

**SASA National Primary Schools Track & Field Championships
2010/03/19**

Result per Age

G-10

7	G-10	80 m	/ 80 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE007	134	Joviale Mbisha	Free State Province	1	00:11.85	755		E
FRE011	138	Ané van der Merwe	Free State Province	1	00:11.82	759		E
WCP010	964	Marshaide Louw	Western Cape Province	1	00:12.20	717		E
GAU015	315	Mabel Makanyane	Gauteng Province	2	00:12.23	714		E
GAU012	312	Chanel v Wyngaardt	Gauteng Province	2	00:12.05	733		E
LIM002	580	Modise Lekalakala	Limpopo Province	2	00:12.24	713		E
ECP008	8	Tamsyne Lottering	Eastern Cape Province	3	00:12.24	713		E
WCP014	968	Danya Small	Western Cape Province	3	00:12.18	719		E

33	G-10	80 m	/ 80 m	00:00.00	Semi-Finals			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE011	138	Ané van der Merwe	Free State Province	1	00:11.82	759	0.8	E
FRE007	134	Joviale Mbisha	Free State Province	1	00:11.85	755		E
GAU015	315	Mabel Makanyane	Gauteng Province	1	00:12.23	714		E
WCP010	964	Marshaide Louw	Western Cape Province	1	00:12.20	717		E
GAU012	312	Chanel v Wyngaardt	Gauteng Province	2	00:12.05	733		E
LIM002	580	Modise Lekalakala	Limpopo Province	2	00:12.24	713		E
ECP008	8	Tamsyne Lottering	Eastern Cape Province	3	00:12.24	713		E
WCP014	968	Danya Small	Western Cape Province	3	00:12.18	719		E

46	G-10	80 m	/ 80 m	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE011	138	Ané van der Merwe	Free State Province	1	00:11.57	790	-2.9	E
FRE007	134	Joviale Mbisha	Free State Province	2	00:11.76	766		E
GAU012	312	Chanel v Wyngaardt	Gauteng Province	3	00:11.86	754		E
WCP014	968	Danya Small	Western Cape Province	4	00:11.57	790		E
WCP010	964	Marshaide Louw	Western Cape Province	5	00:11.98	741		E
GAU015	315	Mabel Makanyane	Gauteng Province	6	00:12.09	728		E
LIM002	580	Modise Lekalakala	Limpopo Province	7	00:12.29	708		E
ECP008	8	Tamsyne Lottering	Eastern Cape Province	8	00:12.31	706		E

83	G-10	100 m	/ 100 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE007	134	Joviale Mbisha	Free State Province	1	00:14.49	799	-0.8	E
FRE011	138	Ané van der Merwe	Free State Province	1	00:14.35	813	-0.1	E
GAU007	307	Thaziambi Mufamadi	Gauteng Province	1	00:14.40	808	-1.6	E
GAU012	312	Chanel v Wyngaardt	Gauteng Province	2	00:14.50	798		E
LIM001	579	Manoko Kgadima	Limpopo Province	2	00:14.56	791		E
WCP019	973	Vanessa Yon	Western Cape Province	2	00:14.63	785		E
WCP006	960	Anel Jaars	Western Cape Province	3	00:14.60	788		E
WCP011	965	Britney Ludick	Western Cape Province	3	00:14.60	788		E

101	G-10	100 m	/ 100 m	00:00.00	Semi-Finals			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE007	134	Joviale Mbisha	Free State Province	1	00:14.49	799	-0.8	E
FRE011	138	Ané van der Merwe	Free State Province	1	00:14.35	813	-0.1	E
GAU007	307	Thaziambi Mufamadi	Gauteng Province	1	00:14.40	808	-1.6	E
GAU012	312	Chanel v Wyngaardt	Gauteng Province	2	00:14.50	798		E
LIM001	579	Manoko Kgadima	Limpopo Province	2	00:14.56	791		E
WCP019	973	Vanessa Yon	Western Cape Province	2	00:14.63	785		E
WCP006	960	Anel Jaars	Western Cape Province	3	00:14.60	788		E
WCP011	965	Britney Ludick	Western Cape Province	3	00:14.60	788		E

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122	G-10	100 m	/ 100 m	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE011	138	Ané van der Merwe	Free State Province	1	00:14.64	784	-0.8	E
GAU007	307	Thaziambi Mufamadi	Gauteng Province	2	00:14.78	770	-0.8	E
FRE007	134	Joviale Mbisha	Free State Province	3	00:14.80	768	-0.8	E
GAU012	312	Chanel v Wyngaardt	Gauteng Province	4	00:14.84	765	-0.8	E
WCP019	973	Vanessa Yon	Western Cape Province	5	00:14.90	759	-0.8	E
WCP006	960	Anel Jaars	Western Cape Province	6	00:14.92	758	-0.8	E
LIM001	579	Manoko Kgadima	Limpopo Province	7	00:15.02	749	-0.8	E
WCP011	965	Britney Ludick	Western Cape Province	8	00:15.04	747	-0.8	E

55	G-10	1200 m	/ 1200 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECP005	5	Esihle Gebe	Eastern Cape Province	1	04:02.94	770		E
LIM004	582	Sherleen Mahlaule	Limpopo Province	1	04:11.07	732		E
LIM005	583	Sharon Mashao	Limpopo Province	2	04:13.21	723		E
MPU003	672	Daniële Human	Mpumalanga Province	2	04:09.63	738		E
FRE004	131	Kgomotso Kose	Free State Province	3	04:14.22	719		E
KZN002	532	Nomfundo Hlongwane	KwaZulu Natal	3	04:12.05	728		E
FRE006	133	Dimpho Makume	Free State Province	4	04:12.84	724		E
FRE008	135	Ntsoaki Molahloe	Free State Province	4	04:15.16	715		E
WCP012	966	Julinn Nero	Western Cape Province	5	04:13.12	723		E
WCP017	971	Johanay Visagie	Western Cape Province	5	04:15.16	715		E
LIM006	584	Beetrice Themane	Limpopo Province	6	04:16.05	711		E
WCP004	958	Anuska Enslin	Western Cape Province	6	04:16.73	708		E
KZN001	531	Philisiwe Zulu	KwaZulu Natal	7	04:31.49	654		E
KZN004	534	Samkelisiwe Nzimande	KwaZulu Natal	7	04:21.57	690		E
KZN003	533	Noluthando Mdladla	KwaZulu Natal	8	04:38.77	631		E
NCP048	839	Lynne Eksteen	Northern Cape Province	8	04:28.95	663		E

120	G-10	1200 m	/ 1200 m	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECP005	5	Esihle Gebe	Eastern Cape Province	1	04:02.48	772		E
LIM004	582	Sherleen Mahlaule	Limpopo Province	2	04:02.57	772		E
FRE004	131	Kgomotso Kose	Free State Province	3	04:05.95	755		E
LIM005	583	Sharon Mashao	Limpopo Province	4	04:05.98	755		E
FRE006	133	Dimpho Makume	Free State Province	5	04:08.05	745		E
WCP004	958	Anuska Enslin	Western Cape Province	6	04:10.97	732		E
KZN001	531	Philisiwe Zulu	KwaZulu Natal	7	04:14.16	719		E
KZN002	532	Nomfundo Hlongwane	KwaZulu Natal	8	04:15.12	715		E

22	G-10	70 m Hekkies	/ 70 m Hurdles	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU004	304	Jacqueline Lourens	Gauteng Province	1	00:12.75	844	-0.7	E
MPU009	678	Karla Swanepoel	Mpumalanga Province	1	00:13.18	812	-0.4	E
FRE010	137	Iliske Newhoff	Free State Province	2	00:13.19	812		E
GAU009	309	Mercia Ndzwanana	Gauteng Province	2	00:13.50	792		E
FRE014	141	Marzé Verster	Free State Province	3	00:13.32	803		E
FRE007	134	Joviale Mbisha	Free State Province	3	00:13.53	790		E
GAU011	311	Zeney vd Walt	Gauteng Province	4	00:14.42	740		E
MPU004	673	Lydia Landman	Mpumalanga Province	4	00:14.21	751		E

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57	G-10	70 m Hekkie	/ 70 m Hurdles	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU004	304	Jacqueline Lourens	Gauteng Province	1	00:12.71	847	-0.7	E	
MPU009	678	Karla Swanepoel	Mpumalanga Province	2	00:13.01	824	-0.7	E	
FRE014	141	Marzé Verster	Free State Province	3	00:13.26	807	-0.7	E	
FRE007	134	Joviale Mbisha	Free State Province	4	00:13.33	802	-0.7	E	
GAU011	311	Zeney vd Walt	Gauteng Province	5	00:13.65	782	-0.7	E	
GAU009	309	Mercia Ndzwanana	Gauteng Province	6	00:13.90	768	-0.7	E	
MPU004	673	Lydia Landman	Mpumalanga Province	7	00:13.95	765	-0.7	E	
FRE010	137	Iliscke Newhoff	Free State Province	8	00:14.19	752	-0.7	E	

69	G-10	4X100 m Aflos	/ 4X100 m Relay	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECPA01	120	Eastern Cape	Eastern Cape Province	1	00:00.00	0		E	
FREA01	293	Free State	Free State Province	1	00:00.00	0		E	
GAUA01	523	Gauteng	Gauteng Province	1	00:00.00	0		E	
MPUA01	784	Mpumalanga	Mpumalanga Province	1	00:00.00	0		E	
NWPA01	949	North West	North West Province	1	00:00.00	0		E	
NCPA01	855	Northern Cape	Northern Cape Province	1	00:00.00	0		E	
WCPA01	1141	Western Cape	Western Cape Province	1	00:00.00	0		E	

133	G-10	4X100 m Aflos	/ 4X100 m Relay	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FREA01	293	Free State	Free State Province	1	00:58.25	889		E	
GAUA01	523	Gauteng	Gauteng Province	2	00:59.57	847		E	
MPUA01	784	Mpumalanga	Mpumalanga Province	3	00:59.61	846		E	

28	G-10	Hoogspring	/ High Jump	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP007	961	Kauther Jacobs	Western Cape Province	1	1.27	939		E	
WCP013	967	Chinyre Omele	Western Cape Province	2	1.25	925		E	
WCP016	970	Tasneen Swiegelaar	Western Cape Province	3	1.25	925		E	
FRE005	132	Bernice Kirsten	Free State Province	4	1.21	900		E	
GAU005	305	Marizaan McCabe	Gauteng Province	5	1.21	900		E	

106	G-10	Verspring	/ Long Jump	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE012	139	Lané van Vuuren	Free State Province	1	3.80	757	-1.97	E	
MPU008	677	Johanette Steyn	Mpumalanga Province	2	3.66	702		E	
ECP004	4	Danielle Garner	Eastern Cape Province	3	3.56	662		E	
GAU012	312	Chanel v Wyngaardt	Gauteng Province	4	3.54	654		E	
WCP009	963	Gretchen Japhta	Western Cape Province	5	3.47	626		E	
MPU001	670	Kelly-Anne Bourn	Mpumalanga Province	6	3.46	622		E	
NWP005	865	Johané le Roux	North West Province	7	3.40	597		E	
FRE009	136	Milana Muller	Free State Province	8	3.37	585		E	

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9	G-11	80 m		/ 80 m		00:00.00		Heats	
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU035	335	Taylor Underhay	Gauteng Province	1	00:11.83	718	0.5	E	
GAU017	317	Nicola de Bruyne	Gauteng Province	1	00:11.07	813	0.1	E	
NWP008	868	Mpho Tshelane	North West Province	1	00:11.81	720	0.4	E	
WCP029	983	Lusanda Nkutu	Western Cape Province	1	00:11.72	730	0	E	
FRE029	156	Elrie Meyer	Free State Province	2	00:11.55	750		E	
LIM015	593	Andhile Mkansi	Limpopo Province	2	00:11.82	719		E	
MPU012	681	Kenny Hope	Mpumalanga Province	2	00:12.03	697		E	
NWP009	869	Megan Menin	North West Province	2	00:11.92	709		E	
LIM014	592	Dineo Mehale	Limpopo Province	3	00:11.97	704		E	
LIM021	599	Miyelani Shilubana	Limpopo Province	3	00:12.17	684		E	
NCP005	796	Christin Fox	Northern Cape Province	3	00:11.87	714		E	
ECP014	14	Elsabé du Plessis	Eastern Cape Province	3	00:11.96	705		E	
FRE017	144	Uduakabasie Edem	Free State Province	4	00:12.00	700		E	
GAU032	332	Bridgette Mnisi	Gauteng Province	4	00:11.92	709		E	
NCP008	799	Nadine Marcus	Northern Cape Province	4	00:12.04	696		E	
NCP007	798	Anje Lubbe	Northern Cape Province	5	00:11.92	709		E	

39	G-11	80 m		/ 80 m		00:00.00		Semi-Finals	
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE029	156	Elrie Meyer	Free State Province	1	00:11.72	730	-0.9	E	
GAU017	317	Nicola de Bruyne	Gauteng Province	1	00:10.87	845		E	
FRE017	144	Uduakabasie Edem	Free State Province	2	00:11.52	753		E	
GAU035	335	Taylor Underhay	Gauteng Province	2	00:11.82	719		E	
GAU032	332	Bridgette Mnisi	Gauteng Province	3	00:11.88	713		E	
ECP014	14	Elsabé du Plessis	Eastern Cape Province	3	00:11.87	714		E	
LIM014	592	Dineo Mehale	Limpopo Province	4	00:12.02	698		E	
NCP005	796	Christin Fox	Northern Cape Province	4	00:11.94	707		E	

48	G-11	80 m		/ 80 m		00:00.00		Final	
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU017	317	Nicola de Bruyne	Gauteng Province	1	00:11.12	806	-0.7	E	
FRE017	144	Uduakabasie Edem	Free State Province	2	00:11.55	750	-0.7	E	
GAU035	335	Taylor Underhay	Gauteng Province	3	00:11.56	748	-0.7	E	
FRE029	156	Elrie Meyer	Free State Province	4	00:11.61	743	-0.7	E	
ECP014	14	Elsabé du Plessis	Eastern Cape Province	5	00:11.76	726	-0.7	E	
GAU032	332	Bridgette Mnisi	Gauteng Province	6	00:11.85	716	-0.7	E	
NCP005	796	Christin Fox	Northern Cape Province	7	00:11.96	705	-0.7	E	
LIM014	592	Dineo Mehale	Limpopo Province	8	00:11.97	704	-0.7	E	

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85	G-11	100 m	/ 100 m	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE017	144	Uduakabasie Edem	Free State Province	1	00:14.37	765	-1.0	E	
GAU032	332	Bridgette Mnisi	Gauteng Province	1	00:14.43	760	-1.4	E	
GAU017	317	Nicola de Bruyne	Gauteng Province	1	00:13.67	840	-0.9	E	
WCP029	983	Lusanda Nkutu	Western Cape Province	1	00:13.99	803	-0.8	E	
GAU035	335	Taylor Underhay	Gauteng Province	2	00:14.56	748		E	
NWP009	869	Megan Menin	North West Province	2	00:14.57	747		E	
NWP008	868	Mpho Tshelane	North West Province	2	00:14.37	765		E	
WCP038	991	Tiffany Williams	Western Cape Province	2	00:14.61	743		E	
FRE029	156	Elrie Meyer	Free State Province	3	00:14.48	755		E	
LIM014	592	Dineo Mehale	Limpopo Province	3	00:14.64	741		E	
LIM017	595	Rixalaza Rikhotso	Limpopo Province	3	00:14.68	737		E	
NWP016	876	Rizanne v Rooyen	North West Province	3	00:14.75	731		E	
LIM019	597	Maria Sefara	Limpopo Province	4	00:14.82	726		E	
WCP036	989	Hope Walker	Western Cape Province	4	00:14.53	750		E	
ECP014	14	Elsabé du Plessis	Eastern Cape Province	4	00:14.71	735		E	
NCP008	799	Nadine Marcus	Northern Cape Province	5	00:14.77	730		E	

