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Result Event 1 - Pole Vault Girls 16Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Elné	Paulsen (OHS)	GEORG	2.20	
2	Ané	Vreken (OHS)	GEORG	2.00	
3	Jané	Tredoux (OHS)	GEORG	1.90	
3	Anja	Tredoux (OHS)	GEORG	1.90	
3	Kate-Lynn	Ehlers (OHS)	GEORG	1.90	
4	Miike	Scholtz (OHS)	GEORG	1.80	
4	Anika	Pretorius (OHS)	GEORG	1.80	
5	Talia	van Rensburg (OHS)	GEORG	1.70	

Result Event 2 - Pole Vault Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Lizaan	Brand (OHS)	GEORG	3.00	
2	Mignon	Naude (OHS)	GEORG	2.60	
3	Elri	Tredoux (OHS)	GEORG	2.50	

Result Event 3 - Pole Vault Women 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Tru-Chelle	Schoeman (OHS)	GEORG	2.90	

Result Event 5 - Pole Vault Boys 16Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Alexander	Wiseman (YORK)	GEORG	2.90	
2	Keane	Avis (OHS)	GEORG	2.40	
3	Lincoln	Zietsman (OHS)	GEORG	2.00	
4	Reynhardt	Voges (OHS)	GEORG	1.40	

Result Event 6 - Pole Vault Boys 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Favian	Swart (OHS)	GEORG	3.00	
1	Ben-Ben	Hamman (OHS)	GEORG	3.00	
2	Henro	Horn (OHS)	GEORG	2.60	

Result Event 7 - Pole Vault Men 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Neil	Erasmus (OHS)	GEORG	4.31	



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**Result Event 9 - Hammer Throw Girls 16Years (Final)**

Pos	Name	Surname	Team	Result	Rec
1	Madison	O'Connell (OHS)	GEORG	42.18	
2	Izania	van Sandwyk (OHS)	GEORG	33.78	
3	Lana	Joubert	GEORG	32.14	
4	LE GRANGE	Elizka	MBAY	28.70	
5	Miancke	Moolman	MBAY	28.12	
6	Anika	du Plessis	HESS	27.10	
7	Anika	Pretorius (OHS)	GEORG	25.52	
8	Miike	Scholtz (OHS)	GEORG	25.50	
9	Liandi	Bronkhorst	MBAY	24.70	
10	Clarette	Bowring	EAMS	23.82	
11	Mieke	Botha	MBAY	21.10	
12	Zanri	Engelbrecht	LGIM	18.56	
13	Monique	Van Aswegen	MBAY	17.70	

Result Event 10 - Hammer Throw Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Mieke	Coetzee (OHS)	GEORG	47.98	
2	Chanelle	Britz (OHS)	GEORG	40.32	
3	Julia	Badenhorst (OHS)	GEORG	28.16	

Result Event 11 - Hammer Throw Women 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Marli	Ellis	LGIM	28.96	
2	Caitlin	Strydom	MBAY	15.98	

Result Event 13 - Hammer Throw Boys 16Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Henco	Swanepoel (OHS)	GEORG	50.14	
2	Louis	Fourie (OHS)	GEORG	39.52	
3	Diaan	Augustyn	HESS	35.66	
4	Sambokwe	Avenathi	MBAY	30.44	
5	Moeshaan	Mortlock	HESS	30.10	
6	van Zyl	Ryk	MBAY	28.86	
7	Ryan	van Eck (OHS)	GEORG	27.42	
8	Devan	Craig	HESS	26.76	
9	Aidan	Erasmus	MBAY	24.24	
10	Julian	Hume	HESS	23.46	
11	Ulrich		GEORG	23.35	

Result Event 14 - Hammer Throw Boys 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Deacon	Cooper (OHS)	GEORG	49.50	
2	Kai	Pratt	RDAL	44.02	
3	Heinrich	Goedhals (OHS)	GEORG	42.42	



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Result Event 17 - Discus Throw Girls 16Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
1	Lenka	Viljoen (OHS)	GEORG	33.27	
4	Zanri	Engelbrecht	LGIM	27.60	
5	Chrizzanne	Swart	MBAY	27.46	
7	Mieke	Botha	MBAY	23.76	
10	Jana-Mari	Augustyn	OHS	18.68	
11	Xola	Mbelekane	MBAY	18.25	
12	Genivha	Marcus	HESS	14.25	
13	Tabita	Steyn	MBAY	13.42	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
2	LE GRANGE	Elizka	MBAY	33.10	
3	Miike	Scholtz (OHS)	GEORG	31.28	
6	Lianka	Louw (OHS)	GEORG	25.30	
8	Madison	O'Connell (OHS)	GEORG	22.58	
9	Liandi	Bronkhorst	MBAY	19.46	
14	Jo-Danay	Skiedekat	GDP	13.14	
15	Dionna	Daniels	HESS	11.17	

Result Event 18 - Triple Jump Girls 16Years (Final)

Pos	Name	Surname	Team	Result	Wind	Rec
1	Mienke	Delpont (OHS)	GEORG	9.48	0	
2	Sinead	Mollentze (OHS)	GEORG	9.26	0	
3	Anja	Tredoux (OHS)	GEORG	9.09	0	
4	Ané	Vreken (OHS)	GEORG	8.27	0	

