

**Team**

**Results of all Finals and Heats**

Ordered by Program Sequence

Performance Scores: IAAF\_2017 table, Electronic Time, Height above sea=1661

Age	Place	Athlete,Birthdate	Perf	Points	Score	Medal	Records	
<b>Item 0</b>	<b>00:00</b>	<b>FinalResults Women Senior Heptathlon Results</b>						
1		SALIM,Anri, 127	ACNW	04843	9	0	G	
2		VERSTER,Shannon, 288	AGN	04731	7	0	S	
3		KING,Geraldine, 702	WPA	04433	6	0	B	
4		GRAVETT,Anneri, 108	ACNW	04182	5	0		
5		DONOUGH,Ameerah, 697	WPA	04066	4	0		
6		GIETZEN,Rachalle, 450	ASWD	03446	3	0		
<b>Item 0</b>	<b>00:00</b>	<b>FinalResults Women U18 (Youth) Heptathlon Results</b>						
1		HUIJINK,Annemieke, 196	AFS	03997	9	0	G	
2		BARBER,Sarah, 750	KZNA	03475	7	0	S	
3		VLOK,Amore, 36	CGA	03027	6	0	B	
4		JACOBS,Danielle, 14	CGA	03001	5	0		
<b>Item 0</b>	<b>00:00</b>	<b>FinalResults Women U20 (Junior) Heptathlon Results</b>						
1		THERON,Liezel, 283	AGN	04613	9	0	G	
2		LAZARUS,Gabrielle, 703	WPA	04386	7	0	S	
3		KETCH,Leandre, 701	WPA	04259	6	0	B	
4		STEYN,Jessica, 481	AVT	03998	5	0		
5		KRUGER,Zeanne, 497	BOLA	03610	4	0		
6		VAN ZYL,Anina, 133	ACNW	03194	3	0		
<b>Item 0</b>	<b>00:00</b>	<b>FinalResults Men Senior Decathlon Results</b>						
1		PRETORIUS,Fredriech, 358	AGN	07812	9	0	G	
2		MC GLADDERY,Duncan, 333	AGN	06825	7	0	S	
3		DE JAGER,Marcelle, 718	WPA	06651	6	0	B	
4		BEUKES,Hennie, 510	BOLA	06174	5	0		
5		MATSEKANE,Katleho, 743	AGN	04942	4	0		
6		FALLERT,Khuco, 310	AGN	04714	3	0		
7		MARAIS,Daniel, 690	WPAI	04385	2	0		
8		HERN,Edmund, 150	ACNW	03878	1	0		
9		VAN DER PLAETSEN,Thomas, 490	BEL	02993	0	0		
10		PEREZ,Jesse, 523	BOLA	02808	0	0		
<b>Item 0</b>	<b>00:00</b>	<b>FinalResults Men U18 (Youth) Decathlon Results</b>						
1		CLAASEN,Ruan, 482	AVT	05558	9	0	G	
2		BRONKHORST,Ruan, 41	CGA	05428	7	0	S	
3		DAVIDS,Duwayne, 717	WPA	05031	6	0	B	
4		HAGE,Adian, 515	BOLA	04817	5	0		
<b>Item 0</b>	<b>00:00</b>	<b>FinalResults Men U20 (Junior) Decathlon Results</b>						
1		MC KENZIE,Renaldo, 519	BOLA	05938	9	0	G	
2		GROBLER,Divan, 483	AVT	05762	7	0	S	
3		PARKER,Tashriq, 725	WPA	05303	6	0	B	
4		FIELD,Jamie, 687	WPAI	04868	5	0		
5		SWANEPOEL,Andre, 527	BOLA	04642	4	0		
6		JONAS,Safwaan, 689	WPAI	04070	3	0		
7		DUVENHAGE,Christiaan, 214	AFS	03376	2	0		
8		DREYER,Luhan, 145	ACNW		1	0		
<b>Item 1</b>	<b>09:00</b>	<b>Heat 1 of 2 Men Senior 110m Hurdles</b>				<b>+0.0</b>	<b>1.067m</b>	
1		YOUNG,Theodore, 191	ACNW	14.18		0		
2		KLEYNHANS,Tiaan, 151	ACNW	14.19		0		
3		RIDDLES,Darren, 727	WPA	14.52		0		
4		FERNS,Nicolas, 311	AGN	14.72		0		
5		TLADI,Mpho, 90	CGA	14.77		0		
6		RAZAK,Naeem, 733	ACNW	14.89		0		
7		SHIBODZE,Vutivi, 732	ACNW	15.10		0		

8	JOHANNES,Emile, 581	EPA	16.44	0
<b>Item 1</b>	<b>09:00 Heat 2 of 2 Men Senior 110m Hurdles</b>			<b>-0.8</b> 1.067m
1	ALKANA,Antonio, 715	WPA	13.73	0
2	DE VRIES,Ruan, 302	AGN	13.74	0
3	LEFETE,Tshepo, 555	CGAI	14.15	0
4	BOTHMA,Alwyn, 138	ACNW	14.31	0
5	HAMMAN,Muntingh, 745	AGNI	14.54	0
6	JACOBS,Petrus, 218	AFS	14.82	0
7	MADINI,Azile, 722	WPA	14.90	0
8	MAGANYELE,Thabo, 325	AGN	15.03	0
0	MAKATINI,Junior, 57	CGA	DNS	0
<b>Item 2</b>	<b>09:15 Final Men U18 (Youth) 100m Decathlon</b>			<b>-0.5</b>
1	DAVIDS,Duwayne, 717	WPA	11.42	769
2	BRONKHORST,Ruan, 41	CGA	11.77	697
3	HAGE,Adian, 515	BOLA	12.08	635
4	CLAASEN,Ruan, 482	AVT	12.26	601
<b>Item 3</b>	<b>09:30 Final Women MixAge Shotput (PARA)</b>			
25 1	KRUGER (F38),Simone, 645	SASAPD	10.15	9 0
25 2	COMBRINK (F64),Maria, 641	SASAPD	09.72	7 0
25 3	VAN DER MERWE (F44),Yane, 648	SASAPD	07.86	6 0
25 4	VAN ZYL (T/F35),Chenelle, 649	SASAPD	07.35	5 0
<b>Item 4</b>	<b>09:30 Final Men U20 (Junior) 100m Decathlon</b>			<b>-1.2</b>
1	PARKER,Tashriq, 725	WPA	11.37	780
2	GROBLER,Divan, 483	AVT	11.48	757
3	MC KENZIE,Renaldo, 519	BOLA	11.51	750
4	FIELD,Jamie, 687	WPAI	11.76	699
5	SWANEPOEL,Andre, 527	BOLA	11.81	689
6	DUVENHAGE,Christiaan, 214	AFS	12.01	649
7	JONAS,Safwaan, 689	WPAI	12.35	584
0	DREYER,Luhan, 145	ACNW	DNS	0
<b>Item 5</b>	<b>09:45 Final Men Senior 100m Decathlon</b>			<b>-3.1</b>
1	PEREZ,Jesse, 523	BOLA	11.28	799
2	PRETORIUS,Fredriech, 358	AGN	11.32	791
3	MC GLADDERY,Duncan, 333	AGN	11.44	765
4	DE JAGER,Marcelle, 718	WPA	11.56	740
5	FALLERT,Khuco, 310	AGN	11.66	719
6	VAN DER PLAETSEN,Thomas, 490	BEL	11.67	717
7	MATSEKANE,Katleho, 743	AGN	11.85	681
8	BEUKES,Hennie, 510	BOLA	12.12	628
9	HERN,Edmund, 150	ACNW	12.31	591
10	MARAIS,Daniel, 690	WPAI	12.35	584
<b>Item 6</b>	<b>10:00 Heat 1 of 3 Women Senior 100m</b>			<b>-1.7</b>
1	MOLOI,Reabetswe, 259	AGN	12.13	0
2	OBISI,Petunia, 705	WPA	12.21	0
3	HANEKOM,Natalie, 382	AGNI	12.32	0
4	KUBHEKA,Phindile, 384	AGNI	12.41	0
5	STEVENS,Tamsyn, 680	WPAI	12.57	0
6	NORTJE,Cirstie, 568	EPA	12.60	0
0	HORN,Carina, 245	AGN	DNS	0
0	KHUMALO,Phumelele, 383	AGNI	DNS	0
<b>Item 6</b>	<b>10:00 Heat 2 of 3 Women Senior 100m</b>			<b>-0.1</b>
1	MAMATU,Tebogo, 255	AGN	11.60	0
2	MOGWASI,Sokwakana, 198	AFS	11.91	0
3	UNDERHAY,Taylor, 544	CGAI	12.24	0
4	MOSIME,Caroline, 388	AGNI	12.58	0
5	PIETERSE,Lente, 125	ACNW	12.63	0
6	KHOROLA,Ntaoleng, 115	ACNW	12.84	0

0	JONES,Cherese, 248	AGN	DNS		0	
<b>Item 6</b>	<b>10:00 Heat 3 of 3 Women Senior 100m</b>				<b>+0.3</b>	
1	XEYI,Rose, 293	AGN	12.10		0	
2	FOX,Christin, 107	ACNW	12.15		0	
3	BOMPASS,Jessica, 596	KZNA	12.19		0	
4	PARKER,Nabeela, 706	WPA	12.40		0	
5	LEGODI,Karabo, 385	AGNI	12.65		0	
6	VILAS,Tamsyn, 547	CGAI	12.92		0	
<b>Item 7</b>	<b>10:00 Final Women Senior Polevault</b>					
1	REINSTORF,Mire, 452	ASWD	3.80	9	0	G
2	LAMLEY,Eslie, 197	AFS	3.70	7	0	S
3	JANSE VAN RENSBURG,Nicole, 495	BOLA	3.50	6	0	B
4	FOURIE,Nadja, 106	ACNW	3.40	5	0	
5	VAN DYK,Jeannie, 573	EPA	3.40	4	0	
6	SWANEVELDER,Simonn, 502	BOLA	3.40	3	0	
7	VILJOEN,Anje, 507	BOLA	3.40	2	0	
8	TALLIE,Tonet, 503	BOLA	3.30	1	0	
9	WERTH,Carla, 509	BOLA	3.20	0	0	
10	STRYDOM,Ida Marie, 281	AGN	3.20	0	0	
11	MOOLMAN,Erica, 499	BOLA	3.20	0	0	
0	SEDRES,Jodie, 708	WPA	NM	0	0	
0	MEYER,Soandri, 257	AGN	NM	0	0	
<b>Item 8</b>	<b>10:30 Heat 1 of 7 Men Senior 100m</b>				<b>-0.3</b>	
1	MAGAKWE,Simon, 723	WPA	10.44		0	
2	MZOBE,Mfundo, 617	KZNA	10.49		0	
3	VAN WYK,Chederick, 188	ACNW	10.56		0	
4	SEPTOKELE,Lethogonolo, 367	AGN	10.58		0	
5	MOTLALA,Lesego, 344	AGN	10.62		0	
6	MOTALA,Shaahid, 343	AGN	10.77		0	
7	SCHUTTE,Jade, 586	EPA	10.84		0	
8	POWELL,Cuan, 487	AVT	11.07		0	
<b>Item 8</b>	<b>10:30 Heat 2 of 7 Men Senior 100m</b>				<b>-0.1</b>	
1	FERNS,Nicolas, 311	AGN	10.51		0	
2	SAMKELO,Sabela, 82	CGA	10.57		0	
3	BALOI,Obakeng, 434	ANWN	10.67		0	
4	MAOKA,Obakeng, 60	CGA	10.68		0	
5	MWIMBA,Olivier, 407	AGNI	10.87		0	
6	NGOVENI,Sammy, 351	AGN	10.89		0	
7	LOLIWE,Thando, 590	EPAI	10.96		0	
8	MOEKETSI,Ofentse, 439	ANWN	11.21		0	
<b>Item 8</b>	<b>10:30 Heat 3 of 7 Men Senior 100m</b>				<b>+0.2</b>	
1	MONARENG,Thembo, 342	AGN	10.45		0	
2	TROTTER,Gideon, 232	AFS	10.47		0	
3	GAINS,Mark, 608	KZNA	10.65		0	
4	MOENG,Lebogang, 445	ANWNI	10.67		0	
5	MASEKO,Lehlogonolo, 401	AGNI	10.84		0	
6	MAKHANYA,Mpendulo, 611	KZNA	10.97		0	
0	MOHAMED,Mikaa-il, 339	AGN	DNS		0	
0	NKUNA,Karabo, 447	ANWNI	DNS		0	
<b>Item 8</b>	<b>10:30 Heat 4 of 7 Men Senior 100m</b>				<b>-1.9</b>	
1	JOHNSON,Cheswill, 48	CGA	10.57		0	
2	MICHAU,Keenan, 335	AGN	10.75		0	
3	SEOPOSENGWE,Keletso, 594	GWA	10.81		0	
4	NTENE,Frans, 638	LIMA	10.97		0	
5	MOSIME,Tiisetso, 406	AGNI	11.11		0	
6	LEKGAU,Mankga, 634	LIMA	11.19		0	
7	LOTTER,Casper, 582	EPA	11.29		0	

8	JORDAN,Rudi, 554	CGAI	15.33	0	
<b>Item 8</b>	<b>10:30 Heat 5 of 7 Men Senior 100m</b>			<b>-0.5</b>	
1	WILLIAMS,Dale, 588	EPA	10.74	0	
2	ROTO,Thando, 363	AGN	10.75	0	
3	VYFER,Iveyano, 695	WPAI	10.82	0	
4	MANYENENG,Realebogo, 593	GWA	10.98	0	
5	MAGWAI,Katlego, 635	LIMA	11.18	0	
6	THLAPOLOSA,Ishreal, 489	AVT	11.20	0	
0	SULEMAN,Mehdi, 371	AGN	DNS	0	
0	DUKE,Kuali, 306	AGN	DNS	0	
<b>Item 8</b>	<b>10:30 Heat 6 of 7 Men Senior 100m</b>			<b>-0.1</b>	
1	KUALI,Duke, 421	AMPU	10.46	0	
2	MOTSEPE,Ntando, 559	CGAI	10.51	0	
3	SETHABI,Oratile, 230	AFS	10.55	0	
4	NOBLE,Ethan, 410	AGNI	10.65	0	
5	VAN DER MERWE,Johan, 184	ACNW	10.77	0	
6	MAJA,Deneshe, 400	AGNI	10.79	0	
7	MOLELE,Lucky, 441	ANWN	10.92	0	
8	NYATHI,Siyabonga, 411	AGNI	11.21	0	
0	MOTSUMI,Sydney, 446	ANWNI	DNS	0	
<b>Item 8</b>	<b>10:30 Heat 7 of 7 Men Senior 100m</b>			<b>-0.8</b>	
1	DLODLO,Thandolwenkosi, 435	ANWN	10.50	0	
2	ENGEL,Roscoe, 719	WPA	10.52	0	
3	MIYA,Sifiso, 336	AGN	10.60	0	
4	ERASMUS,Rudolph, 47	CGA	10.79	0	
5	NGESI,Ntokozo, 622	KZNA	10.91	0	
6	RASAKA,Khutso, 427	AMPU	11.06	0	
0	GWALA,Jan, 437	ANWN	DNS	0	
0	LINNEN,Tyler, 721	WPA	DNS	0	
0	MURONGA,Girchen, 170	ACNW	DNS	0	
<b>Item 9</b>	<b>10:30 Final Men Senior Javelin</b>				<b>800g</b>
1	VAN ROOYEN,Rocco, 731	WPA	77.82	9	0 G
2	GROBLER,Johann, 148	ACNW	76.97	7	0 S
3	HOLTZHAUSEN,Tobie, 319	AGN	70.49	6	0 B
4	DAMES,Werner, 143	ACNW	69.28	5	0
5	LINDSAY,Dylan, 51	CGA	68.95	4	0
6	VAN VUUREN,Hernu, 93	CGA	66.29	3	0
7	WIESE,Erich, 190	ACNW	66.13	2	0
8	ESTERHUIZEN,Jano, 436	ANWN	65.44	1	0
9	JOUBERT,Matthew, 609	KZNA	64.89	0	0
10	VAN EEDEN,Anro, 186	ACNW	62.12	0	0
11	KOTZE,Coenraad, 152	ACNW	59.61	0	0
0	LAUBSER,Leon, 154	ACNW	DNS	0	0
<b>Item 10</b>	<b>10:30 Final Women Senior HighJump</b>				
1	DU PLESSIS,Julia, 1	CGA	1.80	9	0 G
2	SNYMAN,Kristi, 710	WPA	1.80	7	0 S
3	UYS,Brttany, 712'	WPA	1.75	6	0 B
4	ROBSON,Yvonne, 269	AGN	1.70	5	0
5	NGOZO,Michelle, 124	ACNW	1.70	4	0
6	VISSER,Jeané, 136	ACNW	1.70	3	0
7	HIGGINS,Marilize, 541	CGAI	1.65	2	0
8	BOTHA,Mariette, 8	CGA	1.60	1	0
8	COETZEE,Marike, 101	ACNW	1.60	1	0
10	SCHULTZ,Rose, 270	AGN	1.60	0	0
<b>Item 11</b>	<b>10:30 Final Women Senior Hammer</b>				<b>4.000kg</b>
1	PRETORIUS,Margo-chene, 266	AGN	61.89	9	0 G
2	CUMMING,Marga, 102	ACNW	61.27	7	0 S

