	U/17	F	3.80			3.80	Record marked				3.00kg
SHOTPUT	F62	U/20	M	7.20	7.83		7.20	Record marked				6.00kg
SHOTPUT	F62	U/20	F	5.00			5.00	Record marked				4.00kg

SHOTPUT	F63	OPEN	M	7.20	15.10	13.36	13.36	PILLAY	Tyrone	DUBAI	10 November 2019	6.00kg
SHOTPUT	F63	OPEN	F	5.00	10.06	8.06	7.03	CROUCAMP	Megan	STELLENBOSCH	19 March 2019	4.00kg
SHOTPUT	F63	U/14	M	2.90			2.90	Record marked				4.00kg
SHOTPUT	F63	U/14	F	2.00			2.00	Record marked				2.00kg
SHOTPUT	F63	U/17	M	4.30			4.30	Record marked				5.00kg
SHOTPUT	F63	U/17	F	3.00			3.00	Record marked				3.00kg
SHOTPUT	F63	U/20	M	5.80	15.10	13.36	5.80	Record marked				6.00kg
SHOTPUT	F63	U/20	F	4.00	10.06	8.06	4.76	TAU	Agnes	PORT ELIZABETH	25 April 2021	4.00kg
SHOTPUT	F64	OPEN	M	9.00	18.38	12.26	12.26	JOUBERT	Jean	STELLENBOSCH	20 March 2019	6.00kg
SHOTPUT	F64	OPEN	F	6.30	9.80	9.61	11.15	COMBRINK	Maria	PORT ELIZABETH	25 April 2021	4.00kg
SHOTPUT	F64	U/14	M	3.60			3.60	Record marked				4.00kg
SHOTPUT	F64	U/14	F	2.50			2.50	Record marked				2.00kg
SHOTPUT	F64	U/17	M	5.40			8.82	BURGERS	Emile	NOTTWIL	01 August 2019	5.00kg
SHOTPUT	F64	U/17	F	3.80			3.80	Record marked				3.00kg
SHOTPUT	F64	U/20	M	7.20	18.38	12.26	7.94	HANDULA	Ukho	PORT ELIZABETH	24 April 2021	6.00kg
SHOTPUT	F64	U/20	F	5.00	9.80	9.61	4.71	MACDONALD	Kim	STELLENBOSCH	20 March 2019	4.00kg

SASAPD Eventlist Track Events

	CLASS	AGE	GENDER	SAQ	WORLD RECORD as on 14/04/2021	AFRICA RECORD as on 14/04/2021	SA RECORDS as on 12/09/2021	SURNAME	INIT	PLACE	DATE
4X100M	T11-13	OPEN	M		00:42.11	00:43.49	00:47.90	WP		GERMISTON	04 April 2007
4X100M	T11-13	OPEN	F		00:47.18						
4X100M	T35-38	OPEN	M		00:44.81	00:45.76	00:45.76	Team SA		LYON	27 July 2013
4X100M	T35-38	OPEN	F		00:50.81	01:04.00					
4X100M	T42-47/61-64	OPEN	M		00:40.73	00:41.78	00:41.78	Team SA		LONDON	05 September 2012
4X100M	T42-47/61-64	OPEN	F		00:56.50						
4X100M	T53-54	OPEN	M		00:49.89						
4X100M	T53-54	OPEN	F		00:57.61						
4X400M	T11-13	OPEN	M		03:27.89						
4X400M	T11-13	OPEN	F		04:02.21						
4X400M	T35-38	OPEN	M		03:38.92	03:38.92	03:38.92				
4X400M	T35-38	OPEN	F								
4X400M	T42-47/61-64	OPEN	M		03:27.00						
4X400M	T42-47/61-64	OPEN	F								
4X400M	T53-54	OPEN	M		03:04.77						
4X400M	T53-54	OPEN	F		03:32.11						
Universal relay	All classes	OPEN	F/M		00:46.35	00:57.00					
100M	T11	OPEN	M	00:14.40	00:10.92	00:11.11	00:12.41	MAJOLA	D	BLOEMFONTEIN	01 March 1986
100M	T11	OPEN	F	00:16.00	00:11.85	00:12.56	00:15.20	VERSVELD	N	STELLENBOSCH	01 April 1988
100M	T11	U/14	M	00:18.80	00:10.92	00:11.11	00:18.80	Record marked			
100M	T11	U/14	F	00:20.90	00:11.85	00:12.56	00:20.90	Record marked			
100M	T11	U/17	M	00:17.70	00:10.92	00:11.11	00:17.70	Record marked			
100M	T11	U/17	F	00:19.70	00:11.85	00:12.56	00:19.70	Record marked			
100M	T11	U/20	M	00:17.00	00:10.92	00:11.11	00:13.16	PETERSEN	Mogamat Nur	BLOEMFONTEIN	22 March 2016
100M	T11	U/20	F	00:18.40	00:11.85	00:12.56	00:13.80	JULIES	Kamelin	PORT ELIZABETH	29 March 2010
100M	T12	OPEN	M	00:14.00	00:10.45	00:10.75	00:10.80	NTUTU	Ndodomzi	GOLD COAST	11 April 2018
100M	T12	OPEN	F	00:16.10	00:11.40	00:12.35	00:14.01	LOMAX	Carley	JOHANNESBURG	02 April 2015
100M	T12	U/14	M	00:18.30	00:10.45	00:10.75	00:14.06	Record marked			
100M	T12	U/14	F	00:21.00	00:11.40	00:12.35	00:19.23	Record marked			
100M	T12	U/17	M	00:17.20	00:10.45	00:10.75	00:17.20	Record marked			
100M	T12	U/17	F	00:19.80	00:11.40	00:12.35	00:19.80	Record marked			
100M	T12	U/20	M	00:16.20	00:10.45	00:10.75	00:11.89	MAANS	Denzwill	COLORADO SPRINGS	14 July 2011
100M	T12	U/20	F	00:18.50	00:11.40	00:12.35	00:12.80	MTUMBA	Nombuso	PORT ELIZABETH	29 March 2010
100M	T13	OPEN	M	00:13.90	00:10.46	00:10.78	00:10.99	NTUTU	Johnathan	LYON	24 July 2013
100M	T13	OPEN	F	00:16.00	00:11.79	00:11.89	00:11.89	HAYES	Ilse	SAO PAULO	23 April 2015
100M	T13	U/14	M	00:18.10	00:10.46	00:10.78	00:18.10	Record marked			

100M	T13	U/14	F	00:20.90	00:11.79	00:11.89	00:20.90	Record marked			
100M	T13	U/17	M	00:17.00	00:10.46	00:10.78	00:13.16	UZAIR	Ismail	STELLENBOSCH	19 March 2019
100M	T13	U/17	F	00:19.70	00:11.79	00:11.89	00:19.70	Record marked			
100M	T13	U/20	M	00:16.00	00:10.46	00:10.78	00:11.36	HENDRICKS	Chane	NOTTWIL	03 August 2019
100M	T13	U/20	F	00:18.50	00:11.79	00:11.89	00:12.91	PRETORIUS	Johanna	RUSTENBURG	28 March 2011
100M	T32	OPEN	M	00:34.90	00:23.25		00:34.90	Record marked			
100M	T32	OPEN	F	00:57.00	00:37.67		00:57.00	Record marked			
100M	T32	U/14	M	00:44.20	00:23.25		00:44.20	Record marked			
100M	T32	U/14	F	01:12.00	00:37.67		01:12.00	Record marked			
100M	T32	U/17	M	00:41.90	00:23.25		00:41.90	Record marked			
100M	T32	U/17	F	01:07.90	00:37.67		01:07.90	Record marked			
100M	T32	U/20	M	00:40.00	00:23.25		00:40.00	Record marked			
100M	T32	U/20	F	01:04.10	00:37.67		01:04.10	Record marked			
100M	T33	OPEN	M	00:28.00	00:16.46	00:16.24	00:22.54	WESTRAADT	Ettiene	KIMBERLEY	27 March 2002
100M	T33	OPEN	F	00:33.30	00:19.89		00:33.30	Record marked			
100M	T33	U/14	M	00:34.90	00:16.46	00:16.24	00:34.90	Record marked			
100M	T33	U/14	F	00:42.10	00:19.89		00:42.10	Record marked			
100M	T33	U/17	M	00:33.10	00:16.46	00:16.24	00:33.10	Record marked			
100M	T33	U/17	F	00:39.90	00:19.89		00:39.90	Record marked			
100M	T33	U/20	M	00:31.30	00:16.46	00:16.24	00:31.30	Record marked			
100M	T33	U/20	F	00:37.70	00:19.89		00:37.70	Record marked			
100M	T34	OPEN	M	00:24.40	00:14.46	00:14.46	00:18.50	PRINSLOO	P	PRETORIA	23 March 1996
100M	T34	OPEN	F	00:29.40	00:16.77	00:20.52	00:29.40	Record marked			
100M	T34	U/14	M	00:30.90	00:14.46	00:14.46	00:30.90	Record marked			
100M	T34	U/14	F	00:37.20	00:16.77	00:20.52	00:37.20	Record marked			
100M	T34	U/17	M	00:29.30	00:14.46	00:14.46	00:29.30	Record marked			
100M	T34	U/17	F	00:35.20	00:16.77	00:20.52	00:35.20	Record marked			
100M	T34	U/20	M	00:27.70	00:14.46	00:14.46	00:22.21	NDLOZI	S L	GERMISTON	04 April 2007
100M	T34	U/20	F	00:33.30	00:16.77	00:20.52	00:33.30	Record marked			
100M	T35	OPEN	M	00:16.00	00:11.77	00:12.96	00:12.82	MOKGALAGADI	Teboho	BEIJING	08 September 2008
100M	T35	OPEN	F	00:22.00	00:13.43	00:17.90	00:17.90	VAN ZYL	Chenelle	STELLENBOSCH	01 April 2014
100M	T35	U/14	M	00:20.90	00:11.77	00:12.96	00:20.90	Record marked			
100M	T35	U/14	F	00:27.00	00:13.43	00:17.90	00:27.00	Record marked			
100M	T35	U/17	M	00:19.70	00:11.77	00:12.96	00:19.70	Record marked			
100M	T35	U/17	F	00:25.10	00:13.43	00:17.90	00:25.10	Record marked			
100M	T35	U/20	M	00:18.50	00:11.77	00:12.96	00:14.55	MARCH	Enrico	GERMISTON	04 April 2007
100M	T35	U/20	F	00:23.50	00:13.43	00:17.90	00:22.90	MLAMBO	Thoko	RUSTENBURG	28 March 2011
100M	T36	OPEN	M	00:15.80	00:11.72	00:12.78	00:13.98	OLESING	Phenyo	STELLENBOSCH	20 March 2019
100M	T36	OPEN	F	00:19.40	00:13.68	00:16.79	00:18.20	WAGENER	Leona	PRETORIA	23 March 1996
100M	T36	U/14	M	00:20.70	00:11.72	00:12.78	00:20.70	Record marked			
100M	T36	U/14	F	00:23.50	00:13.68	00:16.79	00:23.50	Record marked			

100M	T36	U/17	M	00:19.50	00:11.72	00:12.78	00:19.50	Record marked			
100M	T36	U/17	F	00:22.80	00:13.68	00:16.79	00:22.80	Record marked			
100M	T36	U/20	M	00:18.30	00:11.72	00:12.78	00:14.12	RATABALO	Lucky	PORT ELIZABETH	29 March 2010
100M	T36	U/20	F	00:20.80	00:13.68	00:16.79	00:18.42	SELOPYANE	Rachel	DURBAN	26 March 2012
100M	T37	OPEN	M	00:15.20	00:11.42	00:11.42	00:11.35	DU TOIT	Charl	GOLD COAST	10 April 2018
100M	T37	OPEN	F	00:18.10	00:13.10	00:13.67	00:13.55	JAMES	Sheryl	BLOEMFONTEIN	07 November 2020
100M	T37	U/14	M	00:19.90	00:11.42	00:11.42	00:19.90	Record marked			
100M	T37	U/14	F	00:23.60	00:13.10	00:13.67	00:23.60	Record marked			
100M	T37	U/17	M	00:18.70	00:11.42	00:11.42	00:15.85	MAZIBUKO	Siyabonga	PORT ELIZABETH	24 April 2021
100M	T37	U/17	F	00:22.30	00:13.10	00:13.67	00:17.48	PHETU	Imani	PORT ELIZABETH	24 April 2021
100M	T37	U/20	M	00:17.50	00:11.42	00:11.42	00:12.35	DU TOIT	Charl	RUSTENBURG	28 March 2011
100M	T37	U/20	F	00:20.90	00:13.10	00:13.67	00:14.99	GOUWS	Liezel	BLOEMFONTEIN	22 March 2016
100M	T38	OPEN	M	00:14.30	00:10.74	00:11.11	00:11.11	BUIS	Dyan	LONDON	01 September 2012
100M	T38	OPEN	F	00:17.50	00:12.38	00:13.65	00:13.50	JOUBERT	S	WORCESTER	27 March 1998
100M	T38	U/14	M	00:18.70	00:10.74	00:11.11	00:18.70	Record marked			
100M	T38	U/14	F	00:22.90	00:12.38	00:13.65	00:22.90	Record marked			
100M	T38	U/17	M	00:17.60	00:10.74	00:11.11	00:17.60	Record marked			
100M	T38	U/17	F	00:21.50	00:12.38	00:13.65	00:16.64	KRUGER	Simone	ATHLONE	03 July 2018
100M	T38	U/20	M	00:17.60	00:10.74	00:11.11	00:11.72	WALLACE	Rouvaun	NOTTWIL	03 August 2019
100M	T38	U/20	F	00:21.50	00:12.38	00:13.65	00:14.43	MEIJER	Juanelie	BLOEMFONTEIN	22 March 2016
100M	T42	OPEN	M	00:15.80	00:12.42		00:15.80	Record marked			
100M	T42	OPEN	F	00:21.30	00:14.72	00:19.49	00:21.30	Record marked			
100M	T42	U/14	M	00:20.70	00:12.42		00:20.70	Record marked			
100M	T42	U/14	F	00:27.80	00:14.72	00:19.49	00:27.80	Record marked			
100M	T42	U/17	M	00:19.50	00:12.42		00:19.50	Record marked			
100M	T42	U/17	F	00:26.20	00:14.72	00:19.49	00:26.20	Record marked			
100M	T42	U/20	M	00:18.30	00:12.42		00:18.30	Record marked			
100M	T42	U/20	F	00:24.50	00:14.72	00:19.49	00:24.50	Record marked			
100M	T43	OPEN	M	00:14.20			00:14.20	Record marked			
100M	T43	OPEN	F	00:17.80			00:17.80	Record marked			
100M	T43	U/14	M	00:20.80			00:20.80	Record marked			
100M	T43	U/14	F	00:23.30			00:23.30	Record marked			
100M	T43	U/17	M	00:19.70			00:19.70	Record marked			
100M	T43	U/17	F	00:21.90			00:21.90	Record marked			
100M	T43	U/20	M	00:16.40			00:16.40	Record marked			
100M	T43	U/20	F	00:21.00			00:21.00	Record marked			
100M	T44	OPEN	M	00:14.20	00:11.00	00:11.00	00:11.00	MHLONGO	Mpumelelo	DUBAI	11 November 2019
100M	T44	OPEN	F	00:16.90	00:12.72	00:14.90	00:14.90	FELIX	Charne	PARIS	29 August 2019
100M	T44	U/14	M	00:19.00	00:11.00	00:11.00	00:19.00	Record marked			
100M	T44	U/14	F	00:22.10	00:12.72	00:14.90	00:22.10	Record marked			
100M	T44	U/17	M	00:17.50	00:11.00	00:11.00	00:17.50	Record marked			