103	G-11	100 m	/ 100 m	00:00.00	Semi-Finals				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU017	317	Nicola de Bruyne	Gauteng Province	1	00:13.83	821	-0.8	E	
WCP029	983	Lusanda Nkutu	Western Cape Province	1	00:14.41	761	-0.5	E	
FRE017	144	Uduakabasie Edem	Free State Province	2	00:14.51	752		E	
WCP038	991	Tiffany Williams	Western Cape Province	2	00:14.67	738		E	
FRE029	156	Elrie Meyer	Free State Province	3	00:14.71	735		E	
WCP036	989	Hope Walker	Western Cape Province	3	00:14.67	738		E	
GAU032	332	Bridgette Mnisi	Gauteng Province	4	00:14.70	736		E	
NWP008	868	Mpho Tshelane	North West Province	4	00:14.78	729		E	

124	G-11	100 m	/ 100 m	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU017	317	Nicola de Bruyne	Gauteng Province	1	00:13.73	833	-1.3	E	
FRE017	144	Uduakabasie Edem	Free State Province	2	00:14.36	766	-1.3	E	
WCP029	983	Lusanda Nkutu	Western Cape Province	3	00:14.48	755	-1.3	E	
NWP008	868	Mpho Tshelane	North West Province	4	00:14.72	734	-1.3	E	
FRE029	156	Elrie Meyer	Free State Province	5	00:14.78	729	-1.3	E	
WCP038	991	Tiffany Williams	Western Cape Province	6	00:14.82	726	-1.3	E	
WCP036	989	Hope Walker	Western Cape Province	7	00:14.84	724	-1.3	E	
GAU032	332	Bridgette Mnisi	Gauteng Province	8	00:15.25	692	-1.3	E	

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1	G-11	1200 m	/ 1200 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECP020	20	Carmelita Martins	Eastern Cape Province	1	03:57.60	754		E
FRE032	159	Carien Sander	Free State Province	1	03:57.75	754		E
GAU025	325	Natasha Steinberg	Gauteng Province	2	04:02.18	733		E
LIM022	600	Gizelde Strauss	Limpopo Province	2	03:58.46	750		E
ECP024	24	Nolwazi Sonjica	Eastern Cape Province	3	04:05.04	720		E
LIM010	588	Betty Kosana	Limpopo Province	3	04:03.96	725		E
GAU024	324	Annick Snyman	Gauteng Province	4	04:07.52	710		E
NWP011	871	Odette Dreyer	North West Province	4	04:07.41	710		E
GAU028	328	Simonay Weitsz	Gauteng Province	5	00:00.00	0		E
WCP032	986	Ghite Stander	Western Cape Province	5	04:06.00	716		E
NWP013	873	Dominique Barnard	North West Province	6	00:00.00	0		E
WCP024	978	Nicloe Julies	Western Cape Province	6	00:00.00	0		E
MPU017	686	Katelyn Rothballer	Mpumalanga Province	7	00:00.00	0		E
FRE021	148	Anche Horak	Free State Province	8	00:00.00	0		E

93	G-11	1200 m	/ 1200 m	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECP020	20	Carmelita Martins	Eastern Cape Province	1	03:54.67	769		E
FRE032	159	Carien Sander	Free State Province	2	03:54.78	768		E
GAU025	325	Natasha Steinberg	Gauteng Province	3	03:55.87	763		E
LIM022	600	Gizelde Strauss	Limpopo Province	4	03:56.46	760		E
GAU024	324	Annick Snyman	Gauteng Province	5	03:58.62	749		E
MPU017	686	Katelyn Rothballer	Mpumalanga Province	6	04:02.53	731		E
FRE021	148	Anche Horak	Free State Province	7	04:02.81	730		E
NWP011	871	Odette Dreyer	North West Province	8	04:04.78	721		E

20	G-11	70 m Hekkies	/ 70 m Hurdles	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU027	327	Danelle van Zyl	Gauteng Province	1	00:12.22	825	-0.6	E
MPU020	689	Inge vd Merwe	Mpumalanga Province	1	00:12.59	798	-1.5	E
NWP019	879	Liné du Preez	North West Province	1	00:12.70	791	-0.8	E
FRE025	152	Anja Kotze	Free State Province	2	00:12.66	793		E
GAU029	329	Velmein Hendrikcs	Gauteng Province	2	00:12.71	790		E
LIM021	599	Miyelani Shilubana	Limpopo Province	2	00:12.97	773		E
FRE018	145	Ané Erasmus	Free State Province	3	00:12.81	784		E
MPU018	687	Zané Rothman	Mpumalanga Province	3	00:12.86	780		E

59	G-11	70 m Hekkies	/ 70 m Hurdles	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU027	327	Danelle van Zyl	Gauteng Province	1	00:11.79	860	-1.2	E
MPU020	689	Inge vd Merwe	Mpumalanga Province	2	00:12.17	829	-1.2	E
FRE025	152	Anja Kotze	Free State Province	3	00:12.22	825	-1.2	E
GAU029	329	Velmein Hendrikcs	Gauteng Province	4	00:12.35	815	-1.2	E
NWP019	879	Liné du Preez	North West Province	5	00:12.55	801	-1.2	E
FRE018	145	Ané Erasmus	Free State Province	6	00:12.73	789	-1.2	E
LIM021	599	Miyelani Shilubana	Limpopo Province	7	00:12.76	787	-1.2	E
MPU018	687	Zané Rothman	Mpumalanga Province	8	00:12.96	774	-1.2	E

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71	G-11	4X100 m Aflos	/ 4X100 m Relay		00:00.00	Heats			
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECPA02	121	Eastern Cape	Eastern Cape Province	1	00:00.00	0		E	
FREA04	296	Free State	Free State Province	1	00:00.00	0		E	
GAUA02	524	Gauteng	Gauteng Province	1	00:00.00	0		E	
LIMA01	664	Limpopo	Limpopo Province	1	00:00.00	0		E	
MPUA02	785	Mpumalanga	Mpumalanga Province	1	00:00.00	0		E	
NWPA02	950	North West	North West Province	1	00:00.00	0		E	
NCPA02	856	Northern Cape	Northern Cape Province	1	00:00.00	0		E	
WCPA02	1142	Western Cape	Western Cape Province	1	00:00.00	0		E	
135	G-11	4X100 m Aflos	/ 4X100 m Relay		00:00.00	Final			
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAUA02	524	Gauteng	Gauteng Province	1	00:55.55	901		E	
FREA04	296	Free State	Free State Province	2	00:57.98	822		E	
WCPA02	1142	Western Cape	Western Cape Province	3	00:58.04	820		E	
MPUA02	785	Mpumalanga	Mpumalanga Province	4	00:59.31	788		E	
NWPA02	950	North West	North West Province	5	00:60.13	768		E	
NCPA02	856	Northern Cape	Northern Cape Province	6	00:60.28	765		E	
LIMA01	664	Limpopo	Limpopo Province	7	00:61.61	737		E	
62	G-11	Hoogspring	/ High Jump		00:00.00	Final			
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
MPU017	686	Katelyn Rothballer	Mpumalanga Province	1	1.43	961		E	
WCP021	975	Jessica Anaduwe Yee	Western Cape Province	2	1.41	948		E	
NWP018	878	Gene Buys	North West Province	3	1.37	923		E	
FRE034	161	Monique van Niekerk	Free State Province	4	1.35	911		E	
FRE019	146	Arné Fourie	Free State Province	5	1.35	911		E	
24	G-11	Verspring	/ Long Jump		00:00.00	Final			
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU017	317	Nicola de Bruyne	Gauteng Province	1	4.64	919	-1.25	E	
GAU019	319	Kayla Kock	Gauteng Province	2	4.33	847		E	
MPU020	689	Inge vd Merwe	Mpumalanga Province	3	4.26	822		E	
FRE030	157	Mapaseka Mofokeng	Free State Province	4	4.21	804		E	
MPU018	687	Zané Rothman	Mpumalanga Province	5	4.19	796		E	
NWP007	867	Marike Coetzee	North West Province	6	4.15	782		E	
NCP007	798	Anje Lubbe	Northern Cape Province	7	4.04	742		E	
GAU020	320	Nomsa Mahlangu	Gauteng Province	8	3.96	712		E	
6	G-11	Gewigstoot	/ Shot Put		00:00.00	Final			
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP035	988	Carmen Victor	Western Cape Province	1	10.55	905		E	
FRE022	149	Danaé Jv Vuuren	Free State Province	2	10.26	897		E	
GAU018	318	Clarise de Klerk	Gauteng Province	3	9.57	862		E	
MPU019	688	Shania Swart	Mpumalanga Province	4	9.55	861		E	
NWP015	875	Anari Louw	North West Province	5	9.54	861		E	
FRE031	158	Ingridt Ndara	Free State Province	6	9.52	860		E	
WCP020	974	Amber Abrahams	Western Cape Province	7	9.47	857		E	
LIM007	585	Dinique Bosch	Limpopo Province	8	9.46	857		E	

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89	G-12	100 m	/ 100 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECP032	32	Amber Luck	Eastern Cape Province	1	00:13.89	776	-1.1	E
GAU053	352	Madia Ehlers	Gauteng Province	1	00:13.92	773	0.7	E
GAU054	353	Itumeleng Mosia	Gauteng Province	1	00:13.85	780	-1.1	E
ECP036	36	S Saile	Eastern Cape Province	1	00:13.60	807	0.1	E
GAU062	361	Stoni Lawrence	Gauteng Province	2	00:14.02	763		E
KZN012	542	Zanegugu Mbonambi	KwaZulu Natal	2	00:13.98	767		E
LIM031	609	Subrina Schlasenger	Limpopo Province	2	00:14.13	753		E
WCP044	996	Nicole de Bruyns	Western Cape Province	2	00:13.85	780		E
FRE035	162	Clari Buys	Free State Province	3	00:14.03	762		E
NCP013	804	Lezaan v Rooyen	Northern Cape Province	3	00:14.17	749		E
NCP014	805	Jean-Marie Vermeulen	Northern Cape Province	3	00:14.09	757		E
WCP041	993	Nicola Brits	Western Cape Province	3	00:14.26	741		E
LIM024	602	Matele Mafa	Limpopo Province	4	00:14.14	752		E
GAU066	365	Luzandr� van Zyl	Gauteng Province	5	00:14.16	750		E
GAU064	363	Disemelo Mokoena	Gauteng Province	6	00:14.23	744		E

107	G-12	100 m	/ 100 m	00:00.00	Semi-Finals			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECP032	32	Amber Luck	Eastern Cape Province	1	00:13.88	777	-1.5	E
ECP036	36	S Saile	Eastern Cape Province	1	00:13.49	819	-1.5	E
GAU054	353	Itumeleng Mosia	Gauteng Province	2	00:13.91	774		E
WCP044	996	Nicole de Bruyns	Western Cape Province	2	00:13.95	770		E
GAU062	361	Stoni Lawrence	Gauteng Province	3	00:14.09	757		E
LIM031	609	Subrina Schlasenger	Limpopo Province	3	00:14.24	743		E
FRE035	162	Clari Buys	Free State Province	4	00:14.25	742		E
LIM024	602	Matele Mafa	Limpopo Province	4	00:14.10	756		E

126	G-12	100 m	/ 100 m	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECP036	36	S Saile	Eastern Cape Province	1	00:13.73	793	-1.4	E
ECP032	32	Amber Luck	Eastern Cape Province	2	00:13.86	779	-1.4	E
WCP044	996	Nicole de Bruyns	Western Cape Province	3	00:13.93	772	-1.4	E
GAU054	353	Itumeleng Mosia	Gauteng Province	4	00:13.95	770	-1.4	E
GAU062	361	Stoni Lawrence	Gauteng Province	5	00:13.96	769	-1.4	E
LIM031	609	Subrina Schlasenger	Limpopo Province	6	00:13.98	767	-1.4	E
FRE035	162	Clari Buys	Free State Province	7	00:14.24	743	-1.4	E
LIM024	602	Matele Mafa	Limpopo Province	8	00:14.43	726	-1.4	E

12	G-12	150 m	/ 150 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE037	164	Hesmari Coetzee	Free State Province	1	00:20.26	781	0.6	E
FRE035	162	Clari Buys	Free State Province	1	00:20.45	769		E
ECP036	36	S Saile	Eastern Cape Province	1	00:20.19	785		E
ECP032	32	Amber Luck	Eastern Cape Province	2	00:20.71	754		E
GAU062	361	Stoni Lawrence	Gauteng Province	2	00:20.66	756		E
LIM031	609	Subrina Schlasenger	Limpopo Province	2	00:20.71	754		E
GAU053	352	Madia Ehlers	Gauteng Province	3	00:20.87	744		E
NCP013	804	Lezaan v Rooyen	Northern Cape Province	3	00:20.99	738		E

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35	G-12	150 m	/ 150 m	00:00.00	Semi-Finals			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE035	162	Clari Buys	Free State Province	1	00:20.45	769		E
FRE037	164	Hesmari Coetzee	Free State Province	1	00:20.26	781		E
ECP036	36	S Saile	Eastern Cape Province	1	00:20.19	785		E
ECP032	32	Amber Luck	Eastern Cape Province	2	00:20.71	754		E
GAU062	361	Stoni Lawrence	Gauteng Province	2	00:20.66	756		E
LIM031	609	Subrina Schlasenger	Limpopo Province	2	00:20.71	754		E
GAU053	352	Madia Ehlers	Gauteng Province	3	00:20.87	744		E
NCP013	804	Lezaan v Rooyen	Northern Cape Province	3	00:20.99	738		E

50	G-12	150 m	/ 150 m	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE037	164	Hesmari Coetzee	Free State Province	1	00:19.95	801	-2.0	E
ECP032	32	Amber Luck	Eastern Cape Province	2	00:20.50	766	-2.0	E
ECP036	36	S Saile	Eastern Cape Province	3	00:20.55	763	-2.0	E
GAU062	361	Stoni Lawrence	Gauteng Province	4	00:20.84	746	-2.0	E
NCP013	804	Lezaan v Rooyen	Northern Cape Province	5	00:20.92	742	-2.0	E
GAU053	352	Madia Ehlers	Gauteng Province	6	00:21.00	737	-2.0	E
LIM031	609	Subrina Schlasenger	Limpopo Province	7	00:21.01	737	-2.0	E
FRE035	162	Clari Buys	Free State Province	8	00:21.05	735	-2.0	E

