

IPC Athletics African Regional Records - Male and Female -

Event	Class	Gender	FamilyName	FirstName	Birthyear	NPC	Track	Field	Wind	Location	Country	Date
100	11	M	ARMANDO	Jose	1973	ANG	00:11.37		-0.1	Athens	Greece	21/09/2004
200	11	M	THAPHUKO	Joseph		RSA	00:20.39		0	Germiston	South Africa	22/03/2003
400	11	M	ARMANDO	Jose	1973	ANG	00:50.03			Athens	Greece	25/09/2004
800	11	M	EL-AOUZARI	Mustapha	1977	MAR	02:01.84			Athens	Greece	25/09/2004
1500	11	M	EL-AOUZARI	Mustapha	1977	MAR	04:08.58			Athens	Greece	22/09/2004
5000	11	M	WANYOIKE	Henry	1974	KEN	15:11.07			Athens	Greece	24/09/2004
10000	11	M	WANYOIKE	Henry	1974	KEN	31:37.25			Athens	Greece	19/09/2004
Discus	11	M	AMBANI	Alex		KEN		34.50		Nairobi	Kenya	25/07/2003
High Jump	11	M	Vacant									
Javelin	11	M	AMBANI	Alex		KEN		32.70		Nairobi	Kenya	25/07/2003
Long Jump	11	M	DOS SANTOS	Octavio	1981	ANG		5.11	1.3	Assen	Netherlands	06/09/2006
Marathon	11	M	WANYOIKE	Henry	1974	KEN	02:52:53			Hamburg	Germany	24/04/2005
Pentathlon	11	M	Vacant									
Shot	11	M	Vacant									
Triple Jump	11	M	Vacant									
100	12	M	ADESOJI	Adekunde	1981	NGR	00:10.75		0.7	Athens	Greece	22/09/2004
200	12	M	ADESOJI	Adekundo	1981	NGR	00:21.77		0.0	Athens	Greece	24/09/2004
400	12	M	ADESOJI	Adekunde	1981	NGR	00:48.93			Athens	Greece	25/09/2004
800	12	M	AUMA	Andrew Adimo	1986	KEN	01:55.75			Athens	Greece	27/09/2004
1500	12	M	BOUALLEGUE	Maher	1969	TUN	03:51.09			Athens	Greece	21/09/2004
5000	12	M	ASINIKAL	Emanuel	1979	KEN	15:09.67			Athens	Greece	24/09/2004
10000	12	M	BOUALLEGUE	Maher	1969	TUN	32:02.16			Athens	Greece	20/09/2004
Discus	12	M	EIBANGBE	Friday	0	NGR		44.88		Abuja	Nigeria	14/10/2003
High Jump	12	M	LIABARA	Joseph		RSA		1.15		Durban	South Africa	15/03/2005
Javelin	12	M	BELHOUCHE	Samir	1974	ALG		54.30		Assen	Netherlands	08/09/2006
Long Jump	12	M	LANGENHOVEN	Hilton	1978	RSA		7.43	-0.1	Johannesburg	South Africa	05/04/2007
Marathon	12	M	LOMONGO	Joseph		KEN	03:10:10			Nairobi	Kenya	05/07/2003
Pentathlon	12	M	KHALDI	Mahmoud	1985	TUN		3010		Assen	Netherlands	05/09/2006
Shot	12	M	BELHOUCHE	Samir	1974	ALG		10.54		Assen	Netherlands	09/09/2006
Triple Jump	12	M	Vacant									
100	13	M	KRACHAI	Mohamed		ALG	00:11.11		0.0	Blida	Algeria	18/04/2003
200	13	M	MEYER	Nathan	1981	RSA	00:22.67		-0.5	Athens	Greece	19/09/2004
400	13	M	ADESOJI	Adekunde	1981	NGR	00:47.88			Johannesburg	South Africa	01/01/1999
800	13	M	BOUALLEGUE	Maher	1969	TUN	01:53.37			Madrid	Spain	25/07/1998
1500	13	M	BOUALLEGUE	Maher	1969	TUN	03:56.01			Madrid	Spain	21/07/1998
5000	13	M	BOUALLEGUE	Maher	1969	TUN	14:59.74			Madrid	Spain	23/07/1998
10000	13	M	KIMUTAI	Peter		KEN	32:40.00			Nairobi	Kenya	25/07/2003
Discus	13	M	YAHIAOUI	Hakim	1973	ALG		46.38		Assen	Netherlands	07/09/2006
High Jump	13	M	GUMATA	Jean-Luc		RSA		1.67		Durban	South Africa	24/03/2004
Javelin	13	M	CHATWIND	James		RSA		48.41		Durban	South Africa	24/03/2004
