

MENTENOVA DAILY
26 May 2026

Prices as at previous trading day, 25 May 2026

FTSE / JSE INDICES

Name	Time	Price	Move	% Move	% MTD	% YTD
JSE Precious Metals and Mining	17:00	136 615.70	7515.80	5.82%	-0.24%	-3.65%
JSE Resource 20	17:00	126 896.30	5686.80	4.69%	-0.05%	2.62%
JSE Top 40	17:00	108 174.90	2796.50	2.65%	0.88%	0.18%
JSE All Share	17:00	115 994.20	2778.20	2.45%	0.71%	0.14%
JSE Capped All Share	17:00	128 359.10	3074.40	2.45%	0.82%	2.01%
JSE Industrial 25	17:00	129 829.50	2166.20	1.70%	0.65%	-6.29%
JSE ALPI	17:00	44 365.11	378.42	0.86%	1.25%	1.39%
JSE Financial 15	17:00	25 661.00	357.46	1.41%	1.41%	3.17%

CURRENCIES

Name	Time	Price	Move	% Move	% MTD	% YTD
EUR / ZAR	23:00	18.99	-0.16	-0.84%	-2.92%	-2.40%
AUD / ZAR	23:00	11.69	-0.05	-0.45%	-2.66%	5.75%
GBP / ZAR	23:00	22.00	-0.12	-0.53%	-2.99%	-1.41%
JPY / ZAR	23:00	0.10	0.00	-0.97%	-3.76%	-3.03%
USD / ZAR	23:00	16.29	-0.18	-1.07%	-2.29%	-1.64%

CURRENCY CROSS RATES

Name	Time	Price	Move	% Move	% MTD	% YTD
EUR / USD	23:00	1.16	0.00	0.35%	-0.74%	-0.87%
GBP / USD	23:00	1.35	0.01	0.53%	-0.74%	0.22%
JPY / USD	23:00	0.01	0.00	0.18%	-1.46%	-1.38%

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%

INTERNATIONAL INDICES - LOCAL CURRENCIES

Name	Time	Price	Move	% Move	% MTD	% YTD
Hang-Seng	10:30	25 606.03	0.00	0.00%	-0.66%	-0.10%
Nikkei	08:30	65 158.19	1819.12	2.87%	9.91%	29.44%
Nasdaq	20:00	26 343.97	0.00	0.00%	5.83%	13.35%
Shanghai	09:30	4 152.57	39.67	0.96%	0.98%	4.63%
CDAX	16:00	2 180.43	41.58	1.94%	5.08%	5.13%
FTSE 100	15:00	10 466.26	0.00	0.00%	0.84%	5.39%
SP 500	20:00	7 473.47	0.00	0.00%	3.67%	9.17%
DJ Ind	20:00	50 579.70	0.00	0.00%	1.87%	5.24%
CAC40	19:00	8 258.26	142.51	1.76%	1.77%	1.33%

COMMODITIES

Name	Time	Price	Move	% Move	% MTD	% YTD
Platinum \$	23:00	1 971.04	43.37	2.25%	-0.84%	-4.34%
Silver \$	23:00	78.08	2.54	3.36%	5.88%	8.95%
Palladium \$	23:00	1 401.49	48.98	3.62%	-8.58%	-13.49%
Gold \$	23:00	4 570.50	61.10	1.35%	-1.03%	5.81%
Brent Crude	23:00	96.14	-7.40	-7.15%	-15.67%	58.00%

INFLATION - Up to April 2026

Name	% Move Y/Y
Core CPI	3.9%
Headline CPI	4.0%

MARKET REPORT

Life staging in an ever-changing investment world: Is the default still relevant?

From a retirement planning perspective, most life stage models broadly operate across three phases: accumulation, consolidation and preservation. The aim is not only to simplify investment decision-making for members, but also to remove emotional bias. Left to their own devices, members often react poorly to market volatility – either becoming overly conservative too early, or remaining exposed to growth assets for longer than their circumstances realistically allow. For management committees and boards of trustees, life stage models play a crucial role in helping them fulfil their fiduciary responsibilities.

Source:
Moneyweb

[READ MORE](#)

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.

Disclaimer: Whilst reasonable care was taken in ensuring that the information contained in this document is accurate, Mentenova does not warrant its accuracy and accepts no liability in respect of any damages and/or loss suffered as a result of reliance on the information in this document. The figures and values are calculated by FTSE International Limited ('FTSE') in conjunction with the JSE Limited ('JSE') in accordance with standard criteria. Figures and values quoted are the proprietary information of FTSE and the JSE. All copyright subsisting in the figures and values vest in FTSE and the JSE jointly. The data was obtained from Bloomberg. Mentenova is an authorized Financial Services Provider. (43937).