

EVENT	CLASS	AGE	GENDER	SAG	WORLD RECORD as on 27/03/2017	AFRICA RECORD as on 27/03/2017	2017 World Champs QS	SA RECORDS	SURNAME	INIT	PLACE	DATE	IMPLEMEN	SA OPEN RECORDS	SURNAME	INIT	PLACE	DATE	COUNTRY
CLUB THROW	F32	OPEN	M	15,00	37,19	34,46	22,00	22,31	LUBBE	Ernest	BLOEMFONTEIN	05 November 2016		397g					
CLUB THROW	F32	OPEN	F	10,00	26,93	26,93	13,00							397g					
CLUB THROW	F32	U16	M	9,00	37,19	34,46	22,00							397g					
CLUB THROW	F32	U16	F	6,00	26,93	26,93	13,00							397g					
CLUB THROW	F32	U18	M	11,00	37,19	34,46	22,00							397g					
CLUB THROW	F32	U18	F	7,00	26,93	26,93	13,00							397g					
CLUB THROW	F32	U20	M	13,00	37,19	34,46	22,00							397g					
CLUB THROW	F32	U20	F	8,00	26,93	26,93	13,00							397g					
CLUB THROW	F51	OPEN	M	13,30	29,96	24,63	17,00							397g					
CLUB THROW	F51	OPEN	F	7,90	22,81	11,05	8,00							397g					
CLUB THROW	F51	U16	M	5,30	29,96	24,63	17,00							397g					
CLUB THROW	F51	U16	F	3,20	22,81	11,05	8,00							397g					
CLUB THROW	F51	U18	M	8,00	29,96	24,63	17,00							397g					
CLUB THROW	F51	U18	F	4,80	22,81	11,05	8,00							397g					
CLUB THROW	F51	U20	M	10,70	29,96	24,63	17,00							397g					
CLUB THROW	F51	U20	F	6,30	22,81	11,05	8,00							397g					
DISCUS	F11	OPEN	M	22,00	44,44	34,50	27,00		30,26	MORRIES	L	PIETERSBURG	01 October 1989	2,00kg					
DISCUS	F11	OPEN	F	19,30	40,42		18,00		24,48	KANNENBERG	J		01 March 1983	1,00kg					
DISCUS	F11	U16	M	8,80					17,66	OQOBO		STELLENBOSCH	01 April 1988	1,00kg					
DISCUS	F11	U16	F	7,70	40,42		18,00							1,00kg					
DISCUS	F11	U18	M	13,30										1,50kg					
DISCUS	F11	U18	F	11,60	40,42		18,00		14,17	MATSPALA	Modjadj	RUSTENBURG	29 March 2011	1,00kg					
DISCUS	F11	U20	M	17,80										1,79kg					
DISCUS	F11	U20	F	15,50	40,42		18,00							1,00kg					
DISCUS	F12	OPEN	M	26,30	52,51	48,63	31,00		48,63	BLOM	Hermanus	BLOEMFONTEIN	22 March 2016	2,00kg					
DISCUS	F12	OPEN	F	22,50	47,40		22,00							1,00kg					
DISCUS	F12	U16	M	10,50					24,36	ODDFREY	Luchen	STELLENBOSCH	27 March 2008	1,00kg					
DISCUS	F12	U16	F	9,00	47,40		22,00		15,70	VAVIA	N		01 April 1984	1,00kg					
DISCUS	F12	U18	M	15,80					25,77	MINNAAR	Dewaldt	PORT ELIZABETH	28 March 2010	1,50kg					
DISCUS	F12	U18	F	13,50	47,40		22,00		17,39	LEDWABA	J	STELLENBOSCH	12 April 2001	1,00kg					
DISCUS	F12	U20	M	21,00					28,30	MINNAAR	Dewaldt	RUSTENBURG	29 March 2011	1,79kg					
