

MENTENOVA DAILY
31 March 2026

Prices as at previous trading day, 30 March 2026

FTSE / JSE INDICES

Name	Time	Price	Move	% Move	% MTD	% YTD
JSE Precious Metals and Mining	17:00	139 369.10	5253.50	3.92%	-24.06%	-1.71%
JSE Resource 20	17:00	126 937.40	4487.20	3.66%	-20.02%	2.66%
JSE Top 40	17:00	104 653.00	714.50	0.69%	-13.00%	-3.08%
JSE All Share	17:00	112 418.40	640.40	0.57%	-12.48%	-2.95%
JSE Capped All Share	17:00	123 217.70	701.90	0.57%	-12.00%	-2.07%
JSE Industrial 25	17:00	124 543.70	-851.80	-0.68%	-6.24%	-10.10%
JSE ALPI	17:00	41 368.53	-178.97	-0.43%	-12.28%	-5.46%
JSE Financial 15	17:00	24 422.10	-280.03	-1.13%	-11.17%	-1.81%

INTERNATIONAL INDICES - LOCAL CURRENCIES

Name	Time	Price	Move	% Move	% MTD	% YTD
Hang-Seng	10:30	24 750.79	-201.09	-0.81%	-7.06%	-3.43%
Nikkei	08:30	51 885.85	-1487.22	-2.79%	-11.83%	3.07%
Nasdaq	20:00	20 794.64	-153.72	-0.73%	-8.27%	-10.53%
Shanghai	09:30	3 923.29	9.56	0.24%	-5.76%	-1.15%
CDAX	16:00	1 926.72	22.58	1.19%	-10.61%	-7.10%
FTSE 100	15:00	10 127.96	160.61	1.61%	-7.17%	1.98%
SP 500	20:00	6 343.72	-25.13	-0.39%	-7.78%	-7.33%
DJ Ind	20:00	45 216.14	49.50	0.11%	-7.68%	-5.92%
CAC40	19:00	7 772.45	70.50	0.92%	-9.42%	-4.63%

CURRENCIES

Name	Time	Price	Move	% Move	% MTD	% YTD
EUR / ZAR	23:00	19.70	-0.02	-0.12%	4.63%	1.26%
AUD / ZAR	23:00	11.78	0.00	0.01%	3.85%	6.55%
GBP / ZAR	23:00	22.66	-0.05	-0.21%	5.44%	1.53%
JPY / ZAR	23:00	0.11	0.00	0.75%	5.39%	1.80%
USD / ZAR	23:00	17.19	0.06	0.34%	7.84%	3.77%

CURRENCY CROSS RATES

Name	Time	Price	Move	% Move	% MTD	% YTD
EUR / USD	23:00	1.15	0.00	-0.38%	-2.94%	-2.39%
GBP / USD	23:00	1.32	-0.01	-0.55%	-2.20%	-2.14%
JPY / USD	23:00	0.01	0.00	0.37%	-2.29%	-1.88%

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	1 900.83	33.01	1.77%	-19.76%	-7.75%
Silver \$	23:00	70.08	0.32	0.46%	-25.28%	-2.21%
Palladium \$	23:00	1 409.47	26.67	1.93%	-21.18%	-13.00%
Gold \$	23:00	4 510.92	16.83	0.37%	-14.55%	4.43%
Brent Crude	23:00	112.78	0.21	0.19%	55.60%	85.34%

INFLATION - Up to February 2026

Name	% Move Y/Y
Core CPI	3.4%
Headline CPI	3.0%

MARKET REPORT
When markets tremble, discipline matters more than forecasts

Research on investor behaviour has shown that people are prone to costly mistakes when uncertainty rises. They become more reactive, more short-term in their thinking, and more likely to confuse volatility with permanent loss. This is when investors sell good long-term assets after prices have already fallen, halt monthly contributions because the market feels unsafe, or move too much money into cash just when future returns are becoming more attractive. The damage often comes not from the shock, but from abandoning a sound process under emotional pressure.

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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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