

MEN

100m (+2.1)

1 Simon Magakwe 10.22; 2 Leigh Julius 10.31; 3 Thuso Mpuang 10.36; 4 Kagiso Kmbane 10.40; 5 Roscoe Engel 10.42; 6 Hitjvirue Kaanjuka (Namibia) 10.60; 7 Isaak van wyk 10.69; 8 Rapula Sefanyetso 10.72

200m (+2.5)

1 Thuso Mpuang 20.57; 2 Wilhelm van der Vyver 20.60 PB, 3 Simon Magakwe 20.74 PB; 4 Snyman Prinsloo 20.76 PB; 5 Hannes Dryer 21.06; Tshagofatso Meshoe 21.09; 7 Hitjvirue Kaanjuka (Namibia) 21.21

400m

1 Ofentse Mogawane 45.91; 2 Sibusiso Shishi 46.09; 3 Willie de Beer 46.86; 4 Thaleplo Ketlugebwe 47.01; 5 Jacob Ramokoka 47.21; 6 Sidwell Mithi 47.89; 7 Donald Matlala 48.18

110m Hurdles (+1.4)

1 Andre Strom 13.86; 2 Louw Smit 14.01; 3 Ruan de Vries 14.19; 4 Janko Kotze 14.21; 5 Jaco Willemse 14.69; 6 Kobus Moolman 14.86; 7 Eduan Nel 15.21; HJ Gordon 15.86

400m Hurdles

1 Cornel Fredericks 49.70; 2 Wouter le Roux 50.34; 3 Johan Hanekom 51.23; 4 Pieter Koekemoer 51.62; 5 Thabiso Kekana 51.79; 6 Antonio Viellesse (Mauritius) 51.88; 7 Ockert Groenewald 53.02; Louis van Zyl DISQ

800m

Ettienne Plaatjies 1:47.67; 2 William Mothosola 1:48.20; 3 Jan Masenamela 1:48.21; 4 Adriaan van Wyk 1:48.67; 5 Henk Beukes 1:48.76; 6 Hannes Naude 1:49.61; 7 Vuyolwethu Kayi 1:49.84; 8 Zwelakhe Seboto 1:49.86; 9 Nathan Beukes 1:50.46; 10 Brad Bonner 1:50.62; 11 Shaun Abrahams 1:51.28

1500m

1 Stephen Mokoka 3:38.55 PB/CGQ B; 2 Juan van Deventer 3:38.73 CGQB; 3 Parson Mgagane 3:39.50; 4 Mthombisi Baloyi 3:39.90; 5 Molefe Molefe 3:39.97; 6 Windy Jonas 3:40.28; 7 Dumisani Hlaselo 3:40.46; 8 Enock Manyandi 3:42.69; 9 Jerry Matsau 3:44.78; 10 Folavio Sehohle 3:46.95; 11 Rathale Mokone 2:49.14; 12 Jacques Pretorius 3:50.81

3000m Steeplechase

1 Reuben Ramolefi 8:21.74 CGAQ; 2 Edwin Molepo 8 38.53; 3 Tisetso Masehla 8:51.23; 4 Dcardo Jacobs 8:59.79; 5 Dikotsi Lekopa 9:02.70; 6 Sithembele Fanekho 9:07.01; 7 Derocious Makhubalo 9:13.68; 8 Donney Danster 9:15.63; 9 Thuso Phaswane 9:15.73; 10 Mokone Khotatso 9:28.38; 11 Sibusiso Madikizela 10:13.27

5000m

1 Tshamano Setone 13:45.71; 2 Elroy Gelant 13:45.84; 3 Olebogeng Masire 13:46.32; 4 Sibusiso Nzima 13:54.82; 5 Motsamai Motone 14:03.17; 6 Kgotsi Tsotsane 14:05.13; 7 Boy Soke 14:09.18; 8 Lungile Gonsqa 14:12.47; 9 Dumisani Hlaselo 14:14.63; 10 Jobo Khatoane (Lesotho) 14:20.67; 11 Coolboy Ngamole 14:24.86; 12 Tumelo Motlagale 14:25.19; 13 Lucky Miya 14:34.38; 14 Chabeli Nyedimane 14:50.66; 15 Jean Brummer 14:55.57; 16 Nkosinathi Madyo 14:59.77; 17 Tshepo Ramonene (Lesotho) 15:04.37 18 Anele Faku 15:20.10