42	G-12	1200 m	/ 1200 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE045	172	Makhantshe Monelo	Free State Province	1	03:51.77	733		E
KZN010	540	Nomcebo Mdluli	KwaZulu Natal	1	03:53.51	725		E
GAU055	354	Sibongile Mtyele	Gauteng Province	2	03:55.05	718		E
WCP062	1013	Monique Stuurman	Western Cape Province	2	03:57.17	708		E
ECP034	34	Unathi Mqhwuka	Eastern Cape Province	3	03:59.19	700		E
LIM032	610	Tshegofatso Setlhakgoe	Limpopo Province	3	03:57.67	706		E
ECP027	27	Anoine Blaauw	Eastern Cape Province	4	03:59.70	698		E
GAU051	350	Carla du Randt	Gauteng Province	4	00:00.00	0		E
GAU061	360	Nicole vd Merwe	Gauteng Province	5	04:03.98	680		E
NWP027	887	Nadine Gouws	North West Province	5	04:01.72	689		E
GAU050	349	Thandiwe Dlamini	Gauteng Province	6	04:03.75	681		E
LIM028	606	Rina Molekoa	Limpopo Province	6	04:06.22	672		E
FRE038	165	Sonja Cronje	Free State Province	7	00:00.00	0		E
LIM034	612	Alizabeth Thwala	Limpopo Province	7	00:00.00	0		E
LIM025	603	Mamikie Manaka	Limpopo Province	8	00:00.00	0		E
WCP048	1000	Lo-Raurul Geduld	Western Cape Province	8	00:00.00	0		E
WCP063	1014	Magdalene Tiyani	Western Cape Province	9	00:00.00	0		E
NWP028	888	Refilwe Ramadi	North West Province	10	00:00.00	0		E

111	G-12	1200 m	/ 1200 m	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU055	354	Sibongile Mtyele	Gauteng Province	1	03:52.55	729		E
KZN010	540	Nomcebo Mdluli	KwaZulu Natal	2	03:54.64	720		E
WCP062	1013	Monique Stuurman	Western Cape Province	3	03:55.05	718		E
NWP027	887	Nadine Gouws	North West Province	4	03:55.30	717		E
ECP027	27	Anoine Blaauw	Eastern Cape Province	5	03:56.20	713		E
GAU051	350	Carla du Randt	Gauteng Province	6	03:56.89	710		E
LIM032	610	Tshegofatso Setlhakgoe	Limpopo Province	7	04:01.30	691		E
FRE045	172	Makhantshe Monelo	Free State Province	8	04:01.52	690		E

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26	G-12	75 m Hekkies	/ 75 m Hurdles	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE044	171	Olerato Molapo	Free State Province	1	00:11.93	822	-1.1	E	
GAU065	364	Thea Penberthy	Gauteng Province	1	00:11.94	822	--1.6	E	
NWP021	881	Joné Kruger	North West Province	1	00:12.55	778	-2.3	E	
GAU057	356	Teneal Nel	Gauteng Province	2	00:12.56	778		E	
GAU052	351	Micayla du Toit	Gauteng Province	2	00:12.19	803		E	
GAU059	358	Chantelle Strauss	Gauteng Province	2	00:12.62	774		E	
GAU049	348	Carmen Cronje	Gauteng Province	3	00:12.21	802		E	
MPU031	700	Corli Taljaardt	Mpumalanga Province	3	00:12.85	760		E	

61	G-12	75 m Hekkies	/ 75 m Hurdles	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE044	171	Olerato Molapo	Free State Province	1	00:11.66	844	-1.6	E	
GAU065	364	Thea Penberthy	Gauteng Province	2	00:11.69	842	-1.6	E	
GAU052	351	Micayla du Toit	Gauteng Province	3	00:12.13	807	-1.6	E	
GAU049	348	Carmen Cronje	Gauteng Province	4	00:12.28	797	-1.6	E	
GAU057	356	Teneal Nel	Gauteng Province	5	00:12.30	795	-1.6	E	
NWP021	881	Joné Kruger	North West Province	6	00:12.63	773	-1.6	E	
MPU031	700	Corli Taljaardt	Mpumalanga Province	7	00:14.09	695	-1.6	E	
GAU059	358	Chantelle Strauss	Gauteng Province	8	00:15.35	642	-1.6	E	

95	G-12	150 m Hekkies	/ 150 m Hurdles	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE037	164	Hesmari Coetzee	Free State Province	1	00:22.23	877	0.6	E	
GAU065	364	Thea Penberthy	Gauteng Province	1	00:23.25	834	0.8	E	
FRE044	171	Olerato Molapo	Free State Province	2	00:22.75	854		E	
GAU049	348	Carmen Cronje	Gauteng Province	2	00:23.36	830		E	
GAU057	356	Teneal Nel	Gauteng Province	3	00:24.53	789		E	
GAU052	351	Micayla du Toit	Gauteng Province	3	00:23.83	812		E	
MPU031	700	Corli Taljaardt	Mpumalanga Province	4	00:24.03	806		E	
GAU059	358	Chantelle Strauss	Gauteng Province	5	00:24.52	789		E	

113	G-12	150 m Hekkies	/ 150 m Hurdles	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE037	164	Hesmari Coetzee	Free State Province	1	00:21.96	891	-0.3	E	
FRE044	171	Olerato Molapo	Free State Province	2	00:21.98	890	-0.3	E	
GAU065	364	Thea Penberthy	Gauteng Province	3	00:22.96	845	-0.3	E	
GAU049	348	Carmen Cronje	Gauteng Province	4	00:23.36	830	-0.3	E	
GAU059	358	Chantelle Strauss	Gauteng Province	5	00:23.48	825		E	
GAU052	351	Micayla du Toit	Gauteng Province	6	00:23.49	825		E	
GAU057	356	Teneal Nel	Gauteng Province	7	00:23.70	817		E	
MPU031	700	Corli Taljaardt	Mpumalanga Province	8	00:23.94	809		E	

73	G-12	4X100 m Aflos	/ 4X100 m Relay	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECPA03	122	Eastern Cape	Eastern Cape Province	1	00:00.00	0		E	
FREA05	297	Free State	Free State Province	1	00:00.00	0		E	
GAUA03	525	Gauteng	Gauteng Province	1	00:00.00	0		E	
LIMA02	665	Limpopo	Limpopo Province	1	00:00.00	0		E	
MPUA03	786	Mpumalanga	Mpumalanga Province	1	00:00.00	0		E	
NWPA03	951	North West	North West Province	1	00:00.00	0		E	
NCPA03	857	Northern Cape	Northern Cape Province	1	00:00.00	0		E	
WCPA03	1143	Western Cape	Western Cape Province	1	00:00.00	0		E	

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137	G-12	4X100 m Aflos	/ 4X100 m Relay		00:00.00	Final			
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FREA05	297	Free State	Free State Province	1	00:53.64	914		E	
GAUA03	525	Gauteng	Gauteng Province	2	00:54.15	893		E	
ECPA03	122	Eastern Cape	Eastern Cape Province	3	00:54.55	878		E	
LIMA02	665	Limpopo	Limpopo Province	4	00:55.23	855		E	
WCPA03	1143	Western Cape	Western Cape Province	5	00:55.31	852		E	
MPUA03	786	Mpumalanga	Mpumalanga Province	6	00:56.28	823		E	
NCPA03	857	Northern Cape	Northern Cape Province	7	00:56.70	811		E	
NWPA03	951	North West	North West Province	8	00:57.44	792		E	

5	G-12	Hoogspring	/ High Jump		00:00.00	Final			
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU048	347	Renate van Tonder	Gauteng Province	1	1.55	978		E	
MPU024	693	Mia Kuhn	Mpumalanga Province	2	1.51	951		E	
WCP045	997	Monique de Klerk	Western Cape Province	3	1.49	938		E	
ECP028	28	Bianca Claasen	Eastern Cape Province	4	1.47	927		E	
MPU028	697	Lerato Ndashe	Mpumalanga Province	5	1.47	927		E	

81	G-12	Verspring	/ Long Jump		00:00.00	Final			
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU054	353	Itumeleng Mosia	Gauteng Province	1	4.82	910	3.22	E	
ECP032	32	Amber Luck	Eastern Cape Province	2	4.79	907		E	
NWP021	881	Joné Kruger	North West Province	3	4.78	906		E	
ECP036	36	S Saile	Eastern Cape Province	4	4.77	904		E	
GAU048	347	Renate van Tonder	Gauteng Province	5	4.71	893		E	
LIM031	609	Subrina Schlasenger	Limpopo Province	6	4.70	890		E	
ECP038	38	Desiree van Wyk	Eastern Cape Province	7	4.56	843		E	
FRE035	162	Clari Buys	Free State Province	8	4.54	836		E	

119	G-12	Gewigstoot	/ Shot Put		00:00.00	Final			
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECP031	31	Anneke Kapp	Eastern Cape Province	1	10.75	893		E	
GAU044	344	Carone Smith	Gauteng Province	2	10.30	872		E	
GAU038	338	Nicole Fourie	Gauteng Province	3	10.16	865		E	
MPU032	701	Rachel Wepener	Mpumalanga Province	4	9.67	841		E	
NWP026	886	Melindi Delpont	North West Province	5	9.63	839		E	
WCP060	1012	Angeline Smit	Western Cape Province	5	9.63	839		E	
GAU036	336	Chanté Christie	Gauteng Province	7	9.48	831		E	
NWP022	882	Marilet Schoeman	North West Province	8	9.23	818		E	

44	G-12	Diskusgooi	/ Discus Throw		00:00.00	Final			
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP060	1012	Angeline Smit	Western Cape Province	1	33.21	903		E	
FRE036	163	Esmari Coetzee	Free State Province	2	30.56	860		E	
LIM029	607	Johané Pistorius	Limpopo Province	3	29.73	845		E	
FRE040	167	Andri-Marie Gardner	Free State Province	4	28.25	817		E	
NWP023	883	Cornelia Botha	North West Province	5	28.01	812		E	
GAU042	342	Melissa Nel	Gauteng Province	6	27.29	798		E	
GAU037	337	Danel Englebrecht	Gauteng Province	7	27.27	798		E	
FRE042	169	Simoné Jacobs	Free State Province	8	26.89	790		E	

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19	G-12	Spiesgooi		/ Javelin		00:00.00		Final	
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP060	1012	Angeline Smit	Western Cape Province	1	33.07	842		E	
LIM029	607	Johané Pistorius	Limpopo Province	2	28.65	752		E	
FRE054	181	Zanele Xaba	Free State Province	3	28.34	745		E	
FRE042	169	Simoné Jacobs	Free State Province	4	27.23	721		E	
GAU039	339	Sinika Kruger	Gauteng Province	5	24.80	665		E	
MPU023	692	Lizbe Kuhn	Mpumalanga Province	6	24.59	660		E	
ECP030	30	Andrea Human	Eastern Cape Province	7	21.92	594		E	
NWP026	886	Melindi Delport	North West Province	8	21.68	588		E	

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87	G-13	100 m	/ 100 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU097	395 Ndaenzdo Mukangane	Gauteng Province	1	00:13.42	793	-1.0	E	
MPU036	705 Laniel Claassen	Mpumalanga Province	1	00:13.27	810	-0.7	E	
NCP016	807 Kerika Botha	Northern Cape Province	1	00:13.26	811	-1.2	E	
FRE067	193 Elizma Kühn	Free State Province	2	00:13.30	806		E	
WCP093	1041 Tamzin Thomas	Western Cape Province	2	00:13.40	795		E	
ECP043	43 C Claasen	Eastern Cape Province	2	00:13.71	763	1	E	
GAU085	384 Shannon Fredericks	Gauteng Province	3	00:13.42	793		E	
WCP081	1029 Jodee Johannes	Western Cape Province	3	00:13.44	791		E	

109	G-13	100 m	/ 100 m	00:00.00	Semi-Finals			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU097	395 Ndaenzdo Mukangane	Gauteng Province	1	00:13.42	793	-1.0	E	
MPU036	705 Laniel Claassen	Mpumalanga Province	1	00:13.27	810	-1.0	E	
NCP016	807 Kerika Botha	Northern Cape Province	1	00:13.26	811	-1.2	E	
FRE067	193 Elizma Kühn	Free State Province	2	00:13.30	806		E	
WCP093	1041 Tamzin Thomas	Western Cape Province	2	00:13.40	795		E	
ECP043	43 C Claasen	Eastern Cape Province	2	00:13.77	757		E	
GAU085	384 Shannon Fredericks	Gauteng Province	3	00:13.42	793		E	
WCP081	1029 Jodee Johannes	Western Cape Province	3	00:13.44	791		E	

128	G-13	100 m	/ 100 m	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
NCP016	807 Kerika Botha	Northern Cape Province	1	00:13.23	814	-1.6	E	
MPU036	705 Laniel Claassen	Mpumalanga Province	2	00:13.38	797	-1.6	E	
GAU097	395 Ndaenzdo Mukangane	Gauteng Province	3	00:13.41	794	-1.6	E	
FRE067	193 Elizma Kühn	Free State Province	4	00:13.51	783	-1.6	E	
WCP093	1041 Tamzin Thomas	Western Cape Province	5	00:13.52	782	-1.6	E	
GAU085	384 Shannon Fredericks	Gauteng Province	6	00:13.70	764	-1.6	E	
WCP081	1029 Jodee Johannes	Western Cape Province	7	00:13.70	764	-1.6	E	
ECP043	43 C Claasen	Eastern Cape Province	8	00:13.77	757	-1.6	E	

14	G-13	200 m	/ 200 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU102	400 Mariska van Dyk	Gauteng Province	1	00:26.74	846	-0.2	E	
NCP016	807 Kerika Botha	Northern Cape Province	1	00:27.01	831	0.8	E	
WCP081	1029 Jodee Johannes	Western Cape Province	1	00:27.26	819	-1.0	E	
FRE067	193 Elizma Kühn	Free State Province	2	00:27.22	821		E	
GAU101	399 Madri Strydom	Gauteng Province	2	00:27.71	798		E	
MPU036	705 Laniel Claassen	Mpumalanga Province	2	00:27.38	813		E	
GAU098	396 Marita Oberholser	Gauteng Province	3	00:27.53	806		E	
ECP043	43 C Claasen	Eastern Cape Province	4	00:27.73	797		E	

37	G-13	200 m	/ 200 m	00:00.00	Semi-Finals			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU102	400 Mariska van Dyk	Gauteng Province	1	00:26.74	846		E	
NCP016	807 Kerika Botha	Northern Cape Province	1	00:27.01	831		E	
WCP081	1029 Jodee Johannes	Western Cape Province	1	00:27.26	819		E	
FRE067	193 Elizma Kühn	Free State Province	2	00:27.22	821		E	
GAU101	399 Madri Strydom	Gauteng Province	2	00:27.71	798		E	
MPU036	705 Laniel Claassen	Mpumalanga Province	2	00:27.38	813		E	
GAU098	396 Marita Oberholser	Gauteng Province	3	00:27.53	806		E	
ECP043	43 C Claasen	Eastern Cape Province	4	00:27.73	797		E	

