

Results



Men:

100m:

- 1 Simon Magakwe 10.35,
- 2 Hannes Dreyer 10.39,
- 3 Kagiso Kumbane 10.41

200m:

- 1 Thuso Mpuang 20.82,
- 2 Snyman Prinsloo 20.95,
- 3 Hannes Dreyer 20.98

400m:

- Sibusiso Sishi 46.32,

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- 2 Sakara America (BOT) 46.40,
- 3 Thapelo Ketlogetswe (BOT) 46.52

800m:

- 1 Windy Jonas 1:46.77,
- 2 Onalenna Baloi (BOT) 1:49.50,
- 3 Adriaan van Wyk 1:49.57

3 000m:

- 1 Olebogeng Masire 8:05.12,
- 2 Mthobisi Baloyi 8:06.39,
- 3 Gladwin Mzazi 8:06.57

110m hurdles:

- 1 Andre Storm 13.95,
- 2 Louw Smit 13.98,
- 3 Ruan de Vries 14.00

400m hurdles:

- 1 LJ van Zyl 49.45,
- 2 Wouter le Roux 50.08,
- 3 Kurt Couto (MOZ) 51.18

High jump:

- 1 Hurbert de Beer 2.10,
- 2 (tie) Onnanye Ramohube (BOT)/Saloman Tauire

Pole vault:

- 1 Ruan van Wyk 4.80,
- 2 (tie) Riaan Botha/Eben Beukes 4.60

Long jump:

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- 1 Keenan Watson 7.89,
- 2 Zark Visser 7.55,
- 3 Stefan Brits 7.53

Triple jump:

- Tumelo Thagane 16.78,
- 2 Roger Haitengi 16.38,
- 3 Apelele Rasmeni 15.50

Shot put:

- 1 Roelie Potgieter 19.02,
- 2 Orzio Cremona 18.93,
- 3 Burger Lambrechts 18.73

Hammer throw:

- 1 Chris Harmse 72.82,
- 2 Kristiaan Bekker 64.94,
- 3 Johan Kruger 64.57

Women:

100m:

- 1 Estie Wittstock 11.75,
- 2 Carina Horn 11.88
- 3 Srabani Nanda (IND) 11.95

200m:

- 1 Estie Wittstock 23.66,
- 2 Tjipekapor Herunga (NAM) 24.14,
- 3 Bevan Smith 24.28

400m:

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- 1 Alet van Wyk 53.65,
- 2 Sonja van der Merwe 54.90,
- 3 Eugenie Wicksell 55.46

800m:

- 1 Lebogang Phalula 2:04.59,
- 2 Maphaseka Makhanya 2:06.21,
- 3 Rene Kalmer 2:07.05

3 000m:

- 1 Irvette van Blerk 9:46.13,
- 2 Thozama April 9:51.30,
- 3 Christine Kalmer 9:52.05

100m hurdles:

- 1 Rikenette Steenkamp 13.61,
- 2 Janet Wienand 13.69,
- 3 Erika Kleynhans 14.26

400m hurdles:

- 1 Wenda Theron 57.06,
- 2 Olga Razanamalala (MAD) 59.16,
- 3 Jana Theron 59.51

Pole vault:

- 1 Deone Joubert 3.75,
- 2 Honorata Saar 3.60,
- 3 Nishikori Creighton 3.60

Triple jump:

- 1 Cindy Peters 12.91,
- 2 Patience Ntshingila 12.90,
- 3 Matsi Dikotla 12.58

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Shot put:

- 1 Lizaan Jordaan 13.01,
- 2 Sonnika Knoetze 13.72,
- 3 Bianca van Rooyen 13.88

Javelin throw:

- 1 Sunette Viljoen 57.82,
- 2 Justine Robbeson 57.40,
- 3 Gezelle Bernard 52.13