Long Jump	13	M	NTUTU	Jonathan	1986	RSA		6.15	-1.1	Athens	Greece	21/09/2004
Marathon	13	M	NGORIALUK	Joseph Lomongo	1975	KEN	02:49:08			Athens	Greece	26/09/2004
Pentathlon	13	M	Vacant									
Shot	13	M	YAHIAOUI	Hakim	1973	ALG		13.20		Marrakech	Morocco	08/05/2005
Triple Jump	13	M	Vacant									

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100	20	M	BABNI	Abdelilah		MAR	00:12.60		0.0	Marrakech	Morocco	18/04/2004
200	20	M	LEGODI	Madimetja		RSA	00:22.86		0.6	Assen	Netherlands	07/09/2006
400	20	M	TAYANE	Soflane	1979	ALG	00:52.10			Wattenscheid	Germany	19/07/2003
800	20	M	Vacant									
1500	20	M	AJLANI	Bilel	1983	TUN	04:18.64			Assen	Netherlands	09/09/2006
5000	20	M	Vacant									
10000	20	M	Vacant									
Discus	20	M	FATNASSI	Mohamed		TUN		40.69		Tunis	Tunisia	05/07/2003
High Jump	20	M	BAHRI	Wissem		TUN		1.93		Sydney	Australia	29/10/2000
Javelin	20	M	Vacant									
Long Jump	20	M	BAHRI	Wissem		TUN		7.00	0.5	Sydney	Australia	21/10/2000
Pentathlon	20	M	FATNASSI	Mohamed		TUN		2999		Tunis	Tunisia	07/07/2003
Shot	20	M	FATNASSI	Mohamed	1983	TUN		12.41		Assen	Netherlands	06/09/2006
Triple Jump	20	M	BAHRI	Wissem		TUN		14.62		Tunis	Tunisia	08/07/2001

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100	32	M	Vacant									
200	32	M	Vacant									
400	32	M	Vacant									
Club	32	M	BETTINA	Karim	1978	ALG		29.17	Athens	Greece		21/09/2004
Discus	32	M	BETTINA	Karim	1978	ALG		19.13	Villeneuve'Ascq	France		24/07/2002
Shot	32	M	BETTINA	Karim	1978	ALG		8.63	Blida	Algeria		25/06/2003
100	33	M	STEPHEN	John		TAN	00:16.24		DaresSalaam	Tanzania		13/06/2003
200	33	M	STEPHEN	John		TAN	00:33.27		DaresSalaam	Tanzania		13/06/2003
400	33	M	STEPHEN	John		TAN	01:21.33		DaresSalaam	Tanzania		13/06/2003
800	33	M	Vacant									
1500	33	M	Vacant									
Discus	33	M	EDOUDI	Mourad		TUN		17.84	Marrakech	Morocco		08/05/2005
Javelin	33	M	MARX	Cornelius Neil		RSA		12.88	Durban	South Africa		24/07/2002
Shot	33	M	DAMMENE	Mohamed	1979	ALG		7.13	Assen	Netherlands		07/09/2006
100	34	M	MOHSAMED	Ramadhani		TAN	00:17.44		DaresSalaam	Tanzania		28/06/2003
200	34	M	MOHSAMED	Ramadhani		TAN	00:33.46		DaresSalaam	Tanzania		28/06/2003
400	34	M	Vacant									
800	34	M	EL KAID	Mohammed		MAR	01:54.41		Marrakech	Morocco		08/05/2005
1500	34	M	EL KAID	Mohammed		MAR	03:32.11		Marrakech	Morocco		08/05/2005
Discus	34	M	Vacant									
Javelin	34	M	ALI KRID	Mohamed	1991	TUN		22.92	Assen	Netherlands		05/09/2006
Shot	34	M	MBONANI	Simon Trevor		RSA		5.78	Durban	South Africa		15/03/2005
100	35	M	MOKGALAGADI	Teboho	1983	RSA	00:12.98		Assen	Netherlands		06/09/2006
200	35	M	MOKGALAGADI	Teboho	1983	RSA	00:26.80	0.9	Athens	Greece		26/09/2004
400	35	M	MOKGALAGADI	Teboho	1983	RSA	01:04.16		Durban	South Africa		15/03/2005
800	35	M	Vacant									
1500	35	M	Vacant									
Discus	35	M	MICHAELS	Fabian	1984	RSA		30.06	Durban	South Africa		24/03/2004
