



Results of all Finals

Ordered by Item types

Performance Scores: ASA 2020 table, Electronic Time, Height above sea=1392

| Place | Athlete,Number,Birthdate | Team | Perf | Score | Points | Medal | Wind | Records |
|-------|--------------------------|------|------|-------|--------|-------|------|---------|
|-------|--------------------------|------|------|-------|--------|-------|------|---------|

Item 41 16:00:00 Final Women Senior 100m**+2.2**

| | | | | | | | | |
|---|------------------------------------|-------|-------|---|---|---|--|------|
| 1 | THOMAS, TAMZIN, 57, 1997/10/06 | NWUPA | 11.19 | 0 | 9 | G | | Wind |
| 2 | JINQGUI, VIWE, 46, 2005/02/17 | NWUPA | 11.33 | 0 | 7 | S | | Wind |
| 3 | KUBHEKA, PHINDILE, 51, 2000/01/02 | NWUPA | 11.43 | 0 | 6 | B | | Wind |
| 4 | MBISHA, JOVIALE, 273, 2000/10/31 | UJA | 11.52 | 0 | 5 | | | Wind |
| 5 | LA GRANGE, KAYLA, 269, 2004/07/27 | UJA | 11.69 | 0 | 4 | | | |
| 6 | KYEMBO, RAISSA, 268, 1999/08/06 | UJA | 11.84 | 0 | 3 | | | |
| 7 | NGEMA, SNETHEMBA, 331, 2001/04/07 | UKZN | 11.91 | 0 | 2 | | | |
| 8 | OOSTHUIZEN, SYDNEY, 80, 2004/12/31 | NWUPB | 11.98 | 0 | 1 | | | |

Item 42 16:10:00 Final Men Senior 100m**+1.7**

| | | | | | | | | |
|---|---|-------|--------------|---|---|---|--|--------|
| 1 | PEDDY, GIANNO, 437, 1999/06/05 | UWCA | 10.23 (.229) | 0 | 9 | G | | USSA Q |
| 2 | MONARENG, THEMBO, 378, 1999/02/14 | TUKSA | 10.24 (.235) | 0 | 7 | S | | USSA Q |
| 3 | POTGIETER, ECKHART, 380, 2002/06/13 | TUKSA | 10.24 (.238) | 0 | 6 | B | | USSA Q |
| 4 | MABUNDA, MBHONI, 66, 2003/03/19 | NWUPA | 10.25 (.242) | 0 | 5 | | | USSA Q |
| 5 | KUALI, DUKE, 288, 1998/05/26 | UJA | 10.30 (.292) | 0 | 4 | | | USSA Q |
| 6 | ADESOLA, JOHN, 366, 2002/04/08 | TUKSA | 10.30 (.294) | 0 | 3 | | | USSA Q |
| 7 | MLENGA, RETSHIDISITSWE, 293, 2000/02/27 | UJA | 10.31 | 0 | 2 | | | USSA Q |
| 8 | DAVIDS, LUKE, 423, 2001/07/17 | UWCA | 10.32 (.311) | 0 | 1 | | | USSA Q |

Item 17 11:00:00 Final Men Senior 100m Decathlon**+0.9**

| | | | | | | | | |
|---|---|--------|-------|-----|--|--|--|--|
| 1 | PEREZ (1), JESSE, 116, 1997/11/09 | MATIES | 10.76 | 915 | | | | |
| 2 | LEKABE, ALTEGANG, 431, 1995/07/21 | UWCA | 11.37 | 780 | | | | |
| 3 | BRONKHORST, RUAN, 367, 2003/10/30 | TUKSA | 11.46 | 761 | | | | |
| 4 | KUMM, JASON, 403, 2002/11/01 | TUKSB | 11.70 | 711 | | | | |
| 5 | PETER, CHULUMANCO, 184, 2001/01/09 | UCTA | 11.79 | 693 | | | | |
| 6 | VAN DER LINDE (1), DIMAR, 386, 2004/05/05 | TUKSA | 12.07 | 637 | | | | |

Item 75 15:00:00 Final Women Senior 200m**+0.1**

| | | | | | | | | |
|---|-----------------------------------|--------|-------|---|---|---|--|---------|
| 1 | SHABANGU, BANELE, 136, 2002/07/31 | TUTA | 23.63 | 0 | 9 | G | | =USSA Q |
| 2 | LA GRANGE, KAYLA, 269, 2004/07/27 | UJA | 23.81 | 0 | 7 | S | | |
| 3 | MBISHA, JOVIALE, 273, 2000/10/31 | UJA | 23.94 | 0 | 6 | B | | |
| 4 | FOURIE, ANNAME, 215, 2002/04/11 | KOVA | 24.40 | 0 | 5 | | | |
| 5 | LE ROUX, KAYLEE, 270, 2004/06/12 | UJA | 24.55 | 0 | 4 | | | |
| 6 | VOSLOO, LEONETTE, 364, 2001/03/19 | TUKSA | 24.68 | 0 | 3 | | | |
| 7 | COMPAAAN, MILA, 345, 2003/01/16 | TUKSA | 24.89 | 0 | 2 | | | |
| 8 | JOHNSON, LARA, 100, 2000/11/14 | MATIES | 25.31 | 0 | 1 | | | |

Item 46 16:50:00 Final Women Senior 200m Heptathlon**+0.5**

| | | | | | | | | |
|---|---------------------------------------|-------|-------|-----|--|--|--|--|
| 1 | VERSTER (1), SHANNON, 362, 1999/11/10 | TUKSA | 25.68 | 825 | | | | |
| 2 | KITSHOFF, NADIA, 348, 1966/03/11 | TUKSA | 25.77 | 817 | | | | |
| 3 | ROODE, LENOR, 356, / / | TUKSA | 29.24 | 537 | | | | |
| 4 | LESSING (1), SWAYDE, 392, 2003/03/03 | TUKSB | 30.02 | 481 | | | | |
| 5 | JACOBS, DANIELLE, 389, 2002/06/14 | TUKSB | 32.80 | 304 | | | | |

Item 76 15:10:00 Final Men Senior 200m**+1.9**

| | | | | | | | | |
|---|-------------------------------------|-------|-------|---|---|---|--|--------|
| 1 | MATSOSO, TSEBO, 291, 1999/05/27 | UJA | 20.33 | 0 | 9 | G | | USSA Q |
| 2 | POTGIETER, ECKHART, 380, 2002/06/13 | TUKSA | 20.57 | 0 | 7 | S | | USSA Q |
| 3 | SWART, ADRIAN, 73, 2002/05/28 | NWUPA | 20.63 | 0 | 6 | B | | USSA Q |
| 4 | KUALI, DUKE, 288, 1998/05/26 | UJA | 20.81 | 0 | 5 | | | USSA Q |
| 5 | FERNS, NICHOLAS, 372, 1997/01/14 | TUKSA | 21.04 | 0 | 4 | | | |



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| | | | | |
|---|--|--------------|----------|---|
| 6 | CROSSMAN, JARRYD, 232, 2004/06/05 | KOVA 21.26 | 0 | 3 |
| 7 | MLENGA, RETSHIDISITSWE, 293, 2000/02/27 | UJA 21.30 | 0 | 2 |
| 8 | NORMAN, KYLE, 34, 2000-04-24 | MADIBA 21.55 | 0 | 1 |

Item 69 13:20: Final Women Senior 400m

| | | | | | | |
|---|--------------------------------------|---------------|----------|---|---|---------------|
| 1 | VAN DER WALT, ZENEY, 140, 2000/05/22 | TUTA 0:51.64 | 0 | 9 | G | USSA Q,USSA23 |
| 2 | VILJOEN, MARLIE, 363, 2000/08/01 | TUKSA 0:52.28 | 0 | 7 | S | USSA Q |
| 3 | STRIJDOM, ANGELIQUE, 137, 2002/02/01 | TUTA 0:52.82 | 0 | 6 | B | USSA Q |
| 4 | MOLEPO, PRECIOUS, 131, 2005/02/15 | TUTA 0:53.90 | 0 | 5 | | |
| 5 | GIBBON, NICOLA, 217, 2001/10/09 | KOVA 0:53.95 | 0 | 4 | | |
| 6 | DE WET, SIMONE, 346, 2023/04/10 | TUKSA 0:55.26 | 0 | 3 | | |
| 7 | HATTINGH, CARLA, 45, 2001/10/10 | NWUPA 0:55.44 | 0 | 2 | | |
| 8 | MAGERMAN, GEZELLE, 128, 1996/04/21 | TUTA 0:56.33 | 0 | 1 | | |

Item 70 13:30: Final Men Senior 400m

| | | | | | | |
|---|---|----------------|----------|---|---|--------|
| 1 | PILLAY, LYTHE, 298, 2003/02/25 | UJA 0:45.85 | 0 | 9 | G | USSA Q |
| 2 | MASEKO, NHLANHLA, 317, 2000/11/16 | UJB 0:46.66 | 0 | 7 | S | USSA Q |
| 3 | VAN DER WALT, TJAAT JOHAN, 39, 2004- 04-05 | MADIBA 0:47.16 | 0 | 6 | B | |
| 4 | MTHIMKULU, MTHI, 243, 2002/02/01 | KOVA 0:47.39 | 0 | 5 | | |
| 5 | STADLER, JOHAN, 119, 2000/08/13 | MATIES 0:48.46 | 0 | 4 | | |
| 6 | MOHOLOBELA, KABELO, 318, 2000/12/02 | UJB 0:48.85 | 0 | 3 | | |
| 7 | KOTSEDI, MOTHEO, 175, 1996/04/05 | UCTA 0:49.11 | 0 | 2 | | |
| 8 | KHOZA, SIPHESIHLE, 402, 2003/04/25 | TUKSB 0:49.72 | 0 | 1 | | |

Item 45 16:45: Final Men Senior 400m Decathlon

| | | | |
|---|--|----------------|------------|
| 1 | PEREZ (1), JESSE, 116, 1997/11/09 | MATIES 0:48.71 | 875 |
| 2 | BRONKHORST, RUAN, 367, 2003/10/30 | TUKSA 0:50.83 | 777 |
| 3 | KUMM, JASON, 403, 2002/11/01 | TUKSB 0:56.11 | 555 |
| 4 | VAN DER LINDE (1), DIMAR, 386, 2004/05/05 | TUKSA 0:56.17 | 553 |
| 5 | PETER, CHULUMANCO, 184, 2001/01/09 | UCTA 0:56.87 | 526 |

Item 61 10:55: Final Women Senior 800m

| | | | | | | |
|----|---------------------------------------|----------------|----------|---|---|--------|
| 1 | SWART, CHARNE, 358, 2002/01/02 | TUKSA 2:03.73 | 0 | 9 | G | USSA Q |
| 2 | OOSTHUIZEN, MICHAELA, 354, 1999/12/12 | TUKSA 2:07.07 | 0 | 7 | S | |
| 3 | WEITSZ, SIMONAY, 141, 1999/04/26 | TUTA 2:10.58 | 0 | 6 | B | |
| 4 | SENOSI, KELETSO, 135, 2001/10/01 | TUTA 2:11.52 | 0 | 5 | | |
| 5 | SELLO, TSEPANG, 227, 1997/02/23 | KOVA 2:13.42 | 0 | 4 | | |
| 6 | VILJOEN, MIENKE, 107, 2003/04/08 | MATIES 2:14.27 | 0 | 3 | | |
| 7 | BOTHA, CYLA, 387, 2003/04/24 | TUKSB 2:15.70 | 0 | 2 | | |
| 8 | SANDER, CARIEN, 225, 1999/02/15 | KOVA 2:19.59 | 0 | 1 | | |
| 9 | WITJTENBURG, SANDRA, 283, 2002/01/04 | UJA 2:22.83 | 0 | 0 | | |
| 10 | MONK, REBECCA, 166, 2004/03/22 | UCTA 2:28.84 | 0 | 0 | | |
| 11 | MASHABA, MBALI, 16, 2000/10/12 | MUT 2:30.27 | 0 | 0 | | |