Result Event 19 - Shot Put Girls 18Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
1	Mieke	Coetzee (OHS)	GEORG	13.15	
2	Lee-Ann	Matthee	HESS	11.90	
3	Juané	Nagel (OHS)	GEORG	10.68	
6	Kylie	Kovacs	KPSSS	8.77	
7	Julia	Badenhorst (OHS)	GEORG	8.62	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
4	Storm	van Zyl	KPSSS	9.57	
5	Liane	Kapp	KPSSS	9.50	

Result Event 20 - High Jump Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Wind	Rec
1	Anri	Crook (OHS)	GEORG	1.57	0	
2	Rouxle	vd Weshuizen	LGIM	1.44	0	
3	Animie	Meyer	HBOSD	1.30	0	



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**Result Event 21 - Javelin Throw Boys 16Years (Final)**

Heat 1 of 3

Pos	Name	Surname	Team	Result	Rec
1	Andreas	Badenhorst	HESS	51.62	
2	Nico	Geldenhuis	HESS	49.62	
7	Julian	Hume	HESS	38.08	
8	Fourie	Ruan	MBAY	37.01	
14	Abryn	Bruintjies	BRIDG	31.75	
17	BRITZ	FRANCOIS	MBAY	28.61	

Heat 2 of 3

Pos	Name	Surname	Team	Result	Rec
3	Janse van Rensburg	Luan	MBAY	45.84	
5	Chesco	Armoed (GH)	GEORG	39.90	
11	Louis	Fourie (OHS)	GEORG	34.68	
15	Earlondo	Lourens (OHS)	GEORG	31.34	
19	STEYN	JADEN	MBAY	27.59	

Heat 3 of 3

Pos	Name	Surname	Team	Result	Rec
4	Ulrich	v Dyk	HESS	39.90	
6	Josko	Dixon (OHS)	GEORG	38.31	
9	Keane	Avis (OHS)	GEORG	35.53	
10	van Zyl	Ryk	MBAY	34.69	
12	Luan	Mortlock	LGIM	34.15	
13	Rashaan	Claasen	BRIDG	31.98	
16	Chanton	Wagner	OHS	31.28	
18	Ruan	Maans	HESS	28.28	
20	Aidan	Erasmus	MBAY	27.52	

Result Event 22 - Triple Jump Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Wind	Rec
1	Lizaan	Brand (OHS)	GEORG	10.38	0	

Result Event 23 - Triple Jump Women 20Years (Final)

Pos	Name	Surname	Team	Result	Wind	Rec
1	Klara	van der Merwe (OHS)	GEORG	9.82	0	

Result Event 24 - Triple Jump Women (Final)

Pos	Name	Surname	Team	Result	Wind	Rec
1	Guste	Willemse	SWD Ma	7.87	0	

Result Event 25 - 5000m Walk Girls 16Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Annabella	Wolvaardt (OHS)	GEORG	37:20.86	

Result Event 26 - 5000m Walk Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Roets	Quré	MBAY	36:59.24	



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Result Event 27 - 5000m Walk Boys 16Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Adriaan	Coetzer	HESS	33:07.65	
2	Tiaan	Sieker	HESS	33:30.01	
3	Tunero	Snyman (OHS)	GEORG	34:40.38	

Result Event 28 - Discus Throw Boys 16Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
1	Walter	van Rensburg (OHS)	GEORG	53.11	
3	Aidan	Erasmus	MBAY	40.14	
4	Bernhardt	Schulze (OHS)	GEORG	38.81	
5	Ethan	Joseph	MBAY	37.83	
6	Jansen	Jaydee	MBAY	33.15	
9	Oelof	Du Plooy	HESS	28.24	
10	Ryan	van Eck (OHS)	GEORG	27.81	
11	Valantino	Muller (GH)	GEORG	25.11	
13	MAYO	XAVIER	MBAY	24.51	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
2	Louis	Fourie (OHS)	GEORG	42.74	
7	Johan	Janse van Rensburg	HESS	32.35	
8	Sambokwe	Avenathi	MBAY	30.24	
12	AJ	Botha (OHS)	GEORG	25.06	
14	Fernando	Snell (GH)	GEORG	23.94	

Result Event 29 - High Jump Boys 16Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Wind
1	David	Steyn (GWH)	GEORG	1.70	0
3	Gurshwin	Frans	BSS	1.60	0
3	Refugen	Hendriks (OHS)	GEORG	1.60	0
4	Fourie	Ruan	MBAY	1.55	0
6	Briesies	Zane	MBAY	1.45	0
6	Daylon	Hufke	OHS	1.45	0
6	L.	Hannes	OHS	1.45	0
7	Christiaan	Pretorius (OHS)	GEORG	1.40	0
7	Valentino	Solomons	HESS	1.40	0
8	STEYN	JADEN	MBAY	1.14	0

