

Africa W. all-time Top 100 end 2016

Long jump

1	AJUNWA Chioma	NGR	7.12	0.9		70	02/08/96	1	Atlanta
2	OKAGBARE Blessing	NGR	7.00	0.0		88	19/07/13		Monaco
3	MEY Karin	RSA	6.93	1.6		84	07/07/07	1	Bad Langensalza
4	BOTHA Karen	RSA	6.85	0.8	A	67	24/03/90	1	Johannesburg
5	BRUME Ese	NGR	6.83	1.2		96	06/06/16	1	Akure
6	PRINSLOO Lynique	RSA	6.81	-1.2		91	13/04/13	1	Stellenbosch
7	van NIEKERK Maryna	RSA	6.80	0.5	A	54	25/10/86	1	Johannesburg
8	JOSEPHS Janice	RSA	6.79	0.1		83	21/07/07	1	Argel
9	ITANYI Patience	NGR	6.73	-0.4		73	02/06/95	1	Knoxville
10	FOUCHE Sanet	RSA	6.73	1.5	A	64	02/03/96	1	Johannesburg
11	OPARA Christy	NGR	6.72	1.3		70	04/04/92	1	Tempe
12	RAHOULI Baya	ALG	6.70	-0.1		79	05/09/99	2	Rieti
13	ABDULAI Ruky	GHA	6.70	1.0		82	24/05/07	1	Fresno
14	ELECHI Oluchi	NGR	6.68	0.1		68	11/04/92	2	Lagos
15	NDOYE Kenè	SEN	6.64	0.3		78	16/07/04	1	Brazzaville
16	MARAIS Carla	RSA	6.64	0.7		87	13/04/13	2	Stellenbosch
17	IDOWU Yinka	NGR	6.63			72	21/05/89	1	Oxford
18	ONYALI Comfort	NGR	6.62	0.5		83	22/05/10	1	Salamanca
19	UTONDU Beatrice	NGR	6.61			69	27/04/91	1	Des Moines
20	YZELLE Adelle	RSA	6.60	0.4	A	71	16/03/96	1	Potchefstroom
21	UMELO Grace	NGR	6.60			78	30/07/99	2	Lagos
22	TOBIN WEST Ibufuro	NGR	6.60			85	11/02/06	1	Abuja
23	AGHATISE Esther	NGR	6.60			85	11/02/06	2	Abuja
24	NTSHINGILA Patience	RSA	6.60	0.8		89	13/04/12	1	Port Elizabeth
25	AMADI Chhinazor	NGR	6.60	0.0		87	21/06/12	2	Calabar
26	LAPORTE Céline	SEY	6.57	0.8		84	24/03/06	3	Melbourne
27	OSHIKOYA Modipe	NGR	6.56			54	26/05/78	1	Knoxville
28	EDEM Euphemia	NGR	6.56	0.0		89	21/05/15	1	Allendale
29	BRITS Maryke	RSA	6.56	-0.1	A	94	30/04/16	2	Pietersburg
30	BELBIOD Romaisa	ALG	6.56	0.1		91	04/06/16	1	Samorin
31	MBANGO Francoise	CMR	6.55	1.3		76	16/09/99	2	Johannesburg
32	IGEH Comfort	NGR	6.54			63	05/04/86	1	Cape Girardeau
33	du PREEZ Luzaan	RSA	6.54	1.8	A	71	21/04/90	2	Germiston
34	ODOZOR Chinedu	NGR	6.53			77	18/07/98	1	Lagos
35	CAMARA Kadiatou	MLI	6.53			81	06/04/03	1	Bamako
36	FALUADE Brenda	NGR	6.53	0.2		84	06/04/07	1c1	Gainesville
37	CHNAIK Jamaa	MAR	6.53	1.2		84	01/05/10	1	Meknes
38	OSAZUWA Uhunoma	NGR	6.52	0.1		87	21/06/12	2	Calabar
39	NGONGO Sarah	CMR	6.52	1.2		83	30/07/14	3q	Glasgow
40	BARNARD Charmaine	RSA	6.51		A	68	09/02/90	1	Pretoria
41	DKOUK Fatima	MAR	6.50	0.0		77	11/08/99	1	Irbid
42	LAWRENCE Charlene	RSA	6.50	0.0	A	79	16/09/99	3	Johannesburg
43	van VOLLENHOVEN Christel	RSA	6.48		A	52	20/03/76		Pretoria
44	YENDORK Juliana	GHA	6.48	1.0		72	11/08/90		Plovdiv
45	ODOGWU Violet	NGR	6.45				1968		
46	BRAND Almarie	RSA	6.45		A	66	23/09/87		Johannesburg
47	ELECHI Oluchi	NGR	6.45			68	27/05/94	1	Raleigh
48	PRETORIUS Samantha	RSA	6.44	1.7	A	92	03/04/11	1	Germiston
49	HAIJAJI Yamina	MAR	6.44	0.1		88	03/06/12	1	Meknes
50	NAMBAWA Sarah	UGA	6.43	1.8		85	09/04/11	1	Nashville
51	AGBLAMI Désirée	TOG	6.42	1.9		74	20/06/98	2	Viry-Chatillon
52	VISSER Delia	RSA	6.42	-0.1	A	83	12/04/02	3	Pretoria
53	BOTHA Corien	RSA	6.41	0.0	A	70	18/05/02		Pretoria
54	MBARGA Josephine	CMR	6.41	1.3		79	08/05/06	1	Yaounde
55	BELGAM Bella	NGR	6.40		A		12/09/79	1	Cd. Mexico
56	KLOPPERS Annie	RSA	6.40			65	15/11/86		Stellenbosch
57	FOURIE Ria	RSA	6.40	0.0	A	75	28/01/00	1	Pretoria
58	COSSA Elisa	MOZ	6.40	0.2	A	80	24/03/00	2	Pretoria