Item 71 13:40: Final Women Senior 800m Heptathlon

| | | | |
|---|---------------------------------------|---------------|------------|
| 1 | VERSTER (1), SHANNON, 362, 1999/11/10 | TUKSA 2:21.54 | 803 |
| 2 | KITSHOFF, NADIA, 348, 1966/03/11 | TUKSA 2:33.74 | 647 |
| 3 | ROODE, LENOR, 356, / / | TUKSA 3:09.25 | 284 |
| 4 | LESSING (1), SWAYDE, 392, 2003/03/03 | TUKSB 3:19.40 | 206 |
| 5 | JACOBS, DANIELLE, 389, 2002/06/14 | TUKSB 3:25.01 | 168 |

Item 62 11:05: Final Men Senior 800m

| | | | | | |
|---|--------------------------------------|---------------|----------|---|---|
| 1 | DU PLESSIS, EDMUND, 370, 2002/04/05 | TUKSA 1:48.76 | 0 | 9 | G |
| 2 | MOTLHAMME, BOIKANYO, 294, 1995/08/11 | UJA 1:49.30 | 0 | 7 | S |
| 3 | NOGCANTSI, KWAZI, 379, 2000/01/17 | TUKSA 1:49.31 | 0 | 6 | B |

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| | | | | | |
|----|-------------------------------------|-------|---------|---|---|
| 4 | SEELIGER, JAMES, 384, 1999/12/15 | TUKSA | 1:49.46 | 0 | 5 |
| 5 | CHOPA, ABEDNICO, 369, 2002/07/02 | TUKSA | 1:49.92 | 0 | 4 |
| 6 | NWAGU, TSHEGOFATSO, 297, 2001/09/01 | UJA | 1:50.28 | 0 | 3 |
| 7 | SIBIYA, NKOSINATHI, 301, 1994/01/01 | UJA | 1:50.96 | 0 | 2 |
| 8 | KRUGER, ABRIE, 84, 2004/01/01 | NWUPB | 1:51.79 | 0 | 1 |
| 9 | DOMINGO, KEANU, 62, 2002/04/17 | NWUPA | 1:52.92 | 0 | 0 |
| 10 | VAN ROOYEN, DILLAN, 75, 1998/06/23 | NWUPA | 1:56.62 | 0 | 0 |

Item 30 14:40:00 Final Women Senior 1500m

| | | | | | | |
|----|--|--------|----------|---|---|---|
| 1 | SWART, CHARNE, 358, 2002/01/02 | TUKSA | 04:26.12 | 0 | 9 | G |
| 2 | WEITZ, SIMONAY, 141, 1999/04/26 | TUTA | 04:31.98 | 0 | 7 | S |
| 3 | SELLO, TSEPANG, 227, 1997/02/23 | KOVA | 04:35.24 | 0 | 6 | B |
| 4 | PETRO, STEPHANY, 81, 2002/03/20 | NWUPB | 04:40.52 | 0 | 5 | |
| 5 | JANSE VAN RENSBURG, JANIE, 390, 2000/08/09 | TUKSB | 04:42.04 | 0 | 4 | |
| 6 | BELL, KIRSTI, 211, 2002/05/08 | KOVA | 04:43.71 | 0 | 3 | |
| 7 | NKUNA, WELMA, 276, 2000/01/31 | UJA | 04:45.05 | 0 | 2 | |
| 8 | SENOSI, KELETSO, 135, 2001/10/01 | TUTA | 04:45.60 | 0 | 1 | |
| 9 | OELOFSE, VICKY, 223, 2000/10/10 | KOVA | 04:51.01 | 0 | 0 | |
| 10 | ADAMS, SIMONE, 304, 1999/11/23 | UJB | 04:53.91 | 0 | 0 | |
| 11 | WITJTENBURG, SANDRA, 283, 2002/01/04 | UJA | 04:56.92 | 0 | 0 | |
| 12 | MASHAMAITE, DIPUO, 309, 2001/10/02 | UJB | 04:57.97 | 0 | 0 | |
| 13 | BOTHA, CYLA, 387, 2003/04/24 | TUKSB | 05:10.31 | 0 | 0 | |
| 14 | STICKELLS, IZABEL, 393, 2001/05/01 | TUKSB | 05:13.06 | 0 | 0 | |
| 15 | MABHENA, FAITH, 308, 2004/08/15 | UJB | 05:19.49 | 0 | 0 | |
| 16 | MASHABA, MBALI, 16, 2000/10/12 | MUT | 05:23.19 | 0 | 0 | |
| 17 | DIRATSAGAE, LERATO, 21, 2000-07-06 | MADIBA | 06:27.44 | 0 | 0 | |

Item 28 14:30:00 Final Men Senior 1500m

| | | | | | | |
|----|-------------------------------------|-------|----------|---|---|---|
| 1 | SIBIYA, NKOSINATHI, 301, 1994/01/01 | UJA | 03:50.90 | 0 | 9 | G |
| 2 | SWART, CHRISTOPHER, 74, 2000/04/19 | NWUPA | 03:51.27 | 0 | 7 | S |
| 3 | CHOPA, ABEDNICO, 369, 2002/07/02 | TUKSA | 03:51.56 | 0 | 6 | B |
| 4 | DOMINGO, KEANU, 62, 2002/04/17 | NWUPA | 03:52.74 | 0 | 5 | |
| 5 | MPHAHLELE, RYAN, 295, 1998/06/20 | UJA | 03:54.25 | 0 | 4 | |
| 6 | MSIBI, SIBUSISO, 319, 2004/05/16 | UJB | 03:54.37 | 0 | 3 | |
| 7 | NHLAPHO, SIBUSISO, 155, 2001/04/14 | TUTA | 03:54.74 | 0 | 2 | |
| 8 | KRUGER, ABRIE, 84, 2004/01/01 | NWUPB | 03:55.89 | 0 | 1 | |
| 9 | NDIMANDE, NTUTHUKO, 320, 2001/05/16 | UJB | 03:57.92 | 0 | 0 | |
| 10 | REES, GARRICK, 382, 2004/03/11 | TUKSA | 04:01.36 | 0 | 0 | |
| 11 | MBATHA, SIYABONGA, 455, 2004/05/20 | VUT | 04:03.70 | 0 | 0 | |
| 12 | LOUBSER, MIGAEL, 405, 2002/04/12 | TUKSB | 04:06.21 | 0 | 0 | |
| 13 | JALI, THEO, 426, 2003/01/16 | UWCA | 04:12.28 | 0 | 0 | |

Item 74 14:50:00 Final Men Senior 1500m Decathlon

| | | | | | |
|---|---|--------|----------|------------|--|
| 1 | PEREZ (1), JESSE, 116, 1997/11/09 | MATIES | 04:52.25 | 605 | |
| 2 | BRONKHORST, RUAN, 367, 2003/10/30 | TUKSA | 05:20.29 | 449 | |
| 3 | VAN DER LINDE (1), DIMAR, 386, 2004/05/05 | TUKSA | 05:30.49 | 397 | |
| 4 | PETER, CHULUMANCO, 184, 2001/01/09 | UCTA | 05:44.28 | 332 | |
| 5 | KUMM, JASON, 403, 2002/11/01 | TUKSB | 05:55.68 | 282 | |

Item 72 13:50:00 Final Women Senior 5km

| | | | | | | |
|---|--|-------|----------|---|---|---|
| 1 | KHATALA, NEHENG, 49, 1992/07/02 | NWUPA | 17:21.41 | 0 | 9 | G |
| 2 | DUMISA, SISANDA, 265, 2000/08/23 | UJA | 17:37.12 | 0 | 7 | S |
| 3 | PETRO, STEPHANY, 81, 2002/03/20 | NWUPB | 17:42.59 | 0 | 6 | B |
| 4 | BELL, KIRSTI, 211, 2002/05/08 | KOVA | 18:02.06 | 0 | 5 | |
| 5 | NKUNA, WELMA, 276, 2000/01/31 | UJA | 18:26.57 | 0 | 4 | |
| 6 | JANSE VAN RENSBURG, JANIE, 390, 2000/08/09 | TUKSB | 18:30.70 | 0 | 3 | |

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| | | | | | |
|----|-------------------------------------|------|----------|---|---|
| 7 | GUMEDE, NTKOZO, 267, 2004/12/11 | UJA | 18:39.93 | 0 | 2 |
| 8 | MOTSOENENG, KARABO, 221, 2003/01/21 | KOVA | 18:42.89 | 0 | 1 |
| 9 | MASHAMAITE, DIPUO, 309, 2001/10/02 | UJB | 19:10.82 | 0 | 0 |
| 10 | SEABI, NTOMBI, 279, 2001/06/31 | UJA | 19:50.93 | 0 | 0 |
| 11 | VERMAAS, JAYME-SUE, 006, / / | CUTB | 19:59.88 | 0 | 0 |
| 12 | MONK, REBECCA, 166, 2004/03/22 | UCTA | 20:04.71 | 0 | 0 |
| 13 | ADAMS, SIMONE, 304, 1999/11/23 | UJB | 20:07.17 | 0 | 0 |
| 14 | MASHISHI, KHUNEDI, 272, 2005/01/03 | UJA | 20:41.90 | 0 | 0 |
| 15 | TUBE, MBALI, 193, 2001/07/24 | UFH | 21:06.64 | 0 | 0 |
| 16 | BUKANI, HLUMISA, 190, 1998/05/12 | UFH | 21:31.95 | 0 | 0 |

Item 73 14:20:00 Final Men Senior 5km

| | | | | | | |
|----|-------------------------------------|--------|----------|---|---|---|
| 1 | MPHAHLELE, RYAN, 295, 1998/06/20 | UJA | 14:34.19 | 0 | 9 | G |
| 2 | MNYAKENI, INNOCENT, 239, 1998/09/20 | KOVA | 14:37.12 | 0 | 7 | S |
| 3 | NTOE, PHEMELO, 321, 2001/10/23 | UJB | 14:43.50 | 0 | 6 | B |
| 4 | KHUMALO, BHEKIZULU, 314, 2000/01/07 | UJB | 15:04.24 | 0 | 5 | |
| 5 | PASEKA, MOKUBUNG, 153, 1996/07/06 | TUTA | 15:27.46 | 0 | 4 | |
| 6 | MSIBI, SIBUSISO, 319, 2004/05/16 | UJB | 15:30.77 | 0 | 3 | |
| 7 | JALI, THEO, 426, 2003/01/16 | UWCA | 15:49.13 | 0 | 2 | |
| 8 | TLALI, EDWARD, 249, 2001/01/07 | KOVA | 16:01.51 | 0 | 1 | |
| 9 | MASHIYA, TEOHO, 254, 1996/11/07 | KOVB | 16:35.24 | 0 | 0 | |
| 10 | GULE, MFUNGELWA, 340, 2002/06/24 | UMP | 17:15.76 | 0 | 0 | |
| 11 | MBALI, ERIC, 433, 2004/02/16 | UWCB | 17:36.89 | 0 | 0 | |
| 12 | MAHOTE, SAKHE, 28, 2004-07-24 | MADIBA | 17:41.63 | 0 | 0 | |
| 13 | TLOU, PHATHUTSHEDZO, 38, 2001-05-04 | MADIBA | 17:51.53 | 0 | 0 | |