Heat 2 of 2

Pos	Name	Surname	Team	Result	Wind
1	Jeandre	August (OHS)	GEORG	1.70	0
2	Fabian	Lewies	BRIDG	1.65	0
3	Darnell	Delpont (OHS)	GEORG	1.60	0
3	Janse van Rensburg	Luan	MBAY	1.60	0
4	Curtis Leë	Tait (Eden)	GEORG	1.55	0
4	GERHARDUS	COLE	MBAY	1.55	0
5	Andreas	Badenhorst	HESS	1.50	0
6	Jordan	Fielies	BRIDG	1.45	0
7	Dryden	Diedericks	HESS	1.40	0

Result Event 30 - Triple Jump Boys 16Years (Final)

Pos	Name	Surname	Team	Result	Wind	Rec
1	Josko	Dixon (OHS)	GEORG	10.92	0	
2	Francois	Strydom (OHS)	GEORG	10.62	0	



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Result Event 31 - 10km Walk Boys 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Christoff	Crous	HESS	59:35.35	

Result Event 32 - 10km Walk Men 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Phillip	Minnaar	HESS	1:12:07.60	

Result Event 36 - Shot Put Boys 16Years (Final)

Heat 1 of 3

Pos	Name	Surname	Team	Result	Rec
2	Diaan	Augustyn	HESS	15.10	
3	Louis	Fourie (OHS)	GEORG	13.15	
9	Jansen	Jaydee	MBAY	11.54	
13	Johan	Janse van Rensburg	HESS	10.69	
19	Rashaan	Claasen	BRIDG	9.30	
22	AJ	Julies	OHS	8.85	
23	Cheslin	Witbooi	KANAL	8.73	

Heat 2 of 3

Pos	Name	Surname	Team	Result	Rec
6	Aidan	Erasmus	MBAY	11.99	
7	Bernhardt	Schulze (OHS)	GEORG	11.98	
14	Charlie	Terblanche	HESS	10.28	
15	Jeremi	Herandien	BRIDG	10.08	
16	AJ	Botha (OHS)	GEORG	9.71	
17	Joseph	Van der Merwe	HESS	9.57	
18	Wernig	Oberholzer	LGIM	9.30	
21	PRINSLOO	MARKUS	MBAY	9.06	

Heat 3 of 3

Pos	Name	Surname	Team	Result	Rec
1	Walter	van Rensburg (OHS)	GEORG	16.39	
4	Dylan	Jordaan (OHS)	GEORG	12.66	
5	Brayden	Kampher	KPSSS	12.26	
8	Ethan	Joseph	MBAY	11.67	
10	BOSHOFF	LOGAN	MBAY	11.39	
11	John-Henry	Dednam (OHS)	GEORG	11.22	
12	Devan	Craig	HESS	11.12	
20	Bekker	Bruwer	HBOSD	9.07	

Result Event 37 - Javelin Throw Girls 16Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
4	Christen	du Plessis	HESS	28.24	
5	Michelle	de Kock	HESS	26.40	
6	Lianka	Louw (OHS)	GEORG	24.90	
7	Talia	van Rensburg (OHS)	GEORG	24.78	
9	Landi	Kirstein (OHS)	GEORG	21.73	
11	Cleshe	Thomas	OHS	14.28	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
1	Lenka	Viljoen (OHS)	GEORG	38.59	
2	Anke	Boshoff	MBAY	35.11	
3	Miike	Scholtz (OHS)	GEORG	29.62	
8	Enslin	Megan	MBAY	22.37	
10	Mienke	Vorster	MBAY	20.69	



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**Result Event 38 - High Jump Girls 16Years (Final)**

Pos	Name	Surname	Team	Result	Wind	Rec
1	Mari	Pretorius	LGIM	1.55	0	
2	Miike	Scholtz (OHS)	GEORG	1.50	0	
3	Anja	Muller	MBAY	1.45	0	
4	Lianka	Louw (OHS)	GEORG	1.40	0	
4	Talia	van Rensburg (OHS)	GEORG	1.40	0	
5	Kianie	Louw (OHS)	GEORG	1.35	0	
5	Inge	Robertson	HESS	1.35	0	
5	Alaina	Sowden	LGIM	1.35	0	
5	Micayla	BEZUIDENHOUDT	MBAY	1.35	0	
6	Zoë	Dixon (OHS)	GEORG	1.30	0	
6	Landi	Kirstein (OHS)	GEORG	1.30	0	

Result Event 39 - Discus Throw Boys 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	EW	Maritz	HESS	42.27	
2	Heinrich	Goedhals (OHS)	GEORG	34.63	
3	Lombard	Anton	MBAY	32.96	
4	Terblanche	Steven	MBAY	32.27	
5	Andri	Raal	OHS	30.26	
6	Joshua	Laws(EDEN)	GEORG	24.54	
7	Minathi	Mjonondwana	PH	22.80	
8	Avela	Mpalweni	MBAY	19.11	

Result Event 40 - Triple Jump Boys 18Years (Final)

Pos	Name	Surname	Team	Result	Wind	Rec
1	Ashton	Abels (OHS)	GEORG	12.60	0	
2	Henro	Horn (OHS)	GEORG	12.35	0	
3	Le Roux	Erik	MBAY	11.74	0	
4	Joshua	le Grange (OHS)	GEORG	11.40	0	