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52	G-13	200 m	/ 200 m	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
NCP016	807	Kerika Botha	Northern Cape Province	1	00:26.71	847	-0.9	E	
GAU102	400	Mariska van Dyk	Gauteng Province	2	00:26.82	841	-0.9	E	
FRE067	193	Elizma Kühn	Free State Province	3	00:26.88	838	-0.9	E	
MPU036	705	Laniel Claassen	Mpumalanga Province	4	00:26.90	837	-0.9	E	
WCP081	1029	Jodee Johannes	Western Cape Province	5	00:27.05	829	-0.9	E	
GAU098	396	Marita Oberholser	Gauteng Province	6	00:27.40	812	-0.9	E	
GAU101	399	Madri Strydom	Gauteng Province	7	00:27.54	806	-0.9	E	
ECP043	43	C Claassen	Eastern Cape Province	8	00:28.11	781	-0.9	E	

11	G-13	800 m	/ 800 m	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU083	382	Puseletso Dieta	Gauteng Province	1	02:23.33	797		E	
GAU081	380	Jesica Bezuidenhout	Gauteng Province	1	02:23.27	798		E	
LIM048	626	Amore Venter	Limpopo Province	2	02:23.38	797		E	
LIM040	618	Lizzy Matjeke	Limpopo Province	2	02:23.62	795		E	
GAU088	387	Jana vd Merwe	Gauteng Province	3	02:23.78	794		E	
NCP018	809	Leatitia Human	Northern Cape Province	3	02:25.24	782		E	
GAU093	391	Dimpho Diale	Gauteng Province	4	02:26.02	776		E	
NWP036	896	Mia Nel	North West Province	4	02:26.27	775		E	
FRE069	195	Madelaine le Roux	Free State Province	5	02:29.09	755		E	
WCP086	1034	Anson Lombard	Western Cape Province	5	02:30.12	748		E	
ECP056	55	Shannon Scholtz	Eastern Cape Province	6	02:31.30	740		E	
WCP068	1019	Vernoschka Abrahams	Western Cape Province	6	02:31.26	740		E	
MPU049	718	Daniëlle Snyman	Mpumalanga Province	7	02:31.31	740		E	
FRE063	189	Sibongile Hlanjwa	Free State Province	7	00:00.00	0		E	
MPU034	703	Lizhare Botha	Mpumalanga Province	8	02:36.20	710		E	
NCP055	846	Franeel Richards	Northern Cape Province	8	00:00.00	0		E	

67	G-13	800 m	/ 800 m	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
NWP036	896	Mia Nel	North West Province	1	02:19.14	833		E	
LIM048	626	Amore Venter	Limpopo Province	2	02:22.46	804		E	
GAU088	387	Jana vd Merwe	Gauteng Province	3	02:22.84	801		E	
GAU081	380	Jesica Bezuidenhout	Gauteng Province	4	02:23.64	795		E	
FRE069	195	Madelaine le Roux	Free State Province	5	02:26.27	775		E	
GAU093	391	Dimpho Diale	Gauteng Province	6	02:26.51	773		E	
GAU083	382	Puseletso Dieta	Gauteng Province	7	02:26.81	771		E	
LIM040	618	Lizzy Matjeke	Limpopo Province	8	02:28.34	760		E	

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77	G-13	1500 m	/ 1500 m	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU083	382	Puseletso Dieta	Gauteng Province	1	04:46.50	875		E	
NCP018	809	Leatitia Human	Northern Cape Province	1	04:52.83	840		E	
GAU080	379	Jessica Aylward	Gauteng Province	2	04:46.75	874		E	
LIM047	625	Precious Thapa	Limpopo Province	2	04:53.24	838		E	
ECP040	40	Maureen Boesak	Eastern Cape Province	3	04:54.27	833		E	
FRE063	189	Sibongile Hlanjwa	Free State Province	3	04:54.89	830		E	
LIM039	617	Caroline Maluleke	Limpopo Province	4	04:54.96	829		E	
WCP084	1032	Marrida Leen	Western Cape Province	4	04:58.36	813		E	
GAU081	380	Jesica Bezuidenhout	Gauteng Province	5	04:56.04	824		E	
WCP092	1040	Eumarie Stoffels	Western Cape Province	5	04:59.59	808		E	
FRE055	182	Danica Botes	Free State Province	6	05:00.42	804		E	
LIM048	626	Amore Venter	Limpopo Province	6	04:58.18	814		E	
FRE069	195	Madelaine le Roux	Free State Province	7	05:01.66	798		E	
MPU035	704	Inge Brewis	Mpumalanga Province	7	05:00.09	805		E	
GAU088	387	Jana vd Merwe	Gauteng Province	8	05:00.80	802		E	
KZN017	547	Thandeka Mchunu	KwaZulu Natal	8	05:03.95	789		E	

130	G-13	1500 m	/ 1500 m	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU081	380	Jesica Bezuidenhout	Gauteng Province	1	04:44.76	886		E	
GAU080	379	Jessica Aylward	Gauteng Province	2	04:45.95	878		E	
GAU083	382	Puseletso Dieta	Gauteng Province	3	04:52.35	842		E	
NCP018	809	Leatitia Human	Northern Cape Province	4	04:54.25	833		E	
FRE063	189	Sibongile Hlanjwa	Free State Province	5	04:55.90	825		E	
GAU088	387	Jana vd Merwe	Gauteng Province	6	04:57.47	817		E	
FRE055	182	Danica Botes	Free State Province	7	05:00.50	803		E	
MPU035	704	Inge Brewis	Mpumalanga Province	8	05:05.09	784		E	

30	G-13	75 m Hekkies	/ 75 m Hurdles	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU082	381	Ta-mar Diamand	Gauteng Province	1	00:12.08	823	-1.3	E	
WCP088	1036	Manilinda Maritz	Western Cape Province	1	00:12.15	818	-0.8	E	
MPU047	716	Elmé Rothmann	Mpumalanga Province	1	00:11.93	835		E	
GAU095	393	Hestia Hanekom	Gauteng Province	2	00:12.28	808		E	
GAU100	398	Lee-Chelle Pottas	Gauteng Province	2	00:12.02	828		E	
GAU074	373	Megan Lingenfelder	Gauteng Province	2	00:12.38	801		E	
GAU087	386	Immanuelle Osae	Gauteng Province	3	00:12.20	814		E	
WCP073	1023	Josie Cilliers	Western Cape Province	4	00:12.37	802		E	

65	G-13	75 m Hekkies	/ 75 m Hurdles	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU082	381	Ta-mar Diamand	Gauteng Province	1	00:11.71	854	-0.4	E	
GAU100	398	Lee-Chelle Pottas	Gauteng Province	2	00:11.86	841	-0.4	E	
GAU095	393	Hestia Hanekom	Gauteng Province	3	00:12.02	828	-0.4	E	
MPU047	716	Elmé Rothmann	Mpumalanga Province	4	00:12.04	826	-0.4	E	
WCP088	1036	Manilinda Maritz	Western Cape Province	5	00:12.07	824	-0.4	E	
GAU074	373	Megan Lingenfelder	Gauteng Province	6	00:12.14	819	-0.4	E	
GAU087	386	Immanuelle Osae	Gauteng Province	7	00:12.72	778	-0.4	E	

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99	G-13	200 m Hekkie	/ 200 m Hurdles	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU095	393	Hestia Hanekom	Gauteng Province	1	00:30.39	848	-0.3	E
MPU043	712	Marichelle Nortjé	Mpumalanga Province	1	00:31.01	829	0.6	E
WCP087	1035	Jana Louw	Western Cape Province	2	00:31.15	825		E
WCP088	1036	Manilinda Maritz	Western Cape Province	2	00:31.32	821		E
FRE080	206	Esti Truter	Free State Province	3	00:31.52	815		E
GAU096	394	Kelsey Kotze	Gauteng Province	3	00:31.33	820		E
MPU047	716	Elmé Rothmann	Mpumalanga Province	4	00:31.35	820		E
WCP076	1025	Nienke du Toit	Western Cape Province	4	00:31.64	812		E

115	G-13	200 m Hekkie	/ 200 m Hurdles	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU095	393	Hestia Hanekom	Gauteng Province	1	00:30.22	853	0.	E
MPU047	716	Elmé Rothmann	Mpumalanga Province	2	00:30.62	841	0.	E
MPU043	712	Marichelle Nortjé	Mpumalanga Province	3	00:30.74	837	0.	E
FRE080	206	Esti Truter	Free State Province	4	00:31.56	814	0	E
WCP087	1035	Jana Louw	Western Cape Province	5	00:31.61	813	0.	E
WCP088	1036	Manilinda Maritz	Western Cape Province	6	00:31.88	806	0.	E
GAU096	394	Kelsey Kotze	Gauteng Province	7	00:32.16	799	0	E
WCP076	1025	Nienke du Toit	Western Cape Province	8	00:32.58	788	0.	E

54	G-13	1500 m Stap	/ 1500 m Walk	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU077	376	Rachelle Pretorius	Gauteng Province	1	07:46.63	879		E
WCP078	1026	Joy Flando	Western Cape Province	2	07:59.57	868		E
NWP031	891	Bianca Esterhuizen	North West Province	3	08:18.19	853		E
WCP094	1042	Ester vd Merwe	Western Cape Province	4	08:19.97	852		E
FRE077	203	Jocelyn Painter	Free State Province	5	08:49.51	831		E
FRE072	198	Reamohetse Mofokeng	Free State Province	6	08:58.81	825		E
FRE068	194	Priscilla Lebakeng	Free State Province	7	09:19.96	812		E

75	G-13	4X100 m Aflos	/ 4X100 m Relay	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECPA04	123	Eastern Cape	Eastern Cape Province	1	00:00.00	0		E
FREA07	299	Free State	Free State Province	1	00:00.00	0		E
GAUA04	526	Gauteng	Gauteng Province	1	00:00.00	0		E
LIMA03	666	Limpopo	Limpopo Province	1	00:00.00	0		E
MPUA04	787	Mpumalanga	Mpumalanga Province	1	00:00.00	0		E
NWPA04	952	North West	North West Province	1	00:00.00	0		E
NCPA04	858	Northern Cape	Northern Cape Province	1	00:00.00	0		E
WCPA04	1144	Western Cape	Western Cape Province	1	00:00.00	0		E

139	G-13	4X100 m Aflos	/ 4X100 m Relay	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAUA04	526	Gauteng	Gauteng Province	1	00:51.88	928		E
MPUA04	787	Mpumalanga	Mpumalanga Province	2	00:52.66	896		E
WCPA04	1144	Western Cape	Western Cape Province	3	00:53.24	873		E
FREA07	299	Free State	Free State Province	4	00:53.54	863		E
NCPA04	858	Northern Cape	Northern Cape Province	5	00:53.81	854		E
LIMA03	666	Limpopo	Limpopo Province	6	00:54.74	824		E
ECPA04	123	Eastern Cape	Eastern Cape Province	7	00:57.05	764		E

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79	G-13	Hoogspring	/ High Jump			00:00.00	Final		
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
KZN013	543	Chanel Stone	KwaZulu Natal	1	1.61	960		E	
ECP042	42	Ami Claassen	Eastern Cape Province	2	1.61	960		E	
FRE071	197	Mcayla Mienie	Free State Province	3	1.56	931		E	
WCP072	1022	Thabisa Brown	Western Cape Province	4	1.53	915		E	
KZN014	544	Catlin Millitz	KwaZulu Natal	5	1.50	900		E	
GAU068	367	Danielle Carstens	Gauteng Province	6	1.50	900		E	
WCP096	1044	Kara Viljoen	Western Cape Province	7	1.50	900		E	
GAU087	386	Immanuelle Osae	Gauteng Province	8	1.47	857		E	

3	G-13	Verspring	/ Long Jump			00:00.00	Final		
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU091	390	Charnelle Wiltshire	Gauteng Province	1	5.07	917		E	
GAU090	389	Carla Wagner	Gauteng Province	2	4.99	908		E	
GAU089	388	Megan van Rooyen	Gauteng Province	3	4.97	905		E	
WCP099	1047	Ashlin Williams	Western Cape Province	4	4.90	894		E	
FRE060	186	Carla Dippenaar	Free State Province	5	4.80	861		E	
WCP082	1030	Carla Johnson	Western Cape Province	6	4.73	838		E	
LIM043	621	Amukelain Ndlovu	Limpopo Province	7	4.70	829		E	
MPU038	707	Alexandra Graham	Mpumalanga Province	8	4.51	766		E	

17	G-13	Gewigstoot	/ Shot Put			00:00.00	Final		
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
NWP033	893	Linda Nel	North West Province	1	11.96	906		E	
GAU074	373	Megan Lingenfelder	Gauteng Province	2	11.18	881		E	
LIM036	614	Bianca Botha	Limpopo Province	3	11.16	880		E	
WCP098	1046	Zandre Weyers	Western Cape Province	4	11.16	880		E	
GAU071	370	Leandri Geel	Gauteng Province	5	11.15	879		E	
FRE057	184	Marlie Campher	Free State Province	6	11.10	877		E	
MPU039	708	Selesia Hennop	Mpumalanga Province	7	10.93	869		E	
ECP051	51	Nadia Meiring	Eastern Cape Province	8	10.56	852		E	

92	G-13	Diskusgooi	/ Discus Throw			00:00.00	Final		
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU071	370	Leandri Geel	Gauteng Province	1	33.50	855		E	
GAU067	366	Marshelle Bergsma	Gauteng Province	2	33.42	854		E	
NWP041	901	Diane Pretorius	North West Province	3	32.57	840		E	
FRE066	192	Rozanne Kruger	Free State Province	4	32.34	836		E	
WCP098	1046	Zandre Weyers	Western Cape Province	5	32.09	832		E	
GAU070	369	Dorelda Erasmus	Gauteng Province	6	30.49	804		E	
NWP042	902	Suné Geldenhuys	North West Province	7	29.37	784		E	
GAU073	372	Marcelize Koen	Gauteng Province	8	29.11	779		E	

118	G-13	Spiesgooi	/ Javelin			00:00.00	Final		
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP095	1043	Jo-Ane van Dyk	Western Cape Province	1	43.55	934		E	R
NWP033	893	Linda Nel	North West Province	2	34.66	819		E	
GAU069	368	Amoné de Wet	Gauteng Province	3	33.93	806		E	
FRE058	185	Izel Cilliers	Free State Province	4	32.72	783		E	
FRE065	191	Belinda Kruger	Free State Province	5	31.00	749		E	
FRE062	188	Shandré Fouché	Free State Province	6	30.96	748		E	
ECP044	44	E Ferreira	Eastern Cape Province	7	30.12	732		E	
WCP091	1039	Maralize Segels	Western Cape Province	8	28.85	706		E	

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8	B-10	80 m	/ 80 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU121	419	Christian Welman	Gauteng Province	1	00:11.48	687	0.2	E
MPU056	725	Pieter Künz	Mpumalanga Province	1	00:11.52	681	0.8	E
MPU052	721	Tiaan du Preez	Mpumalanga Province	1	00:11.61	669		E
FRE081	207	Jannes de Jager	Free State Province	2	00:11.65	664		E
NWP047	907	Kyle Jv Rensburg	North West Province	2	00:11.64	665		E
WCP105	1053	Elric Everts	Western Cape Province	2	00:11.67	661		E
GAU117	415	Kyle Ferreira	Gauteng Province	3	00:11.72	654		E
MPU060	729	Mangaliso Sifuba	Mpumalanga Province	3	00:11.73	653		E

