

SASAPD Eventlist Field Events

EVENT	CLASS	AGE	GENDER	SAQ	WORLD RECORD as on 10/03/2022	AFRICA RECORD as on 10/03/2022	SA RECORDS as on 7/02/2023	SURNAME	INIT	PLACE	DATE	IMPLEMET
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	45.39	35.34	25.72	LUBBE	Ernest	BLOEMFONTEIN	06 November 2021	397g
CLUB THROW	F32	OPEN	F	10.00	28.74	27.28	10.00	Record marked				397g
CLUB THROW	F32	U/14	M	9.00	45.39	35.34	9.00	Record marked				397g
CLUB THROW	F32	U/14	F	6.00	28.74	27.28	6.00	Record marked				397g
CLUB THROW	F32	U/17	M	11.00	45.39	35.34	11.00	Record marked				397g
CLUB THROW	F32	U/17	F	7.00	28.74	27.28	7.00	Record marked				397g
CLUB THROW	F32	U/20	M	13.00	45.39	35.34	13.00	Record marked				397g
CLUB THROW	F32	U/20	F	8.00	28.74	27.28	8.00	Record marked				397g
CLUB THROW	F51	OPEN	M	13.30	35.42	26.24	13.30	Record marked				397g
CLUB THROW	F51	OPEN	F	7.90	25.23	13.01	7.90	Record marked				397g
CLUB THROW	F51	U/14	M	5.30	35.42	26.24	5.30	Record marked				397g
CLUB THROW	F51	U/14	F	3.20	25.23	13.01	3.20	Record marked				397g
CLUB THROW	F51	U/17	M	8.00	35.42	26.24	8.00	Record marked				397g
CLUB THROW	F51	U/17	F	4.80	25.23	13.01	4.80	Record marked				397g
CLUB THROW	F51	U/20	M	10.70	35.42	26.24	10.70	Record marked				397g
CLUB THROW	F51	U/20	F	6.30	25.23	13.01	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	40.83		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	23.11	VALLENTINE	Dowayne	STELLENBOSCH	26 February 2022	1.00kg
DISCUS	F34	OPEN	F	8.00	22.21	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			16.30	NCANE	Karabo	CAPE TOWN	19 March 2023	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	16.68	GALANT	Riaan	CAPE TOWN	19 March 2023	1.00kg
DISCUS	F34	U/20	F	7.00	22.21	19.21	11.27	LANGA	Ayanbulela	GERMISTON	20 March 2022	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	38.50	28.97	23.90	VAN DER WATT	M	DURBAN	01 March 1988	1.00kg
DISCUS	F37	U/14	M	10.40			15.33	OOSTHUIZEN	Ruben	GERMISTON	21 March 2022	750g
DISCUS	F37	U/14	F	6.70			15.41	WIID	Willene	CAPE TOWN	20 March 2023	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	30.20	MANABELA	Sibusiso	GERMISTON	20 March 2022	1.00kg
DISCUS	F37	U/20	F	13.50	38.50	28.97	17.98	GREYLING	Deyanne	GERMISTON	04 April 2007	1.00kg
DISCUS	F38	OPEN	M	24.20	52.91	45.02	39.93	HAMMAN	Reinhardt	JOHANNESBURG	01 April 2015	1.50kg
DISCUS	F38	OPEN	F	15.80	37.83	33.91	34.74	KRUGER	Simone	CAPE TOWN	20 March 2023	1.00kg
DISCUS	F38	U/14	M	9.70			10.38	SNYMAN	Anthony	CAPE TOWN	19 March 2023	750g
DISCUS	F38	U/14	F	6.30			15.72	PAYNE	Kaylyn	CAPE TOWN	20 March 2023	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	37.83	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	24.77	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	24.77	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	24.77	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	24.77	22.96	13.39	HOLTZHAUSEN	Cherel	BLOEMFONTEIN	06 November 2021	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	37.91	37.91	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	37.91	37.91	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	37.91	37.91	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	37.91	37.91	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	G	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			24.90	MOLOBELA	Daniel	GERMISTON	20 March 2022	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	23.97	MOLOBELA	Daniel	CAPE TOWN	19 March 2023	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		28.51	CUMBA	Mzimadoda	CAPE TOWN	19 March 2023	1.50kg
DISCUS	F43	OPEN	F	16.10	22.54		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	22.54		6.40	Record marked				1.00kg
DISCUS	F43	U/17	M	11.70			16.43	NLTANTI	Yamkela	GERMISTON	20 March 2022	1.00kg
DISCUS	F43	U/17	F	9.70	22.54		9.70	Record marked				1.00kg
DISCUS	F43	U/20	M	15.60	63.70		25.16	DRAMAT	Bilal	BLOEMFONTEIN	01 April 2018	1.50kg
DISCUS	F43	U/20	F	12.90	22.54		13.69	MTHETHEWA	Zanele	DURBAN	28 March 2012	1.00kg
DISCUS	F44	OPEN	M	27.80	64.26	41.63	27.80	Record marked				1.50kg