Result Event 41 - 1500m Steeple Chase Girls 16Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Esmerelda	Liebenberg (PACS)	GEORG	6:33.07	
2	Claudine	Matthys (PACS)	GEORG	6:36.74	
3	Shuwanay	Du Plessie	GEORG	6:43.70	
3	Shuwanay	Du Plessie	GEORG	6:43.70	
4	Mihlali	Mgaibelo	GEORG	8:14.93	

Result Event 42 - Discus Throw Men 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Chernan	Joseph	MBAY	44.80	
2	Theuns	Botha (GWH)	GEORG	22.21	



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**Result Event 43 - Triple Jump Men 20Years (Final)**

Pos	Name	Surname	Team	Result	Wind	Rec
1	Swart	Chad-Lee	MBAY	12.33	0	
2	Malan	Ferreira (OHS)	GEORG	11.97	0	

Result Event 45 - 1500m Steeple Chase Boys 16Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Keenan	Goliath (GH)	GEORG	5:07.33	
2	Khanya	Matika (PACS)	GEORG	5:07.76	
3	Cuan	Wildeman (OHS)	GEORG	5:10.74	
4	Mequin	Swartbooi (OHS)	GEORG	5:16.34	
5	Chesco	Armoed	GEORG	5:31.11	
5	Chesco	Armoed	GEORG	5:31.11	
6	Joshua	Bolliah	GEORG	5:31.89	
7	Rossouw	Gericke	MBAY	5:42.92	

Result Event 46 - 2000m Steeple Chase Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Chanelle	Bester	LGIM	8:14.39	
2	Shafieka	Du Preez (GH)	GEORG	8:39.88	
3	Amy	Benson	GEORG	9:01.09	
4	Hope	Williams (PACS)	GEORG	9:12.66	
5	Sueastrid	Loff	GEORG	9:47.61	
6	Rochne	Van Jaarsveld	GEORG	9:58.34	

Result Event 49 - 2000m Steeple Chase Boys 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Ruwaydon	Olivier	GEORG	6:30.45	
2	D	Esau	UNION	6:43.11	
3	Linden	Bosman (PACS)	GEORG	6:43.57	
4	Z.	Booyesen	UNION	7:12.59	
5	Adriano	Jansen (PACS)	GEORG	7:21.73	
6	Garry	Isaacs (PACS)	GEORG	7:25.47	
7	Henro	Kuhn	MBAY	7:27.09	
8	Kurt	Botha	GEORG	7:40.78	

Result Event 50 - 3000m Steeple Chase Men 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	William	van Tonder	LGIM	10:01.48	
2	Raymondo	Harris(GH)	GEORG	10:03.82	
3	Keeano	Qwilli (PACS)	GEORG	10:05.33	
4	Lazro	Louw (PACS)	GEORG	10:05.98	
5	Luciano	Daniels	UNION	10:54.09	
6	Timothy	Mongo	UNION	11:03.44	
7	Anslin	Saaiman	UNION	11:04.31	
8	Ismael	Miggels (Pacs)	GEORG	11:51.63	



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**Result Event 54 - Shot Put Boys 18Years (Final)**

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
1	Zian	du Plessis (OHS)	GEORG	17.57	
3	Goshen	Bolligello	MBAY	12.01	
4	Dewald	Jv Vuuren (YORK)	GEORG	11.20	
5	Logan	Jantjies	OHS	11.03	
7	Ruwaan	Claasen	KPSSS	10.16	
9	PJ	Coericius	LGIM	10.06	
10	Denrico	Jonas	LSS	9.06	
11	Jevonskie	Arries	BRIDG	8.85	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
2	Wido	Rudolph (GWH)	GEORG	12.25	
6	Matthew	Zander (YORK)	GEORG	10.78	
8	Terblanche	Steven	MBAY	10.15	
12	Mortlin	Theron	MORE	8.34	

Result Event 55 - High Jump Men 20Years (Final)

Pos	Name	Surname	Team	Result	Wind	Rec
1	Sebastian	Brink	KPSSS	1.95	0	
2	Dylan	Swart (York)	GEORG	1.80	0	
2	Hermanus	Elfreiden	MBAY	1.80	0	
3	Duran	De Jager	UNION	1.70	0	
3	Duwayne	Baardman	UNION	1.70	0	
4	Dadrian	Commons	PLETT	1.65	0	
4	Herman	Augustyn	OHS	1.65	0	
5	Prince	Mensha (EDEN)	GEORG	1.60	0	

Result Event 57 - Long Jump Women 20Years (Final)

Pos	Name	Surname	Team	Result	Wind	Rec
1	Lara	Lubbe	MBAY	4.62	0	
2	Jeanie	du Plessis	LGIM	4.45	0	
3	Juane	Fortuin (YORK)	GEORG	4.22	0	
4	Keesha	Michaels	HESS	4.01	0	
5	Marne	de Wit	LGIM	3.99	0	
6	Christelle	Visagie	LGIM	3.73	0	
7	Logan	Wildeman (EDEN)	GEORG	3.30	0	