34	B-10	80 m	/ 80 m	00:00.00	Semi-Finals			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU121	419	Christian Welman	Gauteng Province	1	00:11.48	687		E
MPU056	725	Pieter Künz	Mpumalanga Province	1	00:11.52	681		E
MPU052	721	Tiaan du Preez	Mpumalanga Province	1	00:11.61	669		E
FRE081	207	Jannes de Jager	Free State Province	2	00:11.65	664		E
NWP047	907	Kyle Jv Rensburg	North West Province	2	00:11.64	665		E
WCP105	1053	Elric Everts	Western Cape Province	2	00:11.67	661		E
GAU117	415	Kyle Ferreira	Gauteng Province	3	00:11.72	654		E
MPU060	729	Mangaliso Sifuba	Mpumalanga Province	3	00:11.73	653		E

47	B-10	80 m	/ 80 m	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
NWP047	907	Kyle Jv Rensburg	North West Province	1	00:11.32	710	-1.9	E
GAU121	419	Christian Welman	Gauteng Province	2	00:11.36	704	-1.9	E
MPU052	721	Tiaan du Preez	Mpumalanga Province	3	00:11.55	677	-1.9	E
WCP105	1053	Elric Everts	Western Cape Province	4	00:11.56	676	-1.9	E
MPU056	725	Pieter Künz	Mpumalanga Province	5	00:11.57	675	-1.9	E
MPU060	729	Mangaliso Sifuba	Mpumalanga Province	6	00:11.71	656	-1.9	E
FRE081	207	Jannes de Jager	Free State Province	7	00:11.76	649	-1.9	E
GAU117	415	Kyle Ferreira	Gauteng Province	8	00:11.87	635	-1.9	E

84	B-10	100 m	/ 100 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU121	419	Christian Welman	Gauteng Province	1	00:13.82	763	-1.6	E
NWP047	907	Kyle Jv Rensburg	North West Province	1	00:13.90	753	-1.8	E
NWP051	911	William Middleton	North West Province	1	00:14.13	725	-0.9	E
WCP107	1055	Franco Hendricks	Western Cape Province	1	00:13.95	747	-0.4	E
MPU056	725	Pieter Künz	Mpumalanga Province	2	00:14.22	715		E
NWP052	912	Donevan du Toit	North West Province	2	00:14.17	721		E
WCP113	1061	Osten Philand	Western Cape Province	2	00:14.20	717		E
WCP109	1057	Justin Isaacs	Western Cape Province	2	00:14.13	725		E
ECP068	67	Jacobus Nell	Eastern Cape Province	3	00:14.28	708		E
FRE081	207	Jannes de Jager	Free State Province	3	00:14.36	699		E
MPU052	721	Tiaan du Preez	Mpumalanga Province	3	00:14.33	703		E
NCP025	816	John-Wayne Januarie	Northern Cape Province	3	00:14.41	694		E
ECP071	70	Wyclef Vlitoo	Eastern Cape Province	4	00:14.36	699		E
MPU057	726	Ruan Labuschagne	Mpumalanga Province	4	00:14.32	704		E
ECP069	68	Sikholiwe Samson	Eastern Cape Province	5	00:14.38	697		E
GAU119	417	Paul Roos	Gauteng Province	5	00:14.45	690		E

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102	B-10	100 m	/ 100 m	00:00.00	Semi-Finals			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU121	419	Christian Welman	Gauteng Province	1	00:14.06	733	0	E
NWP047	907	Kyle Jv Rensburg	North West Province	1	00:14.40	695	-0.5	E
NWP051	911	William Middleton	North West Province	2	00:14.54	680		E
WCP107	1055	Franco Hendricks	Western Cape Province	2	00:14.25	712		E
ECP069	68	Sikholiwe Samson	Eastern Cape Province	3	00:14.58	676		E
WCP109	1057	Justin Isaacs	Western Cape Province	3	00:14.43	692		E
ECP068	67	Jacobus Nell	Eastern Cape Province	4	00:14.50	684		E
ECP071	70	Wyclef Vlitoor	Eastern Cape Province	4	00:14.61	673		E

123	B-10	100 m	/ 100 m	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU121	419	Christian Welman	Gauteng Province	1	00:14.04	736	-1.4	E
NWP047	907	Kyle Jv Rensburg	North West Province	2	00:14.17	721	-1.4	E
WCP107	1055	Franco Hendricks	Western Cape Province	3	00:14.24	713	-1.4	E
NWP051	911	William Middleton	North West Province	4	00:14.32	704	-1.4	E
ECP068	67	Jacobus Nell	Eastern Cape Province	5	00:14.43	692	-1.4	E
WCP109	1057	Justin Isaacs	Western Cape Province	6	00:14.62	672	-1.4	E
ECP069	68	Sikholiwe Samson	Eastern Cape Province	7	00:14.82	652	-1.4	E

56	B-10	1200 m	/ 1200 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
KZN021	551	Zethembe Mbatha	KwaZulu Natal	1	03:57.43	721		E
ECP065	64	Loyiso Manzini	Eastern Cape Province	1	03:55.29	735		E
ECP063	62	Anele Gibixhego	Eastern Cape Province	2	03:59.36	708		E
KZN018	548	Wanda Mazinyo	KwaZulu Natal	2	03:56.18	729		E
KZN019	549	Ayanda Mzizi	KwaZulu Natal	3	04:03.21	685		E
KZN020	550	Kwanele Hlongwane	KwaZulu Natal	3	03:56.64	726		E
NWP050	910	Amantle Mondingwana	North West Province	4	04:05.49	672		E
WCP103	1051	Denver Andrew	Western Cape Province	4	03:57.69	719		E
FRE087	213	Lerato Malinga	Free State Province	5	04:07.01	663		E
MPU061	730	Aldrin Willemse	Mpumalanga Province	5	03:57.81	718		E
LIM057	635	Phelego Tlou	Limpopo Province	6	03:57.88	718		E
LIM049	627	Moetimba Baloyi	Limpopo Province	6	04:08.64	654		E
FRE091	217	Moeketsi Ramokopu	Free State Province	7	04:09.68	648		E
GAU109	407	Mxolisi Mahlangu	Gauteng Province	7	03:59.22	709		E
MPU055	724	Ruan Kühn	Mpumalanga Province	7	00:00.00	0		E
NCP024	815	Bentley Bugan	Northern Cape Province	8	04:09.91	647		E
WCP104	1052	Renaldo du Preez	Western Cape Province	8	04:01.88	693		E
NCP027	818	George Wiid	Northern Cape Province	9	04:06.31	667		E

121	B-10	1200 m	/ 1200 m	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
KZN019	549	Ayanda Mzizi	KwaZulu Natal	1	03:53.02	750		E
KZN021	551	Zethembe Mbatha	KwaZulu Natal	2	03:53.57	747		E
KZN018	548	Wanda Mazinyo	KwaZulu Natal	3	03:57.68	719		E
ECP065	64	Loyiso Manzini	Eastern Cape Province	4	03:59.24	709		E
ECP063	62	Anele Gibixhego	Eastern Cape Province	5	03:59.29	709		E
MPU055	724	Ruan Kühn	Mpumalanga Province	6	04:01.36	696		E
KZN020	550	Kwanele Hlongwane	KwaZulu Natal	7	04:02.09	692		E
LIM057	635	Phelego Tlou	Limpopo Province	8	04:03.01	686		E

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25	B-10	70 m Hekkies	/ 70 m Hurdles	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE084	210	Zander du Plessis	Free State Province	1	00:12.46	805	-0.8	E
GAU108	406	Stephen le Roux	Gauteng Province	1	00:12.31	819	-1.5	E
MPU053	722	Willem Greyling	Mpumalanga Province	1	00:12.49	802	-1.6	E
FRE085	211	Jean-Löther Erasmus	Free State Province	2	00:12.55	796		E
MPU055	724	Ruan Kühn	Mpumalanga Province	2	00:12.96	760		E
ECP062	61	R Ferreira	Eastern Cape Province	2	00:12.61	790		E
FRE095	221	Gerdus van der Vyver	Free State Province	3	00:12.86	768		E
NWP051	911	William Middleton	North West Province	3	00:12.66	786		E

58	B-10	70 m Hekkies	/ 70 m Hurdles	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU108	406	Stephen le Roux	Gauteng Province	1	00:11.95	858	-0.9	E
FRE084	210	Zander du Plessis	Free State Province	2	00:12.12	839	-0.9	E
MPU053	722	Willem Greyling	Mpumalanga Province	3	00:12.24	826	-0.9	E
NWP051	911	William Middleton	North West Province	4	00:12.41	809	-0.9	E
FRE085	211	Jean-Löther Erasmus	Free State Province	5	00:12.42	808	-0.9	E
ECP062	61	R Ferreira	Eastern Cape Province	6	00:12.78	775	-0.9	E
FRE095	221	Gerdus van der Vyver	Free State Province	7	00:12.81	773	-0.9	E
MPU055	724	Ruan Kühn	Mpumalanga Province	8	00:12.86	768	-0.9	E

70	B-10	4X100 m Aflos	/ 4X100 m Relay	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECPA05	124	Eastern Cape	Eastern Cape Province	1	00:00.00	0		E
FREA02	294	Free State	Free State Province	1	00:00.00	0		E
GAUA05	527	Gauteng	Gauteng Province	1	00:00.00	0		E
LIMA04	667	Limpopo	Limpopo Province	1	00:00.00	0		E
MPUA05	788	Mpumalanga	Mpumalanga Province	1	00:00.00	0		E
NWPA05	953	North West	North West Province	1	00:00.00	0		E
NCPA05	859	Northern Cape	Northern Cape Province	1	00:00.00	0		E
WCPA05	1145	Western Cape	Western Cape Province	1	00:00.00	0		E

134	B-10	4X100 m Aflos	/ 4X100 m Relay	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
NWPA05	953	North West	North West Province	1	00:55.41	765		E
FREA02	294	Free State	Free State Province	2	00:55.55	760		E
MPUA05	788	Mpumalanga	Mpumalanga Province	3	00:55.77	753		E
WCPA05	1145	Western Cape	Western Cape Province	5	00:56.31	737		E
NCPA05	859	Northern Cape	Northern Cape Province	6	00:57.98	690		E
ECPA05	124	Eastern Cape	Eastern Cape Province	7	00:58.14	686		E
LIMA04	667	Limpopo	Limpopo Province	8	00:61.12	614		E

27	B-10	Hoogspring	/ High Jump	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP110	1058	Richard Kriel	Western Cape Province	1	1.33	863		E
GAU110	408	Sazesanda Makalima	Gauteng Province	2	1.33	863		E
MPU054	723	Willeam J v Rensburg	Mpumalanga Province	3	1.31	828		E
WCP114	1062	Breyton Poole	Western Cape Province	4	1.29	793		E
KZN022	552	Nduduzo Shandu	KwaZulu Natal	5	1.29	793		E
WCP111	1059	Zavier Lewies	Western Cape Province	6	1.27	758		E
NCP056	847	Kakana Tshelo	Northern Cape Province	7	1.27	758		E
NCP023	814	Darren Beukes	Northern Cape Province	8	1.27	758		E

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105	B-10	Verspring	/ Long Jump		00:00.00		Final		
			Athlete	Team	Place	Performance	Table point	Wind	H/E
NWP051	911	William Middleton	North West Province	1	4.35	656	0.11	E	
GAU104	402	Ross Braude	Gauteng Province	2	4.32	638		E	
GAU107	405	Tian Kruger	Gauteng Province	3	4.29	619		E	
WCP117	1064	Tiaan Welpton	Western Cape Province	4	4.27	607		E	
WCP110	1058	Richard Kriel	Western Cape Province	5	4.26	601		E	
ECP064	63	Khusu Lelala	Eastern Cape Province	6	4.26	601		E	
NWP053	913	Luan Dreyer	North West Province	7	4.24	588		E	
GAU115	413	Juan Vosloo	Gauteng Province	8	4.20	564		E	

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10	B-11	80 m	/ 80 m	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE109	235	Dillan Schultz	Free State Province	1	00:11.32	635	0.4	E	
GAU136	434	Dewald de Klerk	Gauteng Province	1	00:11.15	658	0.2	E	
WCP135	1081	Junayde Williams	Western Cape Province	1	00:11.17	655	0.5	E	
FRE099	225	Muller du Plessis	Free State Province	2	00:11.21	650		E	
GAU141	439	Thembo Monaleng	Gauteng Province	2	00:11.34	633		E	
GAU137	435	Thandolwenkosi Dlodlo	Gauteng Province	2	00:11.36	630		E	
GAU142	440	Sitiso Mpangane	Gauteng Province	3	00:11.43	621		E	
MPU065	734	Uys du Preez	Mpumalanga Province	3	00:11.45	619		E	

40	B-11	80 m	/ 80 m	00:00.00	Semi-Finals				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE109	235	Dillan Schultz	Free State Province	1	00:11.32	635	0.4	E	
GAU136	434	Dewald de Klerk	Gauteng Province	1	00:11.15	658	0.2	E	
WCP135	1081	Junayde Williams	Western Cape Province	1	00:11.17	655	0.5	E	
FRE099	225	Muller du Plessis	Free State Province	2	00:11.21	650		E	
GAU141	439	Thembo Monaleng	Gauteng Province	2	00:11.34	633		E	
GAU137	435	Thandolwenkosi Dlodlo	Gauteng Province	2	00:11.36	630		E	
GAU142	440	Sitiso Mpangane	Gauteng Province	3	00:11.43	621		E	
MPU065	734	Uys du Preez	Mpumalanga Province	3	00:11.45	619		E	

49	B-11	80 m	/ 80 m	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU136	434	Dewald de Klerk	Gauteng Province	1	00:10.90	694	-0.9	E	
GAU137	435	Thandolwenkosi Dlodlo	Gauteng Province	2	00:11.16	657		E	
FRE099	225	Muller du Plessis	Free State Province	3	00:11.18	654		E	
GAU142	440	Sitiso Mpangane	Gauteng Province	4	00:11.24	646		E	
GAU141	439	Thembo Monaleng	Gauteng Province	5	00:11.27	642		E	
FRE109	235	Dillan Schultz	Free State Province	6	00:11.29	639		E	
MPU065	734	Uys du Preez	Mpumalanga Province	7	00:11.36	630		E	

86	B-11	100 m	/ 100 m	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU141	439	Thembo Monaleng	Gauteng Province	1	00:13.96	675	-0.9	E	
GAU138	436	Thabang Letswalo	Gauteng Province	1	00:13.21	765	-0.6	E	
WCP135	1081	Junayde Williams	Western Cape Province	1	00:13.26	758	-0.8	E	
ECP077	76	Xolile Mathole	Eastern Cape Province	2	00:14.13	657		E	
FRE099	225	Muller du Plessis	Free State Province	2	00:13.58	718		E	
KZN023	553	Njabulo Gcino	KwaZulu Natal	2	00:13.41	739		E	
GAU136	434	Dewald de Klerk	Gauteng Province	3	00:13.46	732		E	
WCP121	1068	Angelo Davids	Western Cape Province	4	00:13.50	728		E	