Item 5 15:15:00 Final Women Senior 10km

| | | | | | | | |
|---|--------------------------------------|-------|----------|---|---|---|---------------|
| 1 | KHATALA, NEHENG, 49, 1992/07/02 | NWUPA | 34:49.18 | 0 | 9 | G | USSA Q,USSA23 |
| 2 | DUMISA, SISANDA, 265, 2000/08/23 | UJA | 37:01.93 | 0 | 7 | S | USSA23 |
| 3 | MORE, KARABO, 275, 2002/04/21 | UJA | 37:16.79 | 0 | 6 | B | USSA23 |
| 4 | MAILULA, KARABO, 350, 2002/03/17 | TUKSA | 38:02.57 | 0 | 5 | | |
| 5 | TUBE, MBALI, 193, 2001/07/24 | UFH | 43:51.48 | 0 | 4 | | |
| 6 | MOLEFE, NTSHATISENG, 274, 2001/04/30 | UJA | 45:21.34 | 0 | 3 | | |

Item 7 16:20:00 Final Men Senior 10km

| | | | | | | | |
|----|--------------------------------------|--------|----------|---|---|---|--------|
| 1 | MHLANGA, CHRIS, 292, 2001/07/29 | UJA | 29:49.47 | 0 | 9 | G | USSA Q |
| 2 | THINGANE, THEMBA, 302, 2002/08/13 | UJA | 31:10.40 | 0 | 7 | S | |
| 3 | KGADIMA, COLLINS, 375, 1998/01/18 | TUKSA | 31:25.57 | 0 | 6 | B | |
| 4 | THULO, KANANELO, 441, 1999/05/26 | UWCA | 32:00.89 | 0 | 5 | | |
| 5 | KHUMALO, BHEKIZULU, 314, 2000/01/07 | UJB | 32:13.72 | 0 | 4 | | |
| 6 | LUSITI, LEHLOHONOLO, 290, 2002/06/25 | UJA | 32:53.62 | 0 | 3 | | |
| 7 | MATLALA, KWENA, 385, 1999/12/19 | TUKSB | 32:58.82 | 0 | 2 | | |
| 8 | MASHABA, SICELLO, 30, 2000-07-14 | MADIBA | 33:19.40 | 0 | 1 | | |
| 9 | SAKAWULI, XOLA, 208, 1995/09/23 | UFH | 33:45.53 | 0 | 0 | | |
| 10 | LUSHABA, NHLANIPHO, 146, 2000/01/24 | TUTA | 34:16.68 | 0 | 0 | | |
| 11 | MARQUES, HUGO, 180, 2003/12/05 | UCTA | 38:43.65 | 0 | 0 | | |

Item 50 06:30:00 Final Women Senior Half Marathon

| | | | | | | |
|---|--------------------------------------|-------|------------|---|---|---|
| 1 | KHATALA, NEHENG, 49, 1992/07/02 | NWUPA | 1:22:22.00 | 0 | 9 | G |
| 2 | MAILULA, KARABO, 350, 2002/03/17 | TUKSA | 1:23:49.00 | 0 | 7 | S |
| 3 | MORE, KARABO, 275, 2002/04/21 | UJA | 1:25:49.00 | 0 | 6 | B |
| 4 | MASIGO, TSHOLOFELO, 129, 1997/09/13 | TUTA | 1:31:16.00 | 0 | 5 | |
| 5 | BOSMAN, CASEY, 212, 2001/01/11 | KOVA | 1:36:02.00 | 0 | 4 | |
| 6 | SWANEPOEL, NICOLE, 281, 1998/10/28 | UJA | 1:36:31.00 | 0 | 3 | |
| 7 | VERMAAS, JAYME-SUE, 006, / / | CUTB | 1:37:46.00 | 0 | 2 | |
| 8 | OELOFSE, VICKY, 223, 2000/10/10 | KOVA | 1:41:08.00 | 0 | 1 | |
| 9 | MOLEFE, NTSHATISENG, 274, 2001/04/30 | UJA | 1:57:23.00 | 0 | 0 | |



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| | | | | | |
|----|------------------------------------|------|------------|---|---|
| 10 | PALESA, NKOADI, 132, 2001/08/30 | TUTA | 2:02:10.00 | 0 | 0 |
| 11 | THEMANE, BEATRICE, 138, 2000/02/03 | TUTA | 2:09:45.00 | 0 | 0 |
| 12 | MOKOENA, DINEO, 220, 1998/09/21 | KOVA | 2:15:58.00 | 0 | 0 |

Item 51 06:30:00 Final Men Senior Half Marathon

| | | | | | | |
|----|---------------------------------------|--------|------------|---|---|---|
| 1 | MHLANGA, CHRIS, 292, 2001/07/29 | UJA | 1:10:29.00 | 0 | 9 | G |
| 2 | KGADIMA, COLLINS, 375, 1998/01/18 | TUKSA | 1:11:00.00 | 0 | 7 | S |
| 3 | MAKHEBESELA, VICTOR, 237, 1997/07/22 | KOVA | 1:11:57.00 | 0 | 6 | B |
| 4 | THINGANE, THEMBA, 302, 2002/08/13 | UJA | 1:12:05.00 | 0 | 5 | |
| 5 | GUMEDE, SERAME, 450, 1997/11/30 | VUT | 1:12:22.00 | 0 | 4 | |
| 6 | THULO, KANANELO, 441, 1999/05/26 | UWCA | 1:13:26.00 | 0 | 3 | |
| 7 | LUSITI, LEHLOHONOLO, 290, 2002/06/25 | UJA | 1:14:13.00 | 0 | 2 | |
| 8 | MATLALA, KWENA, 385, 1999/12/19 | TUKSB | 1:14:45.00 | 0 | 1 | |
| 9 | MADIOPE, KATLEGO, 482, 2000/04/13 | UJB | 1:14:45.00 | 0 | 0 | |
| 10 | NONJIKO, MZIWAMADODA, 435, 2001/06/27 | UWCA | 1:16:28.00 | 0 | 0 | |
| 11 | FANEKHO, APHELELE, 198, 1996/08/22 | UFH | 1:16:42.00 | 0 | 0 | |
| 12 | NGUBO, SIVE, 152, 1994/04/26 | TUTA | 1:17:14.00 | 0 | 0 | |
| 13 | SEBOLA, ONKABETSE, 300, 1999/05/09 | UJA | 1:17:14.00 | 0 | 0 | |
| 14 | MASHABA, SICELO, 30, 2000-07-14 | MADIBA | 1:18:00.00 | 0 | 0 | |
| 15 | HLAKO, DERICK, 451, 2000/01/31 | VUT | 1:18:32.00 | 0 | 0 | |
| 16 | SAKAWULI, XOLA, 208, 1995/09/23 | UFH | 1:18:33.00 | 0 | 0 | |
| 17 | MOGALE, ORATILE, 149, 2002/01/15 | TUTA | 1:19:15.00 | 0 | 0 | |
| 18 | MASHAPU, THABISO, 147, 2000/09/05 | TUTA | 1:19:15.00 | 0 | 0 | |
| 19 | KOOPMAN, JASON, 430, 1997/02/17 | UWCA | 1:20:20.00 | 0 | 0 | |
| 20 | LUSHABA, NHLANIPHO, 146, 2000/01/24 | TUTA | 1:20:20.00 | 0 | 0 | |
| 21 | MNASE, SIYABULELA, 203, 2000/10/28 | UFH | 1:21:12.00 | 0 | 0 | |
| 22 | QABAVANE, LIYEMA, 207, 2004/07/01 | UFH | 1:22:27.00 | 0 | 0 | |
| 23 | SIBIYA, NYIKO, 440, 1996/11/17 | UWCA | 1:22:58.00 | 0 | 0 | |
| 24 | PHELEU, SELLO, 323, 1999/05/09 | UJB | 1:23:18.00 | 0 | 0 | |
| 25 | SIWEYA, SUCCESS, 463, 2003/01/14 | VUT | 1:26:11.00 | 0 | 0 | |
| 26 | WILLIAMS, NATHAN, 442, 2001/01/19 | UWCA | 1:26:33.00 | 0 | 0 | |
| 27 | PHUTIEAGAE, THABANG, 462, 2000/06/30 | VUT | 1:26:53.00 | 0 | 0 | |
| 28 | VANSPRIELL, SAM, 188, 2002/05/30 | UCTA | 1:27:24.00 | 0 | 0 | |
| 29 | BOOYSEN, CURTIS, 422, 2001/04/06 | UWCB | 1:27:25.00 | 0 | 0 | |
| 30 | MARQUES, HUGO, 180, 2003/12/05 | UCTA | 1:31:22.00 | 0 | 0 | |
| 31 | MAMATU, TANDILE, 200, 2002/12/23 | UFH | 1:33:15.00 | 0 | 0 | |
| 32 | KOK, SHALTON, 11, 1999/08/04 | CUTB | 1:35:00.00 | 0 | 0 | |
| 33 | BRUGMAN, DYLAN, 172, 2003/02/15 | UCTA | 1:35:25.00 | 0 | 0 | |

Item 12 10:00:00 Final Women Senior 3000m SteepleChase

| | | | | | | |
|---|------------------------------------|-------|----------|---|---|---|
| 1 | BELL, KIRSTI, 211, 2002/05/08 | KOVA | 11:04.10 | 0 | 9 | G |
| 2 | MATSHABA, PHEMELO, 351, 2005/04/12 | TUKSA | 11:08.21 | 0 | 7 | S |
| 3 | MASHISHI, KHUNEDI, 272, 2005/01/03 | UJA | 11:29.38 | 0 | 6 | B |
| 4 | MULDER, LIZANDRE, 222, 1997/05/13 | KOVA | 11:35.32 | 0 | 5 | |
| 5 | STICKELLS, IZABEL, 393, 2001/05/01 | TUKSB | 12:02.91 | 0 | 4 | |
| 6 | SEABI, NTOMBI, 279, 2001/06/31 | UJA | 12:21.86 | 0 | 3 | |
| 7 | ERASMUS, CARISSA, 214, 2004/08/27 | KOVA | 13:45.47 | 0 | 2 | |
| 8 | BANELE, NONYAWO, 122, 2003/09/14 | TUTA | 15:30.02 | 0 | 1 | |

Item 2 14:00:00 Final Men Senior 3000m SteepleChase

| | | | | | | |
|---|------------------------------------|------|----------|---|---|---|
| 1 | SEBOLA, ONKABETSE, 300, 1999/05/09 | UJA | 09:22.14 | 0 | 9 | G |
| 2 | GUMEDE, SERAME, 450, 1997/11/30 | VUT | 09:35.40 | 0 | 7 | S |
| 3 | TLALI, EDWARD, 249, 2001/01/07 | KOVA | 09:36.54 | 0 | 6 | B |
| 4 | KOOPMAN, JASON, 430, 1997/02/17 | UWCA | 09:44.76 | 0 | 5 | |
| 5 | MADIOPE, KATLEGO, 482, 2000/04/13 | UJB | 09:54.83 | 0 | 4 | |
| 6 | MACI, MBASA, 432, 2002/09/10 | UWCA | 10:19.93 | 0 | 3 | |



| | | | | | | |
|---|--------------------------------|--------|----------|---|---|--|
| 7 | HLAKO, DERICK, 451, 2000/01/31 | VUT | 10:22.50 | 0 | 2 | |
| 8 | PHELEU, SELLO, 323, 1999/05/09 | UJB | 10:24.13 | 0 | 1 | |
| 9 | MNENO, LUVUYO, 33, 2002-01-16 | MADIBA | 11:05.85 | 0 | 0 | |