3	GREYLING,Stefanie, 109	ACNW	57.24	6	0	B
4	JANSE VAN VUUREN,Letittia, 112	ACNW	56.25	5	0	
5	GEEL,Leandri, 11	CGA	54.36	4	0	
6	GREYLING,Marinda, 243	AGN	53.91	3	0	
7	LEONARD,Tamlynn, 120	ACNW	53.36	2	0	
8	SMIT,Kayla, 709	WPA	51.57	1	0	
9	FOURIE,Lizelle, 10	CGA	50.11	0	0	
10	BOSHOFF,Skyle, 491	BOLA	47.96	0	0	
11	HAVINGA,Janel, 195	AFS	46.24	0	0	
<b>Item 12 10:30 Final Men MixAge Shotput (PARA)</b>						
25	1 BLOM (F12),Hermanus, 651	SASAPD	14.81	9	0	
25	2 NOEMDOE (F46),Kerwin, 667	SASAPD	12.73	7	0	
25	3 PILLAY (F63),Tyrone, 669	SASAPD	11.98	6	0	
25	4 STRYDOM (F57),Nickie, 673	SASAPD	11.45	5	0	
<b>Item 13 11:00 Heat 1 of 2 Women Senior 1500m</b>						
1	SEMENYA,Mokgadi Caster, 275	AGN	04:30.65		0	
2	CLOETE,Thineke, 696	WPA	04:39.64		0	
3	VERSTER,Danielle, 135	ACNW	04:39.72		0	
4	SEHLOHO,Thandi, 130	ACNW	04:39.74		0	
5	LOUW,Nicole, 498	BOLA	04:41.62		0	
6	HOBLOSHE,Aviwe, 457	ATRA	04:42.26		0	
7	JORDAAN,Alme, 496	BOLA	04:43.95		0	
8	DU PLESSIS,Danél, 103	ACNW	04:58.63		0	
0	MKHIZE,Bathobile, 604	KZNA	DNS		0	
<b>Item 13 11:00 Heat 2 of 2 Women Senior 1500m</b>						
1	VAN GRAAN,Aynslee, 291	AGN	04:45.99		0	
2	OELOFSE,Vicky, 201	AFS	04:46.23		0	
3	PRINSLOO,Carmie, 267	AGN	04:47.13		0	
4	ROELOFSE,Lyndi, 27	CGA	04:47.89		0	
5	SHANGE,Yandiswa, 501	BOLA	04:50.74		0	
6	NKUNA,Welma, 25	CGA	05:06.11		0	
0	COPELANA,Sarah, 6	CGA	DNS		0	
0	SENOSI,Keletso, 392	AGNI	DNS		0	
0	MKHIZE,Thobile, 603	KZNA	DNS		0	
<b>Item 14 11:00 Final Men U18 (Youth) LongJump Decathlon</b>						
1	HAGE,Adian, 515	BOLA	6.40		675	+1.5
2	BRONKHORST,Ruan, 41	CGA	6.37		668	-0.8
3	DAVIDS,Duwayne, 717	WPA	6.28		648	+1.2
4	CLAASEN,Ruan, 482	AVT	5.92		569	+1.0
<b>Item 15 11:00 Final Men U20 (Junior) LongJump Decathlon</b>						
1	GROBLER,Divan, 483	AVT	6.89		788	-0.2
2	PARKER,Tashriq, 725	WPA	6.69		741	+1.6
3	MC KENZIE,Renaldo, 519	BOLA	6.57		713	-1.7
4	SWANEPOEL,Andre, 527	BOLA	6.43		682	+1.4
5	FIELD,Jamie, 687	WPAI	5.86		556	+1.1
6	JONAS,Safwaan, 689	WPAI	5.74		531	+0.0
7	DUVENHAGE,Christiaan, 214	AFS	5.68		519	+0.9
0	DREYER,Luhan, 145	ACNW	DNS		0	
<b>Item 16 11:00 Final Men Senior LongJump Decathlon</b>						
1	VAN DER PLAETSEN,Thomas, 490	BEL	7.81		1012	+1.2
2	PRETORIUS,Fredriech, 358	AGN	7.52		940	+0.8
3	DE JAGER,Marcelle, 718	WPA	7.19		859	+0.4
4	MC GLADDERY,Duncan, 333	AGN	7.01		816	+0.8
5	PEREZ,Jesse, 523	BOLA	6.94		799	+0.7
6	FALLERT,Khuco, 310	AGN	6.61		723	-0.1
7	BEUKES,Hennie, 510	BOLA	6.47		691	+1.4
8	MARAIS,Daniel, 690	WPAI	6.29		650	+0.7

9	MATSEKANE,Katleho, 743	AGN	6.22	635	+0.7
10	HERN,Edmund, 150	ACNW	5.18	417	-0.2
<b>Item 17</b>	<b>11:20 Heat 1 of 2 Men Senior 1500m</b>				
1	SEHOHLE,Folavio, 428	AMPU	03:50.50	0	
2	SIBIYA,Nkosinathi, 624	KZNA	03:50.54	0	
3	MPHAHLELE,Ryan, 74	CGA	03:50.61	0	
4	SMITH,Ashley, 728	WPA	03:50.76	0	
5	MOTLOUNG,Malefetsane, 224	AFS	03:50.87	0	
6	CHAUMENTON,Maxine, 550	CGAI	03:51.11	0	
7	NDIMANDE,Nthutuko, 78	CGA	03:52.44	0	
8	BESTER,Robert, 296	AGN	03:54.08	0	
9	LENTSWE,Brendon, 155	ACNW	03:56.57	0	
10	MATHABATHA,Samuel, 431	AMPUI	03:59.29	0	
11	MALUSI,Yanga, 468	ATRA	04:00.40	0	
12	MGUBHELA,Nkululeko, 470	ATRA	04:10.60	0	
13	SELANA,Vuyolwethu, 587	EPA	04:26.52	0	
14	BRITS (T37),Barend, 653	SASAPD	04:54.10	0	
0	MOTHOSOLA,William, 425	AMPU	DNS	0	
0	MASHABA,Tumelo, 327	AGN	DNF	0	
<b>Item 17</b>	<b>11:20 Heat 2 of 2 Men Senior 1500m</b>				
1	MOTSAU,Jerry, 168	ACNW	03:50.63	0	
2	MOKHONOANE,Elvis, 71	CGA	03:50.65	0	
3	DAMONS,Bruce-lynn, 716	WPA	03:51.52	0	
4	BREDENKAMP,Jonathan, 298	AGN	03:51.81	0	
5	MOKOPANE,Rantso, 163	ACNW	03:53.03	0	
6	DERISON,Treasure, 213	AFS	03:53.39	0	
7	MAKANE,Henry, 56	CGA	03:55.60	0	
8	KUTLWISISO,Sidinile, 50	CGA	03:56.99	0	
9	PHEKO,Khotsatso, 412	AGNI	03:57.26	0	
10	BOTHOLOLO,Solomon, 397	AGNI	04:03.61	0	
11	NTSOTO,Awethu, 477	ATRA	04:08.42	0	
12	MORE,Letlhogonolo, 485	AVT	04:09.80	0	
13	SOKHELA,Zola, 625	KZNA	04:13.34	0	
0	MATLALA,Monne, 331	AGN	DNS	0	
0	MAKOFANE,Mpho, 58	CGA	DNF	0	
0	MUNNIK,Luan, 169	ACNW	DNF	0	
<b>Item 18</b>	<b>11:45 Heat 1 of 3 Men Senior 400m Hurdles</b>				0.914m
1	FREDERICKS,Cornel, 215	AFS	0:50.76	0	
2	PRETORIUS,Constant, 357	AGN	0:50.77	0	
3	MATHOPA,Tshegofatso, 330	AGN	0:51.01	0	
4	VAN DER WALT,Ruhan, 376	AGN	0:53.03	0	
5	ROZARIO,Williams, 562	CGAI	0:53.78	0	
6	SUSAN,Hendrik, 181	ACNW	0:54.94	0	
<b>Item 18</b>	<b>11:45 Heat 2 of 3 Men Senior 400m Hurdles</b>				0.914m
1	MOGAWANE,Kefilwe, 338	AGN	0:51.24	0	
2	ROBERTS,Rivaldo, 362	AGN	0:51.63	0	
3	DU TOIT,Wynand, 512	BOLA	0:52.71	0	
4	MADLOPA,Siyabonga, 557	CGAI	0:53.17	0	
5	BENEKE,Pc, 211	AFS	0:53.74	0	
6	MENTZ,Ruan, 334	AGN	0:53.82	0	
7	RAMOLEFI,Ruben, 640	NWCA	0:56.20	0	
8	JOHANNES,Emile, 581	EPA	0:57.99	0	
<b>Item 18</b>	<b>11:45 Heat 3 of 3 Men Senior 400m Hurdles</b>				0.914m
1	HANEKOM,Lindsey, 317	AGN	0:49.76	0	
2	ZAZINI,Sokwakhana, 380	AGN	0:50.80	0	
3	HAMMAN,Le Roux, 316	AGN	0:50.91	0	
4	STEENEKAMP,Loutjie, 370	AGN	0:51.09	0	



5	DLAMINI,Sabelo, 46	CGA	0:51.59	0
6	EKSTEEN,Elishama, 534	BORA	0:53.30	0
7	MAYO,Adam, 404	AGNI	0:53.38	0
8	TSHIVHULA,Thembinkosi, 563	CGAI	1:03.31	0
<b>Item 19</b>	<b>12:00 Heat 1 of 2 Women Senior 400m Hurdles</b>			<b>0.762m</b>
1	VAN DER WALT,Zeney, 286	AGN	0:56.86	0
2	MAGERMAN,Gezelle, 253	AGN	0:58.21	0
3	LEEVENINK,Chanel, 249	AGN	1:00.02	0
4	ERASMUS,Ané, 193	AFS	1:02.26	0
0	LE ROUX,Armoure, 17	CGA	DNS	0
<b>Item 19</b>	<b>12:00 Heat 2 of 2 Women Senior 400m Hurdles</b>			<b>0.762m</b>
1	NEL,Wenda, 262	AGN	0:56.50	0
2	JOSEPH,Rogail, 700	WPA	1:00.01	0
3	GONTSE,Morake, 12	CGA	1:01.06	0
4	LOOTS,Marzaan, 251	AGN	1:03.42	0
5	SYLVESTER,Elitha, 711	WPA	1:04.26	0
0	TSETSEWA,Cynthia, 31	CGA	DNS	0
<b>Item 20</b>	<b>14:20 Final Men MixAge 100m (MASTERS)</b>			<b>+1.8</b>
30 1	DE BEER,Willem, 751	AGN	10.99	9 0
30 2	ZEELIE,Jean-pierre, 752	AGN	11.18	7 0
30 3	PRINSLOO,Snyman, 488	AVT	11.22	6 0
30 4	DENYSSCHEN,Pieter, 753	AGN	11.86	5 0
35 1	JORDAAN,Rudi, 754	CGA	12.06	9 0
35 0	DREYER,Jonathan, 686	WPAI	DNS	0 0
40 0	MENTOOR,Ricardo, 691	WPAI	DNS	0 0
<b>Item 21</b>	<b>14:30 Final Men U18 (Youth) Shotput Decathlon</b>			
1	CLAASEN,Ruan, 482	AVT	15.99	851
2	HAGE,Adian, 515	BOLA	09.88	478
3	BRONKHORST,Ruan, 41	CGA	09.84	476
4	DAVIDS,Duwayne, 717	WPA	09.22	439
<b>Item 22</b>	<b>14:30 Final Men U20 (Junior) Shotput Decathlon</b>			
1	DUVENHAGE,Christiaan, 214	AFS	12.82	656
2	MC KENZIE,Renaldo, 519	BOLA	12.55	640
3	PARKER,Tashriq, 725	WPA	10.27	502
4	GROBLER,Divan, 483	AVT	10.19	497
5	SWANEPOEL,Andre, 527	BOLA	09.73	469
6	JONAS,Safwaan, 689	WPAI	09.41	450
7	FIELD,Jamie, 687	WPAI	07.95	363
0	DREYER,Luhan, 145	ACNW	DNR	0
<b>Item 23</b>	<b>14:30 Final Men Senior Shotput Decathlon</b>			<b>7.260kg</b>
1	PRETORIUS,Fredriech, 358	AGN	14.10	734
2	VAN DER PLAETSEN,Thomas, 490	BEL	13.77	714
3	DE JAGER,Marcelle, 718	WPA	13.54	700
4	PEREZ,Jesse, 523	BOLA	12.44	633
5	MC GLADDERY,Duncan, 333	AGN	12.34	627
6	BEUKES,Hennie, 510	BOLA	11.53	578
7	MATSEKANE,Katleho, 743	AGN	10.25	501
8	FALLERT,Khuco, 310	AGN	10.18	496
9	HERN,Edmund, 150	ACNW	09.03	428
10	MARAIS,Daniel, 690	WPAI	08.09	372
<b>Item 25</b>	<b>14:45 Semi Final 1 of 3 Men Senior 100m</b>			<b>+2.5</b>
1	MAGAKWE,Simon, 723	WPA	10.13	0
2	DLODLO,Thandolwenkosi, 435	ANWN	10.21	0
3	VAN WYK,Chederick, 188	ACNW	10.36	0
4	SEPTOKELE,Lethogonolo, 367	AGN	10.37	0
5	MICHAU,Keenan, 335	AGN	10.45	0
6	WILLIAMS,Dale, 588	EPA	10.55	0