Javelin	35	M	MICHAELS	Fabian	1984	RSA		42.22	Athens	Greece		25/09/2004
Long Jump	35	M	MOKGALAGADI	Teboho	1983	RSA		4.13	Durban	South Africa		15/03/2005
Shot	35	M	MICHAELS	Fabian	1984	RSA		9.48	Durban	South Africa		24/03/2004
100	36	M	Vacant									
200	36	M	GACHUI	John		KEN	00:27.30		Nairobi	Kenya		25/07/2003
400	36	M	MOLAHLOE	Patrick		RSA	01:04.12		Germiston	South Africa		22/03/2003
800	36	M	Vacant									
1500	36	M	Vacant									
5000	36	M	Vacant									
Discus	36	M	STRYDOM	Duane	1969	RSA		36.07	Villeneuve'Ascq	France		26/07/2002
Javelin	36	M	NEWMAN	Nicholas	1981	RSA		38.09	Athens	Greece		23/09/2004
Long Jump	36	M	NECHCHADI	Hichem		MAR		4.50	Marrakech	Morocco		08/05/2005
Shot	36	M	JENKINSON	Juandre		RSA		10.55	Durban	South Africa		15/03/2005

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100	37	M	ALLEK	Mohamed	1974	ALG	00:11.80		0,0	Blida	Algeria	26/06/2003
200	37	M	ALLEK	Mohamed	1974	ALG	00:24.32			Atlanta	United States of America	24/08/1996
400	37	M	ALLEK	Mohamed	1974	ALG	00:54.60			Blida	Algeria	25/06/2003
800	37	M	CHARMI	Mohamed	1981	TUN	02:03.13			Assen	Netherlands	08/09/2006
1500	37	M	CHARMI	Mohamed	1981	TUN	04:18.85			New London	United States of America	08/07/2005
5000	37	M	BELLEL	Fawzi		ALG	17:04.98			Birmingham	Great Britain & NI	13/08/1998
Discus	37	M	BEN HALIMA	Haissem	1974	TUN		49.22		Assen	Netherlands	07/09/2006
Javelin	37	M	MOSTAFA	Abdel-Wahab	1978	EGY		41.96		Abuja	Nigeria	15/10/2003
Long Jump	37	M	HAMDI	Fares	1980	TUN		5.87	1.5	Villeneuve'd'Ascq	France	21/07/2002
Shot	37	M	HUSSEN	Tarek	1976	EGY		11.46		Abuja	Nigeria	14/10/2003
100	38	M	CHIDA	Mohamed	1982	TUN	00:11.42		1.3	Assen	Netherlands	07/09/2006
200	38	M	CHIDA	Mohamed	1982	TUN	00:23.38		0.7	Assen	Netherlands	05/09/2006
400	38	M	PRINGLE	Malcolm	1978	RSA	00:51.90			Villeneuve'd'Ascq	France	27/07/2002
800	38	M	PRINGLE	Malcolm	1978	RSA	01:58.87			Athens	Greece	20/09/2004
1500	38	M	SAIDI	Abbes	1983	TUN	04:09.50			New London	United States of America	08/07/2005
5000	38	M	SAIDI	Abbes	1983	TUN	15:57.25			New London	United States of America	08/07/2005
Discus	38	M	Vacant									
Javelin	38	M	STANDER	Marius		RSA		37.69		Durban	South Africa	24/03/2004
Long Jump	38	M	MARAI	Deald Antonio		RSA		5.17		Durban	South Africa	24/03/2004
Shot	38	M	YOUNG	John		RSA		10.04		Durban	South Africa	15/03/2005

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Discus	40	M	Vacant										
Javelin	40	M	EL GARAA	Mohamed	1976	MAR		30.93		Assen	Netherlands	04/09/2006	
Shot	40	M	EL GARAA	Mohamed	1976	MAR		9.19		Assen	Netherlands	05/09/2006	
100	42	M	KOKER-de	John Fred		RSA	00:15.72			Durban	South Africa	15/03/2005	
200	42	M	KOKER-de	John Fred		RSA	00:32.71		1.8	Durban	South Africa	15/03/2005	
400	42	M	Vacant										
Discus	42	M	LOMBAARD	Stephanus	1969	RSA		47.85		Villeneued'Ascq	France	24/07/2002	
High Jump	42	M	SELEPE	Patrick		RSA		1.48		Durban	South Africa	15/03/2005	