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59	ONSARIGO Ruth	KEN	6.39			68	23/12/89		Nairobi
60	GOMES Corné	RSA	6.39			63	26/02/90		Stellenbosch
61	van der LINDE Eliza	RSA	6.38		A	57	19/04/75		Johannesburg
62	SOMAN Patricia	CIV	6.38	2.0		81	26/04/03	4	Des Moines
63	van WYK Louise	RSA	6.37		A	51	12/11/80		Bloemfontein
64	du PLESSIS Morné	RSA	6.37		A	62	11/12/80		Pretoria
65	NKALA Tsosoletso	BOT	6.36		A	71	18/07/98	1	Harare
66	GOMES Enezenaide	STP	6.36	0.8		79	09/05/01	1	Rio Maior
67	OHADUGHA Chinoye	NGR	6.36	1.7		86	17/05/08	4	Dakar
68	van WYK Denise	RSA	6.35		A	51	30/03/70		Pretoria
69	YAWSON Yanet	GHA	6.35			57	15/05/79		Kumasi
70	NKOUINDJIN Joelle	CMR	6.35			86	24/05/14		Yaounde
71	van VUUREN Thea	RSA	6.33		A	72	05/04/91		Germiston
72	CHABANGU Zinzi	RSA	6.33	0.5			16/04/16	3	Stellenbosch
73	SIMPSON Margaret	GHA	6.32	0.7		82	29/05/05	H	Götzis
74	COETZEE Pauline	RSA	6.30		A	51	30/03/70		Pretoria
75	ANNUM Alice	GHA	6.30			48	25/04/70		Ibadan
76	van STADEN Heidi	RSA	6.30			59	05/01/84		Stellenbosch
77	MENDY Paulette	SEN	6.30	-0.8		77	20/08/98	4	Dakar
78	McCLAREN Nicholeen	RSA	6.30			90	13/04/13		Stellenbosch
79	NZIOU Nathalie	CMR	6.29	1.2		70	05/06/98	7	Pierre-Benite
80	TUAKLI-WOSORNU Yetsa	GHA	6.29	0.6		79	06/08/11	2	Kumasi
81	DADZIE Elizabeth	GHA	6.29			93	08/05/15	1	Shawnee
82	MANSOUR Inas Mohamed Gharib	EGY	6.28			88	07/04/12	1	El Maadi
83	van der MERWE Zanri	RSA	6.28			93	04/05/12		Pretoria
84	GOOSEN Monya	RSA	6.28			91	07/06/12		Rhede
85	KINGWELL Jenny	RSA	6.27			59	12/04/80		Port Elizabeth
86	GERRYTS Elmarie	RSA	6.27			72	06/04/90		Pretoria
87	MENSAH Juliana	GHA	6.26				17/06/75		Mainz
88	HEYNEKE Liezel	RSA	6.26			77	13/03/00		Roodepoort
89	ROBBESON Justine	RSA	6.26			85	12/05/02		Windhoek
90	BEROWSKY Magriet	RSA	6.25			53	18/02/77		Parow
91	GOMIS Emma	SEN	6.25	1.0		80	09/06/06	4	Pierre Benite
92	OKORONKWO Precious	NGR	6.25	0.0		96	09/07/16	1	Sapele
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SAO TOME & PRINCIPE (STP)	GOMES	6.36	0.8			79	09/05/01	1	Rio Maior
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