100M	T44	U/17	F	00:20.80	00:12.72	00:14.90	00:20.80	Record marked			
100M	T44	U/20	M	00:16.40	00:11.00	00:11.00	00:13.59	SCHULTZ	Christiaan	JOHANNESBURG	02 April 2015
100M	T44	U/20	F	00:19.50	00:12.72	00:14.90	00:16.51	HAASBROOK	Joelene	STELLENBOSCH	20 March 2019
100M	T45	OPEN	M	00:14.40	00:10.94	00:11.05	00:11.10	RADEBE	Samkelo	JOHANNESBURG	21 August 2010
100M	T45	OPEN	F	00:18.20	00:14.00		00:18.20	Record marked			
100M	T45	U/14	M	00:18.80	00:10.94	00:11.05	00:18.80	Record marked			
100M	T45	U/14	F	00:23.80	00:14.00		00:23.80	Record marked			
100M	T45	U/17	M	00:17.70	00:10.94	00:11.05	00:17.70	Record marked			
100M	T45	U/17	F	00:22.40	00:14.00		00:22.40	Record marked			
100M	T45	U/20	M	00:17.00	00:10.94	00:11.05	00:11.56	RADEBE	Samkelo	BANGALORE	01 November 2009
100M	T45	U/20	F	00:21.00	00:14.00		00:21.00	Record marked			
100M	T46	OPEN	M	00:14.00	00:10.42	00:10.72	00:10.80	LOUW	Niel	SYDNEY	01 October 2000
100M	T46	OPEN	F	00:15.70	00:11.89	00:12.36	00:15.70	Record marked			
100M	T46	U/14	M	00:18.30	00:10.42	00:10.72	00:18.30	Record marked			
100M	T46	U/14	F	00:20.50	00:11.89	00:12.36	00:20.50	Record marked			
100M	T46	U/17	M	00:17.20	00:10.42	00:10.72	00:13.86	MTEMBU	Thato	PORT ELIZABETH	24 April 2021
100M	T46	U/17	F	00:19.30	00:11.89	00:12.36	00:16.98	SWART	Frane	PORT ELIZABETH	24 April 2021
100M	T46	U/20	M	00:16.10	00:10.42	00:10.72	00:11.69	SMITH	Zivan	PORT ELIZABETH	29 March 2010
100M	T46	U/20	F	00:18.10	00:11.89	00:12.36	00:13.60	LIEBENBERG	Anrune	RUSTENBURG	28 March 2011
100M	T47	OPEN	M	00:14.00	00:10.42	00:10.72	00:11.71	VAN GRAAN	Wynaand	TUNIS	28 June 2019
100M	T47	OPEN	F	00:15.70	00:11.89	00:12.36	00:12.36	WEYERS	Anrune	DUBAI	12 November 2019
100M	T47	U/14	M	00:18.30	00:10.42	00:10.72	00:18.30	Record marked			
100M	T47	U/14	F	00:20.50	00:11.89	00:12.36	00:20.50	Record marked			
100M	T47	U/17	M	00:17.20	00:10.42	00:10.72	00:17.20	Record marked			
100M	T47	U/17	F	00:19.30	00:11.89	00:12.36	00:17.03	DHLAMINI	Mbali	PORT ELIZABETH	24 April 2021
100M	T47	U/20	M	00:16.10	00:10.42	00:10.72	00:14.50	BOLTMAN	Benedie	PORT ELIZABETH	02 April 2017
100M	T47	U/20	F	00:18.10	00:11.89	00:12.36	00:13.54	MARGGRAF	Jessica	BLOEMFONTEIN	07 November 2020
100M	T51	OPEN	M	00:33.80	00:19.71	00:20.96	00:23.26	DU PREEZ	Pieter	RUSTENBURG	28 March 2011
100M	T51	OPEN	F	00:48.20	00:24.69	01:02.00	00:48.20	Record marked			
100M	T51	U/14	M	00:42.80	00:19.71	00:20.96	00:42.80	Record marked			
100M	T51	U/14	F	01:01.00	00:24.69	01:02.00	01:01.00	Record marked			
100M	T51	U/17	M	00:40.50	00:19.71	00:20.96	00:40.50	Record marked			
100M	T51	U/17	F	00:57.80	00:24.69	01:02.00	00:57.80	Record marked			
100M	T51	U/20	M	00:38.30	00:19.71	00:20.96	00:38.30	Record marked			
100M	T51	U/20	F	00:54.60	00:24.69	01:02.00	00:54.60	Record marked			
100M	T52	OPEN	M	00:25.60	00:16.41	00:17.89	00:17.89	BEACK	Brandon	ARBON	01 June 2019
100M	T52	OPEN	F	00:30.00	00:18.67		00:30.00	Record marked			
100M	T52	U/14	M	00:32.40	00:16.41	00:17.89	00:32.40	Record marked			
100M	T52	U/14	F	00:38.00	00:18.67		00:38.00	Record marked			
100M	T52	U/17	M	00:30.70	00:16.41	00:17.89	00:30.70	Record marked			
100M	T52	U/17	F	00:36.00	00:18.67		00:36.00	Record marked			

100M	T52	U/20	M	00:29.00	00:16.41	00:17.89	00:29.00	Record marked			
100M	T52	U/20	F	00:34.00	00:18.67		00:34.00	Record marked			
100M	T53	OPEN	M	00:22.10	00:14.10	00:15.72	00:18.00	WEST	Peter	STELLENBOSCH	08 April 1992
100M	T53	OPEN	F	00:24.40	00:16.19	00:18.51	00:21.33	VAN UYS	Renise	DURBAN	15 March 2005
100M	T53	U/14	M	00:28.00	00:14.10	00:15.72	00:28.00	Record marked			
100M	T53	U/14	F	00:30.90	00:16.19	00:18.51	00:30.90	Record marked			
100M	T53	U/17	M	00:26.50	00:14.10	00:15.72	00:26.50	Record marked			
100M	T53	U/17	F	00:29.20	00:16.19	00:18.51	00:29.20	Record marked			
100M	T53	U/20	M	00:25.00	00:14.10	00:15.72	00:25.00	Record marked			
100M	T53	U/20	F	00:27.60	00:16.19	00:18.51	00:27.60	Record marked			
100M	T54	OPEN	M	00:20.70	00:13.63	00:14.22	00:15.00	VAN DYK	Ernst	PRETORIA	14 March 2000
100M	T54	OPEN	F	00:23.90	00:15.35	00:16.85	00:20.69	MOKOENA MALIFETS	E	GERMISTON	16 March 2003
100M	T54	U/14	M	00:26.20	00:13.63	00:14.22	00:26.20	Record marked			
100M	T54	U/14	F	00:30.30	00:15.35	00:16.85	00:30.30	Record marked			
100M	T54	U/17	M	00:24.80	00:13.63	00:14.22	00:24.80	Record marked			
100M	T54	U/17	F	00:26.70	00:15.35	00:16.85	00:26.70	Record marked			
100M	T54	U/20	M	00:23.40	00:13.63	00:14.22	00:18.81	SEKGOBELA	L L	STELLENBOSCH	27 March 2008
100M	T54	U/20	F	00:27.10	00:15.35	00:16.85	00:26.21	LE GRANGE	Line	RUSTENBURG	28 March 2011
100M	T61	OPEN	M	00:15.80	00:12.73	00:12.77	00:12.77	MAHLANGU	Ntando	STELLENBOSCH	20 March 2019
100M	T61	OPEN	F	00:21.30	00:14.95		00:21.30	Record marked			
100M	T61	U/14	M	00:20.70	00:12.73	00:12.77	00:20.70	Record marked			
100M	T61	U/14	F	00:27.80	00:14.95		00:27.80	Record marked			
100M	T61	U/17	M	00:19.50	00:12.73	00:12.77	00:19.50	Record marked			
100M	T61	U/17	F	00:26.20	00:14.95		00:26.20	Record marked			
100M	T61	U/20	M	00:18.30	00:12.73	00:12.77	00:12.82	MAHLANGU	Ntando	NOTTWIL	03 August 2019
100M	T61	U/20	F	00:24.50	00:14.95		00:24.50	Record marked			
100M	T62	OPEN	M	00:14.20	00:10.54	00:11.63	00:11.40	MOFOKENG	Tebogo	TOKYO	29 August 2021
100M	T62	OPEN	F	00:16.90	00:12.78		00:16.90	Record marked			
100M	T62	U/14	M	00:19.00	00:10.54	00:11.63	00:19.00	Record marked			
100M	T62	U/14	F	00:22.10	00:12.78		00:22.10	Record marked			
100M	T62	U/17	M	00:17.50	00:10.54	00:11.63	00:13.27	MABOTE	Puseletso	PORT ELIZABETH	24 April 2021
100M	T62	U/17	F	00:20.80	00:12.78		00:20.80	Record marked			
100M	T62	U/20	M	00:16.40	00:10.54	00:11.63	00:12.59	MOFOKENG	Tebogo	STELLENBOSCH	20 March 2019
100M	T62	U/20	F	00:19.50	00:12.78		00:19.50	Record marked			
100M	T63	OPEN	M	00:15.80	00:11.95	00:13.57	00:12.66	MABOTE	Puseletso	TOKYO	30 August 2021
100M	T63	OPEN	F	00:21.30	00:14.59	00:19.79	00:21.30	Record marked			
100M	T63	U/14	M	00:20.70	00:11.95	00:13.57	00:20.70	Record marked			
100M	T63	U/14	F	00:27.80	00:14.59	00:19.79	00:27.80	Record marked			
100M	T63	U/17	M	00:19.50	00:11.95	00:13.57	00:13.57	MABOTE	Puseletso	NOTTWIL	02 August 2019
100M	T63	U/17	F	00:26.20	00:14.59	00:19.79	00:26.20	Record marked			
100M	T63	U/20	M	00:18.30	00:11.95	00:13.57	00:18.30	Record marked			

100M	T63	U/20	F	00:24.50	00:14.59	00:19.79	00:24.50	Record marked			
100M	T64	OPEN	M	00:14.20	00:10.61	00:10.93	00:10.93	FOURIE	Arnu	DOHA	29 October 2015
100M	T64	OPEN	F	00:16.90	00:12.66		00:16.90	Record marked			
100M	T64	U/14	M	00:19.00	00:10.61	00:10.93	00:19.00	Record marked			
100M	T64	U/14	F	00:22.10	00:12.66		00:22.10	Record marked			
100M	T64	U/17	M	00:17.50	00:10.61	00:10.93	00:17.50	Record marked			
100M	T64	U/17	F	00:20.80	00:12.66		00:20.80	Record marked			
100M	T64	U/20	M	00:16.40	00:10.61	00:10.93	00:16.40	Record marked			
100M	T64	U/20	F	00:19.50	00:12.66		00:19.50	Record marked			
200M	T11	OPEN	M	00:29.30	00:22.41	00:20.39	00:28.00	TOTO	Grossnage	BLOEMFONTEIN	02 April 2018
200M	T11	OPEN	F	00:32.50	00:24.39	00:25.37	00:32.50	Record marked			
200M	T11	U/14	M	00:38.30	00:22.41	00:20.39	00:38.30	Record marked			
200M	T11	U/14	F	00:42.50	00:24.39	00:25.37	00:42.50	Record marked			
200M	T11	U/17	M	00:36.00	00:22.41	00:20.39	00:36.00	Record marked			
200M	T11	U/17	F	00:40.00	00:24.39	00:25.37	00:40.00	Record marked			
200M	T11	U/20	M	00:33.80	00:22.41	00:20.39	00:26.47	MLAWU	Lwandile	PORT ELIZABETH	28 March 2010
200M	T11	U/20	F	00:37.50	00:24.39	00:25.37	00:33.00	MOTAUNG	Ntshidiseng	DURBAN	27 March 2012
200M	T12	OPEN	M	00:28.30	00:21.56	00:21.77	00:21.94	LANGENHOVEN	Hilton	BEIJING	16 September 2008
200M	T12	OPEN	F	00:32.30	00:23.03	00:25.72	00:29.21	LOMAX	Carley	JOHANNESBURG	31 March 2015
200M	T12	U/14	M	00:37.10	00:21.56	00:21.77	00:37.10	Record marked			
200M	T12	U/14	F	00:42.30	00:23.03	00:25.72	00:42.30	Record marked			
200M	T12	U/17	M	00:34.90	00:21.56	00:21.77	00:29.56	KEYNA	D'mitri	STELLENBOSCH	20 March 2019
200M	T12	U/17	F	00:39.80	00:23.03	00:25.72	00:39.80	Record marked			
200M	T12	U/20	M	00:32.70	00:21.56	00:21.77	00:24.39	MAANS	Denzwill	RUSTENBURG	29 March 2011
200M	T12	U/20	F	00:37.30	00:23.03	00:25.72	00:32.51	WESSELS	Avril	BLOEMFONTEIN	02 April 2018
200M	T13	OPEN	M	00:27.90	00:21.05	00:21.74	00:22.09	NTUTU	Johnathan	LYON	21 July 2013
200M	T13	OPEN	F	00:31.80	00:24.24	00:24.70	00:24.70	HAYES	Ilse	SAO PAULO	24 April 2015
200M	T13	U/14	M	00:36.50	00:21.05	00:21.74	00:36.50	Record marked			
200M	T13	U/14	F	00:42.00	00:24.24	00:24.70	00:42.00	Record marked			
200M	T13	U/17	M	00:34.30	00:21.05	00:21.74	00:27.98	UZAIR	Ismail	STELLENBOSCH	20 March 2019
200M	T13	U/17	F	00:39.20	00:24.24	00:24.70	00:39.20	Record marked			
200M	T13	U/20	M	00:32.20	00:21.05	00:21.74	00:22.99	BRIERS-LOUW	Daniel	BLOEMFONTEIN	02 April 2018
200M	T13	U/20	F	00:36.70	00:24.24	00:24.70	00:26.66	PRETORIUS	Johanna	RUSTENBURG	29 March 2011
200M	T32	OPEN	M	01:10.30	00:46.81		01:10.30	Record marked			
200M	T32	OPEN	F	02:03.90	01:22.57		01:22.57	SYMONS	J	DURBAN	25 March 1993
200M	T32	U/14	M	01:29.00	00:46.81		01:29.00	Record marked			
200M	T32	U/14	F	02:36.90	01:22.57		02:36.90	Record marked			
200M	T32	U/17	M	01:24.30	00:46.81		01:24.30	Record marked			
200M	T32	U/17	F	02:28.70	01:22.57		02:28.70	Record marked			
200M	T32	U/20	M	01:19.60	00:46.81		01:19.60	Record marked			
200M	T32	U/20	F	02:20.40	01:22.57		02:20.40	Record marked			

200M	T33	OPEN	M	00:50.60	00:29.00	00:33.27	00:45.81	WESTRAADT	Ettiene	KIMBERLEY	29 March 2002
200M	T33	OPEN	F	00:57.60	00:35.04		00:57.60	Record marked			
200M	T33	U/14	M	01:04.10	00:29.00	00:33.27	01:04.10	Record marked			
200M	T33	U/14	F	01:13.00	00:35.04		01:13.00	Record marked			
200M	T33	U/17	M	01:00.80	00:29.00	00:33.27	01:00.80	Record marked			
200M	T33	U/17	F	01:09.10	00:35.04		01:09.10	Record marked			
200M	T33	U/20	M	00:57.40	00:29.00	00:33.27	00:57.40	Record marked			
200M	T33	U/20	F	01:05.30	00:35.04		01:05.30	Record marked			
200M	T34	OPEN	M	00:43.30	00:25.91	00:25.91	00:33.40	PRINSLOO	P	PRETORIA	01 January 1991
200M	T34	OPEN	F	00:50.90	00:30.51	00:36.81	00:50.90	Record marked			
200M	T34	U/14	M	00:54.80	00:25.91	00:25.91	00:54.80	Record marked			
200M	T34	U/14	F	01:04.40	00:30.51	00:36.81	01:04.40	Record marked			
200M	T34	U/17	M	00:51.90	00:25.91	00:25.91	00:51.90	Record marked			
200M	T34	U/17	F	01:01.00	00:30.51	00:36.81	01:01.00	Record marked			
200M	T34	U/20	M	00:49.00	00:25.91	00:25.91	00:40.43	NDLOZI	S L	GERMISTON	04 April 2007
200M	T34	U/20	F	00:57.60	00:30.51	00:36.81	00:57.60	Record marked			
200M	T35	OPEN	M	00:34.70	00:23.04	00:26.70	00:26.80	MOKGALAGADI	Teboho	ATHENS	01 September 2004
200M	T35	OPEN	F	00:47.60	00:28.22	00:42.64	00:47.60	Record marked			
200M	T35	U/14	M	00:45.40	00:23.04	00:26.70	00:45.40	Record marked			
200M	T35	U/14	F	01:02.20	00:28.22	00:42.64	01:02.20	Record marked			
200M	T35	U/17	M	00:42.70	00:23.04	00:26.70	00:42.70	Record marked			
200M	T35	U/17	F	00:58.60	00:28.22	00:42.64	00:58.60	Record marked			
200M	T35	U/20	M	00:40.10	00:23.04	00:26.70	00:29.90	MARCH	Enrico	GERMISTON	04 April 2007
200M	T35	U/20	F	00:54.90	00:28.22	00:42.64	00:54.90	Record marked			
200M	T36	OPEN	M	00:32.10	00:24.09	00:26.20	00:28.86	MOLAHLOE	Patrick	DURBAN	16 March 2005
200M	T36	OPEN	F	00:37.20	00:28.21	00:35.65	00:42.50	MSIBI	N	DURBAN	15 March 2005
200M	T36	U/14	M	00:42.00	00:24.09	00:26.20	00:42.00	Record marked			
200M	T36	U/14	F	00:48.70	00:28.21	00:35.65	00:48.70	Record marked			
200M	T36	U/17	M	00:39.50	00:24.09	00:26.20	00:36.70	SMITH	Daylan	STELLENBOSCH	20 March 2019
200M	T36	U/17	F	00:45.80	00:28.21	00:35.65	00:45.80	Record marked			
200M	T36	U/20	M	00:37.00	00:24.09	00:26.20	00:27.22	MAHLAMBI	Sabelo	PORT ELIZABETH	25 April 2021
200M	T36	U/20	F	00:43.00	00:28.21	00:35.65	00:41.44	SELOPYANA	Rachel	DURBAN	27 March 2012
200M	T37	OPEN	M	00:31.00	00:22.59	00:22.99	00:22.99	VD MERWE	Fanie	DOHA	22 October 2015
200M	T37	OPEN	F	00:39.80	00:27.11	00:27.98	00:27.57	JAMES	Sheryl	TOKYO	27 August 2021
200M	T37	U/14	M	00:40.60	00:22.59	00:22.99	00:40.60	Record marked			
200M	T37	U/14	F	00:48.40	00:27.11	00:27.98	00:48.40	Record marked			
200M	T37	U/17	M	00:38.20	00:22.59	00:22.99	00:34.40	MARUMO	Molehe	STELLENBOSCH	20 March 2019
200M	T37	U/17	F	00:45.50	00:27.11	00:27.98	00:45.50	Record marked			
200M	T37	U/20	M	00:35.80	00:22.59	00:22.99	00:25.11	DU TOIT	Charl	RUSTENBURG	29 March 2011
200M	T37	U/20	F	00:42.70	00:27.11	00:27.98	00:30.50	GOUWS	Liezel	PORT ELIZABETH	03 April 2017
200M	T38	OPEN	M	00:28.60	00:21.82	00:22.51	00:22.51	BUIS	Dyan	LONDON	08 September 2012