Result Event 61 - 5000m Men 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Rico	vd Hast	NEDBA	16:20.85	
2	William	van Tonder	LGIM	16:32.72	
3	Lazro	Louw (Pacs)	GEORG	16:51.17	
4	Wayne	April (EDEN)	GEORG	17:01.19	
5	Jacques	Koopman	BSS	17:50.01	
6	Anslin	Saaiman	UNION	18:11.44	
7	Luciano	Daniels	UNION	18:11.80	
8	Timothy	Mongo	UNION	18:12.04	



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**Result Event 62 - 5000m Men (Final)**

Pos	Name	Surname	Team	Result	Rec
1	SELWYN	MATTHEWS	NEDBA	14:12.08	
2	Gerswin	Jones	CAC	15:05.60	
3	Mario	Van Schalkwyk	CAC	15:39.24	
4	Timothy	September	RAIN	15:45.06	

Result Event 63 - Shot Put Girls 16Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
1	Lenka	Viljoen (OHS)	GEORG	14.18	
2	LE GRANGE	Elizka	MBAY	12.24	
4	Anja	Muller	MBAY	11.26	
5	Chrizanne	Swart	MBAY	11.08	
7	Anandia	du Plessis	HESS	9.99	
10	Monique	Julyan	KPSSS	8.38	
12	Sashkia	Hendricks	NEW	7.89	
14	Tiffany	Roux	HESS	7.65	
15	Tayla	Konstabel	AC	6.89	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
3	Miike	Scholtz (OHS)	GEORG	11.50	
6	Anel	Klopper (OHS)	GEORG	10.69	
8	Liandi	Bronkhorst	MBAY	8.97	
9	Danike	Erasmus	HESS	8.75	
11	Zane	Share	KPSSS	8.28	
13	Keenyah	Weyers	BRIDG	7.67	
16	Kyra	Kamfer	KANAL	6.76	

Result Event 64 - Javelin Throw Men 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Zander	Graham	LGIM	42.67	
2	Duwayne	Baardman	UNION	36.83	
3	Justin	Swarts (PSS)	GEORG	27.67	
4	Denzel	Koeries	PLETT	27.24	



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Result Event 66 - Long Jump Boys 18Years (Final)

Heat 1 of 3

Pos	Name	Surname	Team	Result	Wind
4	Henro	Horn (OHS)	GEORG	5.91	0
8	Ishe	Guoy (YORK)	GEORG	5.57	0
11	Jadine	Damane	EAMS	5.36	0
14	Kyle	Carlson	BRIDG	5.15	0

Heat 2 of 3

Pos	Name	Surname	Team	Result	Wind
1	Cilliers	Franco	MBAY	6.10	0
7	Spelele	Mthembu	BRIDG	5.69	0
10	L.	Esau	UNION	5.42	0
13	Darryl	Arendse	LSS	5.28	0
15	Dadrian	Windvogel	PLETT	5.10	0
16	Joheindre	Herandien	LSS	5.08	0
17	Keenan	Muller	BRIDG	5.08	0
19	Waylon	Alexander	KANAL	4.97	0
20	Eveadonne	Stefaas	BRIDG	4.95	0

Heat 3 of 3

Pos	Name	Surname	Team	Result	Wind
2	Gino	Fredericks	KPSSS	6.02	0
3	ALJEANDRO	MAFUTU	KSS	6.00	0
5	Musa	Ngonongono	MBAY	5.89	0
6	Le Roux	Erik	MBAY	5.70	0
9	Jared	Geldenhuis	HESS	5.49	0
12	Jona	Anderson	OHS	5.35	0
18	Ludwig	Meyer	OHS	5.03	0

Result Event 67 - 3000m Women 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Sue Strid	Loff (PACS)	GEORG	13:07.76	
2	Elizma	Huyser	LGIM	13:18.22	

Result Event 68 - 3000m Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Clarese	Moses	HESS	11:32.96	

Result Event 69 - 3000m Girls 16Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Claudine	Matthys (PACS)	GEORG	12:57.33	
2	Mia	Mengel (OHS)	GEORG	13:22.55	
3	Esmerelda	Liebenberg (PACS)	GEORG	14:06.40	

Result Event 70 - 3000m Boys 16Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Barkhuizen	Dian	MBAY	9:49.11	
2	Khanya	Matika (PACS)	GEORG	9:53.02	
3	Cuan	Wildeman (OHS)	GEORG	10:05.29	
4	MINNIE	JADON	MBAY	10:11.41	



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**Result Event 71 - 3000m Boys 18Years (Final)**

Pos	Name	Surname	Team	Result	Rec
1	M.L	Du Toit	FEZEK	9:10.78	
2	Marques	James	MBAY	9:29.49	
3	Linden	Bosman (PACS)	GEORG	9:29.69	
4	D	Esau	UNION	9:39.03	
5	Reinart	Behrens (YORK)	GEORG	9:40.12	
6	Marco	Erasmus	NEW	9:42.66	
7	Z.	Booyesen	UNION	11:10.97	

Result Event 73 - Shot Put Men 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Chernan	Joseph	MBAY	15.09	
2	JP	Esau	HESS	11.98	
3	Pierre	Nortier	NEW	10.56	
4	Christian	Perks	KPSSS	10.44	
5	Ethan	Kiewiet	HSL	9.61	
6	Olwethu	Williams	UNION	9.56	
7	Ebenhaezer	Willemse	PH	9.39	
8	Jaco	Van Rooyen	KPSSS	9.35	
9	Jaydon	Manuel (YORK)	GEORG	9.11	
10	Kyle	Coetzee	UNION	9.10	
11	T.D	Sileku	FEZEK	7.52	