Javelin	42	M	LOMBAARD	Stephanus	1969	RSA		47.02		Athens	Greece	25/09/2004	
Long Jump	42	M	Vacant										
Pentathlon	42	M	LOMBAARD	Stephanus	1969	RSA		5792		Sydney	Australia	22/10/2000	
Shot	42	M	LOMBAARD	Stephanus	1969	RSA		13.81		Athens	Greece	19/09/2004	
100	44	M	PISTORIUS	Oscar	1986	RSA	00:10.91		1.5	Johannesburg	South Africa	04/04/2007	
200	44	M	PISTORIUS	Oscar	1986	RSA	00:21.58		-0.8	Johannesburg	South Africa	05/04/2007	
400	44	M	PISTORIUS	Oscar	1986	RSA	00:49.16			Johannesburg	South Africa	06/04/2007	
800	44	M	MATIWANE	J		RSA	02:52.83			Germiston	South Africa	16/03/2003	
1500	44	M	Vacant										
Discus	44	M	DAHY	Ahmed	1969	EGY		45.09		Cairo	Egypt	26/01/2003	
High Jump	44	M	VELLOEN	Jaco		RSA		1.56		Germiston	South Africa	16/03/2003	
Javelin	44	M	DAHY	Ahmed	1969	EGY		43.93		Abuja	Nigeria	15/10/2003	
Long Jump	44	M	KIMANZI	Noah		KEN		6.15		Nairobi	Kenya	25/07/2003	
Pentathlon	44	M	Vacant										
Shot	44	M	DJEBLI	Abdellah	1983	ALG		12.27		Assen	Netherlands	03/09/2006	
100	46	M	ADEOYE	Adjibola	1981	NIG	00:10.72			Barcelona	Spain	06/09/1992	
200	46	M	ADEOYE	Adjibola	1981	NIG	00:21.83			Barcelona	Spain	06/09/1992	
400	46	M	MILARE	Ronald		KEN	00:50.10			Nairobi	Kenya	25/07/2003	
800	46	M	BELGHOUL	Abdellah		MAR	01:53.09			Marrakech	Morocco	08/05/2005	
1500	46	M	NOUIOUA	Samir	1985	ALG	03:58.75			Athens	Greece	20/09/2004	
5000	46	M	NOUIOUA	Samir	1985	ALG	14:54.00			Athens	Greece	27/09/2004	
10000	46	M	Vacant										
Discus	46	M	GAMAL	Mohamed		EGY		39.71		Abuja	Nigeria	14/10/2003	
High Jump	46	M	ROOS	David	1982	RSA		1.92		Manchester	Great Britain & NI	14/05/2005	
Javelin	46	M	BENAARAF	Mohcine		MAR		39.20		Marrakech	Morocco	08/05/2005	
Long Jump	46	M	DIF	Mohamed	1981	MAR		7.07	-0.1	Athens	Greece	22/09/2004	
Shot	46	M	GAMAL	Mohamed		EGY		13.00		Abuja	Nigeria	14/10/2003	
Triple Jump	46	M	Vacant										

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100	51	M	Vacant									
200	51	M	Vacant									
400	51	M	Vacant									
800	51	M	Vacant									
1500	51	M	Vacant									
5000	51	M	Vacant									
10000	51	M	Vacant									
Club	51	M	Vacant									
Discus	51	M	Vacant									
Marathon	51	M	Vacant									
100	52	M	LEVINSOHM	Lawrence		RSA	00:29.36			Durban	South Africa	15/03/2005
200	52	M	EZ-ZINE	Abdellah	1976	MAR	00:36.14	0.5		Athens	Greece	26/09/2004
400	52	M	EZ-ZINE	Abdellah	1976	MAR	01:01.93			Athens	Greece	22/09/2004
800	52	M	EZ-ZINE	Abdellah	1976	MAR	01:58.68			Athens	Greece	25/09/2004
1500	52	M	Vacant									
5000	52	M	EZ-ZINE	Abdellah	1967	MAR	15:47.01			Assen	Netherlands	03/09/2006
10000	52	M	Vacant									
Discus	52	M	PIETERS	Jacobus H		RSA		12.08		Durban	South Africa	24/03/2004
Javelin	52	M	Vacant									
Marathon	52	M	Vacant									
Shot	52	M	PIETERS	Jacobus H		RSA		5.22		Durban	South Africa	24/03/2004
100	53	M	SAMOU	Hicham		MAR	19.809			Marrakech	Morocco	08/05/2005