7	SETHABI,Oratile, 230	AFS	10.67	0	
8	ROTO,Thando, 363	AGN	13.53	0	
<b>Item 25</b>	<b>14:45 Semi Final 2 of 3 Men Senior 100m</b>			<b>+1.1</b>	
1	ENGEL,Roscoe, 719	WPA	10.30	0	
2	MONARENG,Thembo, 342	AGN	10.37	0	
3	SAMKELO,Sabela, 82	CGA	10.39	0	
4	TROTTER,Gideon, 232	AFS	10.46	0	
5	FERNS,Nicolas, 311	AGN	10.49	0	
6	MOTLALA,Lesego, 344	AGN	10.56	0	
7	BALOI,Obakeng, 434	ANWN	10.57	0	
8	SEOPOSENGWE,Keletso, 594	GWA	10.70	0	
<b>Item 25</b>	<b>14:45 Semi Final 3 of 3 Men Senior 100m</b>			<b>+1.5</b>	
1	JOHNSON,Cheswill, 48	CGA	10.26	0	
2	MOTSEPE,Ntando, 559	CGAI	10.32	0	
3	MZOBE,Mfundo, 617	KZNA	10.40	0	
4	GAINS,Mark, 608	KZNA	10.43	0	
5	KUALI,Duke, 421	AMPU	10.47	0	
6	MIYA,Sifiso, 336	AGN	10.47	0	
7	NOBLE,Ethan, 410	AGNI	10.66	0	
8	VYFER,Iveyano, 695	WPAI	10.76	0	
<b>Item 26</b>	<b>15:00 Final Men MixAge 100m (T11 &amp; T12 PARA)</b>			<b>+0.3</b>	
25	1 NTUTU (T12),Jonathan, 668	SASAPD	11.20	9	0
25	2 MOEKETSI (T11),Andrew, 665	SASAPD	12.31	7	0
25	3 MALAWU (T12),Lwandile, 662	SASAPD	12.39	6	0
25	0 MATLAKALA (T12),Kemogetswe, 664	SASAPD	DNS	0	0
25	0 LEPODISE (T12),Karabo, 659	SASAPD	DNS	0	0
<b>Item 27</b>	<b>15:00 Round 1 of 1 Men Senior LongJump</b>				
1	MANYONGA,Luvo, 583	EPA	8.16	0	-0.6
2	VISSER,Zarck, 94	CGA	7.92	0	+0.3
3	SAMAAI,Rushwahl, 526	BOLA	7.91	0	-0.6
4	VAN VUUREN,Jovan, 379	AGN	7.73	0	+0.5
5	MAKGOTO,Peter, 220	AFS	7.56	0	+0.4
6	TITO,Jason, 529	BOLA	7.50	0	-0.6
7	MANUEL,Devan, 518	BOLA	7.49	0	+1.5
8	COTTER,Dylan, 44	CGA	7.41	0	+0.3
9	JOHNSON,Cheswill, 48	CGA	7.37	0	+0.9
10	GAINS,Mark, 608	KZNA	7.31	0	+1.5
11	MPHEFU,Junior, 520	BOLA	7.23	0	+0.4
12	GAUCHE,Luke, 314	AGN	7.22	0	+0.7
13	PEDRO,Aaron, 80	CGA	7.21	0	+2.0
14	BANDA,Maudas, 418	AMPU	7.14	0	+1.0
15	PIETERSE,Muller, 174	ACNW	7.10	0	-0.2
16	ROBERTS,Crissio, 585	EPA	7.01	0	+0.3
17	PONISAMMY,Norbert, 228	AFS	6.98	0	+1.8
18	MPANGANE,Bongane, 560	CGAI	6.77	0	+0.2
19	LANGENHOVEN (T12),Hilton, 658	SASAPD	6.75	0	+0.8
19	HANI,Nikithemba, 535	BORA	6.75	0	+1.2
21	SEBEHO,Frank, 229	AFS	6.57	0	+0.0
22	GROOTBOOM,Siyabonga, 580	EPA	6.45	0	-0.2
23	SKOSANA,Michael, 231	AFS	6.41	0	+1.4
24	SCHULTZ (T44),Christiaan, 670	SASAPD	5.74	0	+0.0
0	KOENYANA,Karabo, 398	AGNI	DNS	0	
<b>Item 28</b>	<b>15:15 Final Women MixAge 100m (PARA)</b>			<b>+0.8</b>	
25	1 PRETORIUS (T13),Johanna, 647	SASAPD	12.76	9	0
25	2 FELIX (T44),Charne', 642	SASAPD	14.96	7	0
25	0 VAN ZYL (T/F35),Chenelle, 649	SASAPD	DNS	0	0
<b>Item 29</b>	<b>15:30 Final Men Senior Polevault</b>				



1	VAN WYK,Valco, 531	BOLA	5.10	9	0	G
2	VAN HUYSTEEN,Nikolai, 530	BOLA	4.90	7	0	S
3	RADEMEYER,Kyle, 525	BOLA	4.80	6	0	B
<b>Item 30</b>	<b>15:30 Final Men MixAge 100m (PARA)</b>				<b>+1.5</b>	
25 1	VAN GRAAN (T46),Wynand, 674	SASAPD	11.62	9	0	
25 2	BUIS (T38),Dyan, 654	SASAPD	11.66	7	0	
25 2	DU PLESSIS (T62),Daniel, 656	SASAPD	11.66	7	0	
25 4	NDLOVU (T46),Neo, 666	SASAPD	11.83	5	0	
25 5	SEKAILE (T38),Union, 671	SASAPD	12.18	4	0	
25 6	VAN ROOYEN (T37),Ruhan, 675	SASAPD	12.32	3	0	
25 0	LERITE (T13),Teboho, 660	SASAPD	DNS	0	0	
<b>Item 31</b>	<b>15:45 Heat 1 of 3 Women Senior 400m</b>					
1	HOLTON,Danél, 111	ACNW	0:55.00		0	
2	VAN TONDER,Chante, 546	CGAI	0:55.68		0	
3	VILJOEN,Marli, 290	AGN	0:55.70		0	
4	KHOZA,Nondumiso, 598	KZNA	0:57.10		0	
5	SEELIGER,Janet, 273	AGN	0:57.98		0	
6	SCHUTTE,Lara, 129	ACNW	0:58.73		0	
<b>Item 31</b>	<b>15:45 Heat 2 of 3 Women Senior 400m</b>					
1	OLORUNTOBA,Morenike, 569	EPA	0:55.97		0	
2	LE ROUX,Armoure, 17	CGA	0:56.07		0	
3	KAPP,Simone, 678	WPAI	0:56.21		0	
4	ALBERTS,Suné, 97	ACNW	0:57.18		0	
5	ROBERTSON,Nikita, 391	AGNI	0:58.37		0	
6	VAN DYK,Mariska, 287	AGN	0:58.86		0	
7	FERREIRA,Marizaan, 591	GWA	0:59.75		0	
0	MARGGRAF (T46),Jessica, 646	SASAPD	DNS		0	
<b>Item 31</b>	<b>15:45 Heat 3 of 3 Women Senior 400m</b>					
1	AHRENS,Kirsten, 595	KZNA	0:55.25		0	
2	SELEKA,Boitumelo, 433	ANWN	0:55.73		0	
3	NAUDE,Amy, 605	KZNA	0:55.91		0	
4	LUTS,Julia, 543	CGAI	0:56.06		0	
5	HATTINGH,Carla, 13	CGA	0:56.38		0	
6	BOTHA,Lizhare, 565	EPA	0:58.35		0	
7	REITZ,Marietjie, 390	AGNI	1:00.11		0	
8	GOUWS (T37),Liesel, 643	SASAPD	1:10.07		0	
<b>Item 32</b>	<b>16:10 Heat 1 of 6 Men Senior 400m</b>					
1	DIKGALE,Ranti, 303	AGN	0:45.98		0	
2	HLUNGWANI,Ashley, 318	AGN	0:46.06		0	
3	ISAACS,Gardeo, 517	BOLA	0:46.20		0	
4	BOPHI,Khakaletu, 575	EPA	0:47.53		0	
5	JONKER,Gert, 49	CGA	0:48.14		0	
6	NKHAHLE,Rappie, 408	AGNI	0:48.97		0	
7	RAMORWA,Galetsang, 443	ANWN	0:49.61		0	
8	NTJIE,Lethabo, 747	LIMA	0:50.90		0	
<b>Item 32</b>	<b>16:10 Heat 2 of 6 Men Senior 400m</b>					
1	PHORA,Thapelo, 356	AGN	0:46.05		0	
2	SEELIGER,Jon, 365	AGN	0:47.67		0	
3	NKUNKUMANA,Abongile, 171	ACNW	0:47.89		0	
4	FELIX,Remano, 579	EPA	0:48.46		0	
5	THABIGUNYA,Siphosethu, 694	WPAI	0:48.64		0	
6	BARNES,Andrew, 295	AGN	0:48.70		0	
7	MAKOKOE,Goitseone, 592	GWA	0:54.10		0	
0	MDLETYE,Masonene, 537	BORA	DNS		0	
<b>Item 32</b>	<b>16:10 Heat 3 of 6 Men Senior 400m</b>					
1	MUDIMELI,Fhatuwani, 347	AGN	0:46.62		0	
2	MOKGOBINYANE,Lesedi, 162	ACNW	0:47.30		0	

3	MATLALA,Frans, 67	CGA	0:47.85	0
4	WALGENBACH,Johnny, 639	LIMA	0:48.31	0
0	PULE,Koketso, 448	ANWNI	DNR	0
0	RABULANYANA,Lesley, 413	AGNI	DNS	0
<b>Item 32</b>	<b>16:10 Heat 4 of 6 Men Senior 400m</b>			
1	CONRADIE,Pieter, 140	ACNW	0:46.28	0
2	FLAGG,Jaden, 688	WPAI	0:46.94	0
3	MAVUNDLA,Oscar, 332	AGN	0:47.45	0
4	MASEKO,Nhlahla, 423	AMPU	0:47.64	0
5	VAN DER WALT,Divan, 185	ACNW	0:48.86	0
6	MAMOSADI,Thatho, 636	LIMA	0:49.27	0
7	DEVILLIERS,David, 576	EPA	0:50.57	0
8	O'NEIL,D'angelo, 538	BORA	0:51.62	0
<b>Item 32</b>	<b>16:10 Heat 5 of 6 Men Senior 400m</b>			
1	SWART,Adrian, 528	BOLA	0:46.64	0
2	NENE,Zakithi, 620	KZNA	0:47.01	0
3	OLIPHANT,Unathi, 227	AFS	0:47.89	0
4	THWALA,Lindani, 626	KZNA	0:49.14	0
5	NOBANDA,Thusile, 474	ATRA	0:49.45	0
6	MGOBHOZI,Sihle, 615	KZNA	0:51.42	0
0	GOUWS,Joshua, 315	AGN	DNS	0
0	PADI,Lesedi, 172	ACNW	DNS	0
<b>Item 32</b>	<b>16:10 Heat 6 of 6 Men Senior 400m</b>			
1	UKONA,Khuzwayo, 375	AGN	0:47.33	0
2	SEETE,David, 84	CGA	0:47.54	0
3	SEGATLHE,Rorisamg, 414	AGNI	0:48.45	0
4	STADLER,Johan, 180	ACNW	0:48.70	0
5	EKSTEEN,Elishama, 534	BORA	0:49.39	0
6	WILLIAMS,Arnold, 455	ASWD	0:53.32	0
0	VAN NIEKERK,Wayde, 233	AFS	DNS	0
0	DE JONG,Ruan, 301	AGN	DNS	0
<b>Item 33</b>	<b>08:00 Final Men U18 (Youth) HighJump Decathlon</b>			
1	BRONKHORST,Ruan, 41	CGA	1.92	731
2	CLAASEN,Ruan, 482	AVT	1.83	653
3	HAGE,Adian, 515	BOLA	1.65	504
4	DAVIDS,Duwayne, 717	WPA	1.62	480
<b>Item 34</b>	<b>08:00 Final Men U20 (Junior) HighJump Decathlon</b>			
1	MC KENZIE,Renaldo, 519	BOLA	1.92	731
2	GROBLER,Divan, 483	AVT	1.83	653
3	PARKER,Tashriq, 725	WPA	1.74	577
4	SWANEPOEL,Andre, 527	BOLA	1.71	552
5	FIELD,Jamie, 687	WPAI	1.68	528
6	JONAS,Safwaan, 689	WPAI	1.65	504
7	DUVENHAGE,Christiaan, 214	AFS	1.62	480
0	DREYER,Luhan, 145	ACNW	NM	0
<b>Item 35</b>	<b>08:00 Final Men Senior HighJump Decathlon</b>			
1	PRETORIUS,Fredriech, 358	AGN	2.04	840
2	MC GLADDERY,Duncan, 333	AGN	1.89	705
3	DE JAGER,Marcelle, 718	WPA	1.89	705
4	MATSEKANE,Katleho, 743	AGN	1.77	602
5	PEREZ,Jesse, 523	BOLA	1.74	577
6	BEUKES,Hennie, 510	BOLA	1.71	552
7	MARAIS,Daniel, 690	WPAI	1.68	528
0	VAN DER PLAETSEN,Thomas, 490	BEL	NM	0
0	FALLERT,Khuco, 310	AGN	NM	0
0	HERN,Edmund, 150	ACNW	NM	0
<b>Item 36</b>	<b>16:45 Final Women Senior 100m</b>			<b>+0.8</b>

1	MAMATU,Tebogo, 255	AGN	11.45	9	0	G
2	XEYI,Rose, 293	AGN	11.61	7	0	S
3	MOLOI,Reabetswe, 259	AGN	11.78	6	0	B
4	OBISI,Petunia, 705	WPA	11.79	5	0	
4	MOGWASI,Sokwakana, 198	AFS	11.79	5	0	
6	FOX,Christin, 107	ACNW	12.03	3	0	
7	BOMPASS,Jessica, 596	KZNA	12.06	2	0	
8	UNDERHAY,Taylor, 544	CGAI	12.18	1	0	
<b>Item 37 16:55 Final Men Senior 100m</b>						<b>+0.5</b>
1	MAGAKWE,Simon, 723	WPA	10.05	9	0	G
2	DLODLO,Thandolwenkosi, 435	ANWN	10.15	7	0	S
3	VAN WYK,Chederick, 188	ACNW	10.27	6	0	B
4	MONARENG,Thembo, 342	AGN	10.33	5	0	
5	SEPTOKELE,Lethogonolo, 367	AGN	10.40	4	0	
6	MOTSEPE,Ntando, 559	CGAI	10.44	3	0	
7	ENGEL,Roscoe, 719	WPA	10.52	2	0	
8	JOHNSON,Cheswill, 48	CGA	10.60	1	0	
<b>Item 38 17:10 Final Women Senior 5000m</b>						
1	SEMENYA,Mokgadi Caster, 275	AGN	16:05.97	9	0	G
2	SCOTT,Dominique, 707	WPA	16:13.71	7	0	S
3	MOLETSANE,Kesa, 199	AFS	16:25.23	6	0	B
4	XABA,Glenrose, 740	AGN	16:44.28	5	0	
5	VAN GRAAN,Kyla, 713	WPA	17:30.43	4	0	
6	TYLER,Beling, 206	AFS	17:38.03	3	0	
7	JOUBERT,Cornelia, 15	CGA	17:59.38	2	0	
8	VAN GRAAN,Aynslee, 291	AGN	18:02.96	1	0	
9	MKHIZE,Thobile, 603	KZNA	18:05.23	0	0	
10	VAN DER MERWE,Nicole, 32	CGA	18:14.60	0	0	
11	DUMISA,Sisanda, 241	AGN	18:34.41	0	0	
12	MASHAMAITE,Dipuo, 19	CGA	18:34.44	0	0	
0	MKHIZE,Bathobile, 604	KZNA	DNS	0	0	
0	CIAN,Oldknow, 540	CGAI	DNF	0	0	
0	ROELOFSE,Lyndi, 27	CGA	DNF	0	0	
0	TYWALANE,Ntombomzi, 461	ATRA	DNF	0	0	
0	VENTER,Anè, 134	ACNW	DNF	0	0	
<b>Item 39 12:00 Final Women Senior LongJump</b>						
1	BENEKE,Linque, 192	AFS	6.64	9	0	G -1.1
2	KRUGER,Eljoné, 117	ACNW	6.61	7	0	S +3.1
3	CHABANGU,Zinzi, 3	CGA	6.55	6	0	B +0.4
4	PEENS,Helene, 265	AGN	6.03	5	0	-1.1
5	MASHABA,Nolwazi, 416	AMPU	5.89	4	0	+0.7
6	NOLTE,Danielle, 264	AGN	5.75	3	0	-0.1
7	MADIKE,Anita, 567	EPA	5.72	2	0	-1.2
8	WRIGHT,Michaela, 210	AFS	5.68	1	0	+0.4
9	COETZEE,Marike, 101	ACNW	5.57	0	0	-0.1
10	DE JAGER,Marcelle, 632	LIMA	5.44	0	0	-2.3
11	XEYI,Rose, 293	AGN	5.29	0	0	+2.3
12	SIKOE,Oratile, 572	EPA	5.01	0	0	-1.7
13	MARGGRAF (T46),Jessica, 646	SASAPD	4.55	0	0	-1.2
14	FELIX (T44),Charne', 642	SASAPD	4.15	0	0	-2.2
0	VAN DER MERWE,Marrelie, 589	EPAI	DNS	0	0	
0	VAN NIEKERK,Angelique, 545	CGAI	DNS	0	0	
0	FOUCHE,Karmen, 105	ACNW	DNS	0	0	
0	SOLARIN,Esther, 394	AGNI	DNS	0	0	
<b>Item 40 17:30 Final Women Senior Shotput</b>						<b>4.000kg</b>
1	SENEKAL,Ischke, 571	EPA	16.80	9	0	G
2	STRYDOM,Meike, 29	CGA	15.55	7	0	S