104	B-11	100 m	/ 100 m	00:00.00	Semi-Finals				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU141	439	Thembo Monaleng	Gauteng Province	1	00:13.96	675	-0.9	E	
GAU138	436	Thabang Letswalo	Gauteng Province	1	00:13.21	765	-0.6	E	
WCP135	1081	Junayde Williams	Western Cape Province	1	00:13.26	758	-0.8	E	
ECP077	76	Xolile Mathole	Eastern Cape Province	2	00:14.13	657		E	
FRE099	225	Muller du Plessis	Free State Province	2	00:13.58	718		E	
KZN023	553	Njabulo Gcino	KwaZulu Natal	2	00:13.41	739		E	
GAU136	434	Dewald de Klerk	Gauteng Province	3	00:13.46	732		E	
WCP121	1068	Angelo Davids	Western Cape Province	4	00:13.50	728		E	

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125	B-11	100 m	/ 100 m	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
KZN023	553	Njabulo Gcino	KwaZulu Natal	1	00:13.48	730	-1.0	E	
WCP135	1081	Junayde Williams	Western Cape Province	2	00:13.65	710	-1.0	E	
GAU138	436	Thabang Letswalo	Gauteng Province	3	00:13.68	706	-1.0	E	
GAU136	434	Dewald de Klerk	Gauteng Province	4	00:13.85	687	-1.0	E	
FRE099	225	Muller du Plessis	Free State Province	5	00:13.88	684	-1.0	E	
GAU141	439	Thembo Monaleng	Gauteng Province	6	00:14.14	656	-1.0	E	
WCP121	1068	Angelo Davids	Western Cape Province	7	00:14.27	643	-1.0	E	
ECP077	76	Xolile Mathole	Eastern Cape Province	8	00:14.47	624	-1.0	E	

32	B-11	1200 m	/ 1200 m	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU127	425	Modiya Moliea	Gauteng Province	1	03:45.68	742		E	
KZN025	555	Mthunzi Mazibuko	KwaZulu Natal	1	03:41.78	771		E	
ECP075	74	Zuko Fuya	Eastern Cape Province	2	03:46.01	740		E	
ECP078	77	Lundi Mbiza	Eastern Cape Province	2	03:47.13	732		E	
GAU126	424	Kgaogelo Masete	Gauteng Province	3	03:49.38	717		E	
GAU128	426	Mogomutsi Nxumalo	Gauteng Province	3	03:44.04	754		E	
LIM064	642	Katlego Maphutha	Limpopo Province	4	03:47.73	728		E	
WCP119	1066	Elvis Botha	Western Cape Province	4	03:49.91	713		E	
FRE108	234	Elias Qhinebe	Free State Province	5	03:53.25	692		E	
LIM061	639	Kamogelo Mafofome	Limpopo Province	5	03:52.68	695		E	
LIM067	645	Aubrey Ribele	Limpopo Province	6	03:55.45	678		E	
MPU069	738	Jaco Roelofse	Mpumalanga Province	6	03:53.58	690		E	
FRE104	230	Mosebetsi Nhlapo	Free State Province	7	04:00.16	651		E	
WCP120	1067	Naphtalei Damons	Western Cape Province	7	03:54.10	686		E	
MPU067	736	Calvin Mokoena	Mpumalanga Province	8	04:01.46	644		E	
NWP056	916	Juan-Pierre vd Merwe	North West Province	8	03:54.74	682		E	

94	B-11	1200 m	/ 1200 m	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
KZN025	555	Mthunzi Mazibuko	KwaZulu Natal	1	03:36.18	817		E	
ECP078	77	Lundi Mbiza	Eastern Cape Province	2	03:43.88	755		E	
GAU126	424	Kgaogelo Masete	Gauteng Province	3	03:45.07	746		E	
LIM064	642	Katlego Maphutha	Limpopo Province	4	03:45.11	746		E	
GAU128	426	Mogomutsi Nxumalo	Gauteng Province	5	03:47.77	727		E	
GAU127	425	Modiya Moliea	Gauteng Province	6	03:50.50	709		E	
WCP120	1067	Naphtalei Damons	Western Cape Province	7	03:51.00	706		E	
FRE108	234	Elias Qhinebe	Free State Province	8	03:53.85	688		E	

21	B-11	70 m Hekkie	/ 70 m Hurdles	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
MPU075	744	Duvan van Duyker	Mpumalanga Province	1	00:12.04	755	-1.4	E	
NWP058	918	Nathan Holtzhuizen	North West Province	1	00:12.16	745	-0.9	E	
WCP127	1074	Linford Maree	Western Cape Province	1	00:12.24	738	-0.1	E	
GAU135	433	Adriaan Claassens	Gauteng Province	2	00:12.10	750		E	
LIM058	636	Ruan Groenewald	Limpopo Province	2	00:12.32	731		E	
NWP060	920	Renco van Huyssteen	North West Province	2	00:12.24	738	-0.1	E	
FRE100	226	Dean Haasbroek	Free State Province	3	00:12.23	739		E	
GAU224	522	Johannes Mulder	Gauteng Province	4	00:12.30	733		E	

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60	B-11	70 m Hekkie	/ 70 m Hurdles	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP127	1074	Linford Maree	Western Cape Province	1	00:11.65	792		E	
GAU135	433	Adriaan Claassens	Gauteng Province	2	00:11.77	780		E	
MPU075	744	Duvan van Duyker	Mpumalanga Province	3	00:11.88	770		E	
NWP058	918	Nathan Holtzhuizen	North West Province	4	00:12.00	759		E	
FRE100	226	Dean Haasbroek	Free State Province	5	00:12.14	747		E	
GAU224	522	Johannes Mulder	Gauteng Province	6	00:12.20	742	-0.7	E	
LIM058	636	Ruan Groenewald	Limpopo Province	7	00:12.25	737		E	
NWP060	920	Renco van Huyssteen	North West Province	8	00:12.26	736		E	

72	B-11	4X100 m Aflos	/ 4X100 m Relay	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECPA06	125	Eastern Cape	Eastern Cape Province	1	00:00.00	0		E	
FREA03	295	Free State	Free State Province	1	00:00.00	0		E	
GAUA06	528	Gauteng	Gauteng Province	1	00:00.00	0		E	
LIMA05	668	Limpopo	Limpopo Province	1	00:00.00	0		E	
MPUA06	789	Mpumalanga	Mpumalanga Province	1	00:00.00	0		E	
NWPA06	954	North West	North West Province	1	00:00.00	0		E	
WCPA06	1146	Western Cape	Western Cape Province	1	00:00.00	0		E	

136	B-11	4X100 m Aflos	/ 4X100 m Relay	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAUA06	528	Gauteng	Gauteng Province	1	00:52.84	763		E	
WCPA06	1146	Western Cape	Western Cape Province	2	00:54.24	719		E	
FREA03	295	Free State	Free State Province	3	00:54.37	715		E	
MPUA06	789	Mpumalanga	Mpumalanga Province	4	00:55.30	688		E	
LIMA05	668	Limpopo	Limpopo Province	5	00:56.24	663		E	
NWPA06	954	North West	North West Province	6	00:56.31	661		E	
ECPA06	125	Eastern Cape	Eastern Cape Province	7	00:58.22	615		E	

97	B-11	Hoogspring	/ High Jump	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECP083	82	Waqar Solan	Eastern Cape Province	1	1.51	917		E	
GAU123	421	Dhlahla Karabo	Gauteng Province	2	1.51	917		E	
FRE100	226	Dean Haasbroek	Free State Province	3	1.48	904		E	
WCP133	1079	Bevan Sasman	Western Cape Province	4	1.43	833		E	
WCP125	1072	Joshua Klaase	Western Cape Province	5	1.38	753		E	

23	B-11	Verspring	/ Long Jump	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU134	432	Reuben Weiss	Gauteng Province	1	4.97	814	2.56	E	
GAU123	421	Dhlahla Karabo	Gauteng Province	2	4.90	770		E	
ECP081	80	Zinzo Potsho	Eastern Cape Province	3	4.86	746		E	
FRE099	225	Muller du Plessis	Free State Province	4	4.81	715		E	
WCP128	1075	Tyron Muller	Western Cape Province	5	4.72	662		E	
WCP127	1074	Linford Maree	Western Cape Province	6	4.64	616		E	
GAU125	423	Juan Paul Maré	Gauteng Province	7	4.54	560		E	
ECP083	82	Waqar Solan	Eastern Cape Province	8	4.52	549		E	

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64	B-11	Gewigstoot	/ Shot Put		00:00.00		Final		
			Athlete	Team	Place	Performance	Table point	Wind	H/E
WCP129	1076	Jay-Cee Nel	Western Cape Province	1	12.56	915		E	
GAU129	427	Mark Snyman	Gauteng Province	2	12.17	903		E	
GAU130	428	Francois Thomas	Gauteng Province	3	12.02	896		E	
GAU222	520	Kayle Blignaut	Gauteng Province	4	11.88	884		E	
ECP073	72	Gerrit du Preez	Eastern Cape Province	5	11.58	858		E	
FRE097	223	GJ Burger	Free State Province	6	11.56	857		E	
WCP118	1065	Dan Aspelng	Western Cape Province	7	11.04	814		E	
GAU132	430	Corné Visagie	Gauteng Province	8	11.04	814		E	

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90	B-12	100 m	/ 100 m	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU170	468	Hendrik de Leeuw	Gauteng Province	1	00:13.19	695	1.1	E	
KZN029	559	Simo Kunene	KwaZulu Natal	1	00:12.78	746	-0.6	E	
NWP068	928	Lekone Moalusi	North West Province	1	00:12.76	749	-0.5	E	
FRE127	252	Lehlohonolo Makhamba	Free State Province	2	00:13.25	688		E	
NWP069	929	Sherman Reyniers	North West Province	2	00:13.03	714		E	
WCP152	1097	Abeshai Nyangwa	Western Cape Province	2	00:13.17	697		E	
WCP141	1086	Kristiaan de Wet	Western Cape Province	3	00:13.10	705		E	
ECP095	94	Lebohang Parkies	Eastern Cape Province	4	00:13.16	698		E	

108	B-12	100 m	/ 100 m	00:00.00	Semi-Finals				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU170	468	Hendrik de Leeuw	Gauteng Province	1	00:13.19	695	1.1	E	
KZN029	559	Simo Kunene	KwaZulu Natal	1	00:12.78	746	-0.6	E	
NWP068	928	Lekone Moalusi	North West Province	1	00:12.76	749	-0.1	E	
FRE127	252	Lehlohonolo Makhamba	Free State Province	2	00:13.25	688		E	
NWP069	929	Sherman Reyniers	North West Province	2	00:13.01	717		E	
WCP152	1097	Abeshai Nyangwa	Western Cape Province	2	00:13.17	697		E	
WCP141	1086	Kristiaan de Wet	Western Cape Province	3	00:13.10	705		E	
ECP095	94	Lebohang Parkies	Eastern Cape Province	4	00:13.16	698		E	

127	B-12	100 m	/ 100 m	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
KZN029	559	Simo Kunene	KwaZulu Natal	1	00:12.93	727	-0.4	E	
GAU170	468	Hendrik de Leeuw	Gauteng Province	2	00:13.17	697	-0.4	E	
NWP068	928	Lekone Moalusi	North West Province	3	00:13.18	696	-0.4	E	
FRE127	252	Lehlohonolo Makhamba	Free State Province	4	00:13.44	666	-0.4	E	
NWP069	929	Sherman Reyniers	North West Province	5	00:13.48	662	-0.4	E	
ECP095	94	Lebohang Parkies	Eastern Cape Province	6	00:13.51	659	-0.4	E	
WCP141	1086	Kristiaan de Wet	Western Cape Province	7	00:13.53	657	-0.4	E	
WCP152	1097	Abeshai Nyangwa	Western Cape Province	8	00:13.55	655	-0.4	E	

13	B-12	150 m	/ 150 m	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU165	463	Brolin Truter	Gauteng Province	1	00:19.64	746	0.9	E	
KZN029	559	Simo Kunene	KwaZulu Natal	1	00:18.90	813	0.9	E	
LIM069	647	Kenneth Boy	Limpopo Province	1	00:19.60	749	0.1	E	
WCP152	1097	Abeshai Nyangwa	Western Cape Province	1	00:19.29	776	-0.4	E	
ECP095	94	Lebohang Parkies	Eastern Cape Province	2	00:19.65	745		E	
FRE127	252	Lehlohonolo Makhamba	Free State Province	2	00:19.78	734		E	
GAU170	468	Hendrik de Leeuw	Gauteng Province	2	00:19.42	764		E	
NWP068	928	Lekone Moalusi	North West Province	2	00:19.54	754		E	
NCP035	826	Mienies Warren	Northern Cape Province	3	00:19.63	747		E	
NWP069	929	Sherman Reyniers	North West Province	3	00:19.67	743		E	
WCP137	1082	Amaan Africa	Western Cape Province	3	00:19.70	741		E	
WCP154	1099	Moegamat Paulse	Western Cape Province	3	00:20.02	716		E	
FRE126	251	Tlotliso Leotlela	Free State Province	4	00:19.99	718		E	
LIM078	656	Marnus Uys	Limpopo Province	4	00:20.03	715		E	
LIM076	654	Luan Richter	Limpopo Province	4	00:20.24	699		E	
GAU176	474	Jarred Zackey	Gauteng Province	5	00:20.07	712		E	

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36	B-12	150 m	/ 150 m	00:00.00	Semi-Finals			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
KZN029	559	Simo Kunene	KwaZulu Natal	1	00:18.93	810	-0.9	E
NWP068	928	Lekone Moalusi	North West Province	1	00:19.25	780	0.7	E
FRE127	252	Lehlohonolo Makhamba	Free State Province	2	00:19.41	765		E
WCP137	1082	Amaan Africa	Western Cape Province	2	00:19.49	758		E
GAU170	468	Hendrik de Leeuw	Gauteng Province	3	00:19.53	755		E
NCP035	826	Mienies Warren	Northern Cape Province	3	00:19.70	741		E
LIM069	647	Kenneth Boy	Limpopo Province	4	00:19.54	754		E
WCP152	1097	Abeshai Nyangwa	Western Cape Province	4	00:19.97	720		E

51	B-12	150 m	/ 150 m	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
KZN029	559	Simo Kunene	KwaZulu Natal	1	00:18.64	840	-1.2	E
NWP068	928	Lekone Moalusi	North West Province	2	00:18.94	809	-1.2	E
FRE127	252	Lehlohonolo Makhamba	Free State Province	3	00:19.09	794	-1.2	E
WCP137	1082	Amaan Africa	Western Cape Province	4	00:19.10	793	-1.2	E
GAU170	468	Hendrik de Leeuw	Gauteng Province	5	00:19.26	779	-1.2	E
WCP152	1097	Abeshai Nyangwa	Western Cape Province	6	00:19.64	746	-1.2	E
LIM069	647	Kenneth Boy	Limpopo Province	7	00:19.65	745	-1.2	E
NCP035	826	Mienies Warren	Northern Cape Province	8	00:21.63	609	-1.2	E