Item 32 15:00: Final Women Senior 100m Hurdles**+0.9**

| | | | | | | | |
|---|---------------------------------------|--------|-------|---|---|---|---------------|
| 1 | BIELDT, TAYLON, 123, 1998/11/04 | USSAIN | 12.91 | 0 | 9 | G | USSA Q,USSA23 |
| 2 | VAN DER BERGH, KAYLA, 359, 2002/01/10 | TUKSA | 13.65 | 0 | 7 | S | |
| 3 | KOK, CHANE, 349, 2004/09/16 | TUKSA | 13.79 | 0 | 6 | B | |
| 4 | NEWTON, MEGAN, 53, 2004/03/10 | NWUPA | 14.50 | 0 | 5 | | |
| 5 | COMPAAN, MILA, 345, 2003/01/16 | TUKSA | 14.60 | 0 | 4 | | |
| 6 | VENTER, ANE, 171, 2002/04/15 | UCTA | 18.36 | 0 | 3 | | |

Item 15 10:50: Final Women Senior 100m Hurdles Heptathlon**+2.5**

| | | | | | |
|---|---------------------------------------|-------|-------|-----|--|
| 1 | VERSTER (1), SHANNON, 362, 1999/11/10 | TUKSA | 14.40 | 923 | |
| 2 | KITSHOFF, NADIA, 348, 1966/03/11 | TUKSA | 16.07 | 706 | |
| 3 | ROODE, LENOR, 356, / / | TUKSA | 17.01 | 595 | |
| 4 | LESSING (1), SWAYDE, 392, 2003/03/03 | TUKSB | 17.76 | 513 | |
| 5 | JACOBS, DANIELLE, 389, 2002/06/14 | TUKSB | 20.75 | 243 | |

Item 31 14:50: Final Men Senior 110m Hurdles**+2.2**

| | | | | | | | |
|---|-----------------------------------|--------|-------|---|---|---|------|
| 1 | OCTOBER, JASON, 115, 2000/05/31 | MATIES | 13.93 | 0 | 9 | G | Wind |
| 2 | LEFETE, TSHEPO, 289, 1992/02/20 | UJA | 13.96 | 0 | 7 | S | Wind |
| 3 | VOSLOO, WICUS, 481, 2001/03/21 | USSAIN | 14.19 | 0 | 6 | B | |
| 4 | SHIBODZE, VUTIVI, 326, 1998/06/24 | UJB | 14.66 | 0 | 5 | | |
| 5 | TLADI, MPH0, 327, 1998/01/02 | UJB | 14.93 | 0 | 4 | | |
| 6 | JONKERS, KYLE, 428, 2001/07/20 | UWCA | 15.37 | 0 | 3 | | |
| 7 | ELIAS, SHERWIN, 475, 2003/02/10 | UWCA | 16.01 | 0 | 2 | | |
| 8 | STRAUSS, REYNARD, 407, 2002/01/03 | TUKSB | 16.70 | 0 | 1 | | |

Item 52 08:20: Final Men Senior 110m Hurdles Decathlon**-0.1**

| | | | | | |
|---|---|--------|-------|-----|--|
| 1 | PEREZ (1), JESSE, 116, 1997/11/09 | MATIES | 15.32 | 811 | |
| 2 | BRONKHORST, RUAN, 367, 2003/10/30 | TUKSA | 15.88 | 746 | |
| 3 | VAN DER LINDE (1), DIMAR, 386, 2004/05/05 | TUKSA | 17.41 | 582 | |
| 4 | KUMM, JASON, 403, 2002/11/01 | TUKSB | 18.53 | 474 | |
| 5 | PETER, CHULUMANCO, 184, 2001/01/09 | UCTA | 19.14 | 420 | |

Item 40 15:50: Final Women Senior 400m Hurdles

| | | | | | | | |
|---|--|--------|---------|---|---|---|---------------|
| 1 | VAN DER WALT, ZENEY, 140, 2000/05/22 | TUTA | 0:55.75 | 0 | 9 | G | USSA Q,USSA23 |
| 2 | BIELDT, TAYLON, 123, 1998/11/04 | USSAIN | 0:56.33 | 0 | 7 | S | USSA Q,USSA23 |
| 3 | JOSEPH, ROGAIL, 48, 2000/04/22 | NWUPA | 0:58.56 | 0 | 6 | B | |
| 4 | MAGERMAN, GEZELLE, 128, 1996/04/21 | TUTA | 0:59.47 | 0 | 5 | | |
| 5 | NEL, ANJE, 353, 2004/01/02 | TUKSA | 1:00.18 | 0 | 4 | | |
| 6 | DE WET, SIMONE, 346, 2023/04/10 | TUKSA | 1:00.81 | 0 | 3 | | |
| 7 | VAN GREUNEN, EL-MARIE, 395, 2003/03/07 | TUKSB | 1:05.24 | 0 | 2 | | |

Item 39 15:40: Final Results Men Senior 400m Hurdles

| | | | | | | | |
|---|--|-------|---------|---|---|---|--------|
| 1 | DLHAMINI, SABELO, 285, 1995/01/17 | UJA | 0:49.63 | 0 | 9 | G | USSA Q |
| 2 | VAN RENSBURG, WERNICH, 250, 2004/07/24 | KOVA | 0:50.69 | 0 | 7 | S | |
| 3 | GORA, LINDUKUHLE, 142, 2001/01/31 | TUTA | 0:50.73 | 0 | 6 | B | |
| 4 | ERASMUS, ANDRE, 371, 2002/03/22 | TUKSA | 0:51.14 | 0 | 5 | | |
| 5 | DU PREEZ, MARTHINUS, 399, 2001/04/26 | TUKSB | 0:51.96 | 0 | 4 | | |
| 6 | SNYDERS, JJ, 248, 2002/02/04 | KOVA | 0:54.01 | 0 | 3 | | |
| 7 | KRUGER, VAN REENEN, 376, 2003/03/20 | TUKSA | 0:54.31 | 0 | 2 | | |
| 8 | NDLOVU, SIPHEPELO, 258, 1998/11/09 | KOVV | 0:54.43 | 0 | 1 | | |
| 9 | MARKETOS, WILLIAM, 179, 2003/06/10 | UCTA | 1:05.14 | 0 | 0 | | |

Item 65 12:30: Final Women Senior HighJump



| | | | | | |
|----|--------------------------------------|-------------|---|---|---|
| 1 | NGOZO, MICHELLE, 467, 2000/05/15 | IIEVC 1.73 | 0 | 9 | G |
| 1 | FOUCHE, KARMEN, 44, 2003/01/02 | NWUPA 1.73 | 0 | 9 | G |
| 3 | COETZEE, CAELIN, 96, 2003/01/21 | MATIES 1.68 | 0 | 6 | B |
| 4 | VISSER, JEANE, 396, 2003/08/12 | TUKSB 1.63 | 0 | 5 | |
| 4 | MINNAAR, JEANE, 52, 2001/02/02 | NWUPA 1.63 | 0 | 5 | |
| 6 | VERSTER, SHANNON, 361, 1999/11/10 | TUKSA 1.63 | 0 | 3 | |
| 6 | DOMBENI, MAHLATSE, 264, 1999/01/21 | UJA 1.63 | 0 | 3 | |
| 8 | VAN TONDER, JOHANI, 230, 2004/02/19 | KOVA 1.63 | 0 | 1 | |
| 9 | HIGGINS, MARILIZE, 306, 1996/03/04 | UJB 1.58 | 0 | 0 | |
| 10 | WENTZEL, SAMANTHA, 24, 2002-04-19 | MADIBA 1.58 | 0 | 0 | |
| 10 | LETHOKO, RETHABILLE, 164, 1995/09/16 | UCTA 1.58 | 0 | 0 | |
| 12 | WELLS, KAYLA, 108, 2003/12/02 | MATIES 1.58 | 0 | 0 | |
| 13 | LESSING, SWAYDE, 391, 2003/03/03 | TUKSB 1.53 | 0 | 0 | |
| 14 | MORETON, TANITH, 23, 2004-10-14 | MADIBA 1.43 | 0 | 0 | |

Item 22 12:20:00 Final Women Senior HighJump Heptathlon

| | | | | |
|---|---------------------------------------|------------|-----|--|
| 1 | VERSTER (1), SHANNON, 362, 1999/11/10 | TUKSA 1.70 | 855 | |
| 2 | LESSING (1), SWAYDE, 392, 2003/03/03 | TUKSB 1.58 | 712 | |
| 3 | ROODE, LENOR, 356, / / | TUKSA 1.46 | 577 | |
| 3 | JACOBS, DANIELLE, 389, 2002/06/14 | TUKSB 1.46 | 577 | |
| 5 | KITSHOFF, NADIA, 348, 1966/03/11 | TUKSA 1.31 | 419 | |

Item 58 10:15:00 Final Men Senior HighJump

| | | | | | |
|----|--------------------------------------|-------------|---|---|---|
| 1 | POOLE, BREYTON, 117, 2000/03/23 | MATIES 2.15 | 0 | 9 | G |
| 2 | AABOBE, TSHWANELO, 284, 1993/02/31 | UJA 2.15 | 0 | 7 | S |
| 3 | RAATS, BRIAN, 381, 2004/01/19 | TUKSA 2.15 | 0 | 6 | B |
| 4 | DE WET, DEVAN, 398, 2004/01/06 | TUKSB 2.05 | 0 | 5 | |
| 5 | NYELELE, KATLEHO, 246, 2000/01/11 | KOVA 1.95 | 0 | 4 | |
| 6 | JAXA, ASEKHO MUSA, 400, 2003/07/26 | TUKSB 1.90 | 0 | 3 | |
| 7 | SATEKGE, KARABO, 299, 2000/10/07 | UJA 1.90 | 0 | 2 | |
| 8 | PLATT, KEENAN, 438, 2000/04/26 | UWCA 1.80 | 0 | 1 | |
| 9 | NEELS, GAILIN, 244, 1999/04/27 | KOVA 1.80 | 0 | 0 | |
| 10 | LANGA, MONGEZI, 477, 2002/12/23 | DUT 1.75 | 0 | 0 | |
| 11 | MANTJIES, KGALALELO, 178, 2000/03/21 | UCTA 1.75 | 0 | 0 | |

Item 33 15:00:00 Final Men Senior HighJump Decathlon

| | | | | |
|---|---|-------------|-----|--|
| 1 | PEREZ (1), JESSE, 116, 1997/11/09 | MATIES 1.92 | 731 | |
| 2 | BRONKHORST, RUAN, 367, 2003/10/30 | TUKSA 1.89 | 705 | |
| 3 | PRETORIUS, FREDRIECH, 410, 1995/08/04 | USSAID 1.89 | 705 | |
| 4 | KUMM, JASON, 403, 2002/11/01 | TUKSB 1.68 | 528 | |
| 5 | VAN DER LINDE (1), DIMAR, 386, 2004/05/05 | TUKSA 1.62 | 480 | |