200	53	M	SAMOU	Hicham		MAR	37.109			Marrakech	Morocco	08/05/2005
400	53	M	MOTINGWE	Thabo John		RSA	01:30.82			Durban	South Africa	24/03/2004
800	53	M	Vacant									
Discus	53	M	HASAN	Mohamed	1974	EGY		25.96		Abuja	Nigeria	15/10/2003
Javelin	53	M	AILNSA	Krictoferus		NAM		11.45		Durban	South Africa	15/03/2005
Shot	53	M	AILNSA	Krictoferus		NAM		4.60		Durban	South Africa	15/03/2005
100	54	M	RACHIF	Maamar	1983	ALG	00:14.80		0.2	Assen	Netherlands	06/09/2006
200	54	M	RACHIF	Maamar	1983	ALG	00:26.44		1.1	Assen	Netherlands	08/09/2006
400	54	M	DIJK-van	Ernst	1973	RSA	00:47.05			Jona	Switzerland	25/08/2001
800	54	M	DIJK-van	Ernst	1973	RSA	01:32.17			Jona	Switzerland	25/08/2001
1500	54	M	DIJK-van	Ernst	1973	RSA	02:58.37			Atlanta	United States of America	02/07/2003
5000	54	M	SCHABORT	Krige	1963	RSA	09:58.63			Atlanta	United States of America	07/05/2004
10000	54	M	SCHABORT	Krige	1963	RSA	19:58.10			Atlanta	United States of America	07/05/2004
Discus	54	M	DU-PREEZ	Ivan		RSA		23.08		Germiston	South Africa	22/03/2003
Javelin	54	M	DU-PREEZ	Ivan		RSA		17.36		Durban	South Africa	24/03/2004
Marathon	54	M	DIJK-van	Ernst	1973	RSA	1:23:54.4			Schenkon	Switzerland	22/05/2004
Shot	54	M	DU-PREEZ	Ivan		RSA		8.01		Germiston	South Africa	22/03/2003
Discus	55	M	AL-SHAHAT	Waleed-Aly		EGY		30.00		Cairo	Egypt	26/01/2003
Javelin	55	M	ABDELAIZ	Yasser	1978	EGY		28.26		Assen	Netherlands	05/09/2006
Shot	55	M	AYACHE	Abdelali		ALG		7.91		Abuja	Nigeria	11/10/2003
Discus	56	M	ABD-ELSSEMA	Mahmoud	1983	EGY		34.44		Abuja	Nigeria	15/10/2003
Javelin	56	M	EL-AWADY	Kahlawi		EGY		24.42		Cairo	Egypt	26/01/2003
Shot	56	M	BESHTA	Mohamed	1978	EGY		10.93		Athens	Greece	25/09/2004
Discus	57	M	ABD-ELLATTIF	Hossam Eldin	1971	EGY		43.29		Athens	Greece	23/09/2004

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Javelin	57	M	ALI	Ibrahim	1974	EGY	39.12		Athens	Greece	25/09/2004
Shot	57	M	LOUWRENS	Michael	1959	RSA	13.42		Assen	Netherlands	09/09/2006
Discus	58	M	ELATAR	Mahmoud	1978	EGY	55.60		Birmingham	Great Britain & NI	14/08/1998
Javelin	58	M	EZEIKPE	Silver Chinedu	1971	NGR	50.72		Athens	Greece	26/09/2004
Shot	58	M	MAHMOUD	Ibrahim		EGY	14.89		Abuja	Nigeria	11/10/2003
Pentathlon	54-58	M	GHRIBI	Ali	1974	TUN	5023		Assen	Netherlands	08/09/2006

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100	11	F	PASCOAL	Estelle	1979	ANG	00:14.36		-0.3	Quebec	Canada	11/08/2003
200	11	F	PASCOAL	Estelle	1979	ANG	00:29.64		0.9	Quebec	Canada	11/08/2003
400	11	F	Vacant									
800	11	F	Vacant									
1500	11	F	Vacant									
5000	11	F	Vacant									
Discus	11	F	Vacant									
Javelin	11	F	Vacant									
Long Jump	11	F	Vacant									
Shot	11	F	NGINA	Charity		KEN		8.05		Nairobi	Kenya	25/07/2003
100	12	F	CHOUAYA	Najah	1988	TUN	00:13.42		-1.3	Assen	Netherlands	06/09/2006
200	12	F	CHOUAYA	Najah	1988	TUN	00:27.12		0.8	Assen	Netherlands	04/09/2006