10000m

1 Stephen Mokoka 28:18.54 PB; 2 Gladwin Mzazi 28:20.40 PB; 3 Lungisa Mdedelwa 28:32.18; 4 Mbongeni Ngxazozo 28:50.17; 5 Zolani Ntongana 28:51.28; 6 Coolboy Ngamole 29:11.16; 7 David Ngakane 29:19.91; 8 Samuel Segoaba 29:22.38; 9 Siyabonga Nkonde 30:01.47; 10 Lucky Miya 30:02.45; 11 Jobo Khatoane (Lesotho) 30:29.50; 12 Patrick Sefako 30:58.33; 13 Tshepo Ramonene (Lesotho) 31:06.70

20km Walk

1 Thami Hlatswayo 1:30:46.40; 2 Pierre de Villiers 1:35:26.90; 3 Werner Appel 1:35:28.80; 4 Marc Mundell 1:36:08.20; 5 Ross Mc Donald 1:38:16.00; 6 Mojalefa Molise 1:43:05.80; 7 Wayne Snyman 1:44:40.10; 8 Gideon Cillie 1:46:10.50; 9 Wade Fraser 1:46 20.20; 10 Professor Cele 1:53:53.80; Mfana Mbatha 2:01:26.90

Long Jump

1 Khotso Mokoena 8.01(-0.4); 2 Keenan Watson 7.75 (-0.3); 3 Zrck Viosser 7.70 (-0.6); 4 Dylan Cotter 7.24 (-0.6); 5 Roelf Pienaar 7.23 (-0.7); 6 Adewale Adejumo 7.16 (-0.4); 7 Ethan Alexander 6.98 (+1.2); 8 Andile Mtshali 6.92 (-0.3); 9 Apelele Rasmeni (-0.4) 6.60; 10 Kyle Ford 6.59 (+0.4); 11 Luvo Maniyonga 6.06(-0.1)

Triple Jump

1 Tumelo Thagane 17.09 (+1.9) PB/ CGQ B, 2 Rodger Haitengi 16.14 (+3.0); 3 Charles le Roux 15.85 (+0.9); 4 Jason Sewanyana 15.67 (+1.3); 5 Luvo Maniyonga 15.40 (+2.6); 6 Apelele Rasmeni 15.28 (+3.1)

High Jump

1 Calvin-Lee Maclangwe 2.15; 2 Hubert de Beer 2.10; 3 Ruan Claasen 2.05; 4 Juan-Pierre van der Schyff 2.05; 5 Jonathan Coetzee 2.00; 6 Damian Boshoff 2.00; 7 Gareth Briedenhann 1.95; 8 Tiro Mosete 1.95

Pole Vault

1Johan du Plessis 4.80; 2 Riaan Botha 4.80; 3Eben Botha 4.70

Javelin:

1 Hardus Pienaar 79.22; 2 Robert Oosthuizen 77.80; 3 Tobie Holthauzen 71.94; 4 Ulrich Damon 71.66; 5 Bernard Crous 71.39; 6 Rocco van Rooyan 68.23; 7 Phil-Mar Janse van Rensburg 66.02; 8 Jayson Henning 65.62; 9 Chad Herman 64.38; 10 Andrew Grant-Smith 64.21; 11 Jurgens Hols 62.57

Discus

1 Victor Hogan 55.93; 2 Dean Wattrus 53.60; 3 Dewald van Heerden 52.69; 4 Wynand Coetzee 52.51; 5 Dewald Moolman 50.04; 6 James Sinclair 49.33; 7 Leon Verster 47.47; 8 Righardt Kotze 46.92; 9 Russel Tucker 45.78; 10 Ryno va Winkel 44.50; 11 Conradie Scheepers 43.82

Shot Put

1 Rolie Potgieter 19.38; 2 Burger Lambrecht 18.46; 3 Orazio Cremona 17.87; 4 Dean Wattrus 17.84; 5 Donovan Snyman 17.54; 6 Jaco Engelbrecht 17.02; 7 Stephan Brink 16.14; 8 Ryno van Winkel 15.86; 9 Russel Tucker 15.29; 10 Conradie Scheepers 15.13; 11 Johan Labuschagne 14.58; 12 Gareth Brown 13.85

Hammer

1 Chris Harmse 73.54; 2 Johan Kruger 60.39; 3 Douw Steenkamp 60.18; 4 Christiaan Bekker 59.35; 5 Miquel le Roux 55.52; 6 Martin Venter 51.31; 7 Thehann van Niekerk 48.96; 8 Pieter Bardenhorst 49.94; 9 Tone van Rensburg 48.03; 10 Rudolf Roodt 46.06

Decathlon

1 Sors Joubert 7,323 points; 2 Guillaume Thierry (Mauritius) 6,992; 3 Zavion Kotze 6,665; 4 Willem de Bruin 6,539; 5 Gert Swanepoel 6,201; 6 Terry Wepener 5,257; 7 Angelo Dowman 5211; 8 Marvon Martin 5151; 9 Heinrich Smith 4554