Item 25 13:00:00 Final Women Senior Polevault

| | | | | | |
|---|----------------------------------|-------------|---|---|---|
| 1 | REINSTORF, MIRÉ, 102, 2002/06/05 | MATIES 3.95 | 0 | 9 | G |
| 2 | JONKER, JUNE, 47, 2002/03/05 | NWUPA 3.00 | 0 | 7 | S |
| 3 | DE BEER, LENIEKE, 42, 2002/10/11 | NWUPA 2.80 | 0 | 6 | B |

Item 1 14:00:00 Final Men Senior Polevault

| | | | | | |
|---|---------------------------------------|-------------|---|---|---|
| 1 | PRETORIUS, AREND, 68, 2002/08/06 | NWUPA 4.75 | 0 | 9 | G |
| 2 | VAN EYK, ZANDER, 121, 2004/06/24 | MATIES 4.50 | 0 | 7 | S |
| 3 | BRONKHORST (1), RUAN, 368, 2003/10/30 | TUKSA 4.00 | 0 | 6 | B |
| 4 | JASON, KUMM, 159, / / | TUKSB 3.80 | 0 | 5 | |

Item 60 10:30:00 Final Men Senior Polevault Decathlon

| | | | | |
|---|---------------------------------------|-------------|-----|--|
| 1 | PRETORIUS, FREDRIECH, 410, 1995/08/04 | USSAID 4.60 | 790 | |
| 2 | PEREZ (1), JESSE, 116, 1997/11/09 | MATIES 4.20 | 673 | |
| 3 | BRONKHORST, RUAN, 367, 2003/10/30 | TUKSA 4.00 | 617 | |



| | | | |
|---|--|------------|------------|
| 4 | KUMM, JASON, 403, 2002/11/01 | TUKSB 3.90 | 590 |
| 5 | VAN DER LINDE (1), DIMAR, 386, 2004/05/05 | TUKSA 3.70 | 535 |

Item 57 10:00: Final Women Senior LongJump

| | | | | | | | |
|----|-------------------------------------|-------------|----------|---|---|-------------|---|
| 1 | FOUCHE, KARMEN, 44, 2003/01/02 | NWUPA 6.39 | 0 | 9 | G | +2.1 | d |
| 2 | BASSON, MIEKE, 94, 2001/01/09 | MATIES 6.16 | 0 | 7 | S | +0.4 | |
| 3 | GERBER, JOANE, 216, 2003/06/10 | KOVA 6.11 | 0 | 6 | B | +0.1 | |
| 4 | VAN WYK, KARISSA, 82, 2001/04/08 | NWUPB 6.03 | 0 | 5 | | +2.0 | |
| 5 | MASHABA, NOLWAZI, 271, 2002/01/10 | UJA 5.96 | 0 | 4 | | +3.2 | |
| 6 | CORNELISSEN, ANDREA, 97, 2002/03/18 | MATIES 5.90 | 0 | 3 | | -0.5 | |
| 7 | GALLOP, ADRIENNE, 99, 2004/08/01 | MATIES 5.51 | 0 | 2 | | +2.9 | |
| 8 | SYLVESTER, AZREA, 104, 2002/06/05 | MATIES 5.41 | 0 | 1 | | +1.5 | |
| 9 | NEWTON, MEGAN, 53, 2004/03/10 | NWUPA 5.19 | 0 | 0 | | | |
| 10 | MUYA, OLIVIA, 311, 2002/07/18 | UJB 5.06 | 0 | 0 | | +0.5 | |
| 11 | MOLOTO, KWENA, 449, 2002/11/23 | VUT 4.98 | 0 | 0 | | +0.7 | |
| 12 | BRONKHORST, CARA, 388, 2004/12/26 | TUKSB 4.89 | 0 | 0 | | +0.9 | |

Item 53 08:30: Final Women Senior LongJump Heptathlon

| | | | | |
|---|---------------------------------------|------------|------------|-------------|
| 1 | VERSTER (1), SHANNON, 362, 1999/11/10 | TUKSA 5.47 | 691 | +1.9 |
| 2 | KITSHOFF, NADIA, 348, 1966/03/11 | TUKSA 5.00 | 559 | +0.1 |
| 3 | ROODE, LENOR, 356, / / | TUKSA 4.64 | 464 | -0.2 |
| 4 | LESSING (1), SWAYDE, 392, 2003/03/03 | TUKSB 4.42 | 408 | +1.6 |
| 5 | JACOBS, DANIELLE, 389, 2002/06/14 | TUKSB 4.13 | 338 | +1.7 |

Item 36 15:30: Final Men Senior LongJump

| | | | | | | | |
|----|------------------------------------|-------------|----------|---|---|-------------|-------|
| 1 | HANI, NIKITHEMBA, 472, 2000/10/12 | IIEVC 7.94 | 0 | 9 | G | +0.3 | SSA Q |
| 2 | DLAMINI, SAMKELO, 233, 2004/05/03 | KOVA 7.86 | 0 | 7 | S | +1.4 | SSA Q |
| 3 | MONDLANE, JUNIOR, 241, 2003/06/03 | KOVA 7.84 | 0 | 6 | B | +1.2 | SSA Q |
| 4 | MTHEMBU, ASANDE, 485, 2004/06/04 | TUTA 7.78 | 0 | 5 | | +0.7 | SSA Q |
| 5 | AABOBE, TSHWANELO, 284, 1993/02/31 | UJA 7.78 | 0 | 4 | | +1.2 | SSA Q |
| 6 | MAKGATO, PETER, 236, 1996/05/05 | KOVA 7.72 | 0 | 3 | | +0.8 | SSA Q |
| 7 | OLIVIER, WELRE, 67, 2002/11/04 | NWUPA 7.70 | 0 | 2 | | +1.2 | SSA Q |
| 8 | APRIL, REAGAN, 60, 2004/01/21 | NWUPA 7.64 | 0 | 1 | | +0.3 | |
| 9 | SATEKGE, KARABO, 299, 2000/10/07 | UJA 7.63 | 0 | 0 | | +0.3 | |
| 10 | FAROA, TRISTAN, 111, 2001/05/15 | MATIES 7.28 | 0 | 0 | | +1.0 | |
| 11 | SKOSANA, MICHAEL, 247, 2000/09/18 | KOVA 6.97 | 0 | 0 | | +1.1 | |

Item 23 12:20: Final Men Senior LongJump Decathlon

| | | | | |
|---|--|-------------|------------|-------------|
| 1 | PEREZ (1), JESSE, 116, 1997/11/09 | MATIES 7.67 | 977 | +1.3 |
| 2 | BRONKHORST, RUAN, 367, 2003/10/30 | TUKSA 6.70 | 743 | +1.5 |
| 3 | LEKABE, ALTEGANG, 431, 1995/07/21 | UWCA 6.29 | 650 | +0.4 |
| 4 | KUMM, JASON, 403, 2002/11/01 | TUKSB 6.13 | 615 | +0.1 |
| 5 | PETER, CHULUMANCO, 184, 2001/01/09 | UCTA 5.70 | 523 | +1.3 |
| 6 | VAN DER LINDE (1), DIMAR, 386, 2004/05/05 | TUKSA 5.66 | 514 | +2.3 |

Item 27 14:30: Final Women Senior TripleJump

| | | | | | | |
|---|-------------------------------------|-------------|----------|---|-----|-------------|
| | | | | | 11m | |
| 1 | MASHABA, NOLWAZI, 271, 2002/01/10 | UJA 12.54 | 0 | 9 | G | +1.4 |
| 2 | VAN TONDER, JOHANI, 230, 2004/02/19 | KOVA 12.40 | 0 | 7 | S | +2.3 |
| 3 | DOMBENI, MAHLATSE, 264, 1999/01/21 | UJA 12.03 | 0 | 6 | B | +2.2 |
| 4 | DIKIO, GRACE, 347, 2002/03/25 | TUKSA 11.16 | 0 | 5 | | +2.0 |
| 5 | LOUW, LENICE, 417, 2003/11/12 | UWCA 11.06 | 0 | 4 | | +1.8 |

Item 68 13:00: Final Men Senior TripleJump

| | | | | | | |
|---|----------------------------------|--------------|----------|---|-----|-------------|
| | | | | | 13m | |
| 1 | OLIVIER, WELRE, 67, 2002/11/04 | NWUPA 15.72 | 0 | 9 | G | +2.5 |
| 2 | FAROA, TRISTAN, 111, 2001/05/15 | MATIES 15.17 | 0 | 7 | S | +1.3 |
| 3 | ADEDOKUN, PEACE, 365, 2003/11/18 | TUKSA 14.98 | 0 | 6 | B | +1.1 |

**Meeting :USSA TRACK & FIELD CHAMPIONSHIPS(F)
2023/05/04 to 2023/05/06 at BLOEMFONTEIN**

| | | | | | |
|----|-------------------------------------|--------------|---|---|------|
| 4 | AABOBE, TSHWANELO, 284, 1993/02/31 | UJA 14.98 | 0 | 5 | +1.9 |
| 5 | KGALA, THATO, 287, 2002/01/14 | UJA 14.97 | 0 | 4 | +1.1 |
| 6 | MPHEFU, JUNIOR, 296, 1998/07/18 | UJA 14.84 | 0 | 3 | +2.0 |
| 7 | KUTUMELA, KAMOGELO, 452, 2001/06/14 | VUT 14.39 | 0 | 2 | +0.8 |
| 8 | NKUNA, THAPELO, 245, 2002/04/02 | KOVA 14.25 | 0 | 1 | +0.4 |
| 9 | DHLAMINI, PERCIVAL, 18, 2003/05/01 | MUT 14.15 | 0 | 0 | +1.4 |
| 10 | SAMBESO, MERILE, 411, 2002/05/22 | USSAID 14.11 | 0 | 0 | +1.5 |
| 11 | SKOSANA, MICHAEL, 247, 2000/09/18 | KOVA 14.05 | 0 | 0 | +0.9 |
| 12 | CLOETE, MATTHEW, 109, 2003/08/29 | MATIES 13.62 | 0 | 0 | +1.5 |
| 13 | LUPHUZI, SISANDA, 315, 2004/02/05 | UJB 13.49 | 0 | 0 | +2.0 |