45	B-12	1200 m	/ 1200 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
KZN030	560	Mbekezeli Mzizi	KwaZulu Natal	1	03:36.08	753		E
KZN032	562	Mlindelwa Nzimande	KwaZulu Natal	1	03:35.08	761		E
ECP089	88	Sive Cwesi	Eastern Cape Province	2	03:36.19	752		E
ECP092	91	Sakhiwo Mpahla	Eastern Cape Province	2	03:37.80	740		E
GAU157	455	Khanyile Khonco	Gauteng Province	3	03:41.90	711		E
KZN033	563	Sibusiso Nkambule	KwaZulu Natal	3	03:38.65	734		E
ECP087	86	Okuhle Bomana	Eastern Cape Province	4	03:41.60	713		E
GAU166	464	Bheki Tshabalala	Gauteng Province	4	03:42.48	707		E
MPU085	754	Vuni Madonsela	Mpumalanga Province	5	03:44.37	695		E
WCP155	1100	Rowhaldo Ratz	Western Cape Province	5	03:41.88	711		E
FRE116	241	Shawn Maxwell Belo	Free State Province	6	03:45.66	686		E
WCP158	1103	Paul Smuts	Western Cape Province	6	03:45.50	688		E
GAU164	462	Migael Strydom	Gauteng Province	7	03:45.79	686		E
WCP146	1091	Aubrey Kotze	Western Cape Province	7	03:47.94	672		E
GAU161	459	Sifiso Radebe	Gauteng Province	8	03:48.64	668		E
NCP037	828	Pierre vd Walt	Northern Cape Province	8	03:49.28	664		E

112	B-12	1200 m	/ 1200 m	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
KZN032	562	Mlindelwa Nzimande	KwaZulu Natal	1	03:32.62	781		E
KZN030	560	Mbekezeli Mzizi	KwaZulu Natal	2	03:34.04	769		E
ECP089	88	Sive Cwesi	Eastern Cape Province	3	03:35.49	758		E
ECP092	91	Sakhiwo Mpahla	Eastern Cape Province	4	03:39.60	727		E
FRE116	241	Shawn Maxwell Belo	Free State Province	5	03:39.91	725		E
GAU157	455	Khanyile Khonco	Gauteng Province	6	03:42.91	704		E
KZN033	563	Sibusiso Nkambule	KwaZulu Natal	7	03:43.76	699		E
GAU164	462	Migael Strydom	Gauteng Province	8	03:43.84	698		E

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29	B-12	75 m Hekkies	/ 75 m Hurdles	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECP096	95	Marius Rheens	Eastern Cape Province	1	00:12.05	821	-1.1	E	
GAU153	451	Hannes Strydom	Gauteng Province	1	00:12.13	813	-3.3	E	
MPU092	761	Mpho Tladi	Mpumalanga Province	2	00:12.30	796		E	
NWP076	936	Alwyn Botha	North West Province	2	00:12.37	790		E	
FRE131	256	Nico Prinsloo	Free State Province	3	00:12.47	780		E	
WCP145	1090	Eugene Kleinhans	Western Cape Province	3	00:12.42	785		E	
GAU159	457	Reanetse Motlounge	Gauteng Province	4	00:12.58	771		E	
WCP139	1084	Lance Blows	Western Cape Province	5	00:12.77	754		E	

63	B-12	75 m Hekkies	/ 75 m Hurdles	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
NWP076	936	Alwyn Botha	North West Province	1	00:12.08	818	-0.1	E	
ECP096	95	Marius Rheens	Eastern Cape Province	2	00:12.09	817	-0.1	E	
FRE131	256	Nico Prinsloo	Free State Province	3	00:12.21	805	-0.1	E	
MPU092	761	Mpho Tladi	Mpumalanga Province	4	00:12.46	781	-0.1	E	
GAU159	457	Reanetse Motlounge	Gauteng Province	5	00:12.71	759	-0.1	E	
WCP139	1084	Lance Blows	Western Cape Province	6	00:12.77	754	-0.1	E	
GAU153	451	Hannes Strydom	Gauteng Province	7	00:14.89	613	-0.1	E	

98	B-12	150 m Hekkies	/ 150 m Hurdles	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE127	252	Lehlohonolo Makhamba	Free State Province	1	00:21.20	950	0.2	E	
GAU165	463	Brolin Truter	Gauteng Province	1	00:21.43	917	-0.2	E	
WCP151	1096	Matthew Noemdoe	Western Cape Province	1	00:22.12	841	0.9	E	
ECP096	95	Marius Rheens	Eastern Cape Province	2	00:22.30	824		E	
MPU091	760	Hendrik Susan	Mpumalanga Province	2	00:22.27	827		E	
NWP063	923	Rassie Breedt	North West Province	2	00:22.88	774		E	
FRE131	256	Nico Prinsloo	Free State Province	3	00:23.07	759		E	
GAU174	472	Mandla Ntlumayo	Gauteng Province	3	00:23.02	763		E	

114	B-12	150 m Hekkies	/ 150 m Hurdles	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE127	252	Lehlohonolo Makhamba	Free State Province	1	00:21.07	971	-0.2	E	R
GAU165	463	Brolin Truter	Gauteng Province	2	00:21.55	902	-0.2	E	
ECP096	95	Marius Rheens	Eastern Cape Province	3	00:21.71	884	-0.2	E	
WCP151	1096	Matthew Noemdoe	Western Cape Province	4	00:21.79	875	-0.2	E	
MPU091	760	Hendrik Susan	Mpumalanga Province	5	00:22.70	789	-0.2	E	
NWP063	923	Rassie Breedt	North West Province	6	00:22.94	769	-0.2	E	
GAU174	472	Mandla Ntlumayo	Gauteng Province	7	00:23.25	746	-0.2	E	
FRE131	256	Nico Prinsloo	Free State Province	8	00:23.29	743	-0.2	E	

74	B-12	4X100 m Aflos	/ 4X100 m Relay	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECPA07	126	Eastern Cape	Eastern Cape Province	1	00:00.00	0		E	
FREA06	298	Free State	Free State Province	1	00:00.00	0		E	
GAUA07	529	Gauteng	Gauteng Province	1	00:00.00	0		E	
LIMA06	669	Limpopo	Limpopo Province	1	00:00.00	0		E	
MPUA07	790	Mpumalanga	Mpumalanga Province	1	00:00.00	0		E	
NWPA07	955	North West	North West Province	1	00:00.00	0		E	
WCPA07	1147	Western Cape	Western Cape Province	1	00:00.00	0		E	

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138	B-12	4X100 m Aflos	/ 4X100 m Relay		00:00.00	Final			
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAUA07	529	Gauteng	Gauteng Province	1	00:51.05	745		E	
LIMA06	669	Limpopo	Limpopo Province	2	00:51.83	720		E	
FREA06	298	Free State	Free State Province	3	00:52.20	709		E	
ECPA07	126	Eastern Cape	Eastern Cape Province	4	00:52.31	705		E	
MPUA07	790	Mpumalanga	Mpumalanga Province	5	00:52.33	705		E	
NWPA07	955	North West	North West Province	6	00:52.87	689		E	
WCPA07	1147	Western Cape	Western Cape Province	7	00:56.57	594		E	

4	B-12	Hoogspring	/ High Jump		00:00.00	Final			
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU155	453	Francois Wiese	Gauteng Province	1	1.59	884		E	
GAU150	448	Frederik Page	Gauteng Province	2	1.57	854		E	
ECP096	95	Marius Rheens	Eastern Cape Province	3	1.53	794		E	
KZN031	561	Lwandile Mabhongo	KwaZulu Natal	4	1.49	736		E	
GAU152	450	Daniël Steynberg	Gauteng Province	5	1.47	708		E	
GAU147	445	Wesley Frisby	Gauteng Province	6	1.47	708		E	
LIM077	655	Brilliant Tsoane	Limpopo Province	7	1.47	708		E	
NWP075	935	Thato Shai	North West Province	8	1.47	708		E	

80	B-12	Verspring	/ Long Jump		00:00.00	Final			
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
KZN034	564	Zenzele Shezi	KwaZulu Natal	1	5.14	694	1.26	E	
WCP164	1108	Didas Wa Bahombwa	Western Cape Province	2	5.14	694		E	
GAU165	463	Brolin Truter	Gauteng Province	3	5.03	635		E	
LIM076	654	Luan Richter	Limpopo Province	4	5.00	619		E	
NCP035	826	Mienies Warren	Northern Cape Province	5	4.95	592		E	
WCP163	1107	Berndt Venter	Western Cape Province	6	4.91	572		E	
LIM074	652	Stefan Nel	Limpopo Province	7	4.86	546		E	
NWP067	927	Lego Manche	North West Province	8	4.82	525		E	

96	B-12	Gewigstoot	/ Shot Put		00:00.00	Final			
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP160	1104	Jared Swanepoel	Western Cape Province	1	13.28	901		E	
WCP138	1083	Riaan Barnard	Western Cape Province	2	13.15	892		E	
FRE134	259	Knocks Stevens	Free State Province	3	12.83	867		E	
WCP166	1109	Marco Whitmore	Western Cape Province	4	12.04	808		E	
GAU151	449	Edward Pretorius	Gauteng Province	5	11.92	800		E	
ECP090	89	Wihan Ferreira	Eastern Cape Province	6	11.80	791		E	
LIM070	648	Schalk Erasmus	Limpopo Province	7	11.74	787		E	
NWP070	930	F Crofford	North West Province	8	11.17	746		E	

18	B-12	Diskusgooi	/ Discus Throw		00:00.00	Final			
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE134	259	Knocks Stevens	Free State Province	1	42.03	931		E	
GAU144	442	Brain Boucher	Gauteng Province	2	37.38	876		E	
NWP070	930	F Crofford	North West Province	3	35.90	841		E	
WCP160	1104	Jared Swanepoel	Western Cape Province	4	35.53	832		E	
MPU078	747	Francois Esselen	Mpumalanga Province	5	33.02	775		E	
WCP161	1105	Bernard Swart	Western Cape Province	6	32.32	759		E	
GAU151	449	Edward Pretorius	Gauteng Province	7	31.45	740		E	
FRE125	250	Gerrie Koegelenberg	Free State Province	8	31.31	737		E	

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43	B-12	Spiesgooi	/ Javelin	00:00.00			Final		
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
LIM074	652	Stefan Nel	Limpopo Province	1	39.35	933		E	
MPU079	748	Hans Greyling	Mpumalanga Province	2	37.24	904		E	
NWP064	924	Paul Botha	North West Province	3	36.74	891		E	
NWP065	925	Gerhard Jonker	North West Province	4	35.68	851		E	
LIM075	653	Mauritz Pretorius	Limpopo Province	5	35.25	836		E	
ECP097	96	Lidwig Coetzer	Eastern Cape Province	6	32.77	750		E	
ECP086	85	Chuanpaul Bezuidenhout	Eastern Cape Province	7	32.46	740		E	
FRE124	249	Tertius Jv Rensburg	Free State Province	8	32.45	739		E	

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88	B-13	100 m	/ 100 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU207	505	Moahloli Mbobo	Gauteng Province	1	00:12.50	720	0.1	E
NCP038	829	Xavier Cloete	Northern Cape Province	1	00:12.63	703	0.2	E
WCP172	1115	Jason Davids	Western Cape Province	1	00:12.38	736	-1.0	E
WCP169	1112	Kyle Ballakistan	Western Cape Province	1	00:12.52	717	-0.	E
FRE167	292	Rico Viljoen	Free State Province	2	00:12.57	711		E
GAU209	507	Jan-Hendrik Nieuwoudt	Gauteng Province	2	00:12.49	721		E
NCP044	835	Othusitse Tuelo	Northern Cape Province	2	00:12.63	703		E
NWP083	943	Stiaan Joubert	North West Province	2	00:12.75	689		E
FRE154	279	Leighton Goodman	Free State Province	3	00:12.77	686		E
GAU216	514	Adnaan Bhoola	Gauteng Province	3	00:12.98	662		E
KZN048	578	Mlamuli Mbutho	KwaZulu Natal	3	00:12.88	673		E
NWP084	944	Gifte Mataose	North West Province	3	00:12.57	711		E
FRE162	287	Rudy Oliphant	Free State Province	4	00:12.88	673		E
WCP179	1122	Jody Jansen	Western Cape Province	4	00:12.63	703		E
GAU219	517	Jacobus Moller	Gauteng Province	5	00:12.81	682		E
ECP108	106	Athini Magodla	Eastern Cape Province	6	00:12.88	673		E

110	B-13	100 m	/ 100 m	00:00.00	Semi-Finals			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP172	1115	Jason Davids	Western Cape Province	1	00:12.32	744		E
WCP169	1112	Kyle Ballakistan	Western Cape Province	1	00:12.37	737		E
GAU207	505	Moahloli Mbobo	Gauteng Province	2	00:12.37	737		E
GAU209	507	Jan-Hendrik Nieuwoudt	Gauteng Province	2	00:12.62	705		E
FRE167	292	Rico Viljoen	Free State Province	3	00:12.57	711		E
NCP044	835	Othusitse Tuelo	Northern Cape Province	3	00:12.65	701		E
NWP084	944	Gifte Mataose	North West Province	4	00:12.69	696		E
WCP179	1122	Jody Jansen	Western Cape Province	4	00:12.64	702		E

129	B-13	100 m	/ 100 m	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP172	1115	Jason Davids	Western Cape Province	1	00:12.31	746	-1.0	E
WCP169	1112	Kyle Ballakistan	Western Cape Province	2	00:12.36	739	-1.0	E
GAU207	505	Moahloli Mbobo	Gauteng Province	3	00:12.41	732	-1.0	E
GAU209	507	Jan-Hendrik Nieuwoudt	Gauteng Province	4	00:12.59	709	-1.0	E
WCP179	1122	Jody Jansen	Western Cape Province	5	00:12.62	705	-1.0	E
FRE167	292	Rico Viljoen	Free State Province	6	00:12.66	700	-1.0	E
NWP084	944	Gifte Mataose	North West Province	7	00:12.92	669	-1.0	E
NCP044	835	Othusitse Tuelo	Northern Cape Province	8	00:13.17	641	-1.0	E

15	B-13	200 m	/ 200 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE162	287	Rudy Oliphant	Free State Province	1	00:25.20	764	-0.8	E
GAU209	507	Jan-Hendrik Nieuwoudt	Gauteng Province	1	00:24.90	783	0.4	E
WCP172	1115	Jason Davids	Western Cape Province	1	00:24.55	808	-0.5	E
GAU207	505	Moahloli Mbobo	Gauteng Province	2	00:24.67	799		E
KZN047	577	Zola Dladu	KwaZulu Natal	2	00:25.44	749		E
WCP169	1112	Kyle Ballakistan	Western Cape Province	2	00:25.37	753		E
NCP038	829	Xavier Cloete	Northern Cape Province	3	00:25.20	764		E
NCP044	835	Othusitse Tuelo	Northern Cape Province	3	00:25.51	745		E

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38	B-13	200 m	/ 200 m	00:00.00	Semi-Finals				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE162	287	Rudy Oliphant	Free State Province	1	00:25.20	764	-0.8	E	
GAU209	507	Jan-Hendrik Nieuwoudt	Gauteng Province	1	00:24.90	783	0.4	E	
WCP172	1115	Jason Davids	Western Cape Province	1	00:24.55	808	-0.2	E	
GAU207	505	Moahloli Mbobo	Gauteng Province	2	00:24.67	799		E	
KZN047	577	Zola Dlodlu	KwaZulu Natal	2	00:25.44	749		E	
WCP169	1112	Kyle Ballakistan	Western Cape Province	2	00:25.37	753		E	
NCP038	829	Xavier Cloete	Northern Cape Province	3	00:25.20	764		E	
NCP044	835	Othusitse Tuelo	Northern Cape Province	3	00:25.51	745		E	