3	SMUTS,Sonia, 276	AGN	14.56	6	0	B
4	UYS,Collette, 207	AFS	13.11	5	0	
5	WAGNER,Monique, 37	CGA	13.05	4	0	
6	STEINMANN,Jana, 28	CGA	12.79	3	0	
7	BOSHOFF,Skye, 491	BOLA	11.71	2	0	
0	JANSE VAN RENSBURG,Danae, 247	AGN	DNS	0	0	
<b>Item 41</b>	<b>17:30 Final Men Senior Discus</b>					<b>2.000kg</b>
1	HOGAN,Victor, 516	BOLA	60.20	9	0	G
2	VISSER,Werner, 95	CGA	58.04	7	0	S
3	SCHOLTZ,Johan, 364	AGN	54.55	6	0	B
4	MARAIS,Ignatius, 158	ACNW	51.38	5	0	
5	LEKHULENI,Xolani, 422	AMPU	46.42	4	0	
<b>Item 42</b>	<b>17:40 Final Men Senior 10000m</b>					
1	BUTHELEZI,Philane, 299	AGN	29:21.71	9	0	G
2	MAGAI,Regan, 741	AGN	29:46.64	7	0	S
3	KEKANA,Milton, 320	AGN	29:57.77	6	0	B
4	MZAZI,Gladwin, 77	CGA	30:04.90	5	0	
5	MATHANGA,Mbuleli, 612	KZNA	30:24.65	4	0	
6	MPHAKATHI,Ntsindido, 75	CGA	30:29.37	3	0	
7	MULAUDZI,Collen, 348	AGN	30:37.29	2	0	
8	LONGOZA,Kwanda, 52	CGA	30:58.49	1	0	
0	VAN DER MERWE,Dylan, 564	CGAI	DNS	0	0	
0	MOKOKA,Stephen, 340	AGN	DNS	0	0	
0	RUDOLF,Rossouw, 693	WPAI	DNF	0	0	
0	KUPISO,Zuko, 738	BORA	DNF	0	0	
0	MOSHWETSI,Jereminah, 442	ANWN	DNF	0	0	
0	VILAKAZI,John, 432	AMPUI	DNF	0	0	
0	MNCUBE,Ayanda, 629	KZNA	DNF	0	0	
0	CHABANGU,Thabo, 43	CGA	DNF	0	0	
0	SESEDI,Andries, 87	CGA	DNF	0	0	
0	LEDWABA,Disego, 633	LIMA	DNF	0	0	
0	NOSE,Cwenga, 476	ATRA	DNF	0	0	
0	MOFOKENG,Puseletso, 161	ACNW	DNF	0	0	
0	MOTLAGALE,Tumelo, 167	ACNW	DNF	0	0	
0	MASEMOLA,Kamogelo, 402	AGNI	DNF	0	0	
0	NKUNA,Thabang, 409	AGNI	DNF	0	0	
0	MHLAKWANA,Nkosinathi, 616	KZNA	DNF	0	0	
<b>Item 43</b>	<b>11:15 Heat 1 of 5 Men Senior 800m</b>					
1	EHLERS,Theuns, 307	AGN	1:50.88		0	
2	MOKHONOANE,Elvis, 71	CGA	1:51.03		0	
3	NCAMANE,Jabulane, 350	AGN	1:51.03		0	
4	MADIBA,Thapelo, 54	CGA	1:53.49		0	
5	NOBANDA,Thusile, 474	ATRA	1:54.70		0	
6	NHLAPHO,Sbusiso, 353	AGN	1:56.26		0	
7	SEFORA,Phemelo, 444	ANWN	2:01.21		0	
<b>Item 43</b>	<b>11:15 Heat 2 of 5 Men Senior 800m</b>					
1	TSHITE,Tshepo, 374	AGN	1:51.32		0	
2	COTCHOBOS,Christian, 685	WPAI	1:51.79		0	
3	ROZANI,Jacob, 449	ANWNI	1:52.15		0	
4	NDIMANDE,Nthutuko, 78	CGA	1:52.23		0	
5	DLAMINI,Nhlanhla, 551	CGAI	1:52.44		0	
6	SWART,Christopher, 372	AGN	1:54.46		0	
7	NTSOTO,Awethu, 477	ATRA	2:00.48		0	
<b>Item 43</b>	<b>11:15 Heat 3 of 5 Men Senior 800m</b>					
1	MAKOFANE,Mpho, 58	CGA	1:50.21		0	
2	MADIMA,Themba, 324	AGN	1:50.62		0	
3	NWAGU,Tshegofatso, 355	AGN	1:50.93		0	

4	REITSMA,Reinard, 176	ACNW	1:54.48	0
5	KHOZA,Amos, 321	AGN	1:57.48	0
6	JONKER,Gert, 49	CGA	1:58.82	0
7	DOLLIES,Devan, 577	EPA	2:00.73	0
<b>Item 43</b>	<b>11:15 Heat 4 of 5 Men Senior 800m</b>			
1	MASHABA,Tumelo, 327	AGN	1:55.59	0
2	DU PLESSIS,Edmund, 305	AGN	1:55.84	0
3	VAN RENSBURG,Rynardt, 234	AFS	1:55.88	0
4	VAN ROOYEN,Dillan, 187	ACNW	1:56.06	0
5	SOKHELA,Zola, 625	KZNA	1:56.32	0
6	MANONG,Lehlohonolo, 59	CGA	1:56.35	0
7	BOERS,Jaytee, 419	AMPU	2:03.59	0
<b>Item 43</b>	<b>11:15 Heat 5 of 5 Men Senior 800m</b>			
2	MAHLOSI,Kabelo, 438	ANWN	1:49.41	0
3	FARO,Duran, 720	WPA	1:50.86	0
4	NAUDE,Hannes, 226	AFS	1:51.26	0
5	PIETERSE,Emile, 175	ACNW	1:52.88	0
6	MTHIMKULU,Sikhalo, 346	AGN	1:54.25	0
7	RUTHVEN,Marco, 744	AGNI	1:55.51	0
1	MAHLANGO (T61),Ntando, 661	SASAPD	(UOF) 1:49.30	0
<b>Item 44</b>	<b>12:30 Final Men U18 (Youth) 400m Decathlon</b>			
1	BRONKHORST,Ruan, 41	CGA	0:52.62	698
2	DAVIDS,Duwayne, 717	WPA	0:55.63	574
3	CLAASEN,Ruan, 482	AVT	0:58.68	459
4	HAGE,Adian, 515	BOLA	1:00.40	400
<b>Item 45</b>	<b>12:30 Final Men U20 (Junior) 400m Decathlon</b>			
1	GROBLER,Divan, 483	AVT	0:53.10	677
2	FIELD,Jamie, 687	WPAI	0:53.81	647
3	PARKER,Tashriq, 725	WPA	0:54.57	616
4	SWANEPOEL,Andre, 527	BOLA	0:56.66	534
5	MC KENZIE,Renaldo, 519	BOLA	0:58.86	453
6	JONAS,Safwaan, 689	WPAI	1:00.91	383
0	DUVENHAGE,Christiaan, 214	AFS	DNS	0
0	DREYER,Luhan, 145	ACNW	DNS	0
<b>Item 46</b>	<b>12:30 Final Results Men Senior 400m Decathlon</b>			
1	MC GLADDERY,Duncan, 333	AGN	0:49.99	815
2	PRETORIUS,Fredriech, 358	AGN	0:50.50	792
3	FALLERT,Khuco, 310	AGN	0:51.39	752
4	BEUKES,Hennie, 510	BOLA	0:51.51	746
5	MATSEKANE,Katleho, 743	AGN	0:52.76	692
6	DE JAGER,Marcelle, 718	WPA	0:53.69	652
7	HERN,Edmund, 150	ACNW	0:55.04	597
8	MARAIS,Daniel, 690	WPAI	0:57.19	514
0	VAN DER PLAETSEN,Thomas, 490	BEL	DNS	0
0	PEREZ,Jesse, 523	BOLA	DNS	0
<b>Item 46</b>	<b>12:30 Final 1 of 2 Men Senior 400m Decathlon</b>			
1	MC GLADDERY,Duncan, 333	AGN	0:49.99	815
2	PRETORIUS,Fredriech, 358	AGN	0:50.50	792
3	HERN,Edmund, 150	ACNW	0:55.04	597
0	VAN DER PLAETSEN,Thomas, 490	BEL	DNS	0
0	PEREZ,Jesse, 523	BOLA	DNS	0
<b>Item 46</b>	<b>12:30 Final 2 of 2 Men Senior 400m Decathlon</b>			
1	FALLERT,Khuco, 310	AGN	0:51.39	752
2	BEUKES,Hennie, 510	BOLA	0:51.51	746
3	MATSEKANE,Katleho, 743	AGN	0:52.76	692
4	DE JAGER,Marcelle, 718	WPA	0:53.69	652
5	MARAIS,Daniel, 690	WPAI	0:57.19	514
<b>Item 47</b>	<b>08:30 Final Men Senior 110m Hurdles Decathlon</b>			<b>-1.5 1.067m</b>

1	PRETORIUS,Fredriech, 358	AGN	14.47	915
2	DE JAGER,Marcelle, 718	WPA	15.52	788
3	MC GLADDERY,Duncan, 333	AGN	15.59	780
4	BEUKES,Hennie, 510	BOLA	16.06	726
5	MATSEKANE,Katleho, 743	AGN	16.30	699
6	FALLERT,Khuco, 310	AGN	16.47	681
7	MARAIS,Daniel, 690	WPAI	16.78	647
8	VAN DER PLAETSEN,Thomas, 490	BEL	17.73	550
9	HERN,Edmund, 150	ACNW	21.69	228
0	PEREZ,Jesse, 523	BOLA	DNS	0
<b>Item 48</b>	<b>08:40 Final Men U20 (Junior) 110m Hurdles Decathlon</b>			<b>-2.7</b>
1	MC KENZIE,Renaldo, 519	BOLA	14.66	891
2	GROBLER,Divan, 483	AVT	15.51	789
3	PARKER,Tashriq, 725	WPA	15.92	742
4	FIELD,Jamie, 687	WPAI	16.01	732
5	SWANEPOEL,Andre, 527	BOLA	16.24	706
6	JONAS,Safwaan, 689	WPAI	17.31	592
7	DUVENHAGE,Christiaan, 214	AFS	18.13	512
0	DREYER,Luhan, 145	ACNW	DNS	0
<b>Item 49</b>	<b>08:50 Final Men U18 (Youth) 110m Hurdles Decathlon</b>			<b>-3.1</b>
1	DAVIDS,Duwayne, 717	WPA	15.70	767
2	BRONKHORST,Ruan, 41	CGA	15.81	754
3	HAGE,Adian, 515	BOLA	17.18	606
4	CLAASEN,Ruan, 482	AVT	18.30	496
<b>Item 50</b>	<b>09:00 Final Women Senior 100m Hurdles Heptathlon</b>			<b>-1.0 0.838m</b>
1	KING,Geraldine, 702	WPA	15.11	827
2	VERSTER,Shannon, 288	AGN	15.23	811
3	DONOUGH,Ameerah, 697	WPA	15.66	756
3	SALIM,Anri, 127	ACNW	15.66	756
5	GRAVETT,Anneri, 108	ACNW	16.41	665
6	GIETZEN,Rachalle, 450	ASWD	17.95	494
0	UYS,Brittany, 712	WPA	DNS	0
<b>Item 51</b>	<b>09:10 Final Women U20 (Junior) 100m Hurdles Heptathlon</b>			<b>-1.3</b>
1	LAZARUS,Gabrielle, 703	WPA	15.10	828
2	THERON,Liezel, 283	AGN	15.38	792
3	KRUGER,Zeanne, 497	BOLA	15.70	751
4	KETCH,Leandre, 701	WPA	15.75	745
5	STEYN,Jessica, 481	AVT	16.10	702
6	VAN ZYL,Anina, 133	ACNW	17.96	493
0	VAN JAARVELD,Liane, 33	CGA	DNS	0
<b>Item 52</b>	<b>09:20 Final Women U18 (Youth) 100m Hurdles Heptathlon</b>			<b>-1.9</b>
1	HUIJINK,Annemieke, 196	AFS	17.54	537
2	BARBER,Sarah, 750	KZNA	17.55	536
3	VLOK,Amore, 36	CGA	18.74	415
4	JACOBS,Danielle, 14	CGA	18.95	395
<b>Item 54</b>	<b>09:45 Heat 1 of 4 Women Senior 200m</b>			<b>-2.2</b>
1	LUTS,Julia, 543	CGAI	24.93	0
2	SEDDON,Cayla, 570	EPA	25.09	0
3	NEL,Benee, 389	AGNI	25.10	0
4	ROBERTSON,Nikita, 391	AGNI	25.71	0
5	PRETORIUS (T13),Johanna, 647	SASAPD	26.31	0
0	CONLEY,Alyssa, 5	CGA	DNS	0
0	UNDERHAY,Taylor, 544	CGAI	DNS	0
<b>Item 54</b>	<b>09:45 Heat 2 of 4 Women Senior 200m</b>			<b>-2.0</b>
1	BOMPASS,Jessica, 596	KZNA	25.15	0
2	MOGWASI,Sokwakana, 198	AFS	25.31	0
3	TSHEMESE,Boipelo, 395	AGNI	25.34	0



4	HANEKOM,Natalie, 382	AGNI	25.57	0
5	BOTHA,Lizhare, 565	EPA	26.55	0
6	VILAS,Tamsyn, 547	CGAI	27.02	0
<b>Item 54</b>	<b>09:45 Heat 3 of 4 Women Senior 200m</b>			<b>-2.6</b>
1	FOURIE,Annemé, 194	AFS	25.06	0
2	OBISI,Petunia, 705	WPA	25.10	0
3	BURGESS,Suzie, 381	AGNI	25.71	0
4	OLORUNTOBA,Morenike, 569	EPA	25.80	0
5	MOSIME,Caroline, 388	AGNI	26.01	0
6	GOUWS (T37),Liesel, 643	SASAPD	31.87	0
<b>Item 54</b>	<b>09:45 Heat 4 of 4 Women Senior 200m</b>			<b>-2.7</b>
1	THOMAS,Tamzin, 2	CGA	25.10	0
2	NEL,Ariana, 123	ACNW	25.38	0
3	PIETERSE,Lente, 125	ACNW	25.50	0
4	MOFOMME,Michelle, 387	AGNI	25.83	0
5	STEVENS,Tamsyn, 680	WPAI	26.02	0
6	MEYER,Soandri, 257	AGN	26.10	0
<b>Item 55</b>	<b>10:00 Final Men U18 (Youth) Discus Decathlon</b>			
1	CLAASEN,Ruan, 482	AVT	40.65	678
2	DAVIDS,Duwayne, 717	WPA	23.50	338
3	HAGE,Adian, 515	BOLA	21.71	304
4	BRONKHORST,Ruan, 41	CGA	18.92	252
<b>Item 56</b>	<b>10:00 Final Men U20 (Junior) Discus Decathlon</b>			
1	MC KENZIE,Renaldo, 519	BOLA	35.76	579
2	DUVENHAGE,Christiaan, 214	AFS	34.84	560
3	PARKER,Tashriq, 725	WPA	32.40	512
4	JONAS,Safwaan, 689	WPAI	28.79	441
5	SWANEPOEL,Andre, 527	BOLA	25.38	374
6	FIELD,Jamie, 687	WPAI	23.39	336
7	GROBLER,Divan, 483	AVT	21.89	308
0	DREYER,Luhan, 145	ACNW	DNS	0
<b>Item 57</b>	<b>10:00 Final Men Senior Discus Decathlon</b>			<b>2.000kg</b>
1	PRETORIUS,Fredriech, 358	AGN	42.34	712
2	DE JAGER,Marcelle, 718	WPA	40.29	670
3	MC GLADDERY,Duncan, 333	AGN	35.89	582
4	BEUKES,Hennie, 510	BOLA	31.52	494
5	HERN,Edmund, 150	ACNW	30.17	468
6	FALLERT,Khuco, 310	AGN	26.55	397
7	MATSEKANE,Katleho, 743	AGN	21.69	304
8	MARAIS,Daniel, 690	WPAI	17.28	222
0	VAN DER PLAETSEN,Thomas, 490	BEL	DNS	0
0	PEREZ,Jesse, 523	BOLA	DNS	0
<b>Item 58</b>	<b>10:00 Final Women MixAge Javelin (PARA)</b>			
25	1 VAN DER MERWE (F44),Yane, 648	SASAPD	26.57	9 0
<b>Item 59</b>	<b>10:15 Heat 1 of 7 Men Senior 200m</b>			<b>-1.8</b>
1	ADAMS,Luxolo, 574	EPA	21.61	0
2	VAN DER MERWE,Johan, 184	ACNW	21.82	0
3	JOBODWANA,Anaso, 737	KZNAI	21.86	0
4	MAKOKOE,Goitseone, 592	GWA	22.54	0
5	MANYENENG,Realebogo, 593	GWA	22.71	0
0	WILLIAMS,Arnold, 455	ASWD	DNS	0
<b>Item 59</b>	<b>10:15 Heat 2 of 7 Men Senior 200m</b>			<b>-1.7</b>
1	UNGERER,Walter, 746	AGNI	21.42	0
2	SETHABI,Oratile, 230	AFS	21.59	0
3	TROTTER,Gideon, 232	AFS	21.60	0
4	WALGENBACH,Johnny, 639	LIMA	21.68	0
5	MOSOBELA,Thesebang, 223	AFS	22.22	0