DISCUS	F44	OPEN	F	17.00	44.73	29.68	31.66	VAN DER MERWE	Yane	CAPE TOWN	19 March 2023	1.00kg
DISCUS	F44	U/14	M	11.10			20.15	BOTHA	Franco	CAPE TOWN	19 March 2023	1.00kg
DISCUS	F44	U/14	F	8.50	44.73	29.68	8.50	Record marked				1.00kg
DISCUS	F44	U/17	M	16.70			20.91	KATLEGO	Motsikoe	CAPE TOWN	19 March 2023	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	64.26	41.63	22.20	Record marked				1.50kg
DISCUS	F44	U/20	F	15.00	44.73	29.68	31.66	HOFFMAN	Mandilene	GERMISTON	21 March 2022	1.00kg
DISCUS	F45	OPEN	M	9.00	12.48		18.20	MNCUBE	Gift	CAPE TOWN	20 March 2023	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	12.48		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	28.57	LE ROUX	Juane	GERMISTON	21 March 2022	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	31.70	LE ROUX	Juane	CAPE TOWN	20 March 2023	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	14.87	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	14.87	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	17.62	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	17.62	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	20.40	19.27	15.53	MADEIRA	A	DURBAN		24 March 2004	1.00kg
DISCUS	F54	U/14	M	6.20			10.34	BANELE	Vezi	CAPE TOWN		19 March 2023	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	20.40	19.27	10.12	MAHLATSHANA	Sinesipho	GERMISTON		21 March 2022	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	18.64	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	18.64	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			9.94	COLLET	Maximus	CAPE TOWN		19 March 2023	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	22.48	HOFFMAN	Mandilene	VILA REAL DE SANTO		27 November 2022	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			9.31	KOTU	Michelle	GERMISTON		20 March 2022	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	22.48	HOFFMAN	Mandilene	VILA REAL DE SANTO		27 November 2022	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			10.48	NEMOTANDANI	Vhuthuhawe	CAPE TOWN		19 March 2023	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		27.03	BUTLER	Anthony	GERMISTON		21 March 2022	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	31.65	PILLAY	Tyron	GERMISTON		21 March 2022	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	65.86	46.39	46.39	SIMON	Lean	GLASGOW		28 July 2014	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	65.86	46.39	28.21	KLOPPER	Kristiaan	GERMISTON		20 March 2022	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	64.89	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	64.89	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			28.21	KLOPPER	PJ	CAPE TOWN	20 March 2023	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	40.05	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			13.60	NCANE	Karabo	CAPE TOWN	19 March 2023	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	40.05	34.26	13.93	GALANT	Riaan	CAPE TOWN	20 March 2023	600g
JAVELIN	F34	U/20	F	7.00	22.28	17.41	10.55	LANGA	Ayanbulela	GERMISTON	21 March 2022	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			14.69	GOUWS	Brandan	CAPE TOWN	20 March 2023	500g
JAVELIN	F37	U/14	F	7.20			13.34	WIID	Willene	CAPE TOWN	20 March 2023	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	60.31	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			10.44	SNYMAN	Anthony	CAPE TOWN	20 March 2023	600g
JAVELIN	F38	U/14	F	5.70			10.14	PAYNE	Kaylyn	CAPE TOWN	20 March 2023	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	60.31	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	47.13	37.51	24.31	VAN STADEN	Joshua	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	47.13	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			23.80	MOLOBELA	Daniel	GERMISTON	21 March 2022	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		34.40	CAMBA	Mzimadoda	GERMISTON	20 March 2022	800g
JAVELIN	F43	OPEN	F	14.00	27.97	23.33	23.90	FOX	Katinka	GERMISTON	20 March 2022	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			19.30	NTLANTI	Yankela	GERMISTON	21 March 2022	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	Katinka	STELLENBOSCH	20 March 2019	600g