Result Event 74 - Long Jump Girls 16Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Wind
5	Gouws	Catherine-Lee	MBAY	4.49	0
6	Sinead	Mollentze (OHS)	GEORG	4.42	0
7	Mila	Bergh (OHS)	GEORG	4.30	0
8	NIKITHA	CAFFOEN (EDEN)	GEORG	4.17	0
9	Jana-Mari	Augustyn	OHS	4.09	0
10	Titus	Alicha	LGIM	4.09	0
11	Lana	Davies	MBAY	4.07	0
12	Anja	Tredoux (OHS)	GEORG	4.05	0
13	Micayla	BEZUIDENHOUDT	MBAY	4.01	0
14	Lema	Duncan	MBAY	4.00	0
19	Abigail	Katala	HESS	3.66	0

Heat 2 of 2

Pos	Name	Surname	Team	Result	Wind
1	Mia	Herselman (OHS)	GEORG	4.78	0
2	BENECHA	SEPTEMBER	KSS	4.61	0
3	Mienke	Delpont (OHS)	GEORG	4.59	0
4	Miike	Scholtz (OHS)	GEORG	4.49	0
15	Alaina	Sowden	LGIM	3.86	0
16	Shenell	Lottering	LGIM	3.86	0
17	Cleshe	Thomas	OHS	3.81	0
18	Esona	Ntuse	OHS	3.79	0

Result Event 75 - High Jump Women 20Years (Final)

Pos	Name	Surname	Team	Result	Wind	Rec
1	Johané	van Eeden (OHS)	GEORG	1.41	0	



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**Result Event 76 - High Jump Women (Final)**

Pos	Name	Surname	Team	Result	Wind	Rec
1	Yolanda	Van Langehaar	HBOSD	1.57	0	

Result Event 77 - 800m Girls 16Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
1	Annabelle	Mcewan (GWH)	GEORG	2:27.85	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
2	Amika	Raubenheimer (OHS)	GEORG	2:29.28	
3	Lizandri	Koen (OHS)	GEORG	2:29.49	
4	Junescece	Michaels	HESS	2:35.57	

Result Event 78 - 800m Boys 16Years (Final)

Heat 2 of 3

Pos	Name	Surname	Team	Result	Rec
2	Mequin	Swartbooi (OHS)	GEORG	2:11.71	

Heat 3 of 3

Pos	Name	Surname	Team	Result	Rec
1	Luciano	Slawers	HESS	2:08.88	
3	Jacobus	du Plessis (OHS)	GEORG	2:11.80	
4	Ashley	Abrahams	HESS	2:13.84	

Result Event 79 - 800m Girls 18Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
1	Megan	Hyde (GWH)	GEORG	2:26.88	
3	Emma	Lutsch (OHS)	GEORG	2:32.33	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
2	Shafieka	Du Preez (GH)	GEORG	2:31.82	
4	Esti	Hugget	LGIM	2:33.38	

Result Event 80 - 800m Boys 18Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
2	Nicolas	Vrey (GWH)	GEORG	2:02.10	
4	Velandre	Muller	AC	2:08.12	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
1	Thinus	Erasmus (OHS)	GEORG	2:01.42	
3	Sphelele	Mthembu	BSS	2:05.56	

Result Event 81 - 800m Women 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Jandri	Snyders	HBOSD	2:25.69	
2	Chanelle	Barnard	MBAY	2:33.60	
3	Emma	vd Weshuizen	LGIM	2:42.16	
4	Michelle	Minnie	MBAY	3:00.31	

Result Event 83 - 800m Men 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Keano	Quilli (Pacs)	GEORG	2:01.47	
2	Zhandre	Hattingh	MBAY	2:01.60	
3	Gershwin	Fielies	GDP	2:03.27	



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**Result Event 84 - 800m Men (Final)**

Pos	Name	Surname	Team	Result	Rec
1	Danid	Button	KPSSS	1:58.51	
2	Keano	Quilli	NEW	2:01.47	
3	Zhandre	Hattingh	MBAY	2:01.60	
4	Gershwin	Fielies	GDP	2:03.27	

Result Event 85 - Shot Put Women 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Arne	Jv Rensburg	LGIM	10.36	
2	Fadielah	Murphy (YORK)	GEORG	9.19	
3	Rochelle	Wilken	HESS	9.00	
4	Christelle	Visagie	LGIM	8.75	
5	Simon	vd Westhuizen	KPSSS	8.62	
6	Siphisihle	Khumalo (THS)	GEORG	7.97	
7	Tavia	Michaels	HESS	7.51	
8	Nadia	Leo	UNION	6.81	
9	Bixa	Nompumelelo	INDW	6.39	