53	B-13	200 m	/ 200 m	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP172	1115	Jason Davids	Western Cape Province	1	00:24.13	839	-3.2	E	
GAU209	507	Jan-Hendrik Nieuwoudt	Gauteng Province	2	00:24.29	827	-3.2	E	
WCP169	1112	Kyle Ballakistan	Western Cape Province	3	00:24.36	822	-3.2	E	
NCP038	829	Xavier Cloete	Northern Cape Province	4	00:24.69	798	-3.2	E	
KZN047	577	Zola Dlodlu	KwaZulu Natal	5	00:25.06	773	-3.2	E	
FRE162	287	Rudy Oliphant	Free State Province	6	00:25.35	754	-3.2	E	
GAU207	505	Moahloli Mbobo	Gauteng Province	7	00:26.20	706	-3.2	E	
NCP044	835	Othusitse Tuelo	Northern Cape Province	8	00:26.21	705	-3.2	E	

16	B-13	800 m	/ 800 m	00:00.00	Heats				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECP113	111	Anele Ndabakayise	Eastern Cape Province	1	02:09.67	802		E	
WCP186	1129	Salamua Ntongo	Western Cape Province	1	02:10.43	787		E	
ECP111	109	Ayanda Matikinca	Eastern Cape Province	2	02:10.76	781		E	
KZN044	574	Sanele Radebe	KwaZulu Natal	2	02:11.21	772		E	
KZN042	572	Nkosinathi Mdakane	KwaZulu Natal	3	02:11.64	764		E	
MPU110	779	David Sibiyi	Mpumalanga Province	3	02:11.36	770		E	
GAU205	503	Daniël Fourie	Gauteng Province	4	02:11.60	765		E	
LIM084	662	Jacques Venter	Limpopo Province	4	02:11.68	764		E	
GAU198	496	Senzo Mkhize	Gauteng Province	5	02:12.10	756		E	
KZN043	573	Hloniphani Hlongwane	KwaZulu Natal	5	02:11.82	761		E	
NWP087	947	Reneilwe Office	North West Province	6	02:15.36	703		E	
WCP183	1126	Keeno Maarman	Western Cape Province	6	00:00.00	0		E	
FRE147	272	Lesley Fischat	Free State Province	7	02:15.82	696		E	
WCP185	1128	Jeandre Muller	Western Cape Province	7	02:15.88	695		E	
FRE153	278	Bongizile Kumalo	Free State Province	8	02:19.31	646		E	
GAU203	501	Guy Chirwa	Gauteng Province	8	02:16.58	685		E	

68	B-13	800 m	/ 800 m	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP186	1129	Salamua Ntongo	Western Cape Province	1	02:08.93	817		E	
NWP087	947	Reneilwe Office	North West Province	2	02:10.18	792		E	
KZN042	572	Nkosinathi Mdakane	KwaZulu Natal	3	02:10.73	781		E	
ECP111	109	Ayanda Matikinca	Eastern Cape Province	4	02:10.83	779		E	
GAU205	503	Daniël Fourie	Gauteng Province	5	02:15.05	708		E	
KZN044	574	Sanele Radebe	KwaZulu Natal	6	02:15.69	698		E	
FRE153	278	Bongizile Kumalo	Free State Province	7	02:16.86	680		E	
GAU203	501	Guy Chirwa	Gauteng Province	8	02:16.94	679		E	

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82	B-13	1500 m	/ 1500 m	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECP107	105	Bongisa Madolo	Eastern Cape Province	1	04:22.73	910	E	
WCP186	1129	Salamua Ntondo	Western Cape Province	1	04:25.99	886	E	
FRE147	272	Lesley Fischat	Free State Province	2	04:28.62	868	E	
WCP173	1116	Ezra Geldenhuys	Western Cape Province	2	04:29.78	860	E	
ECP112	110	Linyano Mthobeli	Eastern Cape Province	3	04:32.95	840	E	
ECP106	104	Keanetsi Letele	Eastern Cape Province	3	04:28.88	866	E	
GAU198	496	Senzo Mkhize	Gauteng Province	4	04:37.31	815	E	
GAU197	495	Tiaan le Roux	Gauteng Province	4	04:35.64	824	E	
LIM079	657	Phineas Mabotja	Limpopo Province	5	04:37.50	814	E	
WCP177	1120	McMarshall Hartzenberg	Western Cape Province	5	04:37.97	811	E	
GAU200	498	William Potgieter	Gauteng Province	6	04:41.40	793	E	
LIM082	660	James Mothapo	Limpopo Province	6	04:39.43	803	E	
FRE156	281	Sello Mlangeni	Free State Province	7	04:42.31	788	E	
NWP081	941	Reuben Mosiane	North West Province	7	04:39.50	803	E	
FRE146	271	Armin Fillies	Free State Province	8	04:42.21	788	E	
MPU099	768	Julian Henn	Mpumalanga Province	8	04:52.31	740	E	

131	B-13	1500 m	/ 1500 m	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECP107	105	Bongisa Madolo	Eastern Cape Province	1	04:27.79	873	E	
WCP186	1129	Salamua Ntondo	Western Cape Province	2	04:29.28	863	E	
FRE147	272	Lesley Fischat	Free State Province	3	04:30.50	855	E	
GAU198	496	Senzo Mkhize	Gauteng Province	4	04:33.52	837	E	
WCP173	1116	Ezra Geldenhuys	Western Cape Province	5	04:33.92	834	E	
GAU197	495	Tiaan le Roux	Gauteng Province	6	04:34.81	829	E	
GAU200	498	William Potgieter	Gauteng Province	7	04:35.90	823	E	
ECP112	110	Linyano Mthobeli	Eastern Cape Province	8	04:37.02	816	E	

31	B-13	80 m Hekkies	/ 80 m Hurdles	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP179	1122	Jody Jansen	Western Cape Province	1	00:12.22	763	-1.3	E
WCP167	1110	Keenan Abrahams	Western Cape Province	1	00:11.96	787	-1.2	E
WCP197	1140	Joshua Vermeulen	Western Cape Province	1	00:12.16	769	-1.0	E
FRE149	274	Dian Gouws	Free State Province	2	00:12.51	738		E
FRE138	263	Francois Agenbag	Free State Province	2	00:12.33	754		E
MPU103	772	Goodman Mkhwanazi	Mpumalanga Province	2	00:12.04	780		E
GAU211	509	Dylan Robinon	Gauteng Province	3	00:12.24	761		E
GAU214	512	Straan Vorster	Gauteng Province	3	00:12.45	743		E

66	B-13	80 m Hekkies	/ 80 m Hurdles	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP167	1110	Keenan Abrahams	Western Cape Province	1	00:11.83	800	-0.6	E
WCP197	1140	Joshua Vermeulen	Western Cape Province	2	00:11.86	797	-0.6	E
WCP179	1122	Jody Jansen	Western Cape Province	3	00:11.88	795	-0.6	E
GAU214	512	Straan Vorster	Gauteng Province	4	00:11.89	794	-0.6	E
FRE138	263	Francois Agenbag	Free State Province	5	00:11.95	788	-0.6	E
MPU103	772	Goodman Mkhwanazi	Mpumalanga Province	6	00:12.20	765	-0.6	E
FRE149	274	Dian Gouws	Free State Province	7	00:12.23	762	-0.6	E
GAU211	509	Dylan Robinon	Gauteng Province	8	00:12.63	729	-0.6	E

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100	B-13	200 m Hekkie	/ 200 m Hurdles	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE138	263	Francois Agenbag	Free State Province	1	00:29.05	764	0	E
GAU194	492	Emmanuel Edoun	Gauteng Province	1	00:28.63	791	0	E
WCP197	1140	Joshua Vermeulen	Western Cape Province	1	00:27.90	844	0	E
GAU193	491	Brian Duvenhage	Gauteng Province	2	00:28.77	782		E
MPU103	772	Goodman Mkhwanazi	Mpumalanga Province	2	00:28.68	788		E
WCP167	1110	Keenan Abrahams	Western Cape Province	2	00:29.09	762		E
FRE149	274	Dian Gouws	Free State Province	3	00:28.94	771		E
GAU217	515	Ali Irvin	Gauteng Province	3	00:29.31	749		E

116	B-13	200 m Hekkie	/ 200 m Hurdles	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP197	1140	Joshua Vermeulen	Western Cape Province	1	00:27.63	865	-0.9	E
WCP167	1110	Keenan Abrahams	Western Cape Province	2	00:28.09	829	-0.9	E
GAU193	491	Brian Duvenhage	Gauteng Province	3	00:28.25	818	-0.9	E
GAU194	492	Emmanuel Edoun	Gauteng Province	4	00:28.32	813	-0.9	E
MPU103	772	Goodman Mkhwanazi	Mpumalanga Province	5	00:28.53	798	-0.9	E
FRE138	263	Francois Agenbag	Free State Province	6	00:28.54	797	-0.9	E
FRE149	274	Dian Gouws	Free State Province	7	00:28.61	793	-0.9	E
GAU217	515	Ali Irvin	Gauteng Province	8	00:29.34	747	-0.9	E

132	B-13	1500 m Stap	/ 1500 m Walk	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECP117	115	Tobela Smith	Eastern Cape Province	1	07:23.86	898		E
GAU182	480	Charl Lombaard	Gauteng Province	2	07:40.29	874		E
WCP188	1131	Keenan Paulsen	Western Cape Province	3	07:54.54	854		E
KZN039	569	Mondli Nkosi	KwaZulu Natal	4	08:16.46	827		E
FRE144	269	Stephan du Plessis	Free State Province	5	08:17.76	826		E
WCP191	1134	Sean Slingers	Western Cape Province	6	08:19.67	824		E
WCP190	1133	Dean Slingers	Western Cape Province	7	08:46.47	795		E
NWP077	937	Jabu Mpangela	North West Province	8	08:46.56	795		E

76	B-13	4X100 m Aflos	/ 4X100 m Relay	00:00.00	Heats			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
ECPA08	127	Eastern Cape	Eastern Cape Province	1	00:00.00	0		E
FREA08	300	Free State	Free State Province	1	00:00.00	0		E
GAUA08	530	Gauteng	Gauteng Province	1	00:00.00	0		E
MPUA08	791	Mpumalanga	Mpumalanga Province	1	00:00.00	0		E
NWPA08	956	North West	North West Province	1	00:00.00	0		E
NCPA06	860	Northern Cape	Northern Cape Province	1	00:00.00	0		E
WCPA08	1148	Western Cape	Western Cape Province	1	00:00.00	0		E

140	B-13	4X100 m Aflos	/ 4X100 m Relay	00:00.00	Final			
	Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCPA08	1148	Western Cape	Western Cape Province	1	00:48.02	773		E
FREA08	300	Free State	Free State Province	2	00:49.08	735		E
NCPA06	860	Northern Cape	Northern Cape Province	3	00:50.01	705		E
NWPA08	956	North West	North West Province	4	00:50.18	699		E
MPUA08	791	Mpumalanga	Mpumalanga Province	5	00:50.29	696		E
ECPA08	127	Eastern Cape	Eastern Cape Province	6	00:51.98	647		E
GAUA08	530	Gauteng	Gauteng Province	7	00:53.35	611		E

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78	B-13	Hoogspring	/ High Jump	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
FRE163	288	Riekert Redelinghuys	Free State Province	1	1.70	885		E	
NWP082	942	Vuyo Shongwe	North West Province	2	1.66	828		E	
FRE142	267	Pieter Coetzer	Free State Province	3	1.64	801		E	
ECP105	103	Leonardo Kok	Eastern Cape Province	4	1.60	746		E	
ECP102	100	Andrew Healy	Eastern Cape Province	5	1.60	746		E	
FRE141	266	Donovan Bouwer	Free State Province	6	1.60	746		E	
WCP178	1121	Gerald Igbokwe	Western Cape Province	7	1.56	693		E	
ECP120	118	Zane Williams	Eastern Cape Province	8	1.56	693		E	

2	B-13	Verspring	/ Long Jump	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP182	1125	Andell Loubser	Western Cape Province	1	5.68	797	-1.1	E	
NCP038	829	Xavier Cloete	Northern Cape Province	2	5.63	770	-2.58	E	
WCP169	1112	Kyle Ballakistan	Western Cape Province	3	5.52	712	-2.10	E	
WCP168	1111	Aden Ajam	Western Cape Province	4	5.50	701		E	
NWP085	945	Inus Vermeulen	North West Province	5	5.47	686		E	
FRE154	279	Leighton Goodman	Free State Province	6	5.39	645		E	
GAU193	491	Brian Duvenhage	Gauteng Province	7	5.34	620		E	
ECP103	101	Joseph Kamangu	Eastern Cape Province	8	5.29	596		E	

41	B-13	Gewigstoot	/ Shot Put	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
GAU189	487	Jason van Rooyen	Gauteng Province	1	14.63	901		E	
FRE140	265	Wayne Bosch	Free State Province	2	14.30	879		E	
KZN041	571	Daniel Rust	KwaZulu Natal	3	13.25	808		E	
ECP110	108	Malan Marais	Eastern Cape Province	4	12.57	763		E	
WCP175	1118	Wikus Groenewald	Western Cape Province	5	12.26	744		E	
GAU195	493	Wernich Human	Gauteng Province	6	12.21	740		E	
MPU105	774	Fana Ngwenya	Mpumalanga Province	7	11.99	726		E	
NWP079	939	Douglas Bruce Smith	North West Province	8	11.88	719		E	

117	B-13	Diskusgooi	/ Discus Throw	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP175	1118	Wikus Groenewald	Western Cape Province	1	46.91	948		E	R
ECP110	108	Malan Marais	Eastern Cape Province	2	39.10	857		E	
GAU185	483	Viaan Mong	Gauteng Province	3	37.96	832		E	
FRE148	273	Ruben Fraser	Free State Province	4	37.72	827		E	
FRE161	286	Rowland Mollentze	Free State Province	5	36.87	809		E	
FRE140	265	Wayne Bosch	Free State Province	6	35.41	778		E	
ECP115	113	Willem Schutte	Eastern Cape Province	7	33.84	745		E	
GAU181	479	Jakobus Liebenberg	Gauteng Province	8	33.81	744		E	

91	B-13	Spiesgooi	/ Javelin	00:00.00	Final				
		Athlete	Team	Place	Performance	Table point	Wind	H/E	Record
WCP184	1127	Gustav Marais	Western Cape Province	1	45.45	958		E	
FRE148	273	Ruben Fraser	Free State Province	2	44.47	944		E	
NWP088	948	Tiaan Esterhuizen	North West Province	3	40.25	875		E	
FRE150	275	Zander Gouws	Free State Province	4	39.93	864		E	
NWP080	940	Gerhard Steenekamp	North West Province	5	38.78	826		E	
LIM084	662	Jacques Venter	Limpopo Province	6	38.69	823		E	
GAU178	476	Johann Grobler	Gauteng Province	7	38.15	806		E	
GAU179	477	Johin Jv Rensburg	Gauteng Province	8	37.16	775		E	