JAVELIN	F44	OPEN	M	13.00	66.29	39.02	41.18	JONES	Rob	GERMISTON	20 March 2022	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			15.67	MABENA	Siphesihle	CAPE TOWN	20 March 2023	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	66.29	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	19.22		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	19.22		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	67.79	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			26.60	LE ROUX	Juane	GERMISTON	21 March 2022	500g
JAVELIN	F46	U/20	M	24.90	67.79	52.94	29.87	NCUBE	Gift	GERMISTON	21 March 2022	800g
JAVELIN	F46	U/20	F	15.70	45.73	33.79	25.62	LE ROUX	Juane	CAPE TOWN	20 March 2023	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	11.89	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	11.89	7.07	4.80	Record marked				600g

JAVELIN	F54	OPEN	M	14.70	33.29	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	33.29	22.94	13.73	JANSEN	Zander	BLOEMFONTEIN	06 November 2021	600g
JAVELIN	F54	U/20	F	6.70	20.25	20.25	9.49	MAHLATSHANA	Sinesipho	GERMISTON	21 March 2022	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	17.66	XUNDU	Khanya	GERMISTON	21 March 2022	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	24.50	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			9.91	MADLOYI	Inam	CAPE TOWN	19 March 2023	500g
JAVELIN	F56	U/20	M	16.90	42.74	34.31	16.90	Record marked				600g
JAVELIN	F56	U/20	F	9.60	24.50	21.00	11.71	KODISANG	Maria	RUSTENBURG	30 March 2011	600g
JAVELIN	F57	OPEN	M	21.10	51.42	43.84	34.66	DU PLESSIS	Christiaan	JOHANNESBURG	01 April 2015	600g
JAVELIN	F57	OPEN	F	12.00	25.95	25.95	12.81	YONKE	Nokuthula	STELLENBOSCH	26 February 2022	600g
JAVELIN	F57	U/14	M	8.50			8.50	Record marked				400g
JAVELIN	F57	U/14	F	4.80			5.80	KOTU	Michelle	GERMISTON	21 March 2022	400g
JAVELIN	F57	U/17	M	12.70			12.92	LETSOALO	Kgotso	STELLENBOSCH	20 March 2019	500g
JAVELIN	F57	U/17	F	7.20			10.05	MAFETO	Thato	GERMISTON	21 March 2022	500g
JAVELIN	F57	U/20	M	16.90	51.42	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			14.37	NEMUTANDA	Vhuthuhwe	CAPE TOWN	20 March 2023	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		23.84	BOMVANA	Xolani	CAPE TOWN	19 March 2023	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		29.30	BUTLER	Anthony	CAPE TOWN	19 March 2023	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			28.65	COIMBRA	Teagon	CAPE TOWN	20 March 2023	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	68.55	56.24	54.21	BURGERS	Emile	BLOEMFONTEIN	06 November 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	68.55	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	17.04	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			6.21	TSHISIKWA	Murendeni	CAPE TOWN	20 March 2023	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	12.97	11.08	7.49	LUBBE	Ernest	BLOEMFONTEIN	03 November 2018	2.00kg
SHOTPUT	F32	OPEN	F	2.00	7.61	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	12.97	11.08	4.00	Record marked				2.00kg
SHOTPUT	F32	U/20	F	1.80	7.61	6.95	2.10	VELELE	Latitha	PORT ELIZABETH	24 April 2021	2.00kg
SHOTPUT	F33	OPEN	M	5.20	12.36	11.40	6.57	BREET	Adeo	PORT ELIZABETH	03 April 2017	3.00kg
SHOTPUT	F33	OPEN	F	2.60	7.81	7.10	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	11.40	6.21	JANSE V RENSBURG	Doran	NOTTWIL	03 August 2019	3.00kg
SHOTPUT	F33	U/20	F	2.40	7.81	7.10	3.18	COETZER	Jeanell	PORT ELIZABETH	02 April 2017	3.00kg
SHOTPUT	F34	OPEN	M	4.00	12.25	11.55	8.47	LANGA	Ayanda	VILA REAL DE SANTO	28 November 2022	4.00kg
SHOTPUT	F34	OPEN	F	2.80	9.19	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	12.25	11.55	6.11	GALANT	Riaan	CAPE TOWN	20 March 2023	4.00kg
SHOTPUT	F34	U/20	F	2.60	9.19	8.33	4.67	LANGA	Ayanbulela	CAPE TOWN	19 March 2023	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	16.67	15.12	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	16.67	15.12	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	14.50	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			5.33	OOSTHUIZEN	Ruben	GERMISTON	21 March 2022	3.00kg