DISCUS	F12	U20	F	18,00	47,40		22,00							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	U16	M	10,70					29,85	ROBERTS	Card	PORT ELIZABETH	29 March 2010	1,00kg					
DISCUS	F13	U16	F	8,90	44,67				18,52	MENTOR	Carmen	DURBAN	17 March 2005	1,00kg					
DISCUS	F13	U18	M	16,10					35,66	DEDEKIND	Nicholas	MMOVE, BELGIUM	31 August 2016	1,50kg					
DISCUS	F13	U18	F	13,40	44,67				27,35	MENTOR	Carmen	STELLENBOSCH	28 March 2008	1,00kg					
DISCUS	F13	U20	M	21,40					33,64	GRANT	Wesley	JOHANNESBURG	02 April 2015	1,79kg					
DISCUS	F13	U20	F	15,60	44,67				20,12	MENTOR	Carmen	RUSTENBURG	30 March 2011	1,00kg					
DISCUS	F32	OPEN	M	9,00	17,65	16,79			11,81	LUBBE	Ernest	BLOEMFONTEIN	05 November 2016	1,00kg					
DISCUS	F32	OPEN	F	7,00	11,20	11,20								1,00kg					
DISCUS	F32	U16	M	4,50										750g					
DISCUS	F32	U16	F	4,00										750g					
DISCUS	F32	U18	M	6,00	17,65	16,79								1,00kg					
DISCUS	F32	U18	F	5,00	11,20	11,20								1,00kg					
DISCUS	F32	U20	M	7,50	17,65	16,79								1,00kg					
DISCUS	F32	U20	F	6,00	11,20	11,20								1,00kg					
DISCUS	F33	OPEN	M	9,00	29,50	26,00	21,00		14,54	BREET	Adeo	STELLENBOSCH	01 April 2014	1,00kg					
DISCUS	F33	OPEN	F	7,50	11,51	10,32								1,00kg					
DISCUS	F33	U16	M	6,00										750g					
DISCUS	F33	U16	F	4,50										750g					
DISCUS	F33	U18	M	7,00	29,50	26,00	21,00							1,00kg					
DISCUS	F33	U18	F	5,50	11,51	10,32			06,80	COETZER	Jeanell	BLOEMFONTEIN	21 March 2016	1,00kg					
DISCUS	F33	U20	M	8,00	29,50	26,00	21,00		12,28	DANGALAZANA	Orele	STELLENBOSCH	31 March 2014	1,00kg					
DISCUS	F33	U20	F	7,00	11,51	10,32								1,00kg					
DISCUS	F34	OPEN	M	9,00	43,29	36,15	21,00		11,03	MOFOKENG	Gobakwe	BLOEMFONTEIN	05 November 2016	1,00kg					
DISCUS	F34	OPEN	F	8,00	21,02	17,47			13,50	MANDEAN	Jane	CAPE TOWN	12 November 2016	1,00kg					
DISCUS	F34	U16	M	6,00					11,23	NYALELA	Lutho	CAPE TOWN	12 November 2016	750g					
DISCUS	F34	U16	F	5,00										750g					
DISCUS	F34	U18	M	7,00	43,29	36,15	21,00		12,90	BURR-DIXON	Daniel	STELLENBOSCH	01 April 2014	1,00kg					
DISCUS	F34	U18	F	6,00	21,02	17,47			7,47	PENNAAR	Juanita	STELLENBOSCH	31 March 2014	1,00kg					
DISCUS	F34	U20	M	8,00	43,29	36,15	21,00		13,77	BURR-DIXON	Daniel	JOHANNESBURG	02 April 2015	1,00kg					
DISCUS	F34	U20	F	7,00	21,02	17,47			8,25	PENNAAR	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	31,42	27,39			27,39	V ZYL	Chenelle	PRETORIA	05 May 2012	1,00kg					