200M	T38	OPEN	F	00:36.20	00:25.92	00:27.93	00:30.04	MEIJER	Juanelie	SHARJAH	05 December 2011
200M	T38	U/14	M	00:37.40	00:21.82	00:22.51	00:37.40	Record marked			
200M	T38	U/14	F	00:47.30	00:25.92	00:27.93	00:47.30	Record marked			
200M	T38	U/17	M	00:35.20	00:21.82	00:22.51	00:30.51	HOFFMAN	Cassidy	STELLENBOSCH	20 March 2019
200M	T38	U/17	F	00:44.50	00:25.92	00:27.93	00:44.50	Record marked			
200M	T38	U/20	M	00:33.00	00:21.82	00:22.51	00:23.64	WALLACE	Rouvaun	NOTTWIL	01 August 2019
200M	T38	U/20	F	00:41.80	00:25.92	00:27.93	00:30.10	MEIJER	Juanelie	JOHANNESBURG	01 April 2015
200M	T42	OPEN	M	00:33.50	00:26.01		00:33.50	Record marked			
200M	T42	OPEN	F	00:47.50			00:47.50	Record marked			
200M	T42	U/14	M	00:43.80	00:26.01		00:43.80	Record marked			
200M	T42	U/14	F	01:02.10			01:02.10	Record marked			
200M	T42	U/17	M	00:41.20	00:26.01		00:28.41	MABOTE	Puseleteso	STELLENBOSCH	20 March 2019
200M	T42	U/17	F	00:58.40			00:58.40	Record marked			
200M	T42	U/20	M	00:38.70	00:26.01		00:38.70	Record marked			
200M	T42	U/20	F	00:54.80			00:54.80	Record marked			
200M	T43	OPEN	M		00:40.49						
200M	T43	OPEN	F								
200M	T43	U/14	M		00:40.49						
200M	T43	U/14	F								
200M	T43	U/17	M		00:40.49						
200M	T43	U/17	F								
200M	T43	U/20	M		00:40.49						
200M	T43	U/20	F								
200M	T44	OPEN	M	00:29.50	00:23.13	00:23.13	00:22.81	MPHUMELELO	Mhlongo	TOKYO	04 September 2021
200M	T44	OPEN	F	00:35.30	00:26.15	00:30.41	00:35.30	Record marked			
200M	T44	U/14	M	00:38.50	00:23.13	00:23.13	00:38.50	Record marked			
200M	T44	U/14	F	00:46.10	00:26.15	00:30.41	00:46.10	Record marked			
200M	T44	U/17	M	00:36.20	00:23.13	00:23.13	00:36.20	Record marked			
200M	T44	U/17	F	00:43.40	00:26.15	00:30.41	00:43.40	Record marked			
200M	T44	U/20	M	00:34.00	00:23.13	00:23.13	00:25.24	SCHULTZ	Christiaan	BLOEMFONTEIN	21 March 2016
200M	T44	U/20	F	00:40.70	00:26.15	00:30.41	00:40.70	Record marked			
200M	T45	OPEN	M	00:29.70	00:21.91	00:22.82	00:23.12	RADEBE	Samkelo	JOHANNESBURG	21 August 2010
200M	T45	OPEN	F	00:42.90	00:28.58		00:42.90	Record marked			
200M	T45	U/14	M	00:38.80	00:21.91	00:22.82	00:38.80	Record marked			
200M	T45	U/14	F	00:56.10	00:28.58		00:56.10	Record marked			
200M	T45	U/17	M	00:37.00	00:21.91	00:22.82	00:37.00	Record marked			
200M	T45	U/17	F	00:52.80	00:28.58		00:52.80	Record marked			
200M	T45	U/20	M	00:34.30	00:21.91	00:22.82	00:23.78	RADEBE	Samkelo	BANGALORE	01 November 2009
200M	T45	U/20	F	00:49.50	00:28.58		00:49.50	Record marked			
200M	T46	OPEN	M	00:28.30	00:21.17	00:21.83	00:22.72	LOUW	Niel	SYDNEY	26 October 2000
200M	T46	OPEN	F	00:32.20	00:24.45	00:25.01	00:32.20	Record marked			

200M	T46	U/14	M	00:37.00	00:21.17	00:21.83	00:37.00	Record marked			
200M	T46	U/14	F	00:42.10	00:24.45	00:25.01	00:42.10	Record marked			
200M	T46	U/17	M	00:34.80	00:21.17	00:21.83	00:28.95	MTEMBU	Thato	PORT ELIZABETH	25 April 2021
200M	T46	U/17	F	00:40.00	00:24.45	00:25.01	00:35.82	SWART	Frane	PORT ELIZABETH	25 April 2021
200M	T46	U/20	M	00:32.70	00:21.17	00:21.83	00:24.17	MCHASA	Tshepo	RUSTENBURG	29 March 2011
200M	T46	U/20	F	00:37.10	00:24.45	00:25.01	00:29.61	KLEYNHANS	Jana	PORT ELIZABETH	25 April 2021
200M	T47	OPEN	M	00:28.30	00:21.17	00:21.83	00:24.21	JOUBERT	Tshepang	BLOEMFONTEIN	21 March 2016
200M	T47	OPEN	F	00:32.20	00:24.45	00:25.01	00:25.01	WEYERS	Anrune	DUBAI	13 November 2019
200M	T47	U/14	M	00:37.00	00:21.17	00:21.83	00:37.00	Record marked			
200M	T47	U/14	F	00:42.10	00:24.45	00:25.01	00:42.10	Record marked			
200M	T47	U/17	M	00:34.80	00:21.17	00:21.83	00:34.80	Record marked			
200M	T47	U/17	F	00:40.00	00:24.45	00:25.01	00:37.03	DHLAMINI	Mbali	PORT ELIZABETH	25 April 2021
200M	T47	U/20	M	00:32.70	00:21.17	00:21.83	00:31.35	BOLTMAN	Benedie	PORT ELIZABETH	03 April 2017
200M	T47	U/20	F	00:37.10	00:24.45	00:25.01	00:27.14	LIEBENBERG	Anrune	RUSTENBURG	29 March 2011
200M	T51	OPEN	M	01:04.00	00:36.62	00:40.70	00:43.51	DU PREEZ	Pieter	ARBON	05 June 2015
200M	T51	OPEN	F	01:29.70	00:44.17	01:03.76	00:50.25	SWANEPOEL	Kat	BLOEMFONTEIN	05 November 2016
200M	T51	U/14	M	01:15.50	00:36.62	00:40.70	01:15.50	Record marked			
200M	T51	U/14	F	01:46.50	00:44.17	01:03.76	01:46.50	Record marked			
200M	T51	U/17	M	01:11.50	00:36.62	00:40.70	01:11.50	Record marked			
200M	T51	U/17	F	01:40.90	00:44.17	01:03.76	01:40.90	Record marked			
200M	T51	U/20	M	01:07.50	00:36.62	00:40.70	01:07.50	Record marked			
200M	T51	U/20	F	01:35.30	00:44.17	01:03.76	01:35.30	Record marked			
200M	T52	OPEN	M	00:46.00	00:30.02	00:32.98	00:32.98	BEACK	Brandon	ARBON	02 June 2019
200M	T52	OPEN	F	00:53.90	00:33.19		00:53.90	Record marked			
200M	T52	U/14	M	00:57.70	00:30.02	00:32.98	00:57.70	Record marked			
200M	T52	U/14	F	01:08.30	00:33.19		01:08.30	Record marked			
200M	T52	U/17	M	00:54.70	00:30.02	00:32.98	00:54.70	Record marked			
200M	T52	U/17	F	01:04.70	00:33.19		01:04.70	Record marked			
200M	T52	U/20	M	00:51.60	00:30.02	00:32.98	00:51.60	Record marked			
200M	T52	U/20	F	01:01.10	00:33.19		01:01.10	Record marked			
200M	T53	OPEN	M	00:38.90	00:25.04	00:27.91	00:31.86	KLAASEN	Eugene	JOHANNESBURG	01 April 2015
200M	T53	OPEN	F	00:43.80	00:28.61	00:33.55	00:38.83	VAN UYS	Renise	DURBAN	17 March 2005
200M	T53	U/14	M	00:49.30	00:25.27	00:27.91	00:49.30	Record marked			
200M	T53	U/14	F	00:55.50	00:28.61	00:33.55	00:55.50	Record marked			
200M	T53	U/17	M	00:46.70	00:25.27	00:27.91	00:46.70	Record marked			
200M	T53	U/17	F	00:53.00	00:28.61	00:33.55	00:53.00	Record marked			
200M	T53	U/20	M	00:44.10	00:25.27	00:27.91	00:44.10	Record marked			
200M	T53	U/20	F	00:49.60	00:28.61	00:33.55	00:49.60	Record marked			
200M	T54	OPEN	M	00:36.30	00:24.18	00:24.35	00:27.00	VAN DYK	Ernst	PRETORIA	15 March 2000
200M	T54	OPEN	F	00:41.30	00:27.52	00:29.75	00:39.70	MOKOENA MALIFETS	E	GERMISTON	16 March 2003
200M	T54	U/14	M	00:46.00	00:24.18	00:24.35	00:46.00	Record marked			

200M	T54	U/14	F	00:52.30	00:27.52	00:29.75	00:52.30	Record marked			
200M	T54	U/17	M	00:43.60	00:24.18	00:24.35	00:43.60	Record marked			
200M	T54	U/17	F	00:49.60	00:27.52	00:29.75	00:49.60	Record marked			
200M	T54	U/20	M	00:41.20	00:24.18	00:24.35	00:35.09	SEKGOBELA	Lucky	PORT ELIZABETH	07 April 2009
200M	T54	U/20	F	00:46.80	00:27.52	00:29.75	00:44.49	NTOMBELA	B P	GERMISTON	04 April 2007
200M	T61	OPEN	M	00:33.50	00:23.03	00:23.03	00:22.94	MAHLANGU	Ntando	PORT ELIZABETH	25 April 2021
200M	T61	OPEN	F	00:47.50	00:41.27		00:47.50	Record marked			
200M	T61	U/14	M	00:43.80	00:23.03	00:23.03	00:43.80	Record marked			
200M	T61	U/14	F	01:02.10	00:41.27		01:02.10	Record marked			
200M	T61	U/17	M	00:41.20	00:23.03	00:23.03	00:41.20	Record marked			
200M	T61	U/17	F	00:58.40	00:41.27		00:58.40	Record marked			
200M	T61	U/20	M	00:38.70	00:23.03	00:23.03	00:23.03	MAHLANGU	Ntando	NOTTWIL	01 August 2019
200M	T61	U/20	F	00:54.80	00:41.27		00:54.80	Record marked			
200M	T62	OPEN	M	00:29.50	00:21.12	00:24.50	00:22.51	DU PLESSIS	Daniel	BLOEMFONTEIN	07 November 2020
200M	T62	OPEN	F	00:35.30	00:28.86		00:35.30	Record marked			
200M	T62	U/14	M	00:38.50	00:21.12	00:24.50	00:38.50	Record marked			
200M	T62	U/14	F	00:46.10	00:28.86		00:46.10	Record marked			
200M	T62	U/17	M	00:36.20	00:21.12	00:24.50	00:26.88	MABOTE	Puseletso	PORT ELIZABETH	25 April 2021
200M	T62	U/17	F	00:43.40	00:28.86		00:43.40	Record marked			
200M	T62	U/20	M	00:34.00	00:21.12	00:24.50	00:24.50	DANIELS	Paul	STELLENBOSCH	19 March 2019
200M	T62	U/20	F	00:40.70	00:28.86		00:40.70	Record marked			
200M	T63	OPEN	M	00:33.50	00:26.36	00:26.36	00:26.36	MABOTE	Puseletso	NOTTWIL	01 August 2019
200M	T63	OPEN	F	00:47.50	00:31.73		00:47.50	Record marked			
200M	T63	U/14	M	00:43.80	00:26.36	00:26.36	00:43.80	Record marked			
200M	T63	U/14	F	01:02.10	00:31.73		01:02.10	Record marked			
200M	T63	U/17	M	00:41.20	00:26.36	00:26.36	00:26.36	MABOTE	Puseletso	NOTTWIL	01 August 2019
200M	T63	U/17	F	00:58.40	00:31.73		00:58.40	Record marked			
200M	T63	U/20	M	00:38.70	00:26.36	00:26.36	00:28.31	MABOTE	Puseletso	SHARJAH	14 February 2019
200M	T63	U/20	F	00:54.80	00:31.73		00:54.80	Record marked			
200M	T64	OPEN	M	00:29.50	00:21.27	00:22.26	00:22.26	FOURIE	Arnu	PARIS	31 May 2017
200M	T64	OPEN	F	00:35.30	00:26.12		00:35.30	Record marked			
200M	T64	U/14	M	00:38.50	00:21.27	00:22.26	00:38.50	Record marked			
200M	T64	U/14	F	00:46.10	00:26.12		00:46.10	Record marked			
200M	T64	U/17	M	00:36.20	00:21.27	00:22.26	00:36.20	Record marked			
200M	T64	U/17	F	00:43.40	00:26.12		00:43.40	Record marked			
200M	T64	U/20	M	00:34.00	00:21.27	00:22.26	00:29.95	BURGERS	Emile	SHARJAH	14 February 2019
200M	T64	U/20	F	00:40.70	00:26.12		00:40.26	MACDONALD	Kim	PORT ELIZABETH	25 April 2021
400M	T11	OPEN	M	01:05.10	00:49.82	00:50.03	00:55.40	NTSANE	P		01 March 1985
400M	T11	OPEN	F	01:13.00	00:56.00	00:58.97	01:13.00	Record marked			
400M	T11	U/14	M	01:25.10	00:49.82	00:50.03	01:25.10	Record marked			
400M	T11	U/14	F	01:35.50	00:56.14	00:58.97	01:35.50	Record marked			