SHOTPUT	F37	U/14	F	2.30			5.70	WIID	Willene	CAPE TOWN	19 March 2023	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			7.13	PHETU	Imani	GERMISTON	21 March 2022	2.00kg
SHOTPUT	F37	U/20	M	6.60	17.52	14.50	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	11.85	KRUGER	Simone	GERMISTON	21 March 2022	3.00kg
SHOTPUT	F38	U/14	M	3.00			3.98	SNYMAN	Anthony	CAPE TOWN	20 March 2023	3.00kg
SHOTPUT	F38	U/14	F	2.50			5.42	PAYNE	Kaylyn	CAPE TOWN	19 March 2023	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	11.16	9.44	6.12	MPHUTLANE	Thato	BLOEMFONTEIN/PORT E	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	11.16	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	7.68	VAN STADEN	Joshua	GERMISTON	21 March 2022	4.00kg
SHOTPUT	F41	OPEN	F	4.50	10.55	10.55	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	10.55	10.55	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			7.82	MOLOBELA	Daniel	GERMISTON	20 March 2022	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	8.40	MOLOBELA	Daniel	CAPE TOWN	19 March 2023	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	7.59	FOX	Katinka	GERMISTON	21 March 2022	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			5.81	NTLANTI	Yamkela	GERMISTON	20 March 2022	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	11.17	JONES	Rob	GERMISTON	20 March 2022	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			4.81	MABENA	Siphesihle	CAPE TOWN	20 March 2023	4.00kg
SHOTPUT	F44	U/14	F	2.50			2.50	Record marked				2.00kg
SHOTPUT	F44	U/17	M	5.40			7.13	MOTSIKOE	Katlego	CAPE TOWN	20 March 2023	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	7.73		7.44	MNCUBE	Gift	CAPE TOWN	20 March 2023	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	7.73		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	15.65	16.13	NOEMDO	Kerwin	VILA REAL DE SANTO	26 November 2022	6.00kg
SHOTPUT	F46	OPEN	F	6.00	12.47	9.63	6.75	AFRICA	Donnaverne	CAPE TOWN	20 March 2023	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			9.96	LE ROUX	Juane	GERMISTON	21 March 2022	3.00kg
SHOTPUT	F46	U/20	M	6.00	16.80	15.65	10.42	NOEMDO	Kerwin	PRETORIA	26 March 2013	6.00kg
SHOTPUT	F46	U/20	F	4.20	12.47	9.63	9.85	LE ROUX	Juane	CAPE TOWN	19 March 2023	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			3.47	BANELE	Vezi	CAPE TOWN	20 March 2023	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	12.06	8.01	9.15	LABUSCHAGNE	Leon	STELLENBOSCH	08 April 1992	4.00kg
SHOTPUT	F54	OPEN	F	3.40	8.33	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	12.06	8.01	4.98	JANSEN	Zander	BLOEMFONTEIN	06 November 2021	4.00kg
SHOTPUT	F54	U/20	F	2.70	8.33	7.11	4.21	MAHLATSHAN	Sinesipho	CAPE TOWN	19 March 2023	3.00kg
SHOTPUT	F55	OPEN	M	5.90	12.63	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	12.63	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			5.88	COLLET	Maximus	CAPE TOWN	20 March 2023	2.00kg
SHOTPUT	F56	U/14	F	1.70			1.70	Record marked				2.00kg
SHOTPUT	F56	U/17	M	4.10			6.78	JOUBERT	Steven	CAPE TOWN	19 March 2023	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	11.29	11.29	7.80	HOFFMANN	Mandilene	VILA REAL DE SANTO	20 November 2022	3.00kg
SHOTPUT	F57	U/14	M	3.00			4.94	MALAKAPATU	David	GERMISTON	21 March 2022	2.00kg
SHOTPUT	F57	U/14	F	2.00			4.20	KOTU	Michelle	GERMISTON	21 March 2022	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	11.29	11.29	7.80	HOFFMANN	Mandilene	VILA REAL DE SANTO	20 November 2022	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			8.65	COIMBRA	Teagon	CAPE TOWN	20 March 2023	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	5.42	TAU	Agnes	BLOEMFONTEIN	06 November 2021	4.00kg
SHOTPUT	F64	OPEN	M	9.00	18.38	12.26	12.31	JOUBERT	Jean	CAPE TOWN	20 March 2023	6.00kg
SHOTPUT	F64	OPEN	F	6.30	11.15	11.15	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	9.19	KLOPPER	Kristiaan	GERMISTON	20 March 2022	6.00kg
SHOTPUT	F64	U/20	F	5.00	11.15	11.15	4.71	MACDONALD	Kim	STELLENBOSCH	20 March 2019	4.00kg