4×100m

1 Free State 40.47; 2 Athletics Gauteng North A 40.72; 3 Central Gauteng 40.74; 4 Boland 41.84; 5 KwaZulu-Natal 42.70; 6 Transkei 44.24

4×400m

1 Athletics North West North A 3:09.14; 2 Central Gauteng A 3:10.48; 3 Free State 3:13.44; 4 Boland 3:13.55; 5 Athletics Gauteng North B 3:14.20; 6 KwaZulu-Natal 3:19.14; 7 Athletics North West North B 3:20.95; 9 Central Gauteng B 3:26.72; 10 Athletics Gauteng North DISQ

WOMEN

100m (+1.9)

1 Cindy Stewart 11.57; 2 Carina Horn 11.74; 3 Stacey Gardiner 11.83; 4 Arlene Gower 11.90; 5 Christy Coetzee 11.95; 6 Cherese Jones 11.98; 7 Thandikiwe Vilakazi 12.04

200m (+0.8)

1 Cindy Stewart 23.42; 2 Tjipekapora Herunga (Namibia) 23.73 PB; 3 Carina Horn 23.86; 4 Sonja van der Merwe 24.30; 5 Christy Coetzee 24.46

400m

1 Tjipekapora Herunga (Namibia) 52.59; 2 Estie Wittstock 52.72; 3 Alet van Wyk 53.66; 4 Sonja van der Merwe 54.04; 5 Rorisang Ramonnye 55.03; 6 Eugenie Wicksell 55.12; 7 Zoe Engler 56.04; 8 Monique Maree 58.26

100m Hurdles (+1.6)

1 Rikanette Steenkamp 13.66 PB; 2 Janet Wienand 13.70; 3 Janice Josephs 14.13; 4 Erika Kleinhans 14.21; 5 Jean-Marie Senekal 14.21; 6 Jackie Kriel 14.65; 7 Christine Ras 14.84; Miandra Dorfling 14.88

400m Hurdles

1 Wenda Theron 57.32; 2 Olga Razanamalala (Madagascar) 59.07; 3 Mariska Meintjies 59.51; 4 Jana Theron 59.79; 5 Anneri Ebersohn 59.92; 6 Jean-Marie Senekal 59.99; 7 Marli Spies 1:00.92; 8 Tessa Heystek 1:03.83

800m

1 Mapaseka Makhanya 2:04.07 PB; 2 Mandi Brand 2:05.90; 3 Anuscha Nice 2:06.92; 4 Elsiire Roos 2:07.37; 5 Rone Reynecke 2:07.84; 6 Annica Coetzee 2:08.68; 7 Chanelle Anderson 2:08.74; 8 Done Vermaak 2:14.86; 9 Karon Murley 2:31.83

1500m

1 Rene Kalmer 4:08.61; 2 Lebogang Phalula 4:11.10 PB; 3 Lebo Phaula 4:13.98; 4 Maxine Heine-Wacker 4:21.91; 5 Violet Raseboya 4:23.26; 6 Catherine Skosana 4:26.34; 7 Dominique Scott 4:30.47; 8 Danel Prinsloo 4:39.87; 9 Danielle Adam 4:41.63; 10 Melisa Vermaak 4:42.09; 11 Mbali Mokoena 4:48.22; 12 Ntepaleng Letsela (Lesotho) 4:55.17

3000m Steeplechase

1 Tebogo Masehla 10:00.84; 2 Myrette Filmalter 10:03.07 PB; 3 Nolene Conrad 10:35.52; 4 Christine Kalmer 10:44.68; 5 Thembi Baloyi 10:52.60; 6 Ashleigh Schnetler 10:52.64; 7 Thandi Malindi 10:59.72; 8 Nokuthula Sogiba 12:57.58

5000m

1 Rene Kalmer 15:51.32; 2 Lebo Phalula 15:58.34; 3 Thozama April 16:12.69; 4 Irvette van Blerk 16:20.55; 5 Lebogang Phalula 16:42.98; 6 Ntombisintu Mfunzi 16:44.20; 7 Catherine Skosana 17:07.25; 8 Christine Kalmer 17:24.04; 9 Zintle Sinque 17:46.02; 10 Deliwe Nyanga 18:21.45; 11 Puseletso Dladla 19:01.03; 12 Vuyiseka Dlongswana 20:11.12

10000m

1 Irvette van Blerk 34:20.17; 2 Thozama April 34:35.27; 3 Mpho Mabuza 35:05.62; 4 Priscilla Kubu 40:32.40; 5 Mariska van der Vlies 41:00.54; 6 Nomsa Ntsethe 42:18.64