400M	T11	U/17	M	01:20.10	00:49.82	00:50.03	01:20.10	Record marked			
400M	T11	U/17	F	01:29.90	00:56.14	00:58.97	01:29.90	Record marked			
400M	T11	U/20	M	01:15.10	00:49.82	00:50.03	00:57.84	MOEKETSI	Andrew	STELLENBOSCH	21 March 2019
400M	T11	U/20	F	01:24.30	00:56.14	00:58.97	01:24.30	Record marked			
400M	T12	OPEN	M	01:03.30	00:47.79	00:47.79	00:49.04	LANGENHOVEN	Hilton	LONDON	06 September 2012
400M	T12	OPEN	F	01:09.80	00:51.77	00:53.89	01:09.33	VAN YL	S	GERMISTON	04 April 2007
400M	T12	U/14	M	01:22.70	00:47.79	00:47.79	01:22.70	Record marked			
400M	T12	U/14	F	01:31.30	00:51.77	00:53.89	01:31.30	Record marked			
400M	T12	U/17	M	01:17.80	00:47.79	00:47.79	01:17.80	Record marked			
400M	T12	U/17	F	01:25.90	00:51.77	00:53.89	01:25.90	Record marked			
400M	T12	U/20	M	01:13.00	00:47.79	00:47.79	00:55.48	MINNAAR	Dewaldt	COLORADO SPRINGS	14 July 2011
400M	T12	U/20	F	01:20.60	00:51.77	00:53.89	01:16.60	MOTAUNG	Ntshidiseng	DURBAN	28 March 2012
400M	T13	OPEN	M	01:02.30	00:46.92	00:46.92	00:51.07	LIEBENBERG	R	SYDNEY	26 October 2000
400M	T13	OPEN	F	01:10.80	00:54.46	00:55.56	00:56.20	HAYES	Ilse	BLOEMFONTEIN	23 March 2016
400M	T13	U/14	M	01:21.40	00:46.92	00:46.92	01:21.40	Record marked			
400M	T13	U/14	F	01:32.60	00:54.46	00:55.56	01:32.60	Record marked			
400M	T13	U/17	M	01:16.70	00:46.92	00:46.92	01:10.40	MOGANE	Pontso	STELLENBOSCH	21 March 2019
400M	T13	U/17	F	01:27.20	00:54.46	00:55.56	01:27.20	Record marked			
400M	T13	U/20	M	01:11.90	00:46.92	00:46.92	00:53.09	BRIERS-LOUW	Daniel	BLOEMFONTEIN	01 April 2017
400M	T13	U/20	F	01:21.70	00:54.46	00:55.56	01:21.70	Record marked			
400M	T32	OPEN	M	02:16.30	01:30.82		02:16.30	Record marked			
400M	T32	OPEN	F	04:14.10	02:49.35		04:14.10	Record marked			
400M	T33	OPEN	M	01:35.70	00:57.95	01:21.33	01:32.00	WESTRAADT	Ettienne	KIMBERLEY	29 March 2002
400M	T33	OPEN	F	01:54.00	01:10.15		01:54.00	Record marked			
400M	T33	U/14	M	02:01.20	00:57.95	01:21.33	02:01.20	Record marked			
400M	T33	U/14	F	02:24.40	01:10.15		02:24.40	Record marked			
400M	T33	U/17	M	01:54.80	00:57.95	01:21.33	01:54.80	Record marked			
400M	T33	U/17	F	02:16.80	01:10.15		02:16.80	Record marked			
400M	T33	U/20	M	01:48.50	00:57.95	01:21.33	01:48.50	Record marked			
400M	T33	U/20	F	02:09.20	01:10.15		02:09.20	Record marked			
400M	T34	OPEN	M	01:21.00	00:49.08	00:49.08	01:07.97	PRINSLOO	P	PRETORIA	23 March 1996
400M	T34	OPEN	F	01:41.60	00:57.48		01:41.60	Record marked			
400M	T34	U/14	M	01:42.60	00:49.08	00:49.08	01:42.60	Record marked			
400M	T34	U/14	F	02:08.60	00:57.48		02:08.60	Record marked			
400M	T34	U/17	M	01:37.20	00:49.08	00:49.08	01:37.20	Record marked			
400M	T34	U/17	F	02:01.90	00:57.48		02:01.90	Record marked			
400M	T34	U/20	M	01:31.80	00:49.08	00:49.08	01:31.80	Record marked			
400M	T34	U/20	F	01:55.10	00:57.48		01:55.10	Record marked			
400M	T35	OPEN	M	01:23.50	00:56.61	01:00.55	01:04.16	MOKGALAGADI	Teboho	DURBAN	15 March 2005
400M	T35	OPEN	F	02:08.30	01:14.69	02:00.23	02:00.23	STEINBERG	Franciske	DURBAN	17 March 2005
400M	T35	U/14	M	01:49.10	00:56.61	01:00.55	01:49.10	Record marked			

400M	T35	U/14	F	02:47.70	01:14.69	02:00.23	02:47.70	Record marked			
400M	T35	U/17	M	01:42.70	00:56.61	01:00.55	01:42.70	Record marked			
400M	T35	U/17	F	02:37.90	01:14.69	02:00.23	02:37.90	Record marked			
400M	T35	U/20	M	01:36.30	00:56.61	01:00.55	01:12.01	MARCH	Enrico	GERMISTON	04 April 2007
400M	T35	U/20	F	02:28.00	01:14.69	02:00.23	02:28.00	Record marked			
400M	T36	OPEN	M	01:10.40	00:51.71	00:58.03	01:05.08	WYNGAARDT	Larry	PORT ELIZABETH	29 March 2010
400M	T36	OPEN	F	01:27.10	01:06.96	02:02.48	02:02.48	MACHABA	Constace	DURBAN	24 March 2004
400M	T36	U/14	M	01:32.10	00:51.71	00:58.03	01:32.10	Record marked			
400M	T36	U/14	F	01:53.90	01:06.96	02:02.48	01:53.90	Record marked			
400M	T36	U/17	M	01:26.70	00:51.71	00:58.03	01:26.70	Record marked			
400M	T36	U/17	F	01:47.20	01:06.96	02:02.48	01:47.20	Record marked			
400M	T36	U/20	M	01:21.20	00:51.71	00:58.03	01:16.74	DHLADHLA	Dumisani	STELLENBOSCH	02 April 2014
400M	T36	U/20	F	01:40.50	01:06.96	02:02.48	01:40.50	Record marked			
400M	T37	OPEN	M	01:08.60	00:50.45	00:51.00	00:51.00	DU TOIT	Charl	LONDON	23 July 2017
400M	T37	OPEN	F	01:24.30	01:00.29	01:03.71	01:03.11	JAMES	Sheryl	BLOEMFONTEIN	07 November 2020
400M	T37	U/14	M	01:29.60	00:50.45	00:51.00	01:29.60	Record marked			
400M	T37	U/14	F	01:50.20	01:00.29	01:03.71	01:50.20	Record marked			
400M	T37	U/17	M	01:24.30	00:50.45	00:51.00	01:15.98	TYALITI	Sikanyiso	STELLENBOSCH	21 March 2019
400M	T37	U/17	F	01:43.70	01:00.29	01:03.71	01:42.92	SADIEN	Gasina	STELLENBOSCH	21 March 2019
400M	T37	U/20	M	01:19.10	00:50.45	00:51.00	00:54.55	DU TOIT	Charl	RUSTENBURG	30 March 2011
400M	T37	U/20	F	01:37.20	01:00.29	01:03.71	01:08.32	GOUWS	Liezel	BLOEMFONTEIN	23 March 2016
400M	T38	OPEN	M	01:05.40	00:49.33	00:49.33	00:49.46	BUIS	Dyan	RIO DE JANEIRO	17 September 2016
400M	T38	OPEN	F	01:24.40	01:00.71	01:03.96	01:18.48	NICOLAISEN	Arina	BLOEMFONTEIN	07 November 2020
400M	T38	U/14	M	01:25.60	00:49.33	00:49.33	01:25.60	Record marked			
400M	T38	U/14	F	01:50.40	01:00.71	01:03.96	01:50.40	Record marked			
400M	T38	U/17	M	01:20.50	00:49.33	00:49.33	01:20.50	Record marked			
400M	T38	U/17	F	01:43.90	01:00.71	01:03.96	01:43.90	Record marked			
400M	T38	U/20	M	01:15.50	00:49.33	00:49.33	00:55.94	WALLACE	Rouvaun	PORT ELIZABETH	26 April 2021
400M	T38	U/20	F	01:37.40	01:00.71	01:03.96	01:11.74	NICOLAISEN	Arina	BLOEMFONTEIN	01 April 2018
400M	T42	OPEN	M	01:28.20			01:28.20	Record marked			
400M	T42	OPEN	F	02:12.50			02:12.50	Record marked			
400M	T42	U/14	M								
400M	T42	U/14	F								
400M	T42	U/17	M								
400M	T42	U/17	F								
400M	T42	U/20	M								
400M	T42	U/20	F								
400M	T43	OPEN	M	02:00.00	01:32.90		02:00.00	Record marked			
400M	T43	OPEN	F	01:37.50			01:37.50	Record marked			
400M	T43	U/14	M		01:32.90						
400M	T43	U/14	F								

400M	T43	U/17	M		01:32.90							
400M	T43	U/17	F									
400M	T43	U/20	M		01:32.90							
400M	T43	U/20	F									
400M	T44	OPEN	M	01:06.30	00:53.00	00:53.39	00:57.33	SCHULTZ	Christiaan	BLOEMFONTEIN		06 May 2016
400M	T44	OPEN	F	01:21.20	01:00.07		01:21.20	Record marked				
400M	T44	U/14	M	01:26.70	00:53.00	00:53.39	01:26.70	Record marked				
400M	T44	U/14	F	01:46.20	01:00.07		01:46.20	Record marked				
400M	T44	U/17	M	01:21.60	00:53.00	00:53.39	00:58.83	SCHULTZ	Christiaan	STELLENBOSCH		02 April 2014
400M	T44	U/17	F	01:39.90	01:00.07		01:39.90	Record marked				
400M	T44	U/20	M	01:16.50	00:53.00	00:53.39	00:56.11	SCHULTZ	Christiaan	JOHANNESBURG		02 April 2015
400M	T44	U/20	F	01:33.70	01:00.07		01:33.70	Record marked				
400M	T45	OPEN	M	01:04.50	00:49.21		01:04.50	Record marked				
400M	T45	OPEN	F	01:36.10	01:07.19		01:36.10	Record marked				
400M	T45	U/14	M	01:24.30	00:49.21		01:24.30	Record marked				
400M	T45	U/14	F	02:05.70	01:07.19		02:05.70	Record marked				
400M	T45	U/17	M	01:19.40	00:49.21		01:01.93	ZWANE	Kabelo	BLOEMFONTEIN		01 April 2018
400M	T45	U/17	F	01:58.30	01:07.19		01:58.30	Record marked				
400M	T45	U/20	M	01:14.40	00:49.21		01:08.53	MOHOLWE	Boitumelo	STELLENBOSCH		21 March 2019
400M	T45	U/20	F	01:50.90	01:07.19		01:50.90	Record marked				
400M	T46	OPEN	M	01:02.00	00:47.69	00:48.71	00:50.37	BHEBE	Tshepo	PRETORIA		05 May 2012
400M	T46	OPEN	F	01:12.80	00:55.60	00:55.60	01:12.80	Record marked				
400M	T46	U/14	M	01:21.07	00:47.69	00:48.71	01:21.07	Record marked				
400M	T46	U/14	F	01:35.20	00:55.72	00:55.60	01:35.20	Record marked				
400M	T46	U/17	M	01:16.30	00:47.69	00:48.71	00:55.24	JOUBERT	Peet	STELLENBOSCH		28 March 2008
400M	T46	U/17	F	01:29.60	00:55.72	00:55.60	01:29.60	Record marked				
400M	T46	U/20	M	01:11.60	00:47.69	00:48.71	00:52.00	MCHASA	Tshepo	RUSTENBURG		30 March 2011
400M	T46	U/20	F	01:24.00	00:55.72	00:55.60	01:10.70	KLEYNHANS	Jana	PORT ELIZABETH		26 April 2021
400M	T47	OPEN	M	01:02.00	00:47.69	00:48.71	00:57.22	BHEBE	Tshepo	JOHANNESBURG		02 April 2015
400M	T47	OPEN	F	01:12.80	00:55.60	00:55.60	00:55.60	WEYERS	Anrune	HUIZINGIN		24 August 2019
400M	T47	U/14	M	01:21.07	00:47.69	00:48.71	01:21.07	Record marked				
400M	T47	U/14	F	01:35.20	00:55.72	00:55.60	01:35.20	Record marked				
400M	T47	U/17	M	01:16.30	00:47.69	00:48.71	01:06.27	KOTZE	Ewan	NOTTWIL		04 August 2019
400M	T47	U/17	F	01:29.60	00:55.72	00:55.60	00:59.44	LIEBENBERG	Anrune	PORT ELIZABETH		29 March 2010
400M	T47	U/20	M	01:11.60	00:47.69	00:48.71	01:11.60	Record marked				
400M	T47	U/20	F	01:24.00	00:55.72	00:55.60	01:00.15	LIEBENBERG	Anrune	RUSTENBURG		30 March 2011
400M	T51	OPEN	M	02:13.60	01:15.23	01:19.30	01:24.07	DU PREEZ	Pieter	ARBON		04 June 2015
400M	T51	OPEN	F	02:53.90	01:36.44		01:45.38	SWANEPOEL	Kat	BLOEMFONTEIN		05 November 2016
400M	T51	U/14	M	02:29.30	01:15.23	01:19.30	02:29.30	Record marked				
400M	T51	U/14	F	03:26.50	01:36.44		03:26.50	Record marked				
400M	T51	U/17	M	02:21.50	01:15.23	01:19.30	02:21.50	Record marked				

400M	T51	U/17	F	03:15.70	01:36.44		03:15.70	Record marked			
400M	T51	U/20	M	02:13.60	01:15.23	01:19.30	02:13.60	Record marked			
400M	T51	U/20	F	03:04.80	01:36.44		03:04.80	Record marked			
400M	T52	OPEN	M	01:27.90	00:55.13	01:01.93	01:07.68	BEACK	Brandon	NOTTWIL	26 May 2019
400M	T52	OPEN	F	01:43.20	01:04.87		01:43.20	Record marked			
400M	T52	U/14	M	01:51.30	00:55.13	01:01.93	01:51.30	Record marked			
400M	T52	U/14	F	02:10.70	01:04.87		02:10.70	Record marked			
400M	T52	U/17	M	01:45.40	00:55.13	01:01.93	01:45.40	Record marked			
400M	T52	U/17	F	02:03.73	01:04.87		02:03.73	Record marked			
400M	T52	U/20	M	01:39.60	00:55.13	01:01.93	01:39.60	Record marked			
400M	T52	U/20	F	01:56.90	01:04.87		01:56.90	Record marked			
400M	T53	OPEN	M	01:11.50	00:46.82	00:51.57	00:58.44	KLAASEN	Eugene	JOHANNESBURG	02 April 2015
400M	T53	OPEN	F	01:22.40	00:53.32	01:02.85	01:22.12	VAN UYS	Renise	DURBAN	17 March 2005
400M	T53	U/14	M	01:30.60	00:46.82	00:51.57	01:30.60	Record marked			
400M	T53	U/14	F	01:44.30	00:53.32	01:02.85	01:44.30	Record marked			
400M	T53	U/17	M	01:25.90	00:46.82	00:51.57	01:03.44	KLAASEN	Eugene	PRETORIA	16 March 2000
400M	T53	U/17	F	01:38.80	00:53.32	01:02.85	01:25.04	VAN UYS	Renise	KIMBERLEY	25 March 1998
400M	T53	U/20	M	01:21.10	00:46.82	00:51.57	01:21.10	Record marked			
400M	T53	U/20	F	01:33.30	00:53.32	01:02.85	01:33.30	Record marked			
400M	T54	OPEN	M	01:07.70	00:43.46	00:43.46	00:47.05	VAN DYK	Ernst	JONA	25 August 2001
400M	T54	OPEN	F	01:17.90	00:51.90	00:57.68	01:17.90	Record marked			
400M	T54	U/14	M	01:25.70	00:43.46	00:43.46	01:25.70	Record marked			
400M	T54	U/14	F	01:38.70	00:51.90	00:57.68	01:38.70	Record marked			
400M	T54	U/17	M	01:21.20	00:43.46	00:43.46	00:58.91	COETZEE	Christo	STELLENBOSCH	13 April 2001
400M	T54	U/17	F	01:22.50	00:51.90	00:57.68	01:22.50	Record marked			
400M	T54	U/20	M	01:16.70	00:43.46	00:43.46	01:16.70	Record marked			
400M	T54	U/20	F	01:28.30	00:51.90	00:57.68	01:28.30	Record marked			
400M	T61	OPEN	M		00:48.31	00:48.31	00:48.31	MAHLANGU	Ntando	LEVERKUSEN	21 June 2019
400M	T61	OPEN	F								
400M	T61	U/14	M		00:48.31	00:48.31					
400M	T61	U/14	F								
400M	T61	U/17	M		00:48.31	00:48.31					
400M	T61	U/17	F								
400M	T61	U/20	M		00:48.31	00:48.31	00:48.98	MAHLANGU	Ntando	NOTTWIL	04 August 2019
400M	T61	U/20	F								
400M	T62	OPEN	M	01:06.30	00:45.78	00:55.34	00:50.09	MOFOKENG	Tebogo	TOKYO	03 September 2021
400M	T62	OPEN	F	01:21.20			01:21.20	Record marked			
400M	T62	U/14	M	01:26.70	00:45.78	00:55.34	01:26.70	Record marked			
400M	T62	U/14	F	01:46.20			01:46.20	Record marked			
400M	T62	U/17	M	01:21.60	00:45.78	00:55.34	01:21.60	Record marked			
400M	T62	U/17	F	01:39.90			01:39.90	Record marked			