400	12	F	CHOUAYA	Najah	1988	TUN	00:59.92			Assen	Netherlands	08/09/2006
800	12	F	LONGORKAYE	Julia	1989	KEN	02:24.22			Athens	Greece	20/09/2004
1500	12	F	LONGORKAYE	Julia	1989	KEN	04:41.71			Athens	Greece	27/09/2004
5000	12	F	Vacant									
Discus	12	F	Vacant									
High Jump	12	F	PRETORIUS	Nineke		RSA		1.28		Durban	South Africa	24/03/2004
Javelin	12	F	Vacant									
Long Jump	12	F	ENNABOULSSI	Meryem		MAR		4.32	0	Rabat	Morocco	20/04/2003
Shot	12	F	Vacant									
100	13	F	HAYES	Ilse	1985	RSA	00:12.78		0.7	Assen	Netherlands	06/09/2006
200	13	F	HAYES	Ilse	1985	RSA	00:26.28		0.5	Assen	Netherlands	08/09/2006
400	13	F	HAYES	Ilse	1985	RSA	01:00.23			Assen	Netherlands	04/09/2006
800	13	F	LONGORKAYE	Julia	1989	KEN	02:24.22			Athens	Greece	20/09/2004
1500	13	F	LONGORKAYE	Julia	1989	KEN	04:41.71			Athens	Greece	27/09/2004
5000	13	F	Vacant									
Discus	13	F	Vacant									
High Jump	13	F	PRETORIUS	Nineke		RSA		1.28		Durban	South Africa	24/03/2004
Javelin	13	F	Vacant									
Long Jump	13	F	HAYES	Ilse	1985	RSA		5.19	-1.0	Assen	Netherlands	05/09/2006
Shot	13	F	Vacant									

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100	32	F	Vacant									
Club	32	F	Vacant									
Discus	32	F	Vacant									
Shot	32	F	OUSSADIT	Ouassila	1972	ALG		4.00	Assen	Netherlands	03/09/2006	
Discus	33	F	SWANEPOEL	Tanya	1956	RSA		13.42	Villeneuve'd Ascq	France	23/07/2002	
Javelin	33	F	LEHLOKOA	Diana		RSA		10.19	Durban	South Africa	15/03/2005	
Shot	33	F	LLOYD	Sonja	1981	RSA		5.68	Athens	Greece	26/09/2004	
100	34	F	CHEPKOBIS	Julia		KEN	00:23.80		0.0	Nairobi	Kenya	25/07/2003
200	34	F	CHEPKOBIS	Julia		KEN	00:47.10		0.0	Nairobi	Kenya	25/07/2003
400	34	F	Vacant									
800	34	F	Vacant									
1500	34	F	Vacant									
Discus	34	F	BEN YEMAA	Yousra	1986	TUN		18.47	Assen	Netherlands	05/09/2006	
Javelin	34	F	MAKHAZA	Dimakatso		RSA		12.10	Durban	South Africa	15/03/2005	
Shot	34	F	BENOUMESSA	Louadjeda	1980	ALG		5.63	Assen	Netherlands	03/09/2006	
100	35	F	NJOROGE	Eunice Wanjiru	1984	KEN	00:20.50		1	Manchester	Great Britain & NI	14/05/2005
200	35	F	NJOROGE	Eunice Wanjiru	1984	KEN	00:42.64	0.2		Manchester	Great Britain & NI	14/05/2005
400	35	F	STEINBERG	Franciske		RSA	02:00.23			Durban	South Africa	15/03/2005
Discus	35	F	MANDEAN	Jane	1972	RSA		19.38	Athens	Greece	19/09/2004	
Javelin	35	F	MASHININI	Beverly Siphwiwe	1981	RSA		21.94	Athens	Greece	21/09/2004	
Shot	35	F	MANDEAN	Jane	1972	RSA		7.58	Athens	Greece	23/09/2004	
100	36	F	MSIBI	Nanile		RSA	00:19.12		0.0	Durban	South Africa	24/03/2004
200	36	F	MSIBI	Nanile		RSA	00:42.50		0.0	Durban	South Africa	15/03/2005
400	36	F	MACHABA	Constace		RSA	02:02.48			Durban	South Africa	24/03/2004
800	36	F	Vacant									
Discus	36	F	MAKHETHA	Matshokolo Anaclet		RSA		12.84	Durban	South Africa	24/03/2004	
Javelin	36	F	MAKHETHA	Matshokolo Anaclet		RSA		13.49	Durban	South Africa	24/03/2004	
Long Jump	36	F	Vacant									