20km Walk

1 Susan Swanepoel 1:50:22.10; 2 Nomsa Buthelezi 1:52:01.40; 3 Michelle Hopkins 1:53:19.00; 4 Lesley van Buuren 1:55:52.80; 5 Estle van Schalkwyk 1:9:44.40; 6 Brenda Nooy 2:01:11.40; 7 Yvonne Irmischer 2:03:00.30; 8 Anne McKenzie 2:06:40.30; 9 Inge Kotzae 2:10:08.90

Long Jump

1 Janice Josephs 6.32 (-0.9); 2 Delia Smith 6.19 (+1.3); 3 Patience Ntshingila 6.18 (-0.1); 4 Lynique Prinsloo 6.17 (+0.1); 5 Charlene Henning 6.06 (+0.2); 6 Monja Goosen 5.86 (+1.2); 7 Carla Marais 5.83 (-0.5); 8 Markye Brits 5.78 (+0.5); 9 Claudine Janse van Rensburg 5.75 (-0.7); 10 Kelly Kingwell 5.58 (-0.7); 11 Britten Smith 5.45 (-0.7); 12 Samantha Pretorius 5.28 (-0.4); 13 Ciani Loubser 5.24 (NWR); 14 Janine Webber 5.20 (+1.9); 15 Tamryn Cupido 5.14 (+0.4)

Triple Jump

1 Patience Ntshingila 12.83 (+2.1); 2 Cindy Peters 12.68 (+2.9); 3 Kelly Kingwell 12.23 (+2.4); 4 Matsie Dikotla 12.08 (+3.3); 5 Rochelle van der Merwe 11.92 (+3.3); 6 Ciani Loubser 11.88 (+3.8); 7 Luchelle Prinsloo 11.77 (+3.7); 8 Yolande Meijer 11.74 (+3.2)

High Jump

1 Marcoleen Pretorius 1.75; 2 Rene Ossthuizen 1.75; 3 June Roelofse 1.70; 4 Frances Seeliger 1.65

Pole Vault

1 Nishikori Reighton 3.80; 2 Deone Joubert 3.80; 3 Honorata Saar 3.70; 4 Monique van Noorwyk 3.60; 5 Eva Thornton 3.60; Janita Stander 3.50; Anne Niewoudt 3.10

Javelin

1 Sunette Viljoen 63.45 CGQA; 2 Tazmin Brits 56.18; 3 Justine Robbeson 55.90; 4 Gerlize de Klerk 51.04; 5 Anzel van der Schff 50.35; 6 Gezelle Bernard 48.38; 7 Rencia Fourie 47.10; 8 Bernadette Ravina (Mauritius) 46.77; 9 Jessika Rosun (Mauritius) 45.17; 10 Mariska Botes 43.69

Discus

1 Elizna Naude 57.47; 2 Maryke Oberholzer 48.49; 3 Simone Meyer 46.59; 4 Lindie Liebenberg 44.27; 5 Yolani Uys 41.99; 6 Suriette Botha 41.52; 7 Sonia Smuts 40.55

Shot Put

1 Bianca van Rooyan 14.03; 2 Sonia Smuts 13.81; 3 Justine Robbeson 13.39; 4 Sonnika Knoetze 12.93; 5 Liette van Schalkwyk 12.73; 6 Elizaan Mostert 12.10; 7 Simone Meyer 12.03; Yolani Uys 11.00

Hammer

1 Annemie Smith 52.75; 2 Karin le Roux 52.03; 3 Magdaleen Louw 50.00; 4 Marizette Badenhorst 49.7; 5 Marilize Coetze 45.25; 6 Tanya Treunicht 45.10; 7 Angeline De Granca 42.93; 8 Nanette Stapleton 42.91; 9 Nadia Botha 42.70; Anke Uys 40.88

Heptathlon

1 Margaret Simpson (Ghana) 5,886 points; 2 Selloane Tsoaeli (Lesotho) 5,112; 3 Janet Wienand 5,043; 4 Bianca Erwee 4,650; 5 Bianca Erasmus 4,300; 6 Angeliq Pepler 4,149; 7 Nicole Offner 3,668

4×100m

1 Athletics Gauteng North 45.73; 2 Boland 46.42; 3 Eastern Province 46.95; 4 Central Gauteng 47.38; 5 Free State 47.80; 6 KwaZulu-Natal 48.38; 7 Western Province 55.11

4×400m

1 Athletics Gauteng North A 3:44.48; 2 Eastern Province 3:50.08; 3 Central Gauteng 3:51.51; 4 Athletics Gauteng North B 3:52.04