DISCUS	F35	U16	M	10,80					21,40	GAGNAKALA	Olotse	RUSTENBURG	29 March 2011	750g					
DISCUS	F35	U16	F	5,10					14,80	SCHOFFER	B	KIMBERLEY	17 March 1999	750g					
DISCUS	F35	U18	M	16,20	54,13	33,01			26,58	MICHAELS	Fabian	KIMBERLEY	17 March 1999	1,00kg					
DISCUS	F35	U18	F	7,60	31,42	27,39			16,87	OLIVER	C T	KIMBERLEY	28 March 2002	1,00kg					
DISCUS	F35	U20	M	19,00	54,13	33,01			22,59	MC CORN	Peter	JOHANNESBURG	02 April 2015	1,00kg					
DISCUS	F35	U20	F	10,10	31,42	27,39			15,52	VAN DER WALT	Emeline	STELLENBOSCH	28 March 2008	1,00kg					
DISCUS	F36	OPEN	M	19,50	42,18	38,37			37,71	STRYDOM	Duane	PORT ELIZABETH	10 October 2009	1,00kg					
DISCUS	F36	OPEN	F	12,90	28,01	17,78			17,28	KIRKLAND	J		01 January 1992	1,00kg					
DISCUS	F36	U16	M	7,80					18,40	JENKINSON	Juanne	GERMISTON	21 March 2003	750g					
DISCUS	F36	U16	F	5,20					16,24	VAN ZYL	Chenelle	GERMISTON	19 March 1997	750g					
DISCUS	F36	U18	M	11,70	42,18	38,37			23,91	JENKINSON	Juanne	DURBAN	15 March 2005	1,00kg					
DISCUS	F36	U18	F	7,70	28,01	17,78			12,99	MANAMELA	E	PRETORIA	15 March 2000	1,00kg					
DISCUS	F36	U20	M	15,60	42,18	38,37			29,70	JENKINSON	Juanne	PORT ELIZABETH	07 April 2009	1,00kg					
DISCUS	F36	U20	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	39,00		48,32	KRUGER	Gerit	PORT ELIZABETH	29 March 2010	1,00kg					
DISCUS	F37	OPEN	F	16,80	37,60	28,97	22,00		23,90	VAN DER WATT	M	DURBAN	01 March 1988	1,00kg					
DISCUS	F37	U16	M	10,40					31,08	VISSER	Martin	KIMBERLEY	17 March 1999	750g					
DISCUS	F37	U16	F	6,70					16,90	JORDAAN	Cassandra	STELLENBOSCH	01 April 2014	750g					
DISCUS	F37	U18	M	15,60	59,75	51,92	39,00		36,50	HAMMAN	Reinhardt	GERMISTON	06 April 2007	1,00kg					
DISCUS	F37	U18	F	10,10	37,60	28,97	22,00		20,20	SCHOFFER	B	KIMBERLEY	29 March 2002	1,00kg					
DISCUS	F37	U20	M	20,80	59,75	51,92	39,00		44,35	HAMMAN	Reinhardt	STELLENBOSCH	28 March 2008	1,00kg					
DISCUS	F37	U20	F	13,50	37,60	28,97	22,00		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	32,14	18,20	22,00		19,20	VILJOEN	M	PIETERSBURG	01 April 1990	1,00kg					
DISCUS	F38	U16	M	9,70					30,01	COX	Matthew	PORT ELIZABETH	29 March 2010	750g					
DISCUS	F38	U16	F	6,30	</														

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JAVELIN	F38	OPEN	F	14,20	32,87	21,07		23,01	MARWANQANA	Siphokazi	KIMBERLEY	27 March 2002	600g
JAVELIN	F38	U16	M	10,30				29,20	BLOM	C	PORT ELIZABETH	27 March 1996	600g