Shot	36	F	NEL	Maretha		RSA		5.57	Durban	South Africa	24/03/2004	
100	37	F	MALENYA	Evelyne		KEN	00:14.50		0.0	Nairobi	Kenya	25/07/2003
200	37	F	MALENYA	Evelyne		KEN	00:30.80			Nairobi	Kenya	25/07/2003
400	37	F	VOGEL	Dominique	1988	RSA	01:06.32			Durban	South Africa	24/03/2004
Discus	37	F	KACHROUDI	Fatma	1976	TUN		28.57	Assen	Netherlands	09/09/2006	
Javelin	37	F	SIDHOM	Ayda	1982	TUN		25.45	Singen	Germany	22/07/2007	
Long Jump	37	F	MOTEKA	Koahela		RSA		3.27	Durban	South Africa	15/03/2005	
Shot	37	F	HOORN van	Magdalena Maria		RSA		8.01	Durban	South Africa	24/03/2004	
100	38	F	MANSOUR	Sonia	1988	TUN	00:14.67		-0.6	Assen	Netherlands	05/09/2006
200	38	F	MANSOUR	Sonia	1988	TUN	00:29.43		0.8	Assen	Netherlands	08/09/2006
400	38	F	Vacant									
Discus	38	F	BURNS	Roxanne		RSA		18.20	Durban	South Africa	15/03/2005	
Javelin	38	F	MARWANQANA	Siphokazi		RSA		21.07	Durban	South Africa	24/03/2004	
Long Jump	38	F	DUBE	Leocardia		RSA		3.45	Durban	South Africa	24/03/2004	
Shot	38	F	MARWANQANA	Siphokazi		RSA		7.29	Durban	South Africa	24/03/2004	

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Discus	40	F	EL-GARAA	Najat	1982	MAR		26.64		Marrakech	Morocco	28/04/2007
Javelin	40	F	EL GARAA	Laila	1977	MAR		23.94		Khemisset	Morocco	14/05/2006
Shot	40	F	EL GARAA	Laila	1977	MAR		7.87		Marrakech	Morocco	28/04/2007
100	42	F	SWANEPOEL	Carine	1982	RSA	00:19.49			Durban	South Africa	15/03/2005
200	42	F	Vacant									
Discus	42	F	SEQUEIRA	Artemiza Helena Gomes	1982	CPV		16.56		Athens	Greece	25/09/2004
Javelin	42	F	SEQUEIRA	Artemiza Helena Gomes	1982	CPV		16.14		Bergen op Zoom	Netherlands	28/05/2004
Long Jump	42	F	BHEMBE	Penelope		RSA		3.30	0.0	Germiston	South Africa	16/03/2003
Shot	42	F	RAFIK	Bouchra		MAR		5.46		Marrakech	Morocco	08/05/2005
100	44	F	MARAIS	Sarisa	1983	RSA	00:15.49		0.7	Taipei	Taiwan	13/09/2007
200	44	F	MOKHINE	Masego Goodness	1986	RSA	00:37.18		3.8	Durban	South Africa	15/03/2005
400	44	F	Vacant									
800	44	F	Vacant									
Discus	44	F	JACOBS	Mariaan Sass		RSA		22.47		Durban	South Africa	24/03/2004
Javelin	44	F	MOKHINE	Masego Goodness		RSA		29.31		Durban	South Africa	24/03/2004
Long Jump	44	F	GHARBI	Thouraya	1977	TUN		4.34		Manchester	Great Britain & NI	14/05/2005
Shot	44	F	MONTJANE	Kgothatso		RSA		7.06		Durban	South Africa	24/03/2004
100	46	F	RAKOTO	Limpho	1974	LES	00:14.52		-1.3	Athens	Greece	21/09/2004
200	46	F	MWANDAIDI	Rashidi		TAN	00:28.29			DaresSalaam	Tanzania	13/06/2003
400	46	F	MORAMA	Tshotlego	1987	BOT	00:55.99			Athens	Greece	24/09/2004
Discus	46	F	KONDILATI	T		RSA		21.11		Germiston	South Africa	16/03/2003
Javelin	46	F	OCHOLA	Agatha		KEN		30.45		Nairobi	Kenya	25/07/2003
Long Jump	46	F	MADONDO	Mbali Celukuthula		RSA		2.87		Durban	South Africa	24/03/2004
Shot	46	F	OUNACER	Rabiae	1977	MAR		7.49		Marrakech	Morocco	08/05/2005

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Discus	51	F	Vacant									