400M	T62	U/20	M	01:16.50	00:45.78	00:55.34	00:57.28	MOFOKENG	Tebogo	NOTTWIL	03 August 2019
400M	T62	U/20	F	01:33.70							
400M	T63	OPEN	M		01:02.50						
400M	T63	OPEN	F		01:24.12						
400M	T63	U/14	M		01:02.50						
400M	T63	U/14	F		01:24.12						
400M	T63	U/17	M		01:02.50						
400M	T63	U/17	F		01:24.12						
400M	T63	U/20	M		01:02.50						
400M	T63	U/20	F		01:24.12						
400M	T64	OPEN	M	01:06.30	00:49.66	01:00.13	01:06.30	Record marked			
400M	T64	OPEN	F	01:21.20	00:59.27		01:21.20	Record marked			
400M	T64	U/14	M	01:26.70	00:49.66	01:00.13	01:26.70	Record marked			
400M	T64	U/14	F	01:46.20	00:59.27		01:46.20	Record marked			
400M	T64	U/17	M	01:21.60	00:49.66	01:00.13	01:21.60	Record marked			
400M	T64	U/17	F	01:39.90	00:59.27		01:39.90	Record marked			
400M	T64	U/20	M	01:16.50	00:49.66	01:00.13	01:09.42	STANDER	Garrick	BLOEMFONTEIN	01 April 2018
400M	T64	U/20	F	01:33.70	00:59.27		01:33.70	Record marked			
800M	T11	OPEN	M	02:36.00	01:58.47	02:00.08	02:05.04	BREITENBACH	Danie	STELLENBOSCH	19 March 2019
800M	T11	OPEN	F	02:59.00	02:17.66	02:25.87	02:25.87	COETZEE	Louzanne	BERLIN	30 June 2018
800M	T11	U/14	M	03:24.00	01:58.47	02:00.08	03:24.00	Record marked			
800M	T11	U/14	F	03:54.10	02:17.66	02:25.87	03:54.10				
800M	T11	U/17	M	03:12.00	01:58.47	02:00.08	02:30.81	BREITENBACH	Danie	RUSTENBURG	29 March 2011
800M	T11	U/17	F	03:40.30	02:17.66	02:25.87	03:40.30				
800M	T11	U/20	M	03:00.00	01:58.47	02:00.08	02:23.58	BREITENBACH	Danie	PRETORIA	25 March 2013
800M	T11	U/20	F	03:26.50	02:17.66	02:25.87	03:26.50				
800M	T12	OPEN	M	02:25.80	01:50.02	01:52.13	02:08.90	DU TOIT	S		01 March 1987
800M	T12	OPEN	F	02:42.50	02:04.96	02:24.22	02:42.50				
800M	T12	U/14	M	03:10.70	01:50.02	01:52.13	03:10.70	Record marked			
800M	T12	U/14	F	03:32.50	02:04.96	02:24.22	03:32.50	Record marked			
800M	T12	U/17	M	02:59.50	01:50.02	01:52.13	02:59.50	MINNAAR	Dewald	PORT ELIZABETH	29 March 2010
800M	T12	U/17	F	03:20.00	02:04.96	02:24.22	02:55.93	VENTER	C	PRETORIA	14 March 2000
800M	T12	U/20	M	02:48.20	01:50.02	01:52.13	02:04.80	PHAHLAMOHLAKA	Mathale	DURBAN	27 March 2012
800M	T12	U/20	F	03:07.50	02:04.96	02:24.22	03:07.50				
800M	T13	OPEN	M	02:26.30	01:50.70	01:50.70	02:05.43	EHLERS	Darren	DURBAN	27 March 2012
800M	T13	OPEN	F	02:40.20	02:03.18	02:03.21	02:37.40	ERASMUS	S	STELLENBOSCH	01 April 1991
800M	T13	U/14	M	03:11.30	01:50.70	01:50.70	03:11.30	Record marked			
800M	T13	U/14	F	03:29.50	02:03.18	02:03.21	03:29.50	Record marked			
800M	T13	U/17	M	03:00.00	01:50.70	01:50.70	02:15.00	MOFOKENG	Gerry	GERMISTON	21 March 2003
800M	T13	U/17	F	03:17.10	02:03.18	02:03.21	02:54.80	KEW	N	KIMBERLEY	16 March 1999
800M	T13	U/20	M	02:48.80	01:50.70	01:50.70	02:16.31	MOSTERT	Nielbert	PORT ELIZABETH	25 April 2021

800M	T13	U/20	F	03:04.80	02:03.18	02:03.21	03:04.80	Record marked			
800M	T33	OPEN	M	03:21.80	01:52.52		03:21.80	Record marked			
800M	T33	OPEN	F	03:52.60	02:22.85		03:52.60	Record marked			
800M	T34	OPEN	M	02:46.00	01:37.84	01:38.43	02:26.17	BOTHMA	G	PRETORIA	23 March 1996
800M	T34	OPEN	F	03:25.50	01:55.73		03:25.50	Record marked			
800M	T34	U/14	M	03:30.20	01:37.84	01:38.43	03:30.20	Record marked			
800M	T34	U/14	F	04:20.30	01:55.73		04:20.30	Record marked			
800M	T34	U/17	M	03:19.10	01:37.84	01:38.43	03:19.10	Record marked			
800M	T34	U/17	F	04:06.60	01:55.73		04:06.60	Record marked			
800M	T34	U/20	M	03:08.10	01:37.84	01:38.43	03:08.10	Record marked			
800M	T34	U/20	F	03:52.90	01:55.73		03:52.90	Record marked			
800M	T35	OPEN	M	03:13.40	02:29.47		03:13.40	Record marked			
800M	T35	OPEN	F		03:13.47						
800M	T35	U/14	M	04:14.10	02:29.47		04:14.10	Record marked			
800M	T35	U/14	F		03:13.47						
800M	T35	U/17	M	03:59.20	02:29.47		02:16.07	VUKAPI	O	GERMISTON	21 March 2003
800M	T35	U/17	F		03:13.47		02:55.93	VENTER	C	PRETORIA	14 March 2000
800M	T35	U/20	M	03:44.30	02:29.47		02:30.94	SOSIBO	S	GERMISTON	04 April 2007
800M	T35	U/20	F		03:13.47						
800M	T36	OPEN	M	02:47.50	02:02.39	02:13.90	02:33.69	MOSALA	Moses	JOHANNESBURG	02 April 2015
800M	T36	OPEN	F	04:12.20	03:06.22		04:12.20	Record marked			
800M	T36	U/14	M	03:39.10	02:02.39	02:13.90	02:23.10	Record marked			
800M	T36	U/14	F	05:29.80	03:06.22		02:53.70	Record marked			
800M	T36	U/17	M	03:26.20	02:02.39	02:13.90	02:16.07	Record marked			
800M	T36	U/17	F	05:10.40	03:06.22		02:55.93	Record marked			
800M	T36	U/20	M	03:13.24	02:02.39	02:13.90	02:30.94	SOSIBO	S	GERMISTON	04 April 2007
800M	T36	U/20	F	04:51.00	03:06.22		04:22.12	MASHA	M T	GERMISTON	04 April 2007
800M	T37	OPEN	M	02:35.30	01:57.17	02:01.45	02:03.89	DU TOIT	Charl	LYON	21 July 2013
800M	T37	OPEN	F	03:36.80	02:41.71	02:41.71	02:41.71	GOUWS	Liezel	BLOEMFONTEIN	01 April 2018
800M	T37	U/14	M	03:23.00	01:57.17	02:01.45	03:23.00	Record marked			
800M	T37	U/14	F	04:43.50	02:41.71	02:41.71	04:43.50	Record marked			
800M	T37	U/17	M	03:11.10	01:57.17	02:01.45	03:09.00	RANK	Darren	STELLENBOSCH	19 March 2019
800M	T37	U/17	F	04:26.90	02:41.71	02:41.71	03:27.77	JONES	Norejaan	STELLENBOSCH	19 March 2019
800M	T37	U/20	M	02:59.10	01:57.17	02:01.45	02:08.20	DU TOIT	Charl	DURBAN	27 March 2012
800M	T37	U/20	F	04:10.20	02:41.71	02:41.71	02:40.29	GOUWS	Liezel	PORT ELIZABETH	03 April 2017
800M	T38	OPEN	M	02:34.60	01:57.78	01:58.87	01:58.87	PRINGLE	Malcolm	ATHENS	01 September 2004
800M	T38	OPEN	F	03:22.70	02:35.83	02:35.83	02:35.83	NICOLAISEN	Arina	NOTTWIL	04 August 2019
800M	T38	U/14	M	03:22.10	01:57.78	01:58.87	03:22.10	Record marked			
800M	T38	U/14	F	04:25.10	02:35.83	02:35.83	04:25.10	Record marked			
800M	T38	U/17	M	03:10.20	01:57.78	01:58.87	02:24.70	MARTIN	A	PRETORIA	14 March 2000
800M	T38	U/17	F	04:09.50	02:35.83	02:35.83	02:48.56	NICOLAISEN	Arina	PORT ELIZABETH	03 April 2017

800M	T38	U/20	M	02:58.40	01:57.78	01:58.87	02:58.40	Record marked			
800M	T38	U/20	F	03:53.90	02:35.83	02:35.83	02:35.83	NICOLAISEN	Arina	NOTTWIL	04 August 2019
800M	T42	OPEN	M								
800M	T43	OPEN	M								
800M	T43	OPEN	F								
800M	T44	OPEN	M	02:45.40	02:02.65	02:32.43	02:30.86	LESENYEHO	Julius	STELLENBOSCH	28 March 2008
800M	T44	OPEN	F	03:25.90			03:25.90	Record marked			
800M	T44	U/14	M	03:36.30	02:02.65	02:32.43	03:36.30	Record marked			
800M	T44	U/14	F	04:29.20			04:29.20	Record marked			
800M	T44	U/17	M	03:23.50	02:02.65	02:32.43	03:23.50	Record marked			
800M	T44	U/17	F	04:13.40			04:13.40	Record marked			
800M	T44	U/20	M	03:10.80	02:02.65	02:32.43	03:10.80	Record marked			
800M	T44	U/20	F	03:57.50			03:57.50	Record marked			
800M	T45	OPEN	M	02:39.00	01:59.30		02:39.00	Record marked			
800M	T45	OPEN	F								
800M	T45	U/14	M	03:27.90	01:59.30		03:27.90	Record marked			
800M	T45	U/14	F								
800M	T45	U/17	M	03:15.60	01:59.30		02:43.19	BOYSEN	P	GERMISTON	16 March 2003
800M	T45	U/17	F								
800M	T45	U/20	M	03:03.40	01:59.30		02:59.38	SIKWANE	Letlogonolo	PRETORIA	25 March 2013
800M	T45	U/20	F								
800M	T46	OPEN	M	02:26.10	01:51.82	01:52.33	02:12.06	NDLOVU	Kungiselelo	PORT ELIZABETH	25 April 2021
800M	T46	OPEN	F	02:52.20	02:12.42		02:52.20	Record marked			
800M	T46	U/14	M	03:11.10	01:51.82	01:52.33	03:11.10	Record marked			
800M	T46	U/14	F	03:45.20	02:12.42		03:45.20	Record marked			
800M	T46	U/17	M	02:59.80	01:51.82	01:52.33	02:08.02	JOUBERT	Peet	STELLENBOSCH	28 March 2008
800M	T46	U/17	F	03:31.90	02:12.42		03:31.90	Record marked			
800M	T46	U/20	M	02:48.60	01:51.82	01:52.33	02:03.22	JOUBERT	Peet	RUSTENBURG	29 March 2011
800M	T46	U/20	F	03:18.70	02:12.42		03:18.70	Record marked			
800M	T51	OPEN	M	04:00.30	02:30.98	02:51.03	02:51.03	DU PREEZ	Pieter	ARBON	05 June 2015
800M	T51	OPEN	F	06:18.00	03:15.64		03:31.69	SWANEPOEL	Kat	BLOEMFONTEIN	05 November 2016
800M	T51	U/14	M	05:04.30	02:30.98	02:51.03	05:04.30	Record marked			
800M	T51	U/14	F	07:58.80	03:15.64		07:58.80	Record marked			
800M	T51	U/17	M	04:48.30	02:30.98	02:51.03	04:48.30	Record marked			
800M	T51	U/17	F	07:33.60	03:15.64		07:33.60	Record marked			
800M	T51	U/20	M	04:32.30	02:30.98	02:51.03	04:32.30	Record marked			
800M	T51	U/20	F	07:08.40	03:15.64		07:08.40	Record marked			
800M	T52	OPEN	M	02:48.50	01:51.57	01:58.68	02:48.50	Record marked			
800M	T52	OPEN	F	03:25.10	02:06.76		03:25.10	Record marked			
800M	T52	U/14	M	03:33.40	01:51.57	01:58.68	03:33.40	Record marked			
800M	T52	U/14	F	04:19.80	02:06.76		04:19.80	Record marked			

800M	T52	U/17	M	03:22.20	01:51.57	01:58.68	03:22.20	Record marked			
800M	T52	U/17	F	04:06.10	02:06.76		04:06.10	Record marked			
800M	T52	U/20	M	03:11.00	01:51.57	01:58.68	03:11.00	Record marked			
800M	T52	U/20	F	03:52.50	02:06.76		03:52.50	Record marked			
800M	T53	OPEN	M	02:24.50	01:31.69	01:44.68	01:59.09	BOSCH	Tiaan	ARBON	28 May 2017
800M	T53	OPEN	F	02:44.80	01:45.53	02:13.00	02:44.80	Record marked			
800M	T53	U/14	M	03:03.00	01:31.69	01:44.68	03:03.00	Record marked			
800M	T53	U/14	F	03:28.70	01:45.53	02:13.00	03:28.70	Record marked			
800M	T53	U/17	M	02:53.40	01:31.69	01:44.68	02:15.30	KLAASEN	E	KIMBERLEY	17 March 1999
800M	T53	U/17	F	03:17.70	01:45.53	02:13.00	03:17.70	Record marked			
800M	T53	U/20	M	02:43.80	01:31.69	01:44.68	02:43.80	Record marked			
800M	T53	U/20	F	03:06.70	01:45.53	02:13.00	03:06.70	Record marked			
800M	T54	OPEN	M	02:18.30	01:29.66	01:31.24	01:32.17	VAN DYK	Ernst	JONA	25 August 2001
800M	T54	OPEN	F	02:37.80	01:41.47	01:56.17	02:37.80	Record marked			
800M	T54	U/14	M	02:55.20	01:29.66	01:31.24	02:55.20	Record marked			
800M	T54	U/14	F	03:19.90	01:41.47	01:56.17	03:19.90	Record marked			
800M	T54	U/17	M	02:46.00	01:29.66	01:31.24	02:46.00	COETZEE	Christo	STELLENBOSCH	12 April 2001
800M	T54	U/17	F	03:09.40	01:41.47	01:56.17	03:09.40	Record marked			
800M	T54	U/20	M	02:36.70	01:29.66	01:31.24	02:36.70	Record marked			
800M	T54	U/20	F	02:58.90	01:41.47	01:56.17	02:58.90	Record marked			
800M	T61	OPEN	M		01:49.30	01:49.30	01:44.99	MAHLANGU	Ntando	PRETORIA	17 April 2021
800M	T61	OPEN	F								
800M	T62	OPEN	M		02:18.21						
800M	T62	OPEN	F		02:57.81						
800M	T63	OPEN	M		03:35.28						
800M	T63	OPEN	F								
800M	T64	OPEN	M		02:35.26	02:45.83	02:45.83	CLOETE	Celvino	STELLENBOSCH	19 March 2019
800M	T64	OPEN	F		02:22.28						
1500M	T11	OPEN	M	05:18.70	03:58.37	03:58.37	04:25.59	BREITENBACH	Danie	STELLENBOSCH	20 March 2019
1500M	T11	OPEN	F	06:22.00	04:38.92	04:42.12	04:40.96	COETZEE	Louzanne	TOKYO	30 August 2021
1500M	T11	U/14	M	06:56.70	03:58.37	03:58.37	06:56.70	Record marked			
1500M	T11	U/14	F	08:19.50	04:38.92	04:42.12	08:19.50	Record marked			
1500M	T11	U/17	M	06:32.20	03:58.37	03:58.37	05:40.90	BREITENBACH	Danie	RUSTENBURG	30 March 2011
1500M	T11	U/17	F	07:50.10	04:38.92	04:42.12	07:50.10	Record marked			
1500M	T11	U/20	M	06:07.70	03:58.37	03:58.37	05:05.64	BREITENBACH	Danie	PRETORIA	26 March 2013
1500M	T11	U/20	F	07:20.70	04:38.92	04:42.12	07:20.70	Record marked			
1500M	T12	OPEN	M	04:59.30	03:42.97	03:48.31	04:42.70	HAFENANYE	Abraham	PORT ELIZABETH	03 April 2017
1500M	T12	OPEN	F	05:37.00	04:19.20	04:30.52	05:05.20	TYESI	T	PORT ELIZABETH	01 March 1990
1500M	T12	U/14	M	06:31.40	03:42.97	03:48.31	06:31.40	Record marked			
1500M	T12	U/14	F	07:20.70	04:19.20	04:30.52	07:20.70	Record marked			
1500M	T12	U/17	M	06:08.30	03:42.97	03:48.31	04:37.73	VUKAPI	O	DURBAN	15 March 2005