Item 19 11:30: Final Women Senior Shotput

| | | | | | |
|----|--------------------------------------|--------------|---|---|---|
| 1 | ROETS, DANE, 278, 2002/01/16 | UJA 14.77 | 0 | 9 | G |
| 2 | DE NECKER, JUANITA, 43, 2002/07/10 | NWUPA 14.72 | 0 | 7 | S |
| 3 | VAN DER WALT, ANZEL, 229, 2001/09/06 | KOVA 12.61 | 0 | 6 | B |
| 4 | KOTZE, CHARNLEIGH, 218, 2004/10/19 | KOVA 12.46 | 0 | 5 | |
| 5 | JORDAAN, CARMEN, 101, / / | MATIES 11.59 | 0 | 4 | |
| 6 | BOTHA, ELME, 20, 2001-01-07 | MADIBA 11.50 | 0 | 3 | |
| 7 | GEEL, LEANDRI, 266, 1997/07/14 | UJA 11.35 | 0 | 2 | |
| 8 | GELDENHUYS, RUZEL, 471, 2003/11/24 | IIEVC 11.31 | 0 | 1 | |
| 9 | RAATHS, MARGUERITE, 54, 2002/01/18 | NWUPA 10.90 | 0 | 0 | |
| 10 | NGUBANE, MINENHLE, 479, 2002/09/16 | DUT 09.92 | 0 | 0 | |
| 11 | JENKINS, CRISELDA, 307, 2003/11/17 | UJB 09.85 | 0 | 0 | |
| 12 | COETZER, DANE, 344, 2002/08/28 | TUKSA 09.28 | 0 | 0 | |
| 13 | KAMBIKAMBI, KARABO, 163, 2003/02/05 | UCTA 09.01 | 0 | 0 | |
| 14 | BOTHA, JONELL, 19, 2003-03-18 | MADIBA 08.91 | 0 | 0 | |
| 15 | PRETORIUS, CHENE, 355, 1994/06/09 | TUKSA 08.73 | 0 | 0 | |
| 16 | JARDIEN, KEELYN, 161, 2003/06/09 | UCTA 08.36 | 0 | 0 | |
| 17 | VAN DER MERWE, YANE, 312, 2000/01/25 | UJB 08.35 | 0 | 0 | |
| 18 | DHLAMINI, THABANG, 89, 2003/09/26 | RHD 06.45 | 0 | 0 | |
| 19 | PARKER, SHAELEE, 90, 2004/02/25 | RHD 06.19 | 0 | 0 | |
| 20 | MAHLANGU, CHANTEL, 337, 2002/11/02 | UMP 05.64 | 0 | 0 | |

Item 29 14:30: Final Women Senior Shotput Heptathlon

| | | | | |
|---|---------------------------------------|-------------|-----|--|
| 1 | VERSTER (1), SHANNON, 362, 1999/11/10 | TUKSA 11.23 | 610 | |
| 2 | ROODE, LENOR, 356, / / | TUKSA 10.33 | 551 | |
| 3 | KITSHOFF, NADIA, 348, 1966/03/11 | TUKSA 08.70 | 445 | |
| 4 | JACOBS, DANIELLE, 389, 2002/06/14 | TUKSB 07.35 | 357 | |
| 5 | LESSING (1), SWAYDE, 392, 2003/03/03 | TUKSB 06.85 | 325 | |

Item 38 15:30: Final Men Senior Shotput

| | | | | | |
|----|--|--------------|---|---|---|
| 1 | LIEBENBERG, DJ, 65, 2003/02/18 | NWUPA 16.24 | 0 | 9 | G |
| 2 | STANDER, RIGHARDT, 71, 2004/05/21 | NWUPA 15.78 | 0 | 7 | S |
| 3 | BREYTENBACH, LEEORR-EL, 61, 2002/02/08 | NWUPA 15.69 | 0 | 6 | B |
| 4 | WILLIAMS, RYAN, 78, 2000/03/26 | NWUPA 15.10 | 0 | 5 | |
| 5 | VISSER, WERNER, 303, 1998/02/27 | UJA 15.00 | 0 | 4 | |
| 6 | ALVARES ARANDA, ARON, 231, 2004/02/06 | KOVA 14.74 | 0 | 3 | |
| 7 | JOUBERT, NANTUS, 374, 2004/02/06 | TUKSA 14.55 | 0 | 2 | |
| 8 | NORTJE, ROCCO, 114, 2004/03/21 | MATIES 14.48 | 0 | 1 | |
| 9 | SWANEPOEL, WYNAND, 72, 2006/06/18 | NWUPA 12.09 | 0 | 0 | |
| 10 | JACOBS, JOHAN, 373, 2002/07/13 | TUKSA 11.35 | 0 | 0 | |
| 11 | THANDO, SHIPALANA, 158, 2001/01/17 | TUTA 08.88 | 0 | 0 | |
| 12 | PETITT, DYLAN, 35, 2004-03-31 | MADIBA 08.57 | 0 | 0 | |
| 13 | DLALI, SIKHANGELE, 196, 1998/05/15 | UFH 07.66 | 0 | 0 | |
| 14 | MSIBI, SHAUN, 459, 2001/05/06 | VUT 07.62 | 0 | 0 | |

Item 26 13:50: Final Men Senior Shotput Decathlon



| | | | |
|---|---|--------------|------------|
| 1 | PEREZ (1), JESSE, 116, 1997/11/09 | MATIES 12.57 | 641 |
| 2 | VAN DER LINDE (1), DIMAR, 386, 2004/05/05 | TUKSA 10.27 | 502 |
| 3 | BRONKHORST, RUAN, 367, 2003/10/30 | TUKSA 09.30 | 444 |
| 4 | KUMM, JASON, 403, 2002/11/01 | TUKSB 09.26 | 441 |
| 5 | LEKABE, ALTEGANG, 431, 1995/07/21 | UWCA 07.25 | 322 |
| 6 | PETER, CHULUMANCO, 184, 2001/01/09 | UCTA 06.68 | 289 |

Item 66 12:30:00 Final Women Senior Discus

| | | | | | | |
|----|--------------------------------------|--------------|----------|---|---|--------|
| 1 | STANDER, YOLANDI, 228, 1998/11/27 | KOVA 55.63 | 0 | 9 | G | USSA Q |
| 2 | RAATHS, MARGUERITE, 54, 2002/01/18 | NWUPA 46.68 | 0 | 7 | S | |
| 3 | DE NECKER, JUANITA, 43, 2002/07/10 | NWUPA 45.85 | 0 | 6 | B | |
| 4 | ROETS, DANE, 278, 2002/01/16 | UJA 44.21 | 0 | 5 | | |
| 5 | JORDAAN, CARMEN, 101, / / | MATIES 43.84 | 0 | 4 | | |
| 6 | GEEL, LEANDRI, 266, 1997/07/14 | UJA 42.29 | 0 | 3 | | |
| 7 | JENKINS, CRISELDA, 307, 2003/11/17 | UJB 40.02 | 0 | 2 | | |
| 8 | GELDENHUYS, RUZEL, 471, 2003/11/24 | IIEVC 37.38 | 0 | 1 | | |
| 9 | VAN DER WALT, ANZEL, 229, 2001/09/06 | KOVA 35.88 | 0 | 0 | | |
| 10 | VAN DER MERWE, YANE, 312, 2000/01/25 | UJB 29.05 | 0 | 0 | | |
| 11 | PRETORIUS, CHENE, 355, 1994/06/09 | TUKSA 29.02 | 0 | 0 | | |
| 12 | MARAWU, ETHANDWA, 191, 2003/02/23 | UFH 24.96 | 0 | 0 | | |
| 13 | KAMBIKAMBI, KARABO, 163, 2003/02/05 | UCTA 23.93 | 0 | 0 | | |
| 14 | COETZER, DANE, 344, 2002/08/28 | TUKSA 23.49 | 0 | 0 | | |
| 15 | PHUMZILE, NKOSI, 133, 1998/06/11 | TUTA 16.22 | 0 | 0 | | |
| 16 | CHOKOE, TEBOGO, 336, 2002/03/29 | UMP 14.95 | 0 | 0 | | |
| 17 | MAHLANGU, CHANTEL, 337, 2002/11/02 | UMP 13.89 | 0 | 0 | | |

Item 20 12:00:00 Final Men Senior Discus

| | | | | | | |
|----|--|--------------|----------|---|---|--------|
| 1 | WILLIAMS, RYAN, 78, 2000/03/26 | NWUPA 58.68 | 0 | 9 | G | USSA Q |
| 2 | VISSER, WERNER, 303, 1998/02/27 | UJA 57.86 | 0 | 7 | S | |
| 3 | ALVARES ARANDA, ARON, 231, 2004/02/06 | KOVA 52.55 | 0 | 6 | B | |
| 4 | STANDER, RIGHARDT, 71, 2004/05/21 | NWUPA 50.71 | 0 | 5 | | |
| 5 | SWANEPOEL, WYNAND, 72, 2006/06/18 | NWUPA 50.12 | 0 | 4 | | |
| 6 | BREYTENBACH, LEEORR-EL, 61, 2002/02/08 | NWUPA 49.77 | 0 | 3 | | |
| 7 | BOTHA, JEAN, 469, 2003/04/18 | IIEVC 48.76 | 0 | 2 | | |
| 8 | LEKHULENI, XOLANI, 85, 2001/05/29 | NWUPB 48.50 | 0 | 1 | | |
| 9 | LIEBENBERG, DJ, 65, 2003/02/18 | NWUPA 46.65 | 0 | 0 | | |
| 10 | JOUBERT, NANTUS, 374, 2004/02/06 | TUKSA 45.85 | 0 | 0 | | |
| 11 | THANDO, SHIPALANA, 158, 2001/01/17 | TUTA 29.94 | 0 | 0 | | |
| 12 | TIAAN, ERSKINE, 37, 2002/01/31 | MADIBA 29.14 | 0 | 0 | | |
| 13 | MADYIBI, LATHITHA MSIMELELO, 199, 2002/03/13 | UFH 27.40 | 0 | 0 | | |
| 14 | PETITT, DYLAN, 35, 2004-03-31 | MADIBA 26.51 | 0 | 0 | | |
| 15 | MSIBI, SHAUN, 459, 2001/05/06 | VUT 23.36 | 0 | 0 | | |
| 16 | LOYD, MAZUZE, 145, 2001/12/13 | TUTA 22.15 | 0 | 0 | | |
| 17 | IDOKO, HILARY, 143, 1986/10/31 | TUTA 19.27 | 0 | 0 | | |

Item 56 09:30:00 Final Men Senior Discus Decathlon

| | | | |
|---|---|--------------|------------|
| 1 | PRETORIUS, FREDRIECH, 410, 1995/08/04 | USSAID 41.44 | 694 |
| 2 | VAN DER LINDE (1), DIMAR, 386, 2004/05/05 | TUKSA 38.00 | 624 |
| 3 | PEREZ (1), JESSE, 116, 1997/11/09 | MATIES 34.85 | 561 |
| 4 | KUMM, JASON, 403, 2002/11/01 | TUKSB 34.10 | 546 |
| 5 | BRONKHORST, RUAN, 367, 2003/10/30 | TUKSA 26.85 | 403 |
| 6 | PETER, CHULUMANCO, 184, 2001/01/09 | UCTA 21.95 | 309 |

Item 37 15:30:00 Final Women Senior Hammer

**Meeting :USSA TRACK & FIELD CHAMPIONSHIPS(F)
2023/05/04 to 2023/05/06 at BLOEMFONTEIN**

| | | | | | | |
|---|-------------------------------------|--------------|---|---|---|--------|
| 1 | GEEL, LEANDRI, 266, 1997/07/14 | UJA 63.47 | 0 | 9 | G | USSA Q |
| 2 | CUMMING, MARGA, 41, 1998/12/10 | NWUPA 62.22 | 0 | 7 | S | USSA Q |
| 3 | PRETORIUS, CHENE, 355, 1994/06/09 | TUKSA 56.17 | 0 | 6 | B | |
| 4 | COETZER, DANE, 344, 2002/08/28 | TUKSA 54.91 | 0 | 5 | | |
| 5 | BOTHA, ELME, 20, 2001-01-07 | MADIBA 53.18 | 0 | 4 | | |
| 6 | PRETORIUS, ELAINE, 443, 2003/11/26 | USSAIN 50.90 | 0 | 3 | | |
| 7 | BURGER, MICHELLE, 95, 2003/04/16 | MATIES 49.22 | 0 | 2 | | |
| 8 | BOTHA, JONELL, 19, 2003-03-18 | MADIBA 42.07 | 0 | 1 | | |
| 9 | VAV RENSBURG, DANELL, 5, 2003/06/09 | CUTB 34.14 | 0 | 0 | | |