100	52	F	Vacant									
200	52	F	Vacant									
400	52	F	Vacant									
800	52	F	Vacant									
1500	52	F	Vacant									
Discus	52	F	KIBUE	Alice Wachuma	1969	KEN		8.35		Sydney	Australia	21/10/2000
Javelin	52	F	KIBUE	Alice Wachuma	1969	KEN		7.25		Nairobi	Kenya	25/07/2003
Shot	52	F	KIBUE	Alice Wachuma	1969	KEN		2.94		Athens	Greece	26/09/2004
100	53	F	WAFULA	Anne	1969	KEN	00:18.59		0.5	Manchester	Great Britain & NI	14/05/2005
200	53	F	WAFULA	Anne	1969	KEN	00:35.02		-0.2	Manchester	Great Britain & NI	11/06/2005
400	53	F	WAFULA	Anne	1969	KEN	01:02.85			Athens	Greece	25/09/2004
800	53	F	WAFULA	Anne	1969	KEN	02:13.00			Nairobi	Kenya	25/07/2003
Discus	53	F	KIBUE	Alice Wachuma	1969	KEN		8.49		Athens	Greece	20/09/2004
Javelin	53	F	Vacant									
Shot	53	F	ZIDE	Sindiswa		RSA		2.71		Durban	South Africa	24/03/2004
100	54	F	Vacant									04/06/2005
200	54	F	AZZOUZ	Samia		ALG	00:34.48		0.4	Birmingham	England	16/08/2003
400	54	F	BERRI	Samira	1977	TUN	00:59.86			Arbon	Switzerland	04/06/2005
800	54	F	MOHAMMED	Ajara	1974	GHA	01:59.14			Athens	Greece	21/09/2004
1500	54	F	BERRI	Samira	1977	TUN	03:40.08			Arbon	Switzerland	05/06/2005
5000	54	F	BERRI	Samira	1977	TUN	12:00.62			Arbon	Switzerland	05/06/2005
10000	54	F	Vacant									
Discus	54	F	MADEIRA	Ayanda		RSA		15.53		Durban	South Africa	24/03/2004
Javelin	54	F	SITU	Ntombizanele	1971	RSA		14.78		Sydney	Australia	20/10/2000
Marathon	54	F	MOHAMMED	Ajara	1974	GHA	02:08:40			Athens	Greece	26/09/2004
Shot	54	F	SITU	Ntombizanele	1971	RSA		5.72		Durban	South Africa	15/03/2005
Discus	55	F	MOTAUNG	Elizabeth		RSA		14.30		Durban	South Africa	24/03/2004
Javelin	55	F	NTLWANTHINI	Nompumelelo		RSA		10.28		Durban	South Africa	15/03/2005
Shot	55	F	MOTAUNG	Elizabeth		RSA		5.82		Durban	South Africa	24/03/2004
Discus	56	F	MATIDZE	Ntshaveni		RSA		12.91		Durban	South Africa	24/03/2004
Javelin	56	F	MOKOENA MALIFETSI	Elizabeth		RSA		14.05		Durban	South Africa	24/03/2004
Shot	56	F	MADOLLA	Elna		RSA		5.32		Durban	South Africa	24/03/2004
Discus	57	F	MEDJMEDJ	Nadia	1974	ALG		27.60		Marrakech	Morocco	28/04/2007
Javelin	57	F	NAKHUMICA	Mary		KEN		23.87		Sydney	Australia	29/10/2000
Shot	57	F	MEDJMEDJ	Nadia	1974	ALG		10.65		Assen	Netherlands	08/09/2006
Discus	58	F	FELIFAL	Karima	1977	EGY		31.62		Athens	Greece	25/09/2004
Javelin	58	F	DJELAL	Safia	1983	ALG		31.12		Marrakech	Morocco	28/04/2007
Shot	58	F	IYIAZI	Njideka Eucharía	1973	NGR		10.12		Athens	Greece	20/09/2004

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4 x 100	11-13	M	National Team									
4 x 400	11-13	M	National Team									
4 x 100	35-38	M	National Team	South Africa	RSA	00:48.61		Assen	Netherlands	09/09/2006		
4 x 400	35-38	M	National Team	Tunesia	TUN	03:38.92		Athens	Greece	27/09/2004		
4 x 100	42-46	M	National Team									
4 x 100	53-54	M	National Team									
4 x 400	53-54	M	National Team									