1500M	T12	U/17	F	06:54.80	04:19.20	04:30.52	06:02.20	DE BEER	G J	KIMBERLEY	15 March 2000
1500M	T12	U/20	M	05:45.30	03:42.97	03:48.31	04:18.58	PHAHLAMOHLAKA	Mathale	DURBAN	26 March 2012
1500M	T12	U/20	F	06:28.80	04:19.20	04:30.52	06:28.80	Record marked			
1500M	T13	OPEN	M	05:01.40	03:48.29	03:48.29	04:26.90	JANSEN	W		01 March 1987
1500M	T13	OPEN	F	05:18.90	04:05.27	04:14.00	05:18.90	Record marked			
1500M	T13	U/14	M	06:34.10	03:48.29	03:48.29	06:34.10	Record marked			
1500M	T13	U/14	F	06:57.00	04:05.27	04:14.00	05:37.91	NEL	J		01 September 1985
1500M	T13	U/17	M	06:11.00	03:48.29	03:48.29	05:10.00	JORDAAN	C	KIMBERLEY	25 March 1998
1500M	T13	U/17	F	06:32.50	04:05.27	04:14.00	06:32.50	Record marked			
1500M	T13	U/20	M	05:47.80	03:48.29	03:48.29	04:54.84	MOSTERT	Nielbert	PORT ELIZABETH	26 April 2021
1500M	T13	U/20	F	06:08.00	04:05.27	04:14.00	06:08.00	Record marked			
1500M	T33	OPEN	M	06:32.10	04:21.39		06:32.10	Record marked			
1500M	T33	OPEN	F	07:37.60	04:55.85		07:37.60	Record marked			
1500M	T34	OPEN	M	05:23.40	03:09.93	03:09.93	05:03.80	BOTHMA	G	WORCESTER	27 March 1998
1500M	T34	OPEN	F	06:24.50	03:50.22		06:24.50	Record marked			
1500M	T34	U/14	M	06:49.60	03:09.93	03:09.93	06:49.60	Record marked			
1500M	T34	U/14	F	08:07.00	03:50.22		08:07.00	Record marked			
1500M	T34	U/17	M	06:28.00	03:09.93	03:09.93	06:28.00	Record marked			
1500M	T34	U/17	F	07:41.40	03:50.22		07:41.40	Record marked			
1500M	T34	U/20	M	06:06.50	03:09.93	03:09.93	06:06.50	Record marked			
1500M	T34	U/20	F	07:15.80	03:50.22		07:15.80	Record marked			
1500M	T35	OPEN	M	06:28.30	04:58.65		06:28.30	Record marked			
1500M	T35	OPEN	F		07:44.06						
1500M	T36	OPEN	M	06:01.10	04:32.89	05:56.61	05:32.83	LOUW	M	WORCESTER	27 March 1998
1500M	T36	OPEN	F	08:22.20	06:26.30		08:22.20	Record marked			
1500M	T36	U/14	M	07:52.20	04:32.89	05:56.61	07:52.20	Record marked			
1500M	T36	U/14	F	10:56.80	06:26.30		10:56.80	Record marked			
1500M	T36	U/17	M	07:24.40	04:32.89	05:56.61	07:24.40	Record marked			
1500M	T36	U/17	F	10:18.10	06:26.30		10:18.10	Record marked			
1500M	T36	U/20	M	06:56.70	04:32.89	05:56.61	06:13.00	RAGA	S N	GERMISTON	04 April 2007
1500M	T36	U/20	F	09:39.50	06:26.30		09:39.50	Record marked			
1500M	T37	OPEN	M	05:33.10	03:59.54	04:13.18	04:37.31	BRITZ	Barend	PORT ELIZABETH	26 April 2021
1500M	T37	OPEN	F	07:22.20	05:40.12		07:22.20	Record marked			
1500M	T37	U/14	M	07:15.60	03:59.54	04:13.18	07:15.60	Record marked			
1500M	T37	U/14	F	09:38.20	05:40.12		09:38.20	Record marked			
1500M	T37	U/17	M	06:49.90	03:59.54	04:13.18	04:55.12	RANK	Darren	STELLENBOSCH	20 March 2019
1500M	T37	U/17	F	09:04.20	05:40.12		07:25.37	JONES	Norejaan	STELLENBOSCH	20 April 2019
1500M	T37	U/20	M	06:24.30	03:59.54	04:13.18	05:00.98	BRITS	Barend	STELLENBOSCH	01 April 2014
1500M	T37	U/20	F	08:30.20	05:40.12		08:30.20	Record marked			
1500M	T38	OPEN	M	05:24.40	03:52.56	04:04.70	04:23.17	PRINGLE	Malcolm	KIMBERLEY	29 March 2002
1500M	T38	OPEN	F	07:07.10	05:28.51		06:18.76	NICOLAISEN	Arina	PORT ELIZABETH	26 April 2021

1500M	T38	U/14	M	07:04.20	03:52.56	04:04.70	07:04.20	Record marked			
1500M	T38	U/14	F	09:18.50	05:28.51		09:18.50	Record marked			
1500M	T38	U/17	M	06:39.20	03:52.56	04:04.70	06:39.20	Record marked			
1500M	T38	U/17	F	08:45.70	05:28.51		05:40.90	NICOLAISEN	Arina	PORT ELIZABETH	03 April 2017
1500M	T38	U/20	M	06:14.30	03:52.56	04:04.70	05:02.20	MAREE	Willem	PORT ELIZABETH	28 March 2010
1500M	T38	U/20	F	08:12.80	05:28.51		05:29.52	NICOLAISEN	Arina	BLOEMFONTEIN	02 April 2018
1500M	T44	OPEN	M	06:20.00	04:24.67	05:30.62	05:30.59	LESENYEHO	Julius	PRETORIA	26 March 2013
1500M	T44	OPEN	F								
1500M	T45	OPEN	M	05:22.80	04:08.26	04:30.43	05:22.80	Record marked			
1500M	T45	OPEN	F								
1500M	T46	OPEN	M	05:20.00	03:46.51	03:50.15	04:27.08	NDLOVU	Lungiselelo	PORT ELIZABETH	26 April 2021
1500M	T46	OPEN	F	06:17.10	04:50.08		06:17.10	Record marked			
1500M	T46	U/14	M	06:35.30	03:46.51	03:50.15	06:35.30	Record marked			
1500M	T46	U/14	F	08:13.20	04:50.08		08:13.20	Record marked			
1500M	T46	U/17	M	06:12.00	03:46.51	03:50.15	04:38.00	JOUBERT	Peet	PORT ELIZABETH	07 April 2009
1500M	T46	U/17	F	07:44.20	04:50.08		07:44.20	Record marked			
1500M	T46	U/20	M	05:48.80	03:46.51	03:50.15	05:15.11	ADAM	S	GERMISTON	04 April 2007
1500M	T46	U/20	F	07:15.20	04:50.08		07:15.20	Record marked			
1500M	T51	OPEN	M	07:32.30	04:53.50	05:27.76	05:27.76	DU PREEZ	Pieter	ARBON	04 June 2015
1500M	T51	OPEN	F	11:59.70	06:25.19		11:59.70	Record marked			
1500M	T51	U/14	M	09:32.90	04:53.50	05:27.76	09:32.90	Record marked			
1500M	T51	U/14	F	15:11.70	06:25.19		15:11.70	Record marked			
1500M	T51	U/17	M	09:02.70	04:53.50	05:27.76	09:02.70	Record marked			
1500M	T51	U/17	F	14:23.70	06:25.19		14:23.70	Record marked			
1500M	T51	U/20	M	08:32.60	04:53.50	05:27.76	08:32.60	Record marked			
1500M	T51	U/20	F	13:35.70	06:25.19		13:35.70	Record marked			
1500M	T52	OPEN	M	05:24.10	03:25.08		05:24.10	Record marked			
1500M	T52	OPEN	F	06:38.30	04:24.47		06:38.30	Record marked			
1500M	T52	U/14	M	06:50.50	03:25.08		06:50.50	Record marked			
1500M	T52	U/14	F	08:24.50	04:24.47		08:24.50	Record marked			
1500M	T52	U/17	M	06:28.90	03:25.08		06:28.90	Record marked			
1500M	T52	U/17	F	07:57.90	04:24.47		07:57.90	Record marked			
1500M	T52	U/20	M	06:07.30	03:25.08		06:07.30	Record marked			
1500M	T52	U/20	F	07:31.40	04:24.47		07:31.40	Record marked			
1500M	T53/54	OPEN	M	04:23.60	02:51.84	02:54.18	02:58.37	VAN DYK	Ernst	ATLANTA	02 July 2003
1500M	T53/54	OPEN	F	05:06.40	03:12.35	03:30.51	05:06.40	Record marked			
1500M	T53/54	U/14	M	05:33.90	02:51.84	02:54.18	05:33.90	Record marked			
1500M	T53/54	U/14	F	06:28.10	03:12.35	03:30.51	06:28.10	Record marked			
1500M	T53/54	U/17	M	05:16.30	02:51.84	02:54.18	03:50.64	COETZEE	Christo	STELLENBOSCH	12 April 2001
1500M	T53/54	U/17	F	06:07.70	03:12.35	03:30.51	06:07.70	Record marked			
1500M	T53/54	U/20	M	04:58.80	02:51.84	02:54.18	04:58.80	Record marked			
1500M	T53/54	U/20	F	05:47.20	03:12.35	03:30.51	05:47.20	Record marked			

1500M	T61	OPEN	M									
1500M	T61	OPEN	F									
1500M	T62	OPEN	M									
1500M	T62	OPEN	F									
1500M	T63	OPEN	M		05:33.85							
1500M	T63	OPEN	F									
1500M	T64	OPEN	M		04:33.46							
1500M	T64	OPEN	F		04:58.68							
5000M	T11	OPEN	M	19:44.40	15:11.07	15:11.07	16:08.99	NEHRO	Jan	CHRISTCHURCH		26 January 2011
5000M	T11	OPEN	F	26:07.60	17:17.32	17:17.32	18:00.34	COETZEE	Louzanne	BERLIN		01 July 2018
5000M	T11	U/14	M	25:48.90	15:11.07	15:11.07	25:48.90	Record marked				
5000M	T11	U/14	F	34:09.90	17:17.32	17:17.32	34:09.90	Record marked				
5000M	T11	U/17	M	24:17.80	15:11.07	15:11.07	24:17.80	Record marked				
5000M	T11	U/17	F	32:09.30	17:17.32	17:17.32	32:09.30	Record marked				
5000M	T11	U/20	M	22:46.70	15:11.07	15:11.07	22:46.70	Record marked				
5000M	T11	U/20	F	30:08.71	17:17.32	17:17.32	30:08.71	Record marked				
5000M	T12	OPEN	M	18:43.30	13:53.76	13:53.76	18:43.30	Record marked				
5000M	T12	OPEN	F	23:11.60	17:50.45		23:11.60	Record marked				
5000M	T12	U/14	M	24:28.90	13:53.76	13:53.76	24:28.90	Record marked				
5000M	T12	U/14	F	30:19.80	17:50.45		30:19.80	Record marked				
5000M	T12	U/17	M	23:02.50	13:53.76	13:53.76	23:02.50	Record marked				
5000M	T12	U/17	F	28:32.80	17:50.45		28:32.80	Record marked				
5000M	T12	U/20	M	21:36.10	13:53.76	13:53.76	21:36.10	Record marked				
5000M	T12	U/20	F	26:45.70	17:50.45		26:45.70	Record marked				
5000M	T13	OPEN	M	19:11.80	14:20.69	14:20.69	19:11.80	Record marked				
5000M	T13	OPEN	F	19:39.40	15:07.19		19:39.40	Record marked				
5000M	T13	U/14	M	25:06.20	14:20.69	14:20.69	25:06.20	Record marked				
5000M	T13	U/14	F	25:42.20	15:07.19		25:42.20	Record marked				
5000M	T13	U/17	M	23:37.60	14:20.69	14:20.69	23:37.60	Record marked				
5000M	T13	U/17	F	24:11.50	15:07.19		24:11.50	Record marked				
5000M	T13	U/20	M	22:09.00	14:20.69	14:20.69	22:09.00	Record marked				
5000M	T13	U/20	F	22:40.80	15:07.19		22:40.80	Record marked				
5000M	T34	OPEN	M	18:50.60	12:02.00	10:04.67	18:50.60	Record marked				
5000M	T34	OPEN	F		13:25.50							
5000M	T35	OPEN	M	23:01.20	17:42.42		23:01.20	Record marked				
5000M	T35	OPEN	F									
5000M	T36	OPEN	M	23:54.60	18:23.52		19:52.49	JOHNSON	Ezzard	RUSTENBURG		29 March 2011
5000M	T36	OPEN	F									
5000M	T36	U/14	M	31:16.00	18:23.52		31:16.00	Record marked				
5000M	T36	U/17	M	29:25.70	18:23.52		29:25.70	Record marked				
5000M	T36	U/20	M	27:35.30	18:23.52		27:35.30	Record marked				

5000M	T37	OPEN	M	21:32.70	15:54.50	17:04.98	17:15.80	BRITZ	Barend	PORT ELIZABETH	24 April 2021
5000M	T37	OPEN	F								
5000M	T37	U/14	M	28:10.50	15:54.50	17:04.98	28:10.50	Record marked			
5000M	T37	U/17	M	26:31.00	15:54.50	17:04.98	26:31.00	Record marked			
5000M	T37	U/20	M	24:51.60	15:54.50	17:04.98	24:51.60	Record marked			
5000M	T38	OPEN	M	20:44.50	15:57.25	15:57.25	18:42.90	PRINGLE	Malcolm	PORT ELIZABETH	28 March 2010
5000M	T38	OPEN	F								
5000M	T38	U/14	M	27:07.40	15:57.25	15:57.25	27:07.40	Record marked			
5000M	T38	U/17	M	25:31.60	15:57.25	15:57.25	25:31.60	Record marked			
5000M	T38	U/20	M	23:55.90	15:57.25	15:57.25	20:04.47	MAREE	Willem	PORT ELIZABETH	28 March 2010
5000M	T44	OPEN	M		19:51.50						
5000M	T45	OPEN	M	20:19.20	15:37.84		20:19.20	Record marked			
5000M	T45	OPEN	F								
5000M	T46	OPEN	M	20:20.00	14:06.56	14:20.88	16:14.37	MOSEBI	J	BLOEMFONTEIN	03 April 2006
5000M	T46	OPEN	F								
5000M	T46	U/14	M	24:23.50	14:06.56	14:20.88	24:23.50	Record marked			
5000M	T46	U/17	M	22:57.50	14:06.56	14:20.88	22:57.50	Record marked			
5000M	T46	U/20	M	21:31.40	14:06.56	14:20.88	19:05.23	ADAM	S	GERMISTON	04 April 2007
5000M	T51	OPEN	M	25:10.50	16:46.95	17:50.06	17:50.06	DU PREEZ	Pieter	ARBON	25 May 2017
5000M	T51	OPEN	F								
5000M	T51	U/14	M	31:53.20	16:46.95	17:50.06	31:53.20	Record marked			
5000M	T51	U/17	M	30:12.60	16:46.95	17:50.06	30:12.60	Record marked			
5000M	T51	U/20	M	28:31.90	16:46.95	17:50.06	28:31.90	Record marked			
5000M	T52	OPEN	M	18:55.70	12:27.54	15:47.01	18:55.70	Record marked			
5000M	T52	OPEN	F	23:31.10	14:47.55		23:31.10	Record marked			
5000M	T52	U/14	M	23:58.50	12:27.54	15:47.01	23:58.50	Record marked			
5000M	T52	U/14	F	29:47.40	14:47.55		29:47.40	Record marked			
5000M	T52	U/17	M	22:42.80	12:27.54	15:47.01	22:42.80	Record marked			
5000M	T52	U/17	F	28:13.40	14:47.55		28:13.40	Record marked			
5000M	T52	U/20	M	21:27.10	12:27.54	15:47.01	21:27.10	Record marked			
5000M	T52	U/20	F	26:39.30	14:47.55		26:39.30	Record marked			
5000M	T53-54	OPEN	M	14:52.30	09:42.83	09:58.63	09:58.63	SCHABORT	Krige	ATLANTA	7 Mei 2004
5000M	T53-54	OPEN	F	17:31.40	10:51.17	11:56.13	17:31.40	Record marked			
5000M	T53-54	U/14	M	18:50.20	09:42.83	09:58.63	18:50.20	Record marked			
5000M	T53-54	U/14	F	22:11.70	10:51.17	11:56.13	22:11.70	Record marked			
5000M	T53-54	U/17	M	17:50.70	09:42.83	09:58.63	17:50.70	Record marked			
5000M	T53-54	U/17	F	21:01.60	10:51.17	11:56.13	21:01.60	Record marked			
5000M	T53-54	U/20	M	16:51.20	09:42.83	09:58.63	16:51.20	Record marked			
5000M	T53-54	U/20	F	19:51.50	10:51.17	11:56.13	19:51.50	Record marked			
5000M	T61	OPEN	M								
5000M	T62	OPEN	M								