Result Event 87 - Long Jump Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Wind	Rec
1	Lizaan	Brand (OHS)	GEORG	4.94	0	
2	Alicia	Prinsloo (OHS)	GEORG	4.71	0	
3	Jenna	Dos Santos (YORK)	GEORG	4.60	0	
4	Animie	Meyer	HBOSD	4.37	0	
5	Monique	Moos	CONCO	4.32	0	
6	Cadine	Lewis	BRIDG	3.70	0	

Result Event 88 - High Jump Boys 18Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Wind
3	Henro	Horn (OHS)	GEORG	1.80	0
4	Stephane	Du Plessis	LGIM	1.70	0
5	Eveadonne	Stefaaso	BSS	1.60	0
5	MORGAN	VAN RENSBURG	KSS	1.60	0

Heat 2 of 2

Pos	Name	Surname	Team	Result	Wind
1	Grante	Savage (OHS)	GEORG	1.90	0
2	Morne	Otto	LGIM	1.85	0
3	Keenan	Muller	BSS	1.80	0
4	Aaron	Flannigan	HESS	1.70	0
5	ANGLE	BEKKER	KSS	1.60	0



ASWD

**Result Event 89 - Javelin Throw Boys 18Years (Final)**

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
2	Gino	Fredericks	KPSSS	50.31	
3	RAUCHDENE	BOTHA	KSS	47.23	
4	Jamie	Anderson	OHS	45.58	
6	Onwaba	Nkomana	INDW	39.41	
10	B.	De Bruyn	UNION	31.44	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
1	EW	Maritz	HESS	53.28	
5	Kealin	Ayford	PH	43.87	
7	Jordan	Lindsay (OHS)	GEORG	36.79	
8	Joshua	Lottering(GH)	GEORG	34.76	
9	Pretorius	Josephus	MBAY	32.38	
11	JD	Gerde (PSS)	GEORG	28.88	

Result Event 90 - 400m Hurdles Men 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Lorenzo	Crous	HESS	1:00.15	
2	Jeffwin	Wesso (OHS)	GEORG	1:00.21	

Result Event 92 - 400m Hurdles Boys 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Musa	Ngonongono	MBAY	1:04.65	
2	Keenan	Muller	BSS	1:06.79	
3	Andries	Geraldo	MBAY	1:16.87	

Result Event 94 - 400m Hurdles Women 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Gisele	Young (GWH)	GEORG	1:09.00	
2	Lara	Lubbe	MBAY	1:10.52	
3	R.	Lewis	UNION	1:27.43	

Result Event 95 - 400m Hurdles Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Emmie	Wannenburg (OHS)	GEORG	1:19.81	

Result Event 96 - 300m Hurdles Girls 16Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
3	Gouws	Catherine-Lee	MBAY	49.47	
4	Anika	Pretorius (OHS)	GEORG	51.98	
5	Jana	Pretorius	MBAY	53.74	
7	Ghite	Silva	HESS	1:03.29	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
1	Kayla	Hudson (OHS)	GEORG	48.43	
2	Zoë	Dixon (OHS)	GEORG	49.14	
6	Jané	Tredoux (OHS)	GEORG	58.05	



ASWD

Result Event 97 - 300m Hurdles Boys 16Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
1	Ray-Jordan	Schoeman (OHS)	GEORG	41.59	
4	SINGALAKHA	MBUTUMA	MBAY	46.00	
6	Brad	Avontuur	NEW	46.76	
7	Dirk	Swart	HESS	47.54	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
2	Marco	Lesch (OHS)	GEORG	44.94	
3	Andreas	Badenhorst	HESS	45.12	
5	Josko	Dixon (OHS)	GEORG	46.25	
8	GERHARDUS	COLE	MBAY	47.66	

Result Event 98 - Javelin Throw Women 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Anika	Snyders	HBOSD	39.43	
2	Carla	Cilliers	MBAY	37.00	
3	Christelle	Visagie	LGIM	25.34	
4	Angelique	Lewis (PARK)	GEORG	18.56	
5	Waylene	Jooster (GH)	GEORG	17.47	
6	Siphosihle	Khumalo	NEW	16.65	

Result Event 100 - 100m Girls 16Years (Final)

Heat 1 of 7

Pos	Name	Surname	Team	Result	Rec
13	Jana	Pretorius	MBAY	14.30	
16	Shanisha	Alexander	LGIM	14.66	
17	Sharmique	Spogter	KANAL	14.66	

Heat 2 of 7

Pos	Name	Surname	Team	Result	Rec
11	Jada	Fillis	BRIDG	14.16	
12	Anika	Swartbooi	KANAL	14.25	

Heat 3 of 7

Pos	Name	Surname	Team	Result	Rec
3	Lynn	Walters (OHS)	GEORG	13.09	
15	Heleen	Esau	NEW	14.57	
18	Annastacia	Stoffels	PH	14.93	

Heat 4 of 7

Pos	Name	Surname	Team	Result	Rec
6	Carla	Botha	HESS	13.56	
14	Onako	Mpondomise	PERCY	14.41	

Heat 5 of 7

Pos	Name	Surname	Team	Result	Rec
4	Michaela	Pretoria	HESS	13.21	
5	Tylah	Hector (YORK)	GEORG	13.34	
7	Monique	Snyman (GH)	GEORG	13.65	
20	Sheryll	Cavandish	NEW	15.41	