JAVELIN	F38	U16	F	5,70				15,06	HATINI	N	KIMBERLEY	25 March 1998	500g
JAVELIN	F38	U18	M	15,40				38,00	MARTIN	A W	PRETORIA	16 March 2000	700g
JAVELIN	F38	U18	F	8,50				17,77	HATINI	N	PRETORIA	16 March 2000	500g
JAVELIN	F38	U20	M	20,60	51,37	50,96	30,00	23,69	RAMOTSWANA	Solly	PRETORIA	25 March 2013	800g
JAVELIN	F38	U20	F	11,40	32,87	21,07		17,00	BOOTSSEN	Leandri	STELLENBOSCH	01 April 2014	600g
JAVELIN	F40	OPEN	M	19,30	37,07	30,31	27,00						600g
JAVELIN	F40	OPEN	F	12,00	20,40	15,42							400g
JAVELIN	F40	U16	M	7,70									400g
JAVELIN	F40	U16	F	4,80	20,40			10,64	XABA	Gaba	PORT ELIZABETH	29 March 2010	400g
JAVELIN	F40	U18	M	11,60									500g
JAVELIN	F40	U18	F	7,20	20,40			15,73	XABA	Gaba	DURBAN	27 March 2012	400g
JAVELIN	F40	U20	M	13,00	27,07	30,31	27,00	18,16	MPHUTLANE	Thato	JOHANNESBURG	01 April 2015	600g
JAVELIN	F40	U20	F	9,60	20,40	15,42							400g
JAVELIN	F41	OPEN	M	19,30	43,67	37,51	27,00						600g
JAVELIN	F41	OPEN	F	12,00	28,70	28,70		14,24	XABA	Gaba	JOHANNESBURG	01 April 2015	400g
JAVELIN	F41	U16	M	7,70									400g
JAVELIN	F41	U16	F	4,80									400g
JAVELIN	F41	U18	M	11,60									500g
JAVELIN	F41	U18	F	7,20									400g
JAVELIN	F41	U20	M	14,00	43,67	37,51	27,00						600g
JAVELIN	F41	U20	F	9,60	28,70	28,70		14,33	XABA	Gaba	STELLENBOSCH	01 April 2014	400g
JAVELIN	F42	OPEN	M	26,40	57,36	48,12	44,00	48,75	LOMBAARD	Fanie	SYDNEY	28 October 2000	800g
JAVELIN	F42	OPEN	F	15,80	31,51	16,14		17,90	GROOTBOOM	Nokubabalo	PORT ELIZABETH	29 March 2010	600g
JAVELIN	F42	U16	M	11,60				19,55	ABDUL	Omar	PRETORIA	26 March 2013	600g
JAVELIN	F42	U16	F	6,30				16,34	CROUCAMP	Megan	BLOEMFONTEIN	22 March 2016	400g
JAVELIN	F42	U18	M	15,80				30,32	FOURIE	Lohan	RUSTENBURG	30 March 2011	700g
JAVELIN	F42	U18	F	9,50				17,85	MOHALE	P	BLOEMFONTEIN	03 April 2006	500g
JAVELIN	F42	U20	M	21,10	57,36	48,12	44,00	34,57	FOURIE	Lohan	DURBAN	26 March 2012	800g
JAVELIN	F42	U20	F	12,60	31,51	16,14							600g
JAVELIN	F43	OPEN	M	13,00	57,32		44,00	25,00	BOMVANA	Xolani	BLOEMFONTEIN	22 March 2016	800g
JAVELIN	F43	OPEN	F	14,00									600g
JAVELIN	F43	U16	M	10,00				17,49	STANDER	Bevin	STELLENBOSCH	01 April 2014	600g
JAVELIN	F43	U16	F	5,60				12,51	MTHETHWA	Zanele	PORT ELIZABETH	07 April 2009	400g
JAVELIN	F43	U18	M	11,00				13,00	WILLIAMS	Keenen	PRETORIA	26 March 2013	700g
JAVELIN	F43	U18	F	8,40				11,20	MTHETHWA	Zanele	RUSTENBURG	29 March 2011	500g
