

**MENTENOVA DAILY**  
**19 March 2026**

Prices as at previous trading day, 18 March 2026

**FTSE / JSE INDICES**

Name	Time	Price	Move	% Move	% MTD	% YTD
JSE Precious Metals and Mining	17:00	140 506.30	-9410.50	-6.28%	-23.44%	-0.91%
JSE Resource 20	17:00	126 484.00	-7347.20	-5.49%	-20.30%	2.29%
JSE Top 40	17:00	105 887.20	-3692.20	-3.37%	-11.98%	-1.94%
JSE All Share	17:00	113 709.80	-3542.70	-3.02%	-11.48%	-1.83%
JSE Capped All Share	17:00	124 349.00	-3714.00	-2.90%	-11.20%	-1.17%
JSE Industrial 25	17:00	127 892.90	-4057.40	-3.07%	-3.72%	-7.69%
JSE ALPI	17:00	42 138.42	-61.17	-0.14%	-10.65%	-3.70%
JSE Financial 15	17:00	24 743.34	-279.35	-1.12%	-10.00%	-0.52%

**INTERNATIONAL INDICES - LOCAL CURRENCIES**

Name	Time	Price	Move	% Move	% MTD	% YTD
Hang-Seng	10:30	26 025.42	156.88	0.61%	-2.27%	1.54%
Nikkei	08:30	55 239.40	1539.01	2.87%	-6.14%	9.73%
Nasdaq	20:00	22 152.42	-327.11	-1.46%	-2.28%	-4.69%
Shanghai	09:30	4 062.98	13.08	0.32%	-2.40%	2.37%
CDAX	16:00	2 006.50	-18.18	-0.90%	-6.91%	-3.25%
FTSE 100	15:00	10 305.29	-98.31	-0.94%	-5.55%	3.76%
SP 500	20:00	6 624.70	-91.39	-1.36%	-3.70%	-3.23%
DJ Ind	20:00	46 225.15	-768.11	-1.63%	-5.62%	-3.82%
CAC40	19:00	7 969.88	-4.61	-0.06%	-7.12%	-2.20%

**CURRENCIES**

Name	Time	Price	Move	% Move	% MTD	% YTD
EUR / ZAR	23:00	19.45	0.22	1.14%	3.34%	0.01%
AUD / ZAR	23:00	11.93	0.09	0.77%	5.25%	8.00%
GBP / ZAR	23:00	22.52	0.27	1.19%	4.82%	0.93%
JPY / ZAR	23:00	0.11	0.00	1.43%	4.11%	0.57%
USD / ZAR	23:00	16.99	0.32	1.93%	6.61%	2.59%

**CURRENCY CROSS RATES**

Name	Time	Price	Move	% Move	% MTD	% YTD
EUR / USD	23:00	1.15	-0.01	-0.76%	-3.05%	-2.50%
GBP / USD	23:00	1.33	-0.01	-0.74%	-1.67%	-1.62%
JPY / USD	23:00	0.01	0.00	-0.54%	-2.39%	-1.97%

**INTEREST RATES**

Name	Rate
Repo rate	6.75%
Prime rate	10.25%
R186	7.24%
Fed Funds Rate (USA)	3.75%
BoE Rate (UK)	3.75%

**COMMODITIES**

Name	Time	Price	Move	% Move	% MTD	% YTD
Platinum \$	23:00	2 024.30	-104.46	-4.91%	-14.55%	-1.76%
Silver \$	23:00	75.37	-3.92	-4.94%	-19.63%	5.18%
Palladium \$	23:00	1 484.95	-121.95	-7.59%	-16.96%	-8.34%
Gold \$	23:00	4 818.50	-187.11	-3.74%	-8.72%	11.56%
Brent Crude	23:00	107.38	3.96	3.83%	48.15%	76.47%

**INFLATION - Up to January 2026**

Name	% Move Y/Y
Core CPI	3.7%
Headline CPI	3.5%

**MARKET REPORT**
**Oil and gas jump as Iran widens energy threat**

Oil and European natural gas prices surged as Iran listed energy assets it would target after an attack on its upstream energy assets. Brent oil climbed as much as 5% to a high of \$108.60 a barrel, while Europe's gas benchmark jumped as much as 7.9%, according to data from ICE Futures Europe. Iran said that the US and Israel attacked the South Pars gas field and associated facilities at Asaluyeh. Tehran issued a list of similar assets in Saudi Arabia, Qatar and the United Arab Emirates that it said residents should avoid.

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 Article  
 Source:  
 Moneyweb

**HEADLINE CPI: The CPI calculates the cost to purchase a fixed basket of goods as a way of determining how much inflation is occurring in the broad economy. The CPI uses a base year and indexes current year prices based on the base year's values.**

**CORE CPI: The headline figure is not adjusted for seasonality or for the often volatile elements of food and energy prices, which are removed in the Core CPI.**

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