6	SHEZI, Tumisang, 415	AGNI	22.24	0
7	JORDAN, Rudi, 554	CGAI	24.60	0
0	MASWIME, Anayo, 558	CGAI	DNS	0
<b>Item 59</b>	<b>10:15 Heat 3 of 7 Men Senior 200m</b>			<b>-1.2</b>
1	MATSOSO, Tsebo, 221	AFS	20.95	0
2	SEPTOKELE, Lethogonolo, 367	AGN	21.25	0
3	KUALI, Duke, 421	AMPU	21.26	0
4	SCHUTTE, Jade, 586	EPA	21.83	0
5	CROSS, Molebogeng, 141	ACNW	21.85	0
6	ERASMUS, Rudolph, 47	CGA	22.09	0
7	MAGWAI, Katlego, 635	LIMA	22.44	0
0	MAJA, Deneshe, 400	AGNI	DNS	0
<b>Item 59</b>	<b>10:15 Heat 4 of 7 Men Senior 200m</b>			<b>+0.2</b>
1	SIMBINE, Akani, 368	AGN	20.97	0
2	VAN WYK, Chederick, 188	ACNW	21.03	0
3	NOBLE, Ethan, 410	AGNI	21.36	0
4	APPEL, Kyle, 682	WPAI	21.44	0
5	MAVUNDLA, Oscar, 332	AGN	21.63	0
6	LOTTER, Casper, 582	EPA	21.76	0
7	NTENE, Frans, 638	LIMA	21.98	0
8	MOLELE, Lucky, 441	ANWN	22.01	0
<b>Item 59</b>	<b>10:15 Heat 5 of 7 Men Senior 200m</b>			<b>-2.6</b>
1	MUNYAI, Clarence, 349	AGN	20.77	0
2	MUDIMELI, Fhatuwani, 347	AGN	21.01	0
3	MASWNGANI, Phatuthezo, 328	AGN	21.17	0
4	LUBBE, Christian, 399	AGNI	21.34	0
5	WILLIAMS, Dale, 588	EPA	21.83	0
6	SEOPOSENGWE, Keletso, 594	GWA	21.87	0
7	DREYER, Jonathan, 686	WPAI	22.36	0
8	LEKGAU, Mankga, 634	LIMA	22.42	0
<b>Item 59</b>	<b>10:15 Heat 6 of 7 Men Senior 200m</b>			<b>-2.3</b>
1	DLODLO, Thandolwenkosi, 435	ANWN	21.43	0
2	YOUNG, Theodore, 191	ACNW	21.55	0
3	MEYER, Carl, 69	CGA	21.75	0
4	MOENG, Lebogang, 445	ANWNI	21.82	0
5	VYFER, Iveyano, 695	WPAI	22.13	0
6	RAMORWA, Galetsang, 443	ANWN	22.31	0
7	POWELL, Cuan, 487	AVT	22.57	0
<b>Item 59</b>	<b>10:15 Heat 7 of 7 Men Senior 200m</b>			<b>-1.1</b>
1	MOTLALA, Lesego, 344	AGN	21.62	0
2	MASEKO, Lehlogonolo, 401	AGNI	22.20	0
3	MOEKETSI, Ofentse, 439	ANWN	22.62	0
4	NTJIE, Lethabo, 747	LIMA	23.22	0
0	DINGISWAYO, Silusapho, 304	AGN	Disq: False Start	0
0	SELABI, Tebogo, 85	CGA	DNS	0
0	NENE, Zakithi, 620	KZNA	DNF	0
<b>Item 60</b>	<b>10:30 Final Women U18 (Youth) HighJump Heptathlon</b>			
1	HUIJINK, Annemieke, 196	AFS	1.57	701
2	VLOK, Amore, 36	CGA	1.48	599
3	JACOBS, Danielle, 14	CGA	1.48	599
4	BARBER, Sarah, 750	KZNA	1.36	470
<b>Item 61</b>	<b>10:30 Final Women U20 (Junior) HighJump Heptathlon</b>			
1	KETCH, Leandre, 701	WPA	1.66	806
2	THERON, Liezel, 283	AGN	1.63	771
3	LAZARUS, Gabrielle, 703	WPA	1.60	736
4	STEYN, Jessica, 481	AVT	1.48	599
5	KRUGER, Zeanne, 497	BOLA	1.42	534

6	VAN ZYL,Anina, 133	ACNW	1.36	470	
0	VAN JAARSVELD,Liane, 33	CGA	NM	0	
<b>Item 62</b>	<b>10:30 Final Women Senior HighJump Heptathlon</b>				
1	KING,Geraldine, 702	WPA	1.75	916	
2	SALIM,Anri, 127	ACNW	1.75	916	
3	VERSTER,Shannon, 288	AGN	1.66	806	
4	GRAVETT,Anneri, 108	ACNW	1.57	701	
5	GIETZEN,Rachalle, 450	ASWD	1.42	534	
6	DONOUGH,Ameerah, 697	WPA	1.39	502	
0	UYS,Brittany, 712	WPA	DNS	0	
<b>Item 63</b>	<b>10:45 Heat 1 of 3 Women Senior 800m</b>				
1	SEKGODISO,Prudence, 274	AGN	2:08.99	0	
2	LOFSTRAND,Gena, 599	KZNA	2:10.30	0	
3	HOLTON,Danél, 111	ACNW	2:10.53	0	
4	GROENEWALD-WIUM,Elise, 494	BOLA	2:10.63	0	
5	VAN DER MERWE,Jana, 285	AGN	2:17.71	0	
6	DE BEER,Jeanne, 240	AGN	2:22.77	0	
0	BRANDT-SNYMAN,Mandie, 676	WPAI	DNS	0	
<b>Item 63</b>	<b>10:45 Heat 2 of 3 Women Senior 800m</b>				
1	MULLER,Niene, 261	AGN	2:10.83	0	
2	GRIMES,Kelly, 244	AGN	2:10.97	0	
3	NICE,Anuscha, 417	AMPU	2:12.47	0	
4	JANSE VAN RENSBURG,Janie, 246	AGN	2:13.90	0	
5	MARAIS,Danette, 122	ACNW	2:13.92	0	
6	HOBLOSHE,Aviwe, 457	ATRA	2:14.45	0	
7	REDELINGHUYS,Michelle, 268	AGN	2:14.62	0	
8	DUBE,Fina, 9	CGA	2:30.21	0	
<b>Item 63</b>	<b>10:45 Heat 3 of 3 Women Senior 800m</b>				
1	KELLERMAN,Liza, 16	CGA	2:11.21	0	
2	BOON,Rhode, 100	ACNW	2:11.45	0	
3	DE WITT,Luzaan, 597	KZNA	2:11.52	0	
4	JACOBS,Sunel, 699	WPA	2:12.06	0	
5	SWIEGERS,Carina, 282	AGN	2:12.11	0	
6	WIJTENBURG,Sandra, 548	CGAI	2:17.32	0	
7	LEMMER,Charmaine, 429	AMPU	2:19.17	0	
8	PONI,Sinesipho, 460	ATRA	2:23.58	0	
0	GRIFFITHS,Kobie, 677	WPAI	DNS	0	
<b>Item 64</b>	<b>11:00 Final Men MixAge Javelin (PARA)</b>				
25	1 HAMMAN (F38),Reinhardt, 657	SASAPD	53.36	9	0
25	2 BURGERS (T64),Emile, 655	SASAPD	45.73	7	0
25	0 MARUPING (T/F13),Gomolemo, 663	SASAPD	DNS	0	0
<b>Item 65</b>	<b>09:00 Semi Final 1 of 3 Men Senior 800m</b>				
1	MAHLOSI,Kabelo, 438	ANWN	1:46.54	0	
2	TSHITE,Tshepo, 374	AGN	1:47.69	0	
3	NCAMANE,Jabulane, 350	AGN	1:48.56	0	
4	MOKHONOANE,Elvis, 71	CGA	1:49.39	0	
5	DLAMINI,Nhlanhla, 551	CGAI	1:51.26	0	
6	PIETERSE,Emile, 175	ACNW	1:52.60	0	
7	NOBANDA,Thusile, 474	ATRA	1:53.15	0	
8	MOTHOSOLA,William, 425	AMPU	1:53.25	0	
0	MADIBA,Thapelo, 54	CGA	DNF	0	
<b>Item 65</b>	<b>09:00 Semi Final 2 of 3 Men Senior 800m</b>				
1	MASHABA,Tumelo, 327	AGN	1:47.75	0	
2	MAKOFANE,Mpho, 58	CGA	1:48.55	0	
3	NWAGU,Tshegofatso, 355	AGN	1:50.42	0	
4	SWART,Christopher, 372	AGN	1:51.14	0	
5	NDIMANDE,Nthutuko, 78	CGA	1:52.10	0	

6	NAUDE,Hannes, 226	AFS	1:53.11	0
7	VAN ROOYEN,Dillan, 187	ACNW	1:54.62	0
8	REITSMA,Reinard, 176	ACNW	1:58.52	0
<b>Item 65 09:00 Semi Final 3 of 3 Men Senior 800m</b>				
1	EHLERS,Theuns, 307	AGN	1:47.05	0
2	VAN RENSBURG,Rynardt, 234	AFS	1:47.21	0
3	FARO,Duran, 720	WPA	1:47.41	0
4	MADIMA,Themba, 324	AGN	1:48.15	0
5	DU PLESSIS,Edmund, 305	AGN	1:52.03	0
6	ROZANI,Jacob, 449	ANWNI	1:52.59	0
0	COTCHOBOS,Christian, 685	WPAI	DNF	0
0	MTHIMKULU,Sikhalo, 346	AGN	DNF	0
<b>Item 66 11:30 Final Men U18 (Youth) Polevault Decathlon</b>				
1	HAGE,Adian, 515	BOLA	3.60	509
2	DAVIDS,Duwayne, 717	WPA	3.20	406
3	CLAASEN,Ruan, 482	AVT	3.10	381
4	BRONKHORST,Ruan, 41	CGA	2.90	333
<b>Item 67 11:30 Final Men U20 (Junior) Polevault Decathlon</b>				
1	GROBLER,Divan, 483	AVT	3.40	457
2	MC KENZIE,Renaldo, 519	BOLA	3.40	457
3	FIELD,Jamie, 687	WPAI	2.80	309
4	SWANEPOEL,Andre, 527	BOLA	2.80	309
5	JONAS,Safwaan, 689	WPAI	2.60	264
0	DREYER,Luhan, 145	ACNW	DNS	0
0	PARKER,Tashriq, 725	WPA	NM	0
0	DUVENHAGE,Christiaan, 214	AFS	NM	0
<b>Item 68 11:30 Final Men Senior Polevault Decathlon</b>				
1	PRETORIUS,Fredriech, 358	AGN	5.00	910
2	BEUKES,Hennie, 510	BOLA	4.60	790
3	MC GLADDERY,Duncan, 333	AGN	4.20	673
4	DE JAGER,Marcelle, 718	WPA	4.20	673
5	MARAIS,Daniel, 690	WPAI	3.60	509
6	FALLERT,Khuco, 310	AGN	3.30	431
7	MATSEKANE,Katleho, 743	AGN	2.80	309
8	HERN,Edmund, 150	ACNW	2.60	264
0	VAN DER PLAETSEN,Thomas, 490	BEL	DNS	0
0	PEREZ,Jesse, 523	BOLA	DNS	0
<b>Item 69 11:30 Final Women MixAge 400m (MASTERS)</b>				
30	1 WALTERS,Marike, 681	WPAI	0:59.29	9 0
35	1 BOTHA,Mariette, 8	CGA	1:00.71	9 0
35	2 LOOCK-BEZUIDENHOUT,Esrie, 679	WPAI	1:05.15	7 0
40	1 VENTER,Melinda, 739	EPAI	0:59.03	9 0
45	1 CLOETE,Wendy, 769	AGN	1:07.19	9 0
50	1 VERMEULEN,Salome, 755	AGN	1:05.34	9 0
<b>Item 70 11:35 Heat 1 of 2 Men Senior 5000m</b>				
1	BUTHELEZI,Philane, 299	AGN	14:38.68	0
2	SIBIYA,Nkosinathi, 624	KZNA	14:38.73	0
3	RATZ,Rowhaldo, 726	WPA	14:38.79	0
4	MATHANGA,Mbuleli, 612	KZNA	14:38.98	0
5	MOTLOUNG,Malefetsane, 224	AFS	14:40.76	0
6	MBANJWA,Sipho, 613	KZNA	14:52.29	0
7	MATHIBA,Phillimon, 65	CGA	14:59.67	0
8	KUPIISO,Zuko, 738	BORA	15:05.53	0
9	MOTLAGALE,Tumelo, 167	ACNW	15:06.93	0
10	NOSE,Cwenga, 476	ATRA	15:16.82	0
11	MBUKUSHE,Vuyolwethu, 724	WPA	15:26.82	0
12	MATHABATHA,Samuel, 431	AMPUI	15:47.17	0

0	NZIMA,Sibusiso, 79	CGA	DNS	0	
0	MATTHEWS,Selwyn, 454	ASWD	DNF	0	
0	NGOBE,Mongezi, 472	ATRA	DNF	0	
0	MOSIAKO,Thabang, 166	ACNW	DNF	0	
<b>Item 70 11:55 Heat 2 of 2 Men Senior 5000m</b>					
1	MASHELE,Precious, 62	CGA	14:39.21	0	
2	MAGAI,Regan, 741	AGN	14:39.35	0	
3	MOKGOBU,Desmond, 70	CGA	14:39.38	0	
4	MZAZI,Gladwin, 77	CGA	14:44.77	0	
5	MOTSAU,Jerry, 168	ACNW	14:55.91	0	
6	MOFOKENG,Puseletso, 161	ACNW	14:57.42	0	
7	TIMOTEUS,Anthony, 730	WPA	15:03.62	0	
8	BUCARIZZA,Marko, 42	CGA	15:04.05	0	
9	BOOYSEN,Angelo, 511	BOLA	15:45.46	0	
10	NKONYENI,Aphelele, 473	ATRA	15:52.39	0	
11	LEKHULENI,Thulani, 430	AMPUI	16:07.63	0	
12	MALUSI,Yanga, 468	ATRA	16:16.12	0	
0	JALI,Prince, 553	CGAI	DNS	0	
0	MOATE,Aaron, 160	ACNW	DNS	0	
0	LUTHANDO,Hejana, 536	BORA	DNF	0	
0	NDONYELA,Luthando, 471	ATRA	DNF	0	
0	MTHEMBU,Pakiso, 225	AFS	DNF	0	
<b>Item 71 15:00 Final Men MixAge 800m (MASTERS)</b>					
30	1 DE BEER,Willem, 756	AGN	1:56.72	9	0
30	2 CHIFUMBI,Lesley, 764	ANWN	2:00.76	7	0
30	0 MOURIES,Dewayne, 766	SAPS	DNS	0	0
35	0 MOTSHABI,Maetso, 767	SAPS	DNS	0	0
40	1 CLASSENS,Ashwyn, 684	WPAI	2:03.20	9	0
40	0 TSHOLOBA,Sandile, 768	SAPS	DNS	0	0
45	1 VILJOEN,Joe, 765	ANWN	2:03.64	9	0
45	2 MORAOPE,Spencer, 763	ANWN	2:12.86	7	0
<b>Item 72 15:30 Final Men Senior TripleJump</b>					
1	MOKOENA,Khotso, 72	CGA	16.81	9	0 G +0.4
2	MTHEMBU,Menzi, 561	CGAI	16.00	7	0 S +2.6
3	MOKHOSOA,Sefako, 222	AFS	15.77	6	0 B +2.2
4	MPHEFU,Junior, 520	BOLA	15.61	5	0 +1.6
5	MASEEMA,Tebogo, 61	CGA	15.31	4	0 +2.6
6	MTOBA,Kwezi, 521	BOLA	15.24	3	0 +1.5
7	FARO,Tristan, 513	BOLA	14.98	2	0 +1.0
8	GROOTBOOM,Siyabonga, 580	EPA	14.97	1	0 +1.7
9	MIYA,Sifiso, 336	AGN	14.82	0	0 +1.6
10	OLIVIER,Welre, 486	AVT	14.66	0	0 +1.3
11	MAILULA,Thabo, 326	AGN	14.21	0	0 +1.7
12	NKOSI,Skumbuzo, 426	AMPU	13.49	0	0 +1.9
0	MOTLHAKE,Jubilant, 73	CGA	DNS	0	0
0	MWANGA,Anthony, 76	CGA	DNS	0	0
0	COTTER,Dylan, 44	CGA	DNS	0	0
0	ESSAH,Kweku, 309	AGN	DNS	0	0
0	MATHABELA,Maurice, 329	AGN	DNS	0	0
<b>Item 73 15:30 Final Women U18 (Youth) Shotput Heptathlon</b>					
1	HUIJINK,Annemieke, 196	AFS	11.00	595	
2	VLOK,Amore, 36	CGA	09.10	471	
3	BARBER,Sarah, 750	KZNA	08.66	442	
4	JACOBS,Danielle, 14	CGA	07.34	357	
<b>Item 74 15:30 Final Women U20 (Junior) Shotput Heptathlon</b>					
1	KETCH,Leandre, 701	WPA	10.07	534	
2	THERON,Liezel, 283	AGN	10.01	530	