JAVELIN	F43	U20	M	12,60	57,32		44,00	24,26	DRAMAT	Bisail	CAPE TOWN	12 November 2016	800g
JAVELIN	F43	U20	F	11,20									600g
JAVELIN	F44	OPEN	M	28,80	59,82	56,24	44,00	44,14	JOUBERT	Jean	LEVERKUSEN	09 June 2010	800g
JAVELIN	F44	OPEN	F	20,30	40,51	29,31		31,62	MOKHINE	Masego	BANGALORE	01 November 2009	600g
JAVELIN	F44	U16	M	11,50				28,63	BURGERS	Emile	BLOEMFONTEIN	05 November 2016	600g
JAVELIN	F44	U16	F	8,10				23,46	MOKHINE	Masego	PRETORIA	01 March 2000	400g
JAVELIN	F44	U18	M	17,30				36,58	JOUBERT	Jean	BLOEMFONTEIN	03 April 2006	700g
JAVELIN	F44	U18	F	12,20				27,84	MOKHINE	Masego	KIMBERLEY	27 March 2002	500g
JAVELIN	F44	U20	M	23,00	59,82	56,24	44,00	42,72	SIMON	Lean	PRETORIA	25 March 2013	800g
JAVELIN	F44	U20	F	16,20	40,51	29,31		17,41	MOETSI	Ovutle	BLOEMFONTEIN	22 March 2016	600g
JAVELIN	F45	OPEN	M	19,00	27,90								600g
JAVELIN	F45	OPEN	F	14,00			18,00						600g
JAVELIN	F45	U16	M	12,00									500g
JAVELIN	F45	U16	F	7,90									400g
JAVELIN	F45	U18	M	14,00	27,90			23,80	ODENDAAL	Nabeel	BLOEMFONTEIN	21 March 2016	600g
JAVELIN	F45	U18	F	10,00									500g
JAVELIN	F45	U20	M	16,00	27,90		18,00	25,18	ODENDAAL	Nabeel	CAPE TOWN	12 November 2016	600g
JAVELIN	F45	U20	F	12,00									600g
JAVELIN	F46	OPEN	M	31,10	63,97	52,68		48,64	VAN STADEN	Jan	POTCHEFSTROOM	08 May 2015	800g
JAVELIN	F46	OPEN	F	19,60	43,01	30,45	18,00	26,94	SESINYE	Susan	GERMISTON	04 April 2007	600g
JAVELIN	F46	U16	M	12,40				19,12	VAN ASWEGEN	W	GERMISTON	21 March 2003	600g
JAVELIN	F46	U16	F	7,90				20,23	KONDILATI	T	KIMBERLEY	28 March 2002	400g
JAVELIN	F46	U18	M	18,70				22,45	BUXEKA	Maliwa	PORT ELIZABETH	29 March 2010	700g
JAVELIN	F46	U18	F	11,80				24,02	SESINYI	Susan	PRETORIA	01 March 2000	500g
JAVELIN	F46	U20	M	24,90	63,97	52,68	39,00	28,74	DE WEE	Rayen	JOHANNESBURG	01 April 2015	800g
JAVELIN	F46	U20	F	15,70	43,01	30,45	18,00						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							600g
JAVELIN	F52	U16	M	3,70									400g
JAVELIN	F52	U16	F	2,70									400g
JAVELIN	F52	U18	M	5,60									500g
JAVELIN	F52	U18	F	4,00									500g
JAVELIN	F52	U20	M	7,40	18,58								600g
JAVELIN	F52	U20	F	5,40	13,46	7,25							600g
JAVELIN	F53	OPEN	M	11,00	24,30	16,52	17,00	12,10	KOOK	F	WORCESTER	28 March 1998	600g
JAVELIN	F53	OPEN	F	5,90	11,87	7,07	10,00						600g
JAVELIN	F53	U16	M	4,40									400g
JAVELIN	F53	U16	F	2,40									400g
JAVELIN	F53	U18	M	6,60				8,13	VISSER	Wikus	STELLENBOSCH	13 April 2002	500g