Item 6 16:00:00nal Men Senior Hammer

| | | | | | | |
|---|---------------------------------------|--------------|---|---|---|--|
| 1 | HAVINGA, JAMES, 235, 2000/09/27 | KOVA 57.65 | 0 | 9 | G | |
| 2 | ALVARES ARANDA, ARON, 231, 2004/02/06 | KOVA 52.65 | 0 | 7 | S | |
| 3 | TIAAN, ERSKINE, 37, 2002/01/31 | MADIBA 50.87 | 0 | 6 | B | |
| 4 | OLIVIER, THOMAS, 260, 2004/09/21 | KOVB 48.99 | 0 | 5 | | |
| 5 | JACOBS, JOHAN, 373, 2002/07/13 | TUKSA 46.15 | 0 | 4 | | |
| 6 | VAN RENSBURG, GILBERT, 15, | CUTB 40.25 | 0 | 3 | | |
| 7 | WILLIAMS, RYAN, 78, 2000/03/26 | NWUPA 40.10 | 0 | 2 | | |
| 8 | JOUBERT, NANTUS, 374, 2004/02/06 | TUKSA 40.06 | 0 | 1 | | |
| 9 | LIEBENBERG, DJ, 65, 2003/02/18 | NWUPA 21.99 | 0 | 0 | | |

Item 3 14:00:00nal Women Senior Javelin

| | | | | | | |
|----|--------------------------------------|--------------|---|---|---|--------|
| 1 | VAN DYK, JO-ANE, 58, 1997/10/03 | NWUPA 57.41 | 0 | 9 | G | USSA Q |
| 2 | VAN SCHALKWYK, JANA, 105, 2001/03/07 | MATIES 53.80 | 0 | 7 | S | USSA Q |
| 3 | VAN ZYL, CHANE, 360, 2002/08/08 | TUKSA 47.73 | 0 | 6 | B | |
| 4 | COMBRINK, SAVANNAH, 40, 2001/04/17 | NWUPA 47.13 | 0 | 5 | | |
| 5 | WEYER, CLARISSA, 59, 2001/12/03 | NWUPA 47.12 | 0 | 4 | | |
| 6 | MULDER, CHANDI, 352, 2002/04/19 | TUKSA 42.42 | 0 | 3 | | |
| 7 | VENTER, CARLA, 106, 2004/03/18 | MATIES 41.58 | 0 | 2 | | |
| 8 | DIERGAART, SAMIRA, 213, / / | KOVA 29.79 | 0 | 1 | | |
| 9 | MARAWU, ETHANDWA, 191, 2003/02/23 | UFH 20.38 | 0 | 0 | | |
| 10 | CHOKOE, TEBOGO, 336, 2002/03/29 | UMP 15.66 | 0 | 0 | | |
| 11 | PARKER, SHAELEE, 90, 2004/02/25 | RHD 13.58 | 0 | 0 | | |

Item 59 10:30:00nal Women Senior Javelin Heptathlon

| | | | | | | |
|---|---------------------------------------|-------------|-----|--|--|--|
| 1 | VERSTER (1), SHANNON, 362, 1999/11/10 | TUKSA 33.40 | 541 | | | |
| 2 | JACOBS, DANIELLE, 389, 2002/06/14 | TUKSB 29.87 | 474 | | | |
| 3 | KITSHOFF, NADIA, 348, 1966/03/11 | TUKSA 25.40 | 390 | | | |
| 4 | ROODE, LENOR, 356, / / | TUKSA 24.76 | 378 | | | |
| 5 | LESSING (1), SWAYDE, 392, 2003/03/03 | TUKSB 24.10 | 365 | | | |

Item 13 10:00:00nal Men Senior Javelin

| | | | | | | |
|----|--|--------------|---|---|---|---------------|
| 1 | SMIT, WALDOUW, 70, 1999/05/12 | NWUPA 83.29 | 0 | 9 | G | USSA Q,USSA23 |
| 2 | DU TOIT, JAN, 480, 2003/12/04 | USSAIN 72.83 | 0 | 7 | S | |
| 3 | GROBLER, JOHAN, 64, 1997/08/06 | NWUPA 66.83 | 0 | 6 | B | |
| 4 | WILLEMSE, ARMAND, 77, 2004/03/18 | NWUPA 64.66 | 0 | 5 | | |
| 5 | ROBERTSON, DUNCAN, 383, 2003/06/06 | TUKSA 64.22 | 0 | 4 | | |
| 6 | STANDER, RIGHARDT, 71, 2004/05/21 | NWUPA 62.05 | 0 | 3 | | |
| 7 | IDOKO, HILARY, 143, 1986/10/31 | TUTA 40.80 | 0 | 2 | | |
| 8 | LANGA, MONGEZI, 477, 2002/12/23 | DUT 37.25 | 0 | 1 | | |
| 9 | XELO, KINGSLEY, 210, 2002/04/09 | UFH 30.93 | 0 | 0 | | |
| 10 | MADYIBI, LATHITHA MSIMELELO, 199, 2002/03/13 | UFH 30.62 | 0 | 0 | | |
| 11 | LOYD, MAZUZE, 145, 2001/12/13 | TUTA 28.58 | 0 | 0 | | |

Item 67 12:30:00nal Men Senior Javelin Decathlon

| | | | | | | |
|---|---------------------------------------|--------------|-----|--|--|--|
| 1 | PRETORIUS, FREDRIECH, 410, 1995/08/04 | USSAID 53.83 | 645 | | | |
|---|---------------------------------------|--------------|-----|--|--|--|



Meeting :USSA TRACK & FIELD CHAMPIONSHIPS(F)
2023/05/04 to 2023/05/06 at BLOEMFONTEIN



| | | | |
|---|---|--------------|------------|
| 2 | PEREZ (1), JESSE, 116, 1997/11/09 | MATIES 52.40 | 624 |
| 3 | VAN DER LINDE (1), DIMAR, 386, 2004/05/05 | TUKSA 39.27 | 432 |
| 4 | BRONKHORST, RUAN, 367, 2003/10/30 | TUKSA 39.19 | 430 |
| 5 | KUMM, JASON, 403, 2002/11/01 | TUKSB 38.61 | 422 |
| 6 | PETER, CHULUMANCO, 184, 2001/01/09 | UCTA 30.71 | 309 |

Item 0 00:00:00 Final Results Women Senior Heptathlon Results

| | | | | | | |
|---|---------------------------------------|-------------|----------|---|---|--------|
| 1 | VERSTER (1), SHANNON, 362, 1999/11/10 | TUKSA 05248 | 0 | 9 | G | USSA23 |
| 2 | KITSHOFF, NADIA, 348, 1966/03/11 | TUKSA 03983 | 0 | 7 | S | USSA23 |
| 3 | ROODE, LENOR, 356, / / | TUKSA 03386 | 0 | 6 | B | USSA23 |
| 4 | LESSING (1), SWAYDE, 392, 2003/03/03 | TUKSB 03010 | 0 | 5 | | USSA23 |
| 5 | JACOBS, DANIELLE, 389, 2002/06/14 | TUKSB 02461 | 0 | 4 | | USSA23 |

Item 0 00:00:00 Final Results Men Senior Decathlon Results

| | | | | | | |
|---|---|--------------|----------|---|---|----------------|
| 1 | PEREZ (1), JESSE, 116, 1997/11/09 | MATIES 07413 | 0 | 9 | G | USSA Q, USSA23 |
| 2 | BRONKHORST, RUAN, 367, 2003/10/30 | TUKSA 06075 | 0 | 7 | S | USSA23 |
| 3 | VAN DER LINDE (1), DIMAR, 386, 2004/05/05 | TUKSA 05256 | 0 | 6 | B | USSA23 |
| 4 | KUMM, JASON, 403, 2002/11/01 | TUKSB 05164 | 0 | 5 | | USSA23 |
| 5 | PETER, CHULUMANCO, 184, 2001/01/09 | UCTA 03401 | 0 | 4 | | |
| 6 | PRETORIUS, FREDRIECH, 410, 1995/08/04 | USSAID 02834 | 0 | 3 | | |
| 7 | LEKABE, ALTEGANG, 431, 1995/07/21 | UWCA 01752 | 0 | 2 | | |

Item 47 17:00:00 Final Results Women Senior 4x100m Relay

| | | | | | | |
|--|------------------|---------------|----------|---|---|--------|
| 1 | RELAY TEAM, , , | NWUPA 0:45.25 | 0 | 9 | G | USSA23 |
| 1= FOUCHE, KARMEN / 1= ROTHMAN, AMIEL / 2= HATTINGH, CARLA / 2= KUBHEKA, PHINDILE / 3= JINQGUI, VIWE / 4= THOMAS, TAMZIN | | | | | | |
| 2 | RELAY TEAM, A, , | UJA 0:45.46 | 0 | 7 | S | |
| 1= KYEMBO, RAISSA / 2= MBISHA, JOVIALE / 3= PADI, RORISANG / 4= LA GRANGE, KAYLA | | | | | | |
| 3 | RELAY TEAM, , , | TUTA 0:45.82 | 0 | 6 | B | |
| 1= SHABANGU, BANELE / 1= MOLEPO, PRECIOUS / 2= MAAKE, OFENTSE / 2= STRIJDOM, ANGELIQUE / 3= MAGERMAN, GEZELLE / 4= VAN DER WALT, ZENEY | | | | | | |
| 4 | RELAY TEAM, A, , | TUKSA 0:45.99 | 0 | 5 | | |
| 1= VAN DER BERGH, KAYLA / 2= VOSLOO, LEONETTE / 3= VILJOEN, MARLIE / 4= COMPAAN, MILA | | | | | | |
| 5 | RELAY TEAM, B, , | TUKSA 0:48.55 | 0 | 4 | | |
| 1= BOOYSEN, MIENKE / 2= DE WET, SIMONE / 3= DIKIO, GRACE / 4= KOK, CHANE | | | | | | |
| 6 | RELAY TEAM, B, , | UJA 0:49.15 | 0 | 3 | | |
| 1= DOMBENI, MAHLATSE / 2= LE ROUX, KAYLEE / 3= STOLZ, JENNA / 4= VAN WYK, DESIRE | | | | | | |
| 7 | RELAY TEAM, , , | UWCA 0:49.33 | 0 | 2 | | |
| 1= ELIAS, DENISCHA / 1= DE JAGER, RENCIA / 2= BYMAN, LAURE / 2= HANNAH, STEPHENS / 3= RHODE, CHELSEA / 4= KEYS, ALECIA | | | | | | |
| 8 | RELAY TEAM, , , | TUKSB 0:50.93 | 0 | 1 | | |
| 1= VAN GREUNEN, EL-MARIE / 2= BRONKHORST, CARA / 3= STICKELLS, IZABEL / 4= STIGLINGH, BERNICE | | | | | | |
| 9 | RELAY TEAM, A, , | UCTA 0:51.82 | 0 | 0 | | |
| 1= JORDAAN, SALMA / 1= VENTER, ANE / 2= DIBETLE, ORATILE / 3= MADZHIE, NDIVHUWO / 4= MOOLA, HANAH | | | | | | |
| 10 | RELAY TEAM, , , | VUT 0:53.10 | 0 | 0 | | |
| 1= MOLOTO, KWENA / 2= MAMELASIGIDI, KAMOGELO / 3= MANTSHA, MULWELI / 4= AMADI-AHANEKU, VANESSA | | | | | | |
| 11 | RELAY TEAM, B, , | UCTA 0:55.39 | 0 | 0 | | |
| 1= MTWAZI, USANDA / 2= LETHOKO, RETHABILLE / 3= ROGERS, MIA / 4= VENTER, ANE | | | | | | |
| 12 | RELAY TEAM, , , | UFH 0:58.18 | 0 | 0 | | |
| 1= TIDA, HLONELIKHAYA / 2= MARAWU, ETHANDWA / 3= BUKANI, HLUMISA / 4= TUBE, MBALI | | | | | | |