5000M	T63	OPEN	M									
5000M	T64	OPEN	M									
5000M	T64	OPEN	F		18:43.36							
10000M	T11	OPEN	M	41:06.50	31:37.25	31:37.25	37:07.12	COETZEE	Louzanne	PRETORIA		23 March 2018
10000M	T12	OPEN	M	41:09.90	29:38.85	29:38.85	41:09.90	Record marked				
10000M	T13	OPEN	M	41:12.50	31:41.85	32:40.00	41:12.50	Record marked				
10000M	T37	OPEN	M	49:40.90	32:49.50		49:40.90	Record marked				
10000M	T44	OPEN	M		1:04:21.86							
10000M	T46	OPEN	M	39:20.00	30:15.35		39:20.00	Record marked				
10000M	T51	OPEN	M	54:44.00	35:25.30	35:50.96	35:50.96	DU PREEZ	Pieter	ARBON		05 June 2015
10000M	T52	OPEN	M	38:58.70	25:59.13		38:58.70	Record marked				
10000M	T52	U/14	M	49:22.40	25:59.13		49:22.40	Record marked				
10000M	T52	U/17	M	46:46.50	25:59.13		46:46.50	Record marked				
10000M	T52	U/20	M	44:10.60	25:59.13		44:10.60	Record marked				
10000M	T53-54	OPEN	M	29:57.20	19:45.05		19:58.10	SCHABORT	Krige	ATLANTA		07 May 2004
10000M	T12	OPEN	F		46:00.59							
10000M	T53-54	OPEN	F	36:32.50	24:21.64		36:32.50	Record marked				
10000M	T53-54	U/14	M	37:56.40	19:45.05		37:56.40	Record marked				
10000M	T53-54	U/14	F	46:17.20	24:21.64		46:17.20	Record marked				
10000M	T53-54	U/17	M	35:56.60	19:45.05		35:56.60	Record marked				
10000M	T53-54	U/17	F	43:51.00	24:21.64		43:51.00	Record marked				
10000M	T53-54	U/20	M	33:56.80	19:45.05		33:56.80	Record marked				
10000M	T53-54	U/20	F	41:24.80	24:21.64		41:24.80	Record marked				

SASAPD Eventlist Pentathlon Events											
EVENT	CLASS	AGE	GENDER	SAQ	WORLD RECORD as on 14/04/2021	AFRICA RECORD as on 14/04/2021	SA RECORDS	SURNAME	INIT	PLACE	DATE
PENTATHLON	P11	OPEN	M		2627						
PENTATHLON	P11	OPEN	F		2182						
PENTATHLON	P12	OPEN	M		3403	3403	3403	LANGENHOVEN	Hilton	BEIJING	12 September 2008
PENTATHLON	P12	OPEN	F		2877						
PENTATHLON	P13	OPEN	M		3155		2702	BADENHORST	Francois	PORT ELIZABETH	07 April 2009
PENTATHLON	P13	OPEN	F		3661						
PENTATHLON	P36	OPEN	M		1099		968	NEWMAN	Nicholas	PORT ELIZABETH	29 March 2010
PENTATHLON	P37	OPEN	M								
PENTATHLON	P38	OPEN	M		1764						
PENTATHLON	P42	OPEN	M		5792	5792	5792	LOMBAARD	Fanie	SYDNEY	26 October 2000
PENTATHLON	P42	OPEN	F								
PENTATHLON	P44	OPEN	M		4662		2957	LESENYEHO	Julius	BLOEMFONTEIN	5 November 2011
PENTATHLON	P44	OPEN	F		4653						
PENTATHLON	P46	OPEN	M								
PENTATHLON	P46	OPEN	F								
PENTATHLON	P51	OPEN	M		4330						
PENTATHLON	P52-53	OPEN	M		5245						
PENTATHLON	P52-53	OPEN	F		5167						
PENTATHLON	P54-58	OPEN	M		5806	5023					
PENTATHLON	P54-58	OPEN	F		5707						

SASAPD Eventlist Jump Events

EVENT	CLASS	AGE	GENDER	SAQ	WORLD RECORD as on 14/04/2021	AFRICA RECORD as on 14/04/2021	SA RECORDS as on 12/09/2021	SURNAME	INIT	PLACE	DATE
HIGH JUMP	T11	OPEN	M	1.10	1.60		1.40	ERASMUS	J		01 April 1984
HIGH JUMP	T11	OPEN	F	1.00	1.45		1.20	KANNENBERG	J		01 April 1983
HIGH JUMP	T11	U/14	M	1.00	1.60		1.00	Record marked			
HIGH JUMP	T11	U/14	F	1.00	1.45		1.00	Record marked			
HIGH JUMP	T11	U/17	M	1.00	1.60		1.00	Record marked			
HIGH JUMP	T11	U/17	F	1.00	1.45		1.00	Record marked			
HIGH JUMP	T11	U/20	M	1.00	1.60		1.00	Record marked			
HIGH JUMP	T11	U/20	F	1.00	1.45		1.00	Record marked			
HIGH JUMP	T12	OPEN	M	1.20	2.02	1.15	1.70	FIELD	Rory	STELLENBOSCH	01 April 1992
HIGH JUMP	T12	OPEN	F	1.00	1.57		1.31	VAN VUUREN	H		01 March 1981
HIGH JUMP	T12	U/14	M	1.00	2.02	1.15	1.00	Record marked			
HIGH JUMP	T12	U/14	F	1.00	1.57		1.00	Record marked			
HIGH JUMP	T12	U/17	M	1.00	2.02	1.15	1.00	Record marked			
HIGH JUMP	T12	U/17	F	1.00	1.57		1.00	Record marked			
HIGH JUMP	T12	U/20	M	1.00	2.02	1.15	1.00	Record marked			
HIGH JUMP	T12	U/20	F	1.00	1.57		1.00	Record marked			
HIGH JUMP	T13	OPEN	M	1.30	2.17	1.80	1.80	COETZEE	Danie		01 March 1983
HIGH JUMP	T13	OPEN	F	1.00	1.80		1.55	PRETORIUS	Johanna	DURBAN	27 March 2012
HIGH JUMP	T13	U/14	M	1.00	2.17	1.80	1.00	Record marked			
HIGH JUMP	T13	U/14	F	1.00	1.80		1.00	Record marked			
HIGH JUMP	T13	U/17	M	1.10	2.17	1.80	1.50	KLOPPER	PJ	PORT ELIZABETH	24 April 2021
HIGH JUMP	T13	U/17	F	1.00	1.80		1.00	Record marked			
HIGH JUMP	T13	U/20	M	1.20	2.17	1.80	1.65	DE BEER	A	GERMISTON	04 April 2007
HIGH JUMP	T13	U/20	F	1.00	1.80		1.65	PRETORIUS	Johanna	RUSTENBURG	28 March 2011
HIGH JUMP	T42	OPEN	M	1.20	1.96	1.76	1.55	LEKHEHLE	Obed	DUBAI	14 November 2019
HIGH JUMP	T42	OPEN	F	1.00	1.38		1.00	Record marked			
HIGH JUMP	T42	U/14	M	1.00	1.96	1.76	1.00	Record marked			
HIGH JUMP	T42	U/14	F	1.00	1.38		1.00	Record marked			
HIGH JUMP	T42	U/17	M	1.00	1.96	1.76	1.00	Record marked			
HIGH JUMP	T42	U/17	F	1.00	1.38		1.00	Record marked			
HIGH JUMP	T42	U/20	M	1.00	1.96	1.76	1.62	LEKHEHLE	Obed	NOTTWIL	03 August 2019
HIGH JUMP	T42	U/20	F	1.00	1.38		1.00	Record marked			
HIGH JUMP	T44	OPEN	M	1.30	2.19	1.80	1.85	MHLONGO	Mpumelelo	JOHANNESBURG	01 April 2015

HIGH JUMP	T44	OPEN	F	1.00	1.28		1.00	Record marked			
HIGH JUMP	T44	U/14	M	1.00	2.19	1.80	1.00	Record marked			
HIGH JUMP	T44	U/14	F	1.00	1.28		1.00	Record marked			
HIGH JUMP	T44	U/17	M	1.00	2.19	1.80	1.30	DE LANGE	Pieter	STELLENBOSCH	20 March 2019
HIGH JUMP	T44	U/17	F	1.00	1.28		1.00	Record marked			
HIGH JUMP	T44	U/20	M	1.00	2.19	1.80	1.00	Record marked			
HIGH JUMP	T44	U/20	F	1.00	1.28		1.00	Record marked			
HIGH JUMP	T45	OPEN	M	1.30	1.73		1.65	RADEBE	Samkelo	PORT ELIZABETH	28 March 2010
HIGH JUMP	T45	OPEN	F	1.00	1.45		1.00	Record marked			
HIGH JUMP	T45	U/14	M	1.00	1.73		1.00	Record marked			
HIGH JUMP	T45	U/14	F	1.00	1.45		1.00	Record marked			
HIGH JUMP	T45	U/17	M	1.00	1.73		1.00	Record marked			
HIGH JUMP	T45	U/17	F	1.00	1.45		1.00	Record marked			
HIGH JUMP	T45	U/20	M	1.00	1.73		1.69	RADEBE	Samkelo	PORT ELIZABETH	07 April 2009
HIGH JUMP	T45	U/20	F	1.00	1.45		1.00	Record marked			
HIGH JUMP	T46	OPEN	M	1.00	2.14	1.92	1.92	ROOS	David	MANCHESTER	14 May 2005
HIGH JUMP	T46	OPEN	F	1.00	1.67		1.00	Record marked			
HIGH JUMP	T46	U/14	M	1.00	2.14	1.92	1.00	Record marked			
HIGH JUMP	T46	U/14	F	1.00	1.67		1.00	Record marked			
HIGH JUMP	T46	U/17	M	1.00	2.14	1.92	1.00	Record marked			
HIGH JUMP	T46	U/17	F	1.00	1.67		1.00	Record marked			
HIGH JUMP	T46	U/20	M	1.00	2.14	1.92	1.00	Record marked			
HIGH JUMP	T46	U/20	F	1.00	1.67		1.00	Record marked			
HIGH JUMP	T47	OPEN	M	1.00	2.14	1.92	1.92	ROOS	David	MANCHESTER	14 May 2005
HIGH JUMP	T47	OPEN	F	1.00	1.67		1.00	Record marked			
HIGH JUMP	T47	U/14	M	1.00	2.14	1.92	1.00	Record marked			
HIGH JUMP	T47	U/14	F	1.00	1.67		1.00	Record marked			
HIGH JUMP	T47	U/17	M	1.00	2.14	1.92	1.00	Record marked			
HIGH JUMP	T47	U/17	F	1.00	1.67		1.00	Record marked			
HIGH JUMP	T47	U/20	M	1.00	2.14	1.92	1.00	Record marked			
HIGH JUMP	T47	U/20	F	1.00	1.67		1.00	Record marked			
HIGH JUMP	T61	OPEN	M	1.00			1.00	Record marked			
HIGH JUMP	T61	OPEN	F	1.00			1.00	Record marked			
HIGH JUMP	T61	U/14	M	1.00			1.00	Record marked			
HIGH JUMP	T61	U/14	F	1.00			1.00	Record marked			
HIGH JUMP	T61	U/17	M	1.00			1.00	Record marked			
HIGH JUMP	T61	U/17	F	1.00			1.00	Record marked			

HIGH JUMP	T61	U/20	M	1.00			1.00	Record marked			
HIGH JUMP	T61	U/20	F	1.00			1.00	Record marked			
HIGH JUMP	T63	OPEN	M	1.00	1.90	1.45	1.00	Record marked			
HIGH JUMP	T63	OPEN	F	1.00			1.00	Record marked			
HIGH JUMP	T63	U/14	M	1.00	1.90	1.45	1.00	Record marked			
HIGH JUMP	T63	U/14	F	1.00			1.00	Record marked			
HIGH JUMP	T63	U/17	M	1.00	1.90	1.45	1.45	MABOTE	Puseletso	NOTTWIL	03 August 2019
HIGH JUMP	T63	U/17	F	1.00			1.00	Record marked			
HIGH JUMP	T63	U/20	M	1.00	1.90	1.45	1.00	Record marked			
HIGH JUMP	T63	U/20	F	1.00			1.00	Record marked			
HIGH JUMP	T64	OPEN	M	1.00	1.92		1.00	Record marked			
HIGH JUMP	T64	OPEN	F	1.00	1.52		1.00	Record marked			
HIGH JUMP	T64	U/14	M	1.00	1.92		1.00	Record marked			
HIGH JUMP	T64	U/14	F	1.00	1.52		1.00	Record marked			
HIGH JUMP	T64	U/17	M	1.00	1.92		1.35	THOMAS	Pierre	STELLENBOSCH	20 March 2019
HIGH JUMP	T64	U/17	F	1.00	1.52		1.00	Record marked			
HIGH JUMP	T64	U/20	M	1.00	1.92		1.00	Record marked			
HIGH JUMP	T64	U/20	F	1.00	1.52		1.00	Record marked			
LONG JUMP	T11	OPEN	M	3.30	6.73	6.11	5.50	KOEN	J	STELLENBOSCH	01 April 1992
LONG JUMP	T11	OPEN	F	2.60	5.46	4.89	3.45	COETZEE	R	DURBAN	01 March 1988
LONG JUMP	T11	U/14	M	1.70	6.73	6.11	1.70	Record marked			
LONG JUMP	T11	U/14	F	1.30	5.46	4.89	1.30	Record marked			
LONG JUMP	T11	U/17	M	2.00	6.73	6.11	2.00	Record marked			
LONG JUMP	T11	U/17	F	1.60	5.46	4.89	1.60	Record marked			
LONG JUMP	T11	U/20	M	2.70	6.73	6.11	3.86	BAARTMAN	Alvano	DURBAN	27 March 2012
LONG JUMP	T11	U/20	F	2.10	5.46	4.89	2.10	Record marked			
LONG JUMP	T12	OPEN	M	3.70	7.47	7.43	7.43	LANGENHOVEN	Hilton	GERMISTON	05 April 2007
LONG JUMP	T12	OPEN	F	3.10	6.60	5.71	4.35	LOMAX	Carley	PRETORIA	25 March 2013
LONG JUMP	T12	U/14	M	1.90	7.47	7.43	1.90	Record marked			
LONG JUMP	T12	U/14	F	1.60	6.60	5.71	1.60	Record marked			
LONG JUMP	T12	U/17	M	2.20	7.47	7.43	2.20	Record marked			
LONG JUMP	T12	U/17	F	1.90	6.60	5.71	1.90	Record marked			
LONG JUMP	T12	U/20	M	3.00	7.47	7.43	5.73	MAANS	Denswill	COLORADO SPRINGS	14 July 2011
LONG JUMP	T12	U/20	F	2.50	6.60	5.71	3.87	MTUMBA	Nombuso	PORT ELIZABETH	28 March 2010
LONG JUMP	T13	OPEN	M	3.80	7.66	6.15	6.25	MEYER	Nathan	KIMBERLEY	27 March 2002
LONG JUMP	T13	OPEN	F	2.90	5.88	5.81	5.86	HAYES	Ilse	BOTTROP	12 June 2010
LONG JUMP	T13	U/14	M	1.90	7.66	6.15	1.90	Record marked			