JAVELIN	F53	U18	F	3,60				7,21	MOKOBOOI	A	PRETORIA	16 March 2000	500g
JAVELIN	F53	U20	M	8,80	24,30	16,52	17,00						600g
JAVELIN	F53	U20	F	4,80	11,87	7,07	10,00						600g
JAVELIN	F54	OPEN	M	14,70	29,91	22,94	17,00	18,58	DU PREEZ	I	KIMBERLEY	27 March 2002	600g
JAVELIN	F54	OPEN	F	8,40	20,25	20,25	10,00	17,80	SITU	Zanele	RIO DE JANEIRO	13 September 2016	600g
JAVELIN	F54	U16	M	5,90				10,46	MOHAJANE	S O	STELLENBOSCH	13 April 2002	400g
JAVELIN	F54	U16	F	3,40				8,74	NADDOO	P	PRETORIA	16 March 2000	400g
JAVELIN	F54	U18	M	8,80				12,54	TALJAARD	Christo	PRETORIA	16 March 2000	500g
JAVELIN	F54	U18	F	5,10				8,52	HOHO	Ayanda	GERMISTON	06 April 2007	500g
JAVELIN	F54	U20	M	11,80	29,91	22,94	17,00						600g
JAVELIN	F54	U20	F	6,70	20,25	20,25	10,00	20,00	GRAHAM	Johan	PORT ELIZABETH	29 March 2010	600g
JAVELIN	F55	OPEN	M	17,70	36,30	30,92	22,00	12,50	MOKOENA	E	GERMISTON	21 March 2003	600g
JAVELIN	F55	OPEN	F	10,00	23,26	14,54	13,00	11,26	V JAARSVELDT	Hanno	PORT ELIZABETH	29 March 2010	400g
JAVELIN	F55	U16	M	7,10				9,12	LA GRANGE	Line	GERMISTON	04 April 2007	400g
JAVELIN	F55	U18	M	10,60				14,38	NENE	S	PRETORIA	16 March 2000	500g
JAVELIN	F55	U18	F	6,80				10,77	LA GRANGE	Line	PORT ELIZABETH	29 March 2010	500g
JAVELIN	F55	U20	M	14,10	36,30	30,92	22,00	15,60	SWANEPOEL	Johnathan	BLOEMFONTEIN	22 March 2016	600g
JAVELIN	F55	U20	F	9,00	23,26	14,54	13,00	9,29	LA GRANGE	Line	RUSTENBURG	30 March 2011	600g
JAVELIN	F56	OPEN	M	21,10	42,74	34,31	34,00	28,00	HAMPRIES	Steyn	PRETORIA	22 March 1996	600g
JAVELIN	F56	OPEN	F	12,00	24,03	20,24	13,00	14,00	MOKOENA	Mafletsi	DURBAN	24 March 2004	600g
JAVELIN	F56	U16	M	8,50				16,86	MVELASE	N	GERMISTON	19 March 1997	400g
JAVELIN	F56	U16	F	4,80				10,75	KODISANG	Maria	PORT ELIZABETH	07 April 2009	400g
JAVELIN	F56	U18	M	12,70				17,72	MATHUMBU	I	STELLENBOSCH	13 April 2002	500g
JAVELIN	F56	U18	F	7,20				11,12	LANGA	P	GERMISTON	21 March 2003	500g
JAVELIN	F56	U20	M	16,90	42,74	34,31	34,00						600g
JAVELIN	F56	U20	F	9,60	24,03	20,24	13,00	11,71	KODISANG	Maria	RUSTENBURG	30 March 2011	600g
JAVELIN	F57	OPEN	M	21,10	46,12	42,40	34,00	34,66	DU PLESSIS	Christiaan	JOHANNESBURG	01 April 2015	600g
JAVELIN	F57	OPEN	F	12,00	25,71	25,71							600g
JAVELIN	F57	U16	M	8,50				12,98	NDUMO	Nqobile	JOHANNESBURG	01 April 2015	500g
JAVELIN	F57	U16	F	4,80				9,88	DU TOIT	Vanessa-Arn	STELLENBOSCH	Monday, 31 March 2014	400g
JAVELIN	F57	U18	M	12,70		42,40	34,00	19,14	TEFU	Warren	STELLENBOSCH	31 March 2014	600g