Item 48 17:10:00 Final Results Men Senior 4x100m Relay

| | | | | | | |
|--|------------------|---------------|----------|---|---|--------|
| 1 | RELAY TEAM, , , | NWUPA 0:39.66 | 0 | 9 | G | USSA23 |
| 1= APRIL, REAGAN / 1= XOTYENI, MIHLALI / 2= SWART, ADRIAN / 3= MABUNDA, MBHONI / 4= RICHARDSON, BENJAMIN | | | | | | |
| 2 | RELAY TEAM, , , | UJA 0:39.89 | 0 | 7 | S | USSA23 |
| 1= KUALI, DUKE / 2= MLENGA, RETSHIDISITSWE / 3= SATEKGE, KARABO / 4= MATSOSO, TSEBO | | | | | | |
| 3 | RELAY TEAM, A, , | TUKSA 0:40.25 | 0 | 6 | B | |
| 1= FERNS, NICHOLAS / 2= POTGIETER, ECKHART / 3= MONARENG, THEMBO / 4= ADESOLA, JOHN | | | | | | |

**Meeting :USSA TRACK & FIELD CHAMPIONSHIPS(F)
2023/05/04 to 2023/05/06 at BLOEMFONTEIN**

| | | | | | |
|----|--|----------------|---|---|--|
| 4 | RELAY TEAM, , , | UWCA 0:40.33 | 0 | 5 | |
| | 1= ADAMS, REHANE / 1= NYASHANU, NIGEL / 2= DE VOS, MC DONALD / 2= PEDDY, GIANNO / 3= JOSIAS, JESSE / 4= DAVIDS, LUKE | | | | |
| 5 | RELAY TEAM, , , | MATIES 0:41.28 | 0 | 4 | |
| | 1= MBATSHA, DIBA / 1= FAROA, TRISTAN / 2= OCTOBER, JASON / 3= PEREZ, JESSE / 4= MOMOH, KING-DAVID | | | | |
| 6 | RELAY TEAM, A, , | UJB 0:41.29 | 0 | 3 | |
| | 1= SHIBODZE, VUTIVI / 2= UZOHO, SIYABONGA / 3= SAKWE, OLOTHANDO / 4= TLADI, MPHONGA | | | | |
| 7 | RELAY TEAM, , , | KOVA 0:42.21 | 0 | 2 | |
| | 1= MANYENENG, REALEBOGA / 1= MONDLANE, JUNIOR / 2= CROSSMAN, JARRYD / 3= DLAMINI, SAMKELO / 4= DLUZLU, SINETHEMBA | | | | |
| 8 | RELAY TEAM, A, , | UCTA 0:42.70 | 0 | 1 | |
| | 1= MAKARINGE, MIKATEKO / 2= MARKETOS, WILLIAM / 3= MANTJIES, KGALALELO / 4= PETER, CHULUMANCO | | | | |
| 9 | RELAY TEAM, B, , | UJB 0:43.02 | 0 | 0 | |
| | 1= TLHAPI, OLEBOGENG / 2= SENONA, MALESELA / 3= TSOTETSI, KAMOHELO / 4= MADI, MICHAEL | | | | |
| 10 | RELAY TEAM, B, , | TUKSA 0:43.13 | 0 | 0 | |
| | 1= ROBERTSON, DUNCAN / 2= KRUGER, VAN REENEN / 3= BRONKHORST, RUAN / 4= ERASMUS, ANDRE | | | | |
| 11 | RELAY TEAM, , , | TUTA 0:43.27 | 0 | 0 | |
| | 1= SINETHEMBA, MAKHANYE / 2= GORA, LINDUKUHLE / 3= TADIWANASHE, SINGORE / 4= MTHEMBU, ASANDE | | | | |
| 12 | RELAY TEAM, , , | VUT 0:43.31 | 0 | 0 | |
| | 1= MOLOTO, LESEDI / 2= NTSAKO, CHAUKE / 3= MUKUNDI, SAGE / 4= LERUTLA, MATIKO | | | | |
| 13 | RELAY TEAM, , , | UFH 0:45.94 | 0 | 0 | |
| | 1= TSHIKILA, LIYEMA / 2= NLEKENI, KWAKHANYA LUCKY / 3= XELO, KINGSLEY / 4= DLALI, SIKHANGELE | | | | |
| 14 | RELAY TEAM, B, , | UCTA 0:52.76 | 0 | 0 | |
| | 1= KHOZA, LIFA / 2= MOLEFE, RIVALDO / 3= RAMPHABANA, MPHONGA CASEY / 4= REID, BRYCE | | | | |

Item 77 15:30:00 Final Results Women Senior 4x400m Relay

| | | | | | | |
|---|------------------|----------------|---|---|---|--------|
| 1 | RELAY TEAM, , , | TUTA 03:38.08 | 0 | 9 | G | USSA23 |
| 2 | RELAY TEAM, A, , | TUKSA 03:40.33 | 0 | 7 | S | USSA23 |
| 3 | RELAY TEAM, B, , | TUKSA 03:52.11 | 0 | 6 | B | |
| 4 | RELAY TEAM, A, , | UJA 03:56.17 | 0 | 5 | | |
| 5 | RELAY TEAM, , , | KOVA 03:59.56 | 0 | 4 | | |
| 6 | RELAY TEAM, B, , | UJA 04:21.26 | 0 | 3 | | |
| 7 | RELAY TEAM, C, , | UJA 04:21.75 | 0 | 2 | | |
| 8 | RELAY TEAM, , , | UJB 04:36.17 | 0 | 1 | | |

Item 78 15:40:00 Final Results Men Senior 4x400m Relay

| | | | | | | |
|----|------------------|----------------|---|---|---|--|
| 1 | RELAY TEAM, A, , | UJA 03:10.11 | 0 | 9 | G | |
| 2 | RELAY TEAM, A, , | UJB 03:12.73 | 0 | 7 | S | |
| 3 | RELAY TEAM, , , | KOVA 03:12.84 | 0 | 6 | B | |
| 4 | RELAY TEAM, A, , | TUKSA 03:12.88 | 0 | 5 | | |
| 5 | RELAY TEAM, , , | TUKSB 03:18.91 | 0 | 4 | | |
| 6 | RELAY TEAM, B, , | UJA 03:22.11 | 0 | 3 | | |
| 7 | RELAY TEAM, A, , | UCTA 03:23.80 | 0 | 2 | | |
| 8 | RELAY TEAM, , , | VUT 03:26.72 | 0 | 1 | | |
| 9 | RELAY TEAM, , , | TUTA 03:27.34 | 0 | 0 | | |
| 10 | RELAY TEAM, B, , | UJB 03:28.42 | 0 | 0 | | |
| 11 | RELAY TEAM, B, , | UCTA 03:46.95 | 0 | 0 | | |

Item 8 17:20:00 Final TwoGdr Senior 4x400m Relay

| | | | | | | |
|---|--|----------------|---|---|---|--------|
| 1 | RELAY TEAM, A, , | TUKSA 03:23.31 | 0 | 9 | G | USSA23 |
| | 1= DU PLESSIS, EDMUND / 2= DE WET, SIMONE / 3= SEELIGER, JAMES / 4= VILJOEN, MARLIE | | | | | |
| 2 | RELAY TEAM, , , | TUTA 03:27.24 | 0 | 7 | S | USSA23 |
| | 1= MASHAPU, THABISO / 1= GORA, LINDUKUHLE / 2= MAGERMAN, GEZELLE / 3= NHLAPHO, SIBUSISO / 4= STRIJDOM, ANGELIQUE | | | | | |
| 3 | RELAY TEAM, , , | NWUPA 03:28.91 | 0 | 6 | B | USSA23 |
| | 1= SWART, CHRISTOPHER / 2= JOSEPH, ROGAIL / 3= VAN ROOYEN, DILLAN / 4= HATTINGH, CARLA | | | | | |
| 4 | RELAY TEAM, B, , | TUKSA 03:37.34 | 0 | 5 | | |
| | 1= MATLALA, THATO / 2= BOOYSEN, MIENKE / 3= ERASMUS, ANDRE / 4= OOSTHUIZEN, MICHAELA | | | | | |
| 5 | RELAY TEAM, , , | UJA 03:37.97 | 0 | 4 | | |
| | 1= HLALUKANE, NEO / 2= WITJENBURG, SANDRA / 3= DLHAMINI, SABELO / 4= NKUNA, WELMA | | | | | |

**Meeting :USSA TRACK & FIELD CHAMPIONSHIPS(F)
2023/05/04 to 2023/05/06 at BLOEMFONTEIN**

| | | | | |
|---|---|----------------|---|---|
| 6 | RELAY TEAM, , , | TUKSB 03:38.48 | 0 | 3 |
| | 1= BOTHA, CYLA / 2= LOUBSER, MIGAEL / 3= VAN GREUNEN, EL-MARIE / 4= KHOZA, SIPHESIHLE | | | |
| 7 | RELAY TEAM, , , | VUT 03:57.73 | 0 | 2 |
| | 1= MALULEKA, LASSIE / 1= MBATHA, SIBONAKALISO / 2= MAMELASIGIDI, KAMOGELO / 2= MASIZANA, YOLANDA / 3= MOSAMED, MPHONGA / 4= MOLOTO, KWENA | | | |

Item 9 06:00:00 Final Women Senior 20km Walk

| | | | | | |
|---|------------------------------------|------------------|---|---|---|
| 1 | KOEN, ANNETTE, 50, 1999/06/04 | NWUPA 1:58:41.00 | 0 | 9 | G |
| 2 | SWANEPOEL, MARISSA, 56, 2002/01/22 | NWUPA 2:16:10.00 | 0 | 7 | S |
| 3 | TSHONTI, KOKETSO, 139, 2004/08/29 | TUTA 2:26:34.00 | 0 | 6 | B |

Item 10 06:00:00 Final Men Senior 20km Walk

| | | | | | |
|---|-------------------------------------|------------------|---|---|---|
| 1 | PULE, TUMISANG, 154, 1997/07/03 | TUTA 1:35:41.00 | 0 | 9 | G |
| 2 | FARMER, ANTONIO, 63, 2000/12/21 | NWUPA 1:36:13.00 | 0 | 7 | S |
| 3 | MLAMBO, PHILASANDE, 476, 2002/09/09 | DUT 1:44:31.00 | 0 | 6 | B |
| 4 | KLINK, TARIQ, 1, 2001/05/24 | CPUT 1:53:14.00 | 0 | 5 | |
| 5 | MNYAMANA, BHEKI, 148, 2002/01/05 | TUTA 2:03:55.00 | 0 | 4 | |