3	STEYN,Jessica, 481	AVT	09.11	471
4	KRUGER,Zeanne, 497	BOLA	08.18	411
5	VAN ZYL,Anina, 133	ACNW	07.08	340
6	LAZARUS,Gabrielle, 703	WPA	06.61	310
0	VAN JAARSVELD,Liane, 33	CGA	DNS	0
<b>Item 75</b>	<b>15:30 Final Women Senior Shotput Heptathlon</b>			<b>4.000kg</b>
1	SALIM,Anri, 127	ACNW	11.18	607
2	VERSTER,Shannon, 288	AGN	09.65	507
3	DONOUGH,Ameerah, 697	WPA	08.82	452
4	KING,Geraldine, 702	WPA	08.71	445
5	GRAVETT,Anneri, 108	ACNW	08.38	424
6	GIETZEN,Rachalle, 450	ASWD	08.26	416
0	UYS,Brittany, 712	WPA	DNS	0
<b>Item 76</b>	<b>15:45 Semi Final 1 of 2 Women Senior 200m</b>			<b>-2.0</b>
1	THOMAS,Tamzin, 2	CGA	24.03	0
2	OBISI,Petunia, 705	WPA	24.61	0
3	NEL,Ariana, 123	ACNW	24.94	0
4	PIETERSE,Lente, 125	ACNW	25.05	0
5	LUTS,Julia, 543	CGAI	25.19	0
6	NEL,Benee, 389	AGNI	25.42	0
7	HANEKOM,Natalie, 382	AGNI	25.55	0
0	OLORUNTOBA,Morenike, 569	EPA	DNF	0
<b>Item 76</b>	<b>15:45 Semi Final 2 of 2 Women Senior 200m</b>			<b>-2.2</b>
1	BOMPASS,Jessica, 596	KZNA	25.01	0
2	SEDDON,Cayla, 570	EPA	25.10	0
3	TSHEMESE,Boipelo, 395	AGNI	25.20	0
4	MOGWASI,Sokwakana, 198	AFS	25.23	0
5	FOURIE,Annemé, 194	AFS	25.24	0
6	BURGESS,Suzie, 381	AGNI	25.64	0
7	ROBERTSON,Nikita, 391	AGNI	25.89	0
0	MOFOMME,Michelle, 387	AGNI	DNS	0
<b>Item 77</b>	<b>16:00 Final Men Senior Hammer</b>			<b>7.260kg</b>
1	MAKHETHE,Tshepang, 157	ACNW	72.25	9 0 G
2	HARMSE,Chris, 216	AFS	71.70	7 0 S
3	CUMMING,Alan, 142	ACNW	68.79	6 0 B
4	HAASBROEK,Carel, 149	ACNW	67.98	5 0
5	FRECHOU,Renaldo, 313	AGN	66.45	4 0
6	KRUGER,Johan, 322	AGN	61.62	3 0
7	VAN RENSBURG,Vincent, 91	CGA	51.23	2 0
8	HAVINGA,James, 217	AFS	51.20	1 0
9	SCHULTZ,Jc, 177	ACNW	47.12	0 0
10	THIART,Corné, 182	ACNW	43.69	0 0
11	NEL,Dante, 584	EPA	42.45	0 0
<b>Item 78</b>	<b>16:00 Semi Final 1 of 3 Men Senior 200m</b>			<b>-1.6</b>
1	JOBODWANA,Anaso, 737	KZNAI	21.17	0
2	KUALI,Duke, 421	AMPU	21.20	0
3	UNGERER,Walter, 746	AGNI	21.46	0
4	LUBBE,Christian, 399	AGNI	21.47	0
5	NOBLE,Ethan, 410	AGNI	21.48	0
6	MOTLALA,Lesego, 344	AGN	21.64	0
7	VAN DER MERWE,Johan, 184	ACNW	22.00	0
0	MUNYAI,Clarence, 349	AGN	DNS	0
<b>Item 78</b>	<b>16:00 Semi Final 2 of 3 Men Senior 200m</b>			<b>-2.0</b>
1	YOUNG,Theodore, 191	ACNW	20.80	0
2	DLODLO,Thandolwenkosi, 435	ANWN	20.91	0
3	MUDIMELI,Fhatuwani, 347	AGN	20.94	0
4	MATSOSO,Tsebo, 221	AFS	20.94	0



5	SEPTOKELE,Lethogonolo, 367	AGN	21.32	0
6	APPEL,Kyle, 682	WPAI	21.50	0
7	MEYER,Carl, 69	CGA	21.82	0
0	MASEKO,Lehlogonolo, 401	AGNI	DNF	0
<b>Item 78</b>	<b>16:00 Semi Final 3 of 3 Men Senior 200m</b>			<b>-1.3</b>
1	SIMBINE,Akani, 368	AGN	20.51	0
2	VAN WYK,Chederick, 188	ACNW	20.73	0
3	MASWNGANI,Phatuthezo, 328	AGN	20.81	0
4	TROTTER,Gideon, 232	AFS	21.62	0
5	SETHABI,Oratile, 230	AFS	21.74	0
6	MAVUNDLA,Oscar, 332	AGN	22.54	0
7	MOEKETSI,Ofentse, 439	ANWN	22.98	0
0	ADAMS,Luxolo, 574	EPA	Disq: False Start	0
<b>Item 79</b>	<b>16:00 Final Men U18 (Youth) Javelin Decathlon</b>			
1	HAGE,Adian, 515	BOLA	46.45	536
2	CLAASEN,Ruan, 482	AVT	41.13	459
3	BRONKHORST,Ruan, 41	CGA	32.45	334
4	DAVIDS,Duwayne, 717	WPA	32.20	330
<b>Item 80</b>	<b>16:00 Final Men U20 (Junior) Javelin Decathlon</b>			
1	MC KENZIE,Renaldo, 519	BOLA	48.39	565
2	GROBLER,Divan, 483	AVT	46.11	531
3	PARKER,Tashriq, 725	WPA	44.73	511
4	SWANEPOEL,Andre, 527	BOLA	31.95	327
5	JONAS,Safwaan, 689	WPAI	31.57	321
6	FIELD,Jamie, 687	WPAI	30.17	302
0	DUVENHAGE,Christiaan, 214	AFS	DNS	0
0	DREYER,Luhan, 145	ACNW	DNS	0
<b>Item 81</b>	<b>16:00 Final Men Senior Javelin Decathlon</b>			<b>800g</b>
1	PRETORIUS,Fredriech, 358	AGN	56.67	688
2	MC GLADDERY,Duncan, 333	AGN	54.95	662
3	HERN,Edmund, 150	ACNW	52.39	624
4	DE JAGER,Marcelle, 718	WPA	52.16	621
5	BEUKES,Hennie, 510	BOLA	46.91	543
6	MARAIS,Daniel, 690	WPAI	34.23	359
7	FALLERT,Khuco, 310	AGN	26.52	251
0	VAN DER PLAETSEN,Thomas, 490	BEL	DNS	0
0	PEREZ,Jesse, 523	BOLA	DNS	0
0	MATSEKANE,Katleho, 743	AGN	NM	0
<b>Item 82</b>	<b>16:20 Final Men MixAge 200m (T11 &amp; T12 PARA)</b>			<b>-2.1</b>
25	1 MOEKETSI (T11),Andrew, 665	SASAPD	25.41	9 0
25	2 MALAWU (T12),Lwandile, 662	SASAPD	26.15	7 0
25	0 LANGENHOVEN (T12),Hilton, 658	SASAPD	DNS	0 0
25	0 NTUTU (T12),Jonathan, 668	SASAPD	DNS	0 0
<b>Item 83</b>	<b>16:30 Final Men MixAge 200m (PARA)</b>			
25	1 BUIS (T38),Dyan, 654	SASAPD	23.77	9 0
25	2 NDLOVU (T46),Neo, 666	SASAPD	24.58	7 0
25	3 VAN GRAAN (T46),Wynand, 674	SASAPD	24.77	6 0
25	4 SCHULTZ (T44),Christiaan, 670	SASAPD	25.33	5 0
25	5 VAN ROOYEN (T37),Ruhan, 675	SASAPD	25.45	4 0
25	0 MARUPING (T/F13),Gomolemo, 663	SASAPD	DNS	0 0
<b>Item 84</b>	<b>16:50 Final Men Senior 110m Hurdles</b>			<b>-0.3 1.067m</b>
1	ALKANA,Antonio, 715	WPA	13.38	9 0 G
2	DE VRIES,Ruan, 302	AGN	13.55	7 0 S
3	KLEYNHANS,Tiaan, 151	ACNW	13.86	6 0 B
4	LEFETE,Tshepo, 555	CGAI	13.96	5 0
5	BOTHMA,Alwyn, 138	ACNW	14.11	4 0
6	YOUNG,Theodore, 191	ACNW	14.21	3 0

7	RIDDLES,Darren, 727	WPA	14.28	2	0	
8	HAMMAN,Munthling, 745	AGNI	14.34	1	0	
<b>Item 85</b>	<b>17:00 Final Women Senior 100m Hurdles</b>				<b>-1.2</b>	<b>0.838m</b>
1	BIELDT,Taylon, 237	AGN	13.63	9	0	G
2	VAN DER MERWE,Antoinette, 284	AGN	13.83	7	0	S
3	VAN WYK,Janke, 505	BOLA	13.95	6	0	B
4	FOX,Christin, 107	ACNW	14.10	5	0	
5	VAN DEN BERGH,Kayla, 736	ACNW	14.11	4	0	
6	STIGLINGH,Bernice, 280	AGN	14.88	3	0	
<b>Item 86</b>	<b>17:00 Final Men Senior HighJump</b>					
1	LINKS,Mpho, 156	ACNW	2.25	9	0	G
2	FOURIE,Keagan, 514	BOLA	2.20	7	0	S
3	POOLE,Breyton, 524	BOLA	2.15	6	0	B
4	MOLEYA,Chris, 341	AGN	2.15	5	0	
5	NKOSI,Manqoba, 354	AGN	2.05	4	0	
6	NKEWU,Luvo, 522	BOLA	2.05	3	0	
7	ELLIS,Garth, 578	EPA	2.05	2	0	
8	METTLER,Wilbur, 424	AMPU	1.95	1	0	
9	MASWANGAYI,Gayisa, 64	CGA	1.95	0	0	
10	MASHISHI,Katlego, 403	AGNI	1.95	0	0	
11	VALLY,Usaamah, 627	KZNA	1.90	0	0	
12	PRINSLOO,Sarel, 360	AGN	1.90	0	0	
13	SHABANGU,Matome, 742	AGN	1.80	0	0	
0	VAN ROOYEN,Leandre, 378	AGN	DNS	0	0	
<b>Item 87</b>	<b>17:00 Final Women Senior TripleJump</b>					
1	CHABANGU,Zinzi, 3	CGA	13.42	9	0	G +0.1
2	NTSHINGILA,Patience, 4	CGA	13.29	7	0	S +0.0
3	JANSE VAN RENSBURG,Maruska, 566	EPA	12.59	6	0	B +0.0
4	GONTSE,Morake, 12	CGA	12.54	5	0	-0.1
5	MASHABA,Nolwazi, 416	AMPU	12.46	4	0	+0.0
6	SCHUTTE,Somien, 271	AGN	12.21	3	0	+0.0
7	VAN NIEKERK,Angelique, 545	CGAI	11.97	2	0	-0.3
8	VISAGIE,Taylia, 714	WPA	11.88	1	0	+0.0
9	SOLARIN,Esther, 394	AGNI	11.84	0	0	+0.7
10	NOLTE,Danielle, 264	AGN	11.73	0	0	+1.0
11	LOURENS,Suneel, 121	ACNW	11.57	0	0	+0.7
12	DOMBENI,Mahlatse, 7	CGA	11.41	0	0	+0.2
13	LESO,Elisete, 250	AGN	11.30	0	0	+0.2
0	VAN WYK,Desire, 35	CGA	NM	0	0	
0	NGOMANE,Njabuliso, 263	AGN	NM	0	0	
0	BEZUIDENHOUT,Bianca, 236	AGN	NM	0	0	
0	JORDAAN,Nerine, 113	ACNW	NM	0	0	
<b>Item 88</b>	<b>17:10 Final Women U18 (Youth) 200m Heptathlon</b>				<b>-1.1</b>	
1	BARBER,Sarah, 750	KZNA	27.90		639	
2	HUIJINK,Annemieke, 196	AFS	28.34		604	
3	VLOK,Amore, 36	CGA	30.41		454	
4	JACOBS,Danielle, 14	CGA	31.71		369	
<b>Item 89</b>	<b>17:20 Final Women U20 (Junior) 200m Heptathlon</b>				<b>-0.9</b>	
1	THERON,Liezel, 283	AGN	25.83		812	
2	LAZARUS,Gabrielle, 703	WPA	26.08		790	
3	VAN ZYL,Anina, 133	ACNW	26.95		716	
4	KRUGER,Zeanne, 497	BOLA	27.13		701	
5	KETCH,Leandre, 701	WPA	27.64		659	
6	STEYN,Jessica, 481	AVT	28.13		621	
0	VAN JAARVELD,Liane, 33	CGA	DNS		0	
<b>Item 90</b>	<b>17:30 Final Women Senior 200m Heptathlon</b>					
1	KING,Geraldine, 702	WPA	25.98		799	