LONG JUMP	T13	U/14	F	1.50	5.88	5.81	1.50	Record marked			
LONG JUMP	T13	U/17	M	2.30	7.66	6.15	4.08	KLOPPER	PJ	PORT ELIZABETH	24 April 2021
LONG JUMP	T13	U/17	F	1.80	5.88	5.81	1.80	Record marked			
LONG JUMP	T13	U/20	M	3.10	7.66	6.15	6.02	DE BEER	A	GERMISTON	06 April 2007
LONG JUMP	T13	U/20	F	2.40	5.88	5.81	5.52	PRETORIUS	Johanna	COLORADO SPRINGS	14 July 2011
LONG JUMP	T35	OPEN	M	3.00	6.06	4.13	4.13	MOKGALAGADI	Teboho	DURBAN	16 March 2005
LONG JUMP	T35	OPEN	F	2.00	2.66		2.62	VAN ZYL	Chenelle	PORT ELIZABETH	07 April 2009
LONG JUMP	T35	U/14	M	1.50	6.06	4.13	1.50	Record marked			
LONG JUMP	T35	U/14	F	1.10	2.66		1.10	Record marked			
LONG JUMP	T35	U/17	M	1.80	6.06	4.13	1.80	Record marked			
LONG JUMP	T35	U/17	F	1.30	2.66		1.30	Record marked			
LONG JUMP	T35	U/20	M	2.40	6.06	4.13	3.36	MAKOENA	Thabang	JOHANNESBURG	01 April 2015
LONG JUMP	T35	U/20	F	1.50	2.66		1.50	Record marked			
LONG JUMP	T36	OPEN	M	2.70	5.93	4.50	4.28	NEWMAN	Nicholas	STELLENBOSCH	28 March 2008
LONG JUMP	T36	OPEN	F	1.80	4.11	2.90	2.90	MOKHOSOA	Dineo	BLOEMFONTEIN	21 March 2016
LONG JUMP	T36	U/14	M	1.30	5.93	4.50	1.30	Record marked			
LONG JUMP	T36	U/14	F	1.10	4.11	2.90	1.10	Record marked			
LONG JUMP	T36	U/17	M	1.60	5.93	4.50	2.76	MOSIFANE	Refilwe	STELLENBOSCH	19 March 2019
LONG JUMP	T36	U/17	F	1.30	4.11	2.90	1.30	Record marked			
LONG JUMP	T36	U/20	M	2.10	5.93	4.50	4.47	MAHLAMBI	Sabelo	PORT ELIZABETH	24 April 2021
LONG JUMP	T36	U/20	F	1.50	4.11	2.90	2.59	MOKHOSOA	Dineo	DURBAN	26 March 2012
LONG JUMP	T37	OPEN	M	3.00	6.77	6.05	6.05	DALLE AVE	Andrea	JOHANNESBURG	01 April 2015
LONG JUMP	T37	OPEN	F	2.50	5.22	4.35	3.69	JOUBERT	Yolande	KIMBERLEY	01 March 1989
LONG JUMP	T37	U/14	M	1.50	6.77	6.05	1.50	Record marked			
LONG JUMP	T37	U/14	F	1.20	5.22	4.35	1.20	Record marked			
LONG JUMP	T37	U/17	M	1.80	6.77	6.05	3.88	MANABELA	Sibusiso	STELLENBOSCH	19 March 2019
LONG JUMP	T37	U/17	F	1.50	5.22	4.35	1.79	THOMAS	Mpho	BLOEMFONTEIN	07 November 2020
LONG JUMP	T37	U/20	M	2.40	6.77	6.05	5.27	DALLE AVE	Andrea	RUSTENBURG	29 March 2011
LONG JUMP	T37	U/20	F	2.00	5.22	4.35	3.62	MHLAULI	Buhle	BLOEMFONTEIN	03 November 2018
LONG JUMP	T38	OPEN	M	3.20	7.13	6.58	6.58	BUIS	Dyan	RIO DE JANEIRO	13 September 2016
LONG JUMP	T38	OPEN	F	2.30	5.51	4.23	4.35	MEIJER	Juanelie	BLOEMFONTEIN	06 May 2016
LONG JUMP	T38	U/14	M	1.60	7.13	6.58	1.60	Record marked			
LONG JUMP	T38	U/14	F	1.10	5.51	4.23	1.10	Record marked			
LONG JUMP	T38	U/17	M	1.90	7.13	6.58	3.93	MZIZI	Thapelo	STELLENBOSCH	19 March 2019
LONG JUMP	T38	U/17	F	1.40	5.51	4.23	3.39	KRUGER	Simone	ATHLONE	04 July 2018
LONG JUMP	T38	U/20	M	2.60	7.13	6.58	5.84	WALLACE	Rouvaun	STELLENBOSCH	20 March 2019
LONG JUMP	T38	U/20	F	1.60	5.51	4.23	4.23	MEIJER	Juanelie	BLOEMFONTEIN	21 March 2016

LONG JUMP	T42	OPEN	M	2.60	5.37		2.60	Record marked			
LONG JUMP	T42	OPEN	F	1.90	4.03	3.30	3.30	BHEMBE	Penelope	GERMISTON	16 March 2003
LONG JUMP	T42	U/14	M	1.60	5.37		1.60	Record marked			
LONG JUMP	T42	U/14	F	1.00	4.03	3.30	1.00	Record marked			
LONG JUMP	T42	U/17	M	2.00	5.37		2.00	Record marked			
LONG JUMP	T42	U/17	F	1.10	4.03	3.30	2.54	CROUCAMP	Megan	STELLENBOSCH	19 March 2019
LONG JUMP	T42	U/20	M	2.60	5.37		3.55	LEKHELE	Obed	BLOEMFONTEIN	02 April 2018
LONG JUMP	T42	U/20	F	1.50	4.03	3.30	1.50	Record marked			
LONG JUMP	T44	OPEN	M	3.40	7.07	7.07	7.07	MHLONGO	Mpumelelo	DUBAI	13 November 2019
LONG JUMP	T44	OPEN	F	2.50	4.49	4.34	4.37	FELIX	Charne	PORT ELIZABETH	24 April 2021
LONG JUMP	T44	U/14	M	1.70	7.07	7.07	1.70	Record marked			
LONG JUMP	T44	U/14	F	1.30	4.49	4.34	1.30	Record marked			
LONG JUMP	T44	U/17	M	2.00	7.07	7.07	2.00	Record marked			
LONG JUMP	T44	U/17	F	1.50	4.49	4.34	1.50	Record marked			
LONG JUMP	T44	U/20	M	2.70	7.07	7.07	5.28	MAHLANGU	Bongani	JOHANNESBURG	01 April 2015
LONG JUMP	T44	U/20	F	2.00	4.49	4.34	3.04	HAASBROOK	Joelene	STELLENBOSCH	19 March 2019
LONG JUMP	T45	OPEN	M	3.20	6.41	5.03	5.45	MOLOI	Lucky	PORT ELIZABETH	07 April 2009
LONG JUMP	T45	OPEN	F	1.90	4.29		1.90	Record marked			
LONG JUMP	T45	U/14	M	1.60	6.41	5.03	1.60	Record marked			
LONG JUMP	T45	U/14	F	1.00	4.29		1.00	Record marked			
LONG JUMP	T45	U/17	M	1.90	6.41	5.03	1.90	Record marked			
LONG JUMP	T45	U/17	F	1.20	4.29		1.20	Record marked			
LONG JUMP	T45	U/20	M	2.60	6.41	5.03	5.62	RADEBE	Samkelo	STELLENBOSCH	27 March 2008
LONG JUMP	T45	U/20	F	1.50	4.29		1.50	Record marked			
LONG JUMP	T46	OPEN	M	3.60	7.58	7.07	6.64	ROOS	David	BEIJING	10 September 2008
LONG JUMP	T46	OPEN	F	2.90	6.01	4.47	4.33	LIEBENBERG	Anrune	JOHANNESBURG	21 August 2010
LONG JUMP	T46	U/14	M	1.80	7.58	7.07	1.80	Record marked			
LONG JUMP	T46	U/14	F	1.40	6.01	4.47	1.40	Record marked			
LONG JUMP	T46	U/17	M	2.20	7.58	7.07	4.89	MTHEMBU	Thato	PORT ELIZABETH	24 April 2021
LONG JUMP	T46	U/17	F	1.70	6.01	4.47	3.23	SWART	Frane	PORT ELIZABETH	24 April 2021
LONG JUMP	T46	U/20	M	2.90	7.58	7.07	6.34	MAUBANE	Njabula	BLOEMFONTEIN	02 April 2018
LONG JUMP	T46	U/20	F	2.30	6.01	4.47	3.83	LEKHELE	Elizabeth	RUSTENBURG	29 March 2011
LONG JUMP	T47	OPEN	M	3.60	7.58	7.07	6.35	JOUBERT	Tshepang	BLOEMFONTEIN	22 March 2016
LONG JUMP	T47	OPEN	F	2.90	6.01	4.47	4.55	MARGGRAF	Jessica	GERMISTON	26 April 2019
LONG JUMP	T47	U/14	M	1.80	7.58	7.07	1.80	Record marked			
LONG JUMP	T47	U/14	F	1.40	6.01	4.47	1.40	Record marked			
LONG JUMP	T47	U/17	M	2.20	7.58	7.07	4.47	KOTZE	Ewan	NOTTWIL	03 August 2019

LONG JUMP	T47	U/17	F	1.70	6.01	4.47	2.64	DHLAMINI	Mbali	PORT ELIZABETH	24 April 2021
LONG JUMP	T47	U/20	M	2.90	7.58	7.07	4.49	MOTSAMAI	Goitsemodimo	STELLENBOSCH	20 March 2019
LONG JUMP	T47	U/20	F	2.30	6.01	4.47	2.30	Record marked			
LONG JUMP	T61	OPEN	M	2.60	6.47	6.47	7.17	MAHLANGU	Ntando	TOKYO	28 August 2021
LONG JUMP	T61	OPEN	F	1.90	5.07		1.90	Record marked			
LONG JUMP	T61	U/14	M	1.60	6.47	6.47	1.60	Record marked			
LONG JUMP	T61	U/14	F	1.00	5.07		1.00	Record marked			
LONG JUMP	T61	U/17	M	2.00	6.47	6.47	2.78	MALOKOMETSA	Kitso	PORT ELIZABETH	24 April 2021
LONG JUMP	T61	U/17	F	1.10	5.07		1.10	Record marked			
LONG JUMP	T61	U/20	M	2.60	6.47	6.47	2.60	Record marked			
LONG JUMP	T61	U/20	F	1.50	5.07		1.50	Record marked			
LONG JUMP	T62	OPEN	M	3.40	7.00		3.40	Record marked			
LONG JUMP	T62	OPEN	F	2.50	5.21		2.50	Record marked			
LONG JUMP	T62	U/14	M	1.70	7.00		1.70	Record marked			
LONG JUMP	T62	U/14	F	1.30	5.21		1.30	Record marked			
LONG JUMP	T62	U/17	M	2.00	7.00		2.00	Record marked			
LONG JUMP	T62	U/17	F	1.50	5.21		1.50	Record marked			
LONG JUMP	T62	U/20	M	2.70	7.00		2.70	Record marked			
LONG JUMP	T62	U/20	F	2.00	5.21		2.00	Record marked			
LONG JUMP	T63	OPEN	M	2.60	7.24	4.41	5.18	MABOTE	Puseletso	TOKYO	28 August 2021
LONG JUMP	T63	OPEN	F	1.90	5.00	2.72	1.90	Record marked			
LONG JUMP	T63	U/14	M	1.60	7.24	4.41	1.60	Record marked			
LONG JUMP	T63	U/14	F	1.00	5.00	2.72	1.00	Record marked			
LONG JUMP	T63	U/17	M	2.00	7.24	4.41	4.84	MABOTE	Puseletso	PORT ELIZABETH	24 April 2021
LONG JUMP	T63	U/17	F	1.10	5.00	2.72	1.10	Record marked			
LONG JUMP	T63	U/20	M	2.60	7.24	4.41	2.60	Record marked			
LONG JUMP	T63	U/20	F	1.50	5.00	2.72	1.50	Record marked			
LONG JUMP	T64	OPEN	M	3.40	8.48		3.40	Record marked			
LONG JUMP	T64	OPEN	F	2.50	6.14		2.50	Record marked			
LONG JUMP	T64	U/14	M	1.70	8.48		1.70	Record marked			
LONG JUMP	T64	U/14	F	1.30	6.14		1.30	Record marked			
LONG JUMP	T64	U/17	M	2.00	8.48		2.00	Record marked			
LONG JUMP	T64	U/17	F	1.50	6.14		1.50	Record marked			
LONG JUMP	T64	U/20	M	2.70	8.48		2.70	Record marked			
LONG JUMP	T64	U/20	F	2.00	6.14		2.84	MACDONALD	Kim	PORT ELIZABETH	24 April 2021
TRIPLE JUMP	T11	OPEN	M	9.50	13.71	12.59		Record marked			
TRIPLE JUMP	T11	U/14	M	9.10		12.59	9.10	Record marked			

TRIPLE JUMP	T11	U/17	M	9.10		12.59	9.10	Record marked			
TRIPLE JUMP	T11	U/20	M	9.50	13.71	12.59	9.50	Record marked			
TRIPLE JUMP	T12	OPEN	M	11.50	15.37		12.01	FIELD	Rory	WORCESTER	27 March 1998
TRIPLE JUMP	T12	OPEN	F	9.50	12.11		9.50	Record marked			
TRIPLE JUMP	T12	U/14	M	11.00			11.00	Record marked			
TRIPLE JUMP	T12	U/17	M	11.00			11.00	Record marked			
TRIPLE JUMP	T12	U/20	M	11.50	15.37		11.50	Record marked			
TRIPLE JUMP	T12	U/20	F		12.11						
TRIPLE JUMP	T13	OPEN	M	11.50	16.23		11.76	COETZEE	Danie	PIETERSBURG	01 October 1989
TRIPLE JUMP	T13	OPEN	F								
TRIPLE JUMP	T13	U/14	M	11.00	16.23		11.00	Record marked			
TRIPLE JUMP	T13	U/17	M	11.00	16.23		11.00	Record marked			
TRIPLE JUMP	T13	U/20	M	11.50	16.23		11.50	Record marked			
TRIPLE JUMP	T13	U/20	F								
TRIPLE JUMP	T45	OPEN	M	10.50	12.00		10.50	Record marked			
TRIPLE JUMP	T45	OPEN	F								
TRIPLE JUMP	T45	U/14	M	10.00	12.00		10.00	Record marked			
TRIPLE JUMP	T45	U/17	M	10.00	12.00		10.00	Record marked			
TRIPLE JUMP	T45	U/20	M	10.50	12.00		10.50	Record marked			
TRIPLE JUMP	T45	U/20	F								
TRIPLE JUMP	T46	OPEN	M	10.50	15.29	12.72	12.15	ROOS	David	STADSKANAAL	09 June 2010
TRIPLE JUMP	T46	U/14	M	10.00	15.29	12.72	10.00	Record marked			
TRIPLE JUMP	T46	U/17	M	10.00	15.29	12.72	10.00	Record marked			
TRIPLE JUMP	T46	U/20	M	10.50	15.29	12.72	11.51	LANCASTER	Michael	DURBAN	27 March 2012
TRIPLE JUMP	T47	OPEN	M	10.50	15.29	12.72	10.50	Record marked			
TRIPLE JUMP	T46/47	OPEN	F	10.00	9.95		10.00	Record marked			
TRIPLE JUMP	T47	U/20	M	10.00	15.29	12.72	10.00	Record marked			
TRIPLE JUMP	T46/47	U/20	F	10.50	9.95		10.50	Record marked			

Rule 4: Age, Gender Categories and Mixed Competition (Adapted for SASAPD competitions)

(WA Rule 3)

Age Categories

1. The following age groups are recognised by WPA:

- a) Master Men and Women: Any athlete who has reached his/her 35th birthday
- b) Under-20 (U20) Men and Women: Any athlete of 17, 18 or 19 years on 31 December in the year of the competition.
- c) Under-17 (U17) Boys and Girls: Any athlete of 14, 15 or 16 years on 31 December in the year of the competition.

SASAPD domestic rule

Under-14 (U/14) Boys and Girls: Any athlete of 12 and 13 years on 31 December in the year of the competition.

Note (i): An athlete must be 14 by 31 December in the year of competition to compete in an open event.

Note (ii): Eligibility, including minimum age for participation in IPC Games and IPC Competitions (see Part B - 3.1.2 (a) and (b)) shall be subject to specific competition regulations.

2. An athlete shall be eligible to compete in an age group competition under these Rules if he is within the age range specified in the relevant age group classification. An athlete must be able to provide proof of his age through presentation of a valid passport or other form of evidence as permitted by the Regulations for the competition. An athlete who fails or refuses to provide such proof shall not be eligible to compete.

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