JAVELIN	F57	U18	F	7,20				8,15	MOGALE	Dineo	BLOEMFONTEIN	22 March 2016	500g
JAVELIN	F57	U20	M	16,90	46,12	42,40	34,00	20,97	TEFU	Warren	BLOEMFONTEIN	22 March 2016	600g
JAVELIN	F57	U20	F	9,60	25,71	25,71		10,78	MOKALENG	Malebao	STELLENBOSCH	01 April 2014	600g
SHOTPUT	F11	OPEN	M	7,60	15,26	10,13	11,50	10,38	MORRIES	L	PIETERSBURG	01 October 1989	7,26kg
SHOTPUT	F11	OPEN	F	5,50	17,32	8,05	9,00	7,08	KANNENBERG	J	PRETORIA	01 April 1983	4,00kg
SHOTPUT	F11	U16	M	3,10				6,26	BREITENBACH	Daniele	PORT ELIZABETH	28 March 2010	4,00kg
SHOTPUT	F11	U16	F	2,20				6,14	BARNES	A	PRETORIA	01 March 1982	

SHOTPUT	F55	U18	F	2,70					5,30	THERON	Amore	JOHANNESBURG	02 April 2015	2,00kg					
SHOTPUT	F55	U20	M	4,70	12,33	10,49		9,50	6,46	MYBURGH	Stephen	DURBAN	28 March 2012	4,00kg					
SHOTPUT	F55	U20	F	3,20	9,08	7,37		5,30	4,55	THERON	Amore	BLOEMFONTEIN	21 March 2016	3,00kg					
SHOTPUT	F56	OPEN	M	6,80	13,49	10,93		11,50	11,24	HUMPRIES	Steyn	PRETORIA	23 March 1996	4,00kg					
SHOTPUT	F56	OPEN	F	4,30	9,92	9,92		7,20	6,38	VORSTER	L	STELLENBOSCH	28 March 2008	3,00kg					
SHOTPUT	F56	U16	M	2,70					6,64	SMITH	Nico	STELLENBOSCH	31 March 2014	2,00kg					
SHOTPUT	F56	U16	F	1,70					5,25	SESING	Karabo	BLOEMFONTEIN	21 March 2016	2,00kg					
SHOTPUT	F56	U18	M	4,10					7,71	MABUJA	Wandisile	PORT ELIZABETH	07 April 2009	3,00kg					
SHOTPUT	F56	U18	F	2,60					5,41	SESING	Karabo	BLOEMFONTEIN	05 November 2016	2,00kg					
SHOTPUT	F56	U20	M	5,40	13,49	10,93		11,50	6,94	NDEBELE	Max	GERMISTON	05 April 2007	4,00kg					
SHOTPUT	F56	U20	F	3,50	9,92	9,92		7,20	5,33	MOSTERT	Hanelie	PORT ELIZABETH	07 April 2009	3,00kg					
SHOTPUT	F57	OPEN	M	7,00	14,92	11,46		11,50	11,06	LOUWRENS	Michael	STELLENBOSCH	02 April 2014	4,00kg					
SHOTPUT	F57	OPEN	F	4,30	11,13	10,77		7,20						3,00kg	4,31	VD WESTHUIZEN	Chanelle	JOHANNESBURG	##### Namibia
SHOTPUT	F57	U16	M	3,00					6,17	NDUHO	Nqobile	JOHANNESBURG	31 March 2015	2,00kg					
SHOTPUT	F57	U16	F	2,00					4,83	DU TOIT	Vanessa-Ann	STELLENBOSCH	01 April 2014	2,00kg					
SHOTPUT	F57	U18	M	4,50					7,17	TEFO	Warren	STELLENBOSCH	01 April 2014	3,00kg					
SHOTPUT	F57	U18	F	2,80					4,49	RAMOTSO	Tshelisoang	STELLENBOSCH	01 April 2014	2,00kg					
SHOTPUT	F57	U20	M	5,60	14,92	11,46		11,50	7,44	TEFO	Warren	JOHANNESBURG	31 March 2015	4,00kg					
SHOTPUT	F57	U20	F	3,80	11,13	10,77		7,20	5,58	MOKALENG	Matebo	STELLENBOSCH	01 April 2014	3,00kg					