2	SALIM,Anri, 127	ACNW	26.36	766	
3	DONOUGH,Ameerah, 697	WPA	26.78	730	
4	GRAVETT,Anneri, 108	ACNW	27.11	703	
5	VERSTER,Shannon, 288	AGN	27.24	692	
6	GIETZEN,Rachalle, 450	ASWD	27.98	632	
0	UYS,Brittany, 712	WPA	DNS	0	
<b>Item 91 17:45 Final Men U18 (Youth) 1500m Decathlon</b>					
1	BRONKHORST,Ruan, 41	CGA	05:13.45	485	
2	CLAASEN,Ruan, 482	AVT	05:27.75	411	
3	DAVIDS,Duwayne, 717	WPA	05:56.17	280	
4	HAGE,Adian, 515	BOLA	06:25.36	170	
<b>Item 92 18:00 Final Men U20 (Junior) 1500m Decathlon</b>					
1	FIELD,Jamie, 687	WPAI	05:30.64	396	
2	PARKER,Tashriq, 725	WPA	05:46.55	322	
3	GROBLER,Divan, 483	AVT	05:50.33	305	
4	MC KENZIE,Renaldo, 519	BOLA	06:28.66	159	
0	JONAS,Safwaan, 689	WPAI	DNS	0	
0	SWANEPOEL,Andre, 527	BOLA	DNS	0	
0	DUVENHAGE,Christiaan, 214	AFS	DNS	0	
0	DREYER,Luhan, 145	ACNW	DNS	0	
<b>Item 93 18:15 Final Men Senior 1500m Decathlon</b>					
1	MATSEKANE,Katleho, 743	AGN	05:07.22	519	
2	PRETORIUS,Fredriech, 358	AGN	05:12.50	490	
3	BEUKES,Hennie, 510	BOLA	05:24.58	426	
4	MC GLADDERY,Duncan, 333	AGN	05:29.88	400	
5	FALLERT,Khuco, 310	AGN	05:59.96	264	
6	HERN,Edmund, 150	ACNW	06:00.75	261	
7	DE JAGER,Marcelle, 718	WPA	06:05.27	243	
0	VAN DER PLAETSEN,Thomas, 490	BEL	DNS	0	
0	MARAIS,Daniel, 690	WPAI	DNS	0	
0	PEREZ,Jesse, 523	BOLA	DNS	0	
<b>Item 94 18:30 Final Men Senior 3000m SteepleChase</b>					
1	MOKOPANE,Rantso, 163	ACNW	08:59.17	9	G
2	LEKOPA,Dikotsi, 323	AGN	09:02.73	7	S
3	MONNATLALA,Tumisang, 164	ACNW	09:15.72	6	B
4	MAFA,Thabang, 55	CGA	09:16.83	5	0
5	SEBOLA,Onkabetse, 83	CGA	09:31.51	4	0
6	NKONYENI,Aphelele, 473	ATRA	09:32.24	3	0
7	FORRESTER,Matthew, 312	AGN	09:32.96	2	0
8	NGOBE,Mongezi, 472	ATRA	09:37.62	1	0
9	DE VILLIERS,Robert, 144	ACNW	09:49.46	0	0
10	SOLDAKA,Siboniso, 729	WPA	09:55.26	0	0
11	PHELEU,Sello, 81	CGA	10:08.68	0	0
12	SEOPASENGWE,Nicholas, 86	CGA	10:25.28	0	0
13	NDONYELA,Luthando, 471	ATRA	10:28.96	0	0
0	MGUBHELA,Nkululeko, 470	ATRA	DNS	0	0
0	KLEYNHANS,Allentino, 453	ASWD	DNF	0	0
0	GUMEDE,Serame, 484	AVT	DNF	0	0
0	NGUBO,Sive, 352	AGN	DNF	0	0
0	NGCOBO,Ayanda, 621	KZNA	DNF	0	0
<b>Item 95 18:50 Final Women Senior 3000m SteepleChase</b>					
1	BELL,Kirsti, 235	AGN	10:45.25	9	G
2	FISCHER,Carliyn, 242	AGN	10:55.46	7	S
3	NKUMENGE,Vuyiseka, 704	WPA	10:56.02	6	B
4	DU PREEZ,Cara, 104	ACNW	11:03.50	5	0
5	SIMS,Cherise, 533	BORA	11:10.82	4	0
6	DU BRUYN,Leanda, 698	WPA	11:13.96	3	0

7	STICKELLS,Izabel, 279	AGN	11:18.93	2	0	
8	MAKGOGA,Lethabo, 18	CGA	11:38.46	1	0	
9	SWIEGERS,Carina, 282	AGN	11:45.52	0	0	
10	MABOTSA,Fortune, 252	AGN	12:19.87	0	0	
0	DU PLESSIS,Danél, 103	ACNW	DNS	0	0	
0	MBHAMALI,Zothile, 21	CGA	DNF	0	0	
0	MULDER,Lizandr�, 200	AFS	DNF	0	0	
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<b>Item 96</b>	<b>19:10 Semi Final 1 of 3 Men Senior 400m</b>					
1	DIKGALE,Ranti, 303	AGN	0:46.42		0	
2	NENE,Zakithi, 620	KZNA	0:46.44		0	
3	FLAGG,Jaden, 688	WPAI	0:47.15		0	
4	BOPHI,Khakaletu, 575	EPA	0:47.80		0	
5	WALGENBACH,Johnny, 639	LIMA	0:48.23		0	
6	NKUNKUMANA,Abongile, 171	ACNW	0:48.49		0	
0	MATLALA,Frans, 67	CGA	DNS		0	
0	MUDIMELI,Fhatuwani, 347	AGN	DNS		0	
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<b>Item 96</b>	<b>19:10 Semi Final 2 of 3 Men Senior 400m</b>					
1	PHORA,Thapelo, 356	AGN	0:45.32		0	
2	ISAACS,Gardeo, 517	BOLA	0:45.51		0	
3	MOKGOBINYANE,Lesedi, 162	ACNW	0:46.33		0	
4	SEELIGER,Jon, 365	AGN	0:46.71		0	
5	SWART,Adrian, 528	BOLA	0:46.81		0	
6	MASEKO,Nhlahla, 423	AMPU	0:47.43		0	
7	FELIX,Remano, 579	EPA	0:48.26		0	
8	OLIPHANT,Unathi, 227	AFS	0:48.41		0	
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<b>Item 96</b>	<b>19:10 Semi Final 3 of 3 Men Senior 400m</b>					
1	HLUNGWANI,Ashley, 318	AGN	0:46.21		0	
2	CONRADIE,Pieter, 140	ACNW	0:46.83		0	
3	SEETE,David, 84	CGA	0:47.47		0	
4	UKONA,Khuzwayo, 375	AGN	0:47.81		0	
5	SEGATLHE,Rorisamg, 414	AGNI	0:48.63		0	
6	MAVUNDLA,Oscar, 332	AGN	0:48.83		0	
7	THABIGUNYA,Siphosethu, 694	WPAI	0:50.04		0	
0	JONKER,Gert, 49	CGA	DNS		0	
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<b>Item 98</b>	<b>19:30 Final Men Senior 1500m</b>					
1	MPHAHLELE,Ryan, 74	CGA	03:43.60	9	0	G
2	SIBIYA,Nkosinathi, 624	KZNA	03:45.50	7	0	S
3	SEHOHLE,Folavio, 428	AMPU	03:46.32	6	0	B
4	MOTSAU,Jerry, 168	ACNW	03:51.43	5	0	
5	DAMONS,Bruce-lynn, 716	WPA	03:52.33	4	0	
6	MOTLOUNG,Malefetsane, 224	AFS	03:55.37	3	0	
7	NDIMANDE,Nthutuko, 78	CGA	03:56.17	2	0	
8	SMITH,Ashley, 728	WPA	03:57.30	1	0	
9	MOKHONOANE,Elvis, 71	CGA	04:01.25	0	0	
10	CHAUMENTON,Maxine, 550	CGAI	04:01.98	0	0	
0	BREDENKAMP,Jonathan, 298	AGN	DNF	0	0	
0	MOKOPANE,Rantso, 163	ACNW	DNF	0	0	
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<b>Item 99</b>	<b>19:45 Final Women Senior 1500m</b>					
1	SEMENYA,Mokgadi Caster, 275	AGN	04:13.59	9	0	G
2	PRINSLOO,Carmie, 267	AGN	04:29.55	7	0	S
3	LOUW,Nicole, 498	BOLA	04:32.47	6	0	B
4	VAN GRAAN,Aynslee, 291	AGN	04:34.42	5	0	
5	CLOETE,Thineke, 696	WPA	04:35.28	4	0	
6	OELOFSE,Vicky, 201	AFS	04:37.45	3	0	
7	SHANGE,Yandiswa, 501	BOLA	04:43.60	2	0	
8	ROELOFSE,Lyndi, 27	CGA	04:48.42	1	0	
9	HOBOSLOSHE,Aviwe, 457	ATRA	04:50.96	0	0	

10	VERSTER,Danielle, 135	ACNW	04:53.16	0	0	
11	JORDAAN,Alme, 496	BOLA	04:54.72	0	0	
0	SEHLOHO,Thandi, 130	ACNW	DNF	0	0	
<b>Item 100</b>	<b>07:30 Final Women Senior 20km Walk</b>					<b>Hand time</b>
1	OOSTHUIZEN,Anel, 451	ASWD	1:40:21.60	9	0	G
2	SCHULTZ,Zelda, 128	ACNW	1:48:35.39	7	0	S
3	KOEN,Annette, 116	ACNW	1:53:31.40	6	0	B
4	LE ROUX,Natalie, 630	KZNAI	1:53:49.17	5	0	
5	MOKHELE,Nthatsi, 23	CGA	2:22:42.49	4	0	
0	CHILENGE,Thubelihle, 26	CGA	DNF	0	0	
0	MATSEBA,Whitney, 386	AGNI	DNF	0	0	
<b>Item 101</b>	<b>07:40 Final Men Senior 20km Walk</b>					<b>Hand time</b>
1	SNYMAN,Wayne, 369	AGN	1:30:17.00	9	0	G
2	NDEBELE,Sizwe, 618	KZNA	1:32:23.00	7	0	S
3	PULE,Tumisang, 361	AGN	1:32:42.00	6	0	B
4	MASHIMBYI,Tebatso, 63	CGA	1:34:41.00	5	0	
5	MAVUNDLA,Mzwakhe, 68	CGA	1:35:09.00	4	0	
6	CHAUQUE,Mthembi, 212	AFS	1:37:44.00	3	0	
7	MAHLANGU,Aaron, 610	KZNA	1:40:13.00	2	0	
8	MUNDELL,Marc, 631	KZNAI	1:41:28.00	1	0	
9	MNISI,Mthunzi, 337	AGN	1:44:22.00	0	0	
10	SITHOLE,Jabulani, 89	CGA	1:45:41.00	0	0	
11	FARMER,Antonio, 735	ACNW	1:47:47.00	0	0	
12	NTOMBELA,Lindo, 623	KZNA	1:56:22.00	0	0	
13	BETANE,Tebogo, 39	CGA	1:56:35.00	0	0	
0	MATJESA,Cassius, 66	CGA	Disq: Rule 230	0	0	
0	MERKUUR,Wensley, 692	WPAI	DNS	0	0	
0	SHANGE,Lebogang, 88	CGA	DNS	0	0	
0	MDUNGE,Vukhani, 614	KZNA	DNF	0	0	
<b>Item 102</b>	<b>09:30 Final Women MixAge Discus (PARA)</b>					
25	1 KRUGER (F38),Simone, 645	SASAPD	32.90	9	0	
25	2 HOFFMAN (F44),Mandeline, 644	SASAPD	27.84	7	0	
25	3 COMBRINK (F64),Maria, 641	SASAPD	24.23	6	0	
25	4 VAN DER MERWE (F44),Yane, 648	SASAPD	21.86	5	0	
<b>Item 103</b>	<b>10:00 Final Women U18 (Youth) LongJump Heptathlon</b>					
1	BARBER,Sarah, 750	KZNA	4.94		543	
2	HUIJINK,Annemieke, 196	AFS	4.81		508	
3	JACOBS,Danielle, 14	CGA	4.35		391	
4	VLOK,Amore, 36	CGA	4.11		333	
<b>Item 104</b>	<b>10:00 Final Women U20 (Junior) LongJump Heptathlon</b>					
1	LAZARUS,Gabrielle, 703	WPA	5.61		732	+0.5
2	STEYN,Jessica, 481	AVT	5.17		606	+1.0
3	KETCH,Leandre, 701	WPA	5.16		603	-0.8
3	KRUGER,Zeanne, 497	BOLA	5.16		603	+0.9
5	THERON,Liezel, 283	AGN	4.93		540	+0.1
6	VAN ZYL,Anina, 133	ACNW	4.38		398	+0.3
0	VAN JAARSVELD,Liane, 33	CGA	DNS		0	
<b>Item 105</b>	<b>10:00 Final Women Senior LongJump Heptathlon</b>					
1	KING,Geraldine, 702	WPA	5.51		703	+2.9
2	GRAVETT,Anneri, 108	ACNW	5.39		668	+0.0
3	SALIM,Anri, 127	ACNW	5.31		645	+1.8
4	VERSTER,Shannon, 288	AGN	5.29		640	+1.3
5	DONOUGH,Ameerah, 697	WPA	5.06		576	+1.6
6	GIETZEN,Rachalle, 450	ASWD	4.62		459	-0.8
0	UYS,Brittany, 712	WPA	DNS		0	
<b>Item 106</b>	<b>11:00 Final Men MixAge Discus (PARA)</b>					
25	1 BLOM (F12),Hermanus, 651	SASAPD	47.51	9	0	

25	2	STRYDOM (F57),Nickie, 673	SASAPD	36.20	7	0	
<b>Item 107 12:00 Final Women U18 (Youth) Javelin Heptathlon</b>							
1		HUIJINK,Annemieke, 196	AFS	40.67		680	
2		BARBER,Sarah, 750	KZNA	29.79		473	
3		JACOBS,Danielle, 14	CGA	29.50		467	
4		VLOK,Amore, 36	CGA	19.08		272	
<b>Item 108 12:00 Final Women U20 (Junior) Javelin Heptathlon</b>							
1		KETCH,Leandre, 701	WPA	35.31		578	
2		THERON,Liezel, 283	AGN	33.07		535	
3		STEYN,Jessica, 481	AVT	30.89		493	
4		LAZARUS,Gabrielle, 703	WPA	24.77		378	
5		VAN ZYL,Anina, 133	ACNW	23.60		356	
0		VAN JAARSVELD,Liane, 33	CGA	DNS		0	
0		KRUGER,Zeanne, 497	BOLA	NM		0	
<b>Item 109 12:00 Final Women Senior Javelin Heptathlon</b> 600g							
1		VERSTER,Shannon, 288	AGN	34.74		567	
2		DONOUGH,Ameerah, 697	WPA	30.44		485	
3		SALIM,Anri, 127	ACNW	28.66		451	
4		GRAVETT,Anneri, 108	ACNW	28.61		450	
5		GIETZEN,Rachalle, 450	ASWD	26.38		408	
6		KING,Geraldine, 702	WPA	24.32		370	
0		UYS,Brittany, 712	WPA	DNS		0	
<b>Item 110 15:00 Final Women MixAge 5km Walk (MASTERS)</b>							
35	0	PATTERSON,Lisa, 762	CGA	DNS	0	0	
40	1	VILJOEN,Ronel, 757	AGN	27:05.03	9	0	
45	0	SERDYN,Mariaan, 758	AGN	Disq: Rule 230	0	0	
50	1	LE FEBOUR,Jeanine, 748	KZNAI	35:11.37	9	0	
50	0	CELESTE,Ruck, 760	AGN	DNS	0	0	
55	1	IRMSCHER,Yvonne, 749	KZNAI	31:45.64	9	0	
55	2	KICHENBRAND,Frances, 761	AGN	32:07.27	7	0	
65	1	KOEKEMOER,Winnie, 759	AGN	31:45.59	9	0	
<b>Item 111 15:50 Final Women U18 (Youth) 800m Heptathlon</b>							
1		VLOK,Amore, 36	CGA	2:48.11		483	
2		JACOBS,Danielle, 14	CGA	2:53.97		423	
3		BARBER,Sarah, 750	KZNA	2:59.25		372	
4		HUIJINK,Annemieke, 196	AFS	2:59.32		372	
<b>Item 112 16:00 Final Women U20 (Junior) 800m Heptathlon</b>							
1		THERON,Liezel, 283	AGN	2:34.91		633	
2		LAZARUS,Gabrielle, 703	WPA	2:36.67		612	
3		KRUGER,Zeanne, 497	BOLA	2:36.84		610	
4		STEYN,Jessica, 481	AVT	2:46.03		506	
5		VAN ZYL,Anina, 133	ACNW	2:54.18		421	
6		KETCH,Leandre, 701	WPA	3:03.42		334	
0		VAN JAARSVELD,Liane, 33	CGA	DNS		0	
<b>Item 113 16:10 Final Women Senior 800m Heptathlon</b>							
1		VERSTER,Shannon, 288	AGN	2:28.80		708	
2		SALIM,Anri, 127	ACNW	2:29.31		702	
3		GRAVETT,Anneri, 108	ACNW	2:40.19		571	
4		DONOUGH,Ameerah, 697	WPA	2:40.65		565	
5		GIETZEN,Rachalle, 450	ASWD	2:46.26		503	
6		KING,Geraldine, 702	WPA	2:59.13		373	
0		UYS,Brittany, 712	WPA	DNS		0	
<b>Item 114 16:15 Final Women Senior Javelin</b> 600g							
1		VILJOEN,Sunette, 289	AGN	57.23	9	0	G
2		VAN DYK,Jo-ane, 131	ACNW	54.09	7	0	S
3		VAN SCHALKWYK,Jana, 504	BOLA	51.29	6	0	B
4		COMBRINK,Savannah, 239	AGN	49.20	5	0	



5	MOSTERT,Kelsy-ann, 260	AGN	48.14	4	0
6	LE ROUX,Maggie, 119	ACNW	47.15	3	0
7	VAN VREDEN,Linda, 34	CGA	45.85	2	0
8	LAMBRECHT,Leandri, 118	ACNW	45.56	1	0
9	SNYMAN,Gestelle, 277	AGN	43.88	0	0
10	GERMISHUYS,Anneke, 493	BOLA	43.01	0	0
11	COETZEE,Danielle, 238	AGN	37.48	0	0
0	JANSE VAN RENSBURG,Danae, 247	AGN	DNS	0	0

**Item 115 16:20 Final Results Men MixAge 400m (PARA)**

25	1	BUIS (T38),Dyan, 654	SASAPD	0:52.89	9	0
25	2	SMIT (T12),Jaco, 672	SASAPD	0:53.22	7	0
25	3	SEKAILE (T38),Union, 671	SASAPD	0:55.37	6	0
25	4	NDLOVU (T46),Neo, 666	SASAPD	0:55.54	5	0
25	5	DU PLESSIS (T62),Daniel, 656	SASAPD	0:56.82	4	0
25	6	BRIERS-LOUW (T13),Daniel, 652	SASAPD	0:56.96	3	0
25	0	MAHLANGO (T61),Ntando, 661	SASAPD	DNS	0	0
25	0	MOEKETSI (T11),Andrew, 665	SASAPD	DNS	0	0

**Item 115 16:20 Final 1 of 2 Men MixAge 400m (PARA)**

25	1	SMIT (T12),Jaco, 672	SASAPD	0:53.22		0
25	2	BRIERS-LOUW (T13),Daniel, 652	SASAPD	0:56.96		0
25	0	MOEKETSI (T11),Andrew, 665	SASAPD	DNS		0

**Item 115 16:20 Final 2 of 2 Men MixAge 400m (PARA)**

25	1	BUIS (T38),Dyan, 654	SASAPD	0:52.89		0
25	2	SEKAILE (T38),Union, 671	SASAPD	0:55.37		0
25	3	NDLOVU (T46),Neo, 666	SASAPD	0:55.54		0
25	4	DU PLESSIS (T62),Daniel, 656	SASAPD	0:56.82		0
25	0	MAHLANGO (T61),Ntando, 661	SASAPD	DNS		0

**Item 116 16:30 Final Men Senior LongJump**

1	MANYONGA,Luvo, 583	EPA	8.35	9	0	G +0.3
2	SAMAAI,Rushwahl, 526	BOLA	8.21	7	0	S +1.3
3	VISSER,Zarck, 94	CGA	8.01	6	0	B +0.4
4	JOHNSON,Cheswill, 48	CGA	7.98	5	0	+1.1
5	COTTER,Dylan, 44	CGA	7.60	4	0	+0.8
6	VAN VUUREN,Jovan, 379	AGN	7.59	3	0	+0.5
7	MAKGOTO,Peter, 220	AFS	7.54	2	0	-0.1
8	MANUEL,Devan, 518	BOLA	7.40	1	0	+0.8
9	TITO,Jason, 529	BOLA	7.22	0	0	+0.8
10	MPHEFU,Junior, 520	BOLA	7.07	0	0	+0.8
11	GAUCHE,Luke, 314	AGN	6.95	0	0	+0.7
12	GAINS,Mark, 608	KZNA	6.79	0	0	+1.0

**Item 117 16:30 Final Women Senior 400m**

1	HOLTON,Danél, 111	ACNW	0:54.03	9	0	G
2	AHRENS,Kirsten, 595	KZNA	0:54.60	7	0	S
3	VILJOEN,Marli, 290	AGN	0:54.67	6	0	B
4	NAUDE,Amy, 605	KZNA	0:54.83	5	0	
5	OLORUNTOBA,Morenike, 569	EPA	0:55.44	4	0	
6	VAN TONDER,Chante, 546	CGAI	0:55.49	3	0	
7	SELEKA,Boitumelo, 433	ANWN	0:56.07	2	0	
8	LE ROUX,Armoure, 17	CGA	0:56.37	1	0	

**Item 118 16:40 Final Men Senior 400m**

1	ISAACS,Gardeo, 517	BOLA	0:45.39	9	0	G
2	PHORA,Thapelo, 356	AGN	0:45.67	7	0	S
3	HLUNGWANI,Ashley, 318	AGN	0:45.76	6	0	B
4	DIKGALE,Ranti, 303	AGN	0:46.14	5	0	
5	CONRADIE,Pieter, 140	ACNW	0:46.27	4	0	
6	NENE,Zakithi, 620	KZNA	0:46.40	3	0	
7	MOKGOBINYANE,Lesedi, 162	ACNW	0:46.51	2	0	

8	SEELIGER,Jon, 365	AGN	0:46.64	1	0	
<b>Item 119</b>	<b>16:45 Final Women Senior Discus</b>					<b>1.000kg</b>
1	SENEKAL,Ischke, 571	EPA	55.72	9	0	G
2	STANDER,Yolandi, 204	AFS	53.32	7	0	S
3	GEEL,Leandri, 11	CGA	49.00	6	0	B
4	UYS,Collette, 207	AFS	46.60	5	0	
5	COETZEE,Chane, 532	BOLAI	45.40	4	0	
6	COETZEE,Cara, 492	BOLA	44.92	3	0	
7	SMUTS,Sonia, 276	AGN	38.87	2	0	
8	STEINMANN,Jana, 28	CGA	37.59	1	0	
9	VAN VREDEN,Linda, 34	CGA	34.08	0	0	
<b>Item 120</b>	<b>16:50 Final Women Senior 10000m</b>					
1	XABA,Glenrose, 740	AGN	35:08.92	9	0	G
2	PRINSLOO,Carmie, 267	AGN	36:10.21	7	0	S
3	SIMS,Cherise, 533	BORA	36:24.20	6	0	B
4	VAN DER MERWE,Nicole, 32	CGA	36:55.47	5	0	
5	ZWANE,Farida, 38	CGA	37:22.02	4	0	
6	JOUBERT,Cornelia, 15	CGA	37:37.56	3	0	
7	TYLER,Beling, 206	AFS	37:53.63	2	0	
8	MARAIS,Stella, 256	AGN	38:01.52	1	0	
9	MJOLI,Nwabisa, 601	KZNA	38:49.38	0	0	
0	LEISTRA,Rachel, 542	CGAI	DNS	0	0	
0	NJUNGUZA,Andisiwe, 606	KZNA	DNF	0	0	
0	MOKETLA,Khutso, 22	CGA	DNF	0	0	
0	BATJI,Makoma, 539	CGAI	DNF	0	0	
0	TYWALANE,Ntombomzi, 461	ATRA	DNF	0	0	
0	SWANEPOEL,Maryna, 205	AFS	DNF	0	0	
0	ZWANE,Tsholofelo, 294	AGN	DNF	0	0	
0	SOSIBO,Cacisile, 607	KZNA	DNF	0	0	
<b>Item 121</b>	<b>17:00 Final Men Senior Shotput</b>					<b>7.260kg</b>
1	CREMONA,Orazio, 45	CGA	21.51	9	0	G
2	BLIGNAUT,Kayle, 40	CGA	20.03	7	0	S
3	WEIR,Zane, 96	CGA	19.09	6	0	B
4	COMBRINK,Ruan, 300	AGN	17.11	5	0	
0	VAN ROOYEN,Jason, 92	CGA	DNS	0	0	
0	VISSER,Werner, 95	CGA	DNS	0	0	
0	THAGE,Tumelo, 373	AGN	DNS	0	0	
0	MARAIS,Ignatius, 158	ACNW	DNS	0	0	
<b>Item 122</b>	<b>17:40 Final Men Senior 400m Hurdles</b>					<b>0.914m</b>
1	HANEKOM,Lindsey, 317	AGN	0:48.81	9	0	G
2	ZAZINI,Sokwakhana, 380	AGN	0:49.33	7	0	S
3	FREDERICKS,Cornel, 215	AFS	0:49.87	6	0	B
4	HAMMAN,Le Roux, 316	AGN	0:50.02	5	0	
5	PRETORIUS,Constant, 357	AGN	0:50.48	4	0	
6	ROBERTS,Rivaldo, 362	AGN	0:51.47	3	0	
7	MATHOPA,Tshegofatso, 330	AGN	0:57.13	2	0	
0	MOGAWANE,Kefilwe, 338	AGN	DNF	0	0	
<b>Item 123</b>	<b>17:50 Final Women Senior 400m Hurdles</b>					<b>0.762m</b>
1	VAN DER WALT,Zeney, 286	AGN	0:55.93	9	0	G
2	NEL,Wenda, 262	AGN	0:56.07	7	0	S
3	JOSEPH,Rogail, 700	WPA	0:56.36	6	0	B
4	MAGERMAN,Gezelle, 253	AGN	0:57.87	5	0	
5	LEEVENINK,Chanel, 249	AGN	0:58.72	4	0	
6	ERASMUS,Ané, 193	AFS	1:00.02	3	0	
7	LOOTS,Marzaan, 251	AGN	1:00.07	2	0	
0	GONTSE,Morake, 12	CGA	DNS	0	0	
<b>Item 124</b>	<b>18:05 Final Women Senior 200m</b>					<b>+0.0</b>

1	THOMAS,Tamzin, 2	CGA	23.64	9	0	G
2	NEL,Ariana, 123	ACNW	24.17	7	0	S
3	OBISI,Petunia, 705	WPA	24.30	6	0	B
4	BOMPASS,Jessica, 596	KZNA	24.49	5	0	
5	SEDDON,Cayla, 570	EPA	24.65	4	0	
6	LUTS,Julia, 543	CGAI	24.80	3	0	
7	PIETERSE,Lente, 125	ACNW	24.82	2	0	
8	TSHEMESE,Boipelo, 395	AGNI	25.38	1	0	
<b>Item 125 18:15 Final Men Senior 200m</b>				<b>-0.2</b>		
1	SIMBINE,Akani, 368	AGN	20.27	9	0	G
2	VAN WYK,Chederick, 188	ACNW	20.64	7	0	S
3	YOUNG,Theodore, 191	ACNW	20.71	6	0	B
4	JOBODWANA,Anaso, 737	KZNAI	20.73	5	0	
5	MASWNGANI,Phatuthezo, 328	AGN	20.75	4	0	
6	MATSOSO,Tsebo, 221	AFS	20.86	3	0	
7	DLODLO,Thandolwenkosi, 435	ANWN	21.00	2	0	
8	KUALI,Duke, 421	AMPU	21.11	1	0	
<b>Item 126 18:25 Final Women Senior 800m</b>						
1	SEKGODISO,Prudence, 274	AGN	2:05.06	9	0	G
2	LOFSTRAND,Gena, 599	KZNA	2:05.11	7	0	S
3	MULLER,Niene, 261	AGN	2:06.21	6	0	B
4	KELLERMAN,Liza, 16	CGA	2:08.08	5	0	
5	GRIMES,Kelly, 244	AGN	2:09.48	4	0	
6	GROENEWALD-WIUM,Elise, 494	BOLA	2:10.31	3	0	
7	JACOBS,Sunel, 699	WPA	2:10.43	2	0	
8	HOLTON,Danél, 111	ACNW	2:10.96	1	0	
9	BOON,Rhode, 100	ACNW	2:12.86	0	0	
10	DE WITT,Luzaan, 597	KZNA	2:15.05	0	0	
<b>Item 127 18:35 Final Men Senior 800m</b>						
1	MAHLOSI,Kabelo, 438	ANWN	1:47.40	9	0	G
2	VAN RENSBURG,Rynardt, 234	AFS	1:47.44	7	0	S
3	EHLERS,Theuns, 307	AGN	1:47.55	6	0	B
4	FARO,Duran, 720	WPA	1:47.87	5	0	
5	TSHITE,Tshepo, 374	AGN	1:47.89	4	0	
6	NCAMANE,Jabulane, 350	AGN	1:48.10	3	0	
7	MASHABA,Tumelo, 327	AGN	1:48.27	2	0	
8	MADIMA,Themba, 324	AGN	1:48.61	1	0	
9	MAKOFANE,Mpho, 58	CGA	1:48.99	0	0	
10	MOKHONOANE,Elvis, 71	CGA	1:50.50	0	0	
<b>Item 128 18:50 Final Women Senior 4X100m Relay</b>						
1	RELAY TEAM,RSA,	RSA	0:44.92	9	0	G
1= MOLOI, REABETSWE / 2= MAMATU, TEBOGO / 3= THOMAS, TAMZIN / 4= XEYI, ROSE						
2	RELAY TEAM,AGN,	AGN	0:47.00	7	0	S
3	RELAY TEAM,CGA,	CGA	0:49.10	6	0	B
0	RELAY TEAM,EPA,	EPA	Disq: 2nd Change	0		
<b>Item 129 19:00 Final Men Senior 4X100m Relay</b>						
1	RELAY TEAM,RSA,	RSA	0:39.35	9	0	G
1= JOBODWANA, ANASO / 2= MAGAKWE, SIMON / 3= ERASMUS, EMILE / 4= SIMBINE, AKANI						
2	RELAY TEAM,AGN A,	AGN	0:40.03	7	0	S
3	RELAY TEAM,EPA,	EPA	0:40.73	6	0	B
4	RELAY TEAM,WPA,	WPA	0:41.76	5	0	
5	RELAY TEAM,LIMA,	LIMA	0:43.23	4	0	
6	RELAY TEAM,BOLA,	BOLA	0:43.50	3	0	
7	RELAY TEAM,CGA,	CGA	0:44.16	2	0	
0	RELAY TEAM,ANWN,	ANWN	DNS	0	0	
<b>Item 130 19:10 Final Men Senior 5000m</b>						
1	MASHELE,Precious, 62	CGA	14:06.18	9	0	G

2	BUTHELEZI,Philane, 299	AGN	14:13.10	7	0	S
3	MOKGOBU,Desmond, 70	CGA	14:16.04	6	0	B
4	BUCARIZZA,Marko, 42	CGA	14:38.09	5	0	
5	MATHIBA,Phillimon, 65	CGA	14:47.74	4	0	
6	RATZ,Rowhaldo, 726	WPA	14:49.47	3	0	
7	TIMOTEUS,Anthony, 730	WPA	14:58.28	2	0	
8	MOTSAU,Jerry, 168	ACNW	15:02.68	1	0	
9	MOFOKENG,Puseletso, 161	ACNW	15:08.05	0	0	
0	SIBIYA,Nkosinathi, 624	KZNA	DNS	0	0	
0	MAGAI,Regan, 741	AGN	DNF	0	0	
0	MATHANGA,Mbuleli, 612	KZNA	DNF	0	0	
0	MZAZI,Gladwin, 77	CGA	DNF	0	0	
0	MOTLOUNG,Malefetsane, 224	AFS	DNF	0	0	
0	MBANJWA,Sipho, 613	KZNA	DNF	0	0	

**Item 131 19:40 Final Women Senior 4X400m Relay**

1	RELAY TEAM,AGN A,	AGN	03:36.41	9	0	G
2	RELAY TEAM,AGN B,	AGN	03:44.43	7	0	S
3	RELAY TEAM,ACNW,	ACNW	03:45.00	6	0	B
4	RELAY TEAM,CGA,	CGA	03:46.52	5	0	
5	RELAY TEAM,WPA,	WPA	03:49.83	4	0	
6	RELAY TEAM,BOLA,	BOLA	04:06.14	3	0	

**Item 132 19:50 Final Men Senior 4X400m Relay**

1	RELAY TEAM,AGN A,	AGN	03:04.26	9	0	G
2	RELAY TEAM,ACNW,	ACNW	03:07.75	7	0	S
3	RELAY TEAM,BOLA,	BOLA	03:09.91	6	0	B
4	RELAY TEAM,AGN C,	AGN	03:13.30	5	0	
5	RELAY TEAM,CGA,	CGA	03:15.46	4	0	
6	RELAY TEAM,EPA,	EPA	03:23.57	3	0	
0	RELAY TEAM,AGN D,	AGN	DNS	0	0	
0	RELAY TEAM,AGN B,	AGN	DNS	0	0	