Heat 6 of 7

Pos	Name	Surname	Team	Result	Rec
2	Zoë	Dixon (OHS)	GEORG	13.09	
19	Zithana	George	FEZEK	15.38	

Heat 7 of 7

Pos	Name	Surname	Team	Result	Rec
1	Igna	Kleynhans	SLANG	13.05	
8	Micayla	Pillay	OHS	13.79	
9	BENECHA	SEPTEMBER	KSS	13.95	
10	Nayla	Jansen (PACS)	GEORG	14.00	



ASWD

Result Event 101 - 100m Boys 16Years (Final)

Heat 1 of 10

Pos	Name	Surname	Team	Result	Rec
11	G.L	Arendse	FEZEK	11.90	
12	R.	Kowa	UNION	12.04	
17	KHYLER	BOOYSEN	MBAY	12.18	
23	Kieran	Mei	AC	12.66	

Heat 3 of 10

Pos	Name	Surname	Team	Result	Rec
9	Curt	Macka	NEW	11.87	
22	Bronwin	Swiegelaar	OHS	12.65	

Heat 4 of 10

Pos	Name	Surname	Team	Result	Rec
1	Jaydreaan	Prins	GDP	11.28	
5	Lyle	Afrika	OHS	11.74	
20	DONOVAN	AFRIKA	FCAA	12.64	

Heat 5 of 10

Pos	Name	Surname	Team	Result	Rec
6	Muhammad	Kajee	HBOSD	11.75	
18	Antonio	Hudzenber (FRANK)	GEORG	12.22	
21	Marshwin	Van Staden	GEORG	12.65	
24	Michael	Oktober	AC	12.75	

Heat 6 of 10

Pos	Name	Surname	Team	Result	Rec
4	Kyle	Heyns (YORK)	GEORG	11.67	

Heat 7 of 10

Pos	Name	Surname	Team	Result	Rec
2	Deandre	Meintjies	KANAL	11.31	

Heat 8 of 10

Pos	Name	Surname	Team	Result	Rec
7	Dwayne	Kammies	LGIM	11.75	
19	Francois	Strydom (OHS)	GEORG	12.25	

Heat 9 of 10

Pos	Name	Surname	Team	Result	Rec
8	Nathwin	Pockpass (OHS)	GEORG	11.78	
10	Jernovian	Kruger	BRIDG	11.89	
13	Leante	Van Rooi	SLANG	12.10	
15	Promise	Baloyi (EDEN)	GEORG	12.12	

Heat 10 of 10

Pos	Name	Surname	Team	Result	Rec
3	Charl	Swarts	GEORG	11.65	
14	Caleb	Willemse	MORE	12.10	
16	Gurshwin	Frans	BSS	12.14	

Result Event 102 - 100m Girls 18Years (Final)

Heat 1 of 3

Pos	Name	Surname	Team	Result	Rec
1	Billing	Amoné	MBAY	12.93	
3	Roshaan	Fortuin (OHS)	GEORG	13.41	
4	Carmi	Lewis (GWH)	GEORG	13.42	
8	Shamque	Jullies	OHS	15.06	

Heat 2 of 3

Pos	Name	Surname	Team	Result	Rec
5	Ashley-Ann	Williams (PARK)	GEORG	14.38	
6	Beyante	Goliaths	LGIM	14.63	
7	Bianca	Swart	HESS	15.03	

Heat 3 of 3

Pos	Name	Surname	Team	Result	Rec
2	Joalize	Steyn	MBAY	13.23	



ASWD

**Result Event 103 - Long Jump Boys 16Years (Final)**

Heat 1 of 3

Pos	Name	Surname	Team	Result	Wind
1	Cayden	Williams (OHS)	GEORG	6.01	0
7	Antonio	Hudzenber (FRANK)	GEORG	5.52	0
10	QUEWIN	PIETERSE	MBAY	4.95	0
11	Moos	Solayman	MBAY	4.88	0
13	Leshaan	Opperman	KANAL	4.77	0
14	I.	Maya	UNION	4.69	0

Heat 2 of 3

Pos	Name	Surname	Team	Result	Wind
2	David	Steyn (GWH)	GEORG	5.96	0
4	Luchen	Booyesen	KPSSS	5.63	0
8	Elton	Wanie	KANAL	5.00	0
16	Warric Kinana	Kinana	CONCO	4.14	0

Heat 3 of 3

Pos	Name	Surname	Team	Result	Wind
3	Keenan	Goliath (GH)	GEORG	5.64	0
5	Johwen	Hefske	HESS	5.63	0
6	Promise	Baloyi (EDEN)	GEORG	5.62	0
9	M.	Van Staden	UNION	4.97	0
12	Gershwin	van Heerden (GH)	GEORG	4.80	0
15	Eshlin	Olivier	KANAL	4.45	0

Result Event 104 - Javelin Throw Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Dené	Edwards (OHS)	GEORG	46.38	
2	Nicole	Barnard (OHS)	GEORG	42.68	
3	Rouxle	vd Weshuizen	LGIM	38.93	
4	Lizaan	Brand (OHS)	GEORG	37.37	
5	Juané	Nagel (OHS)	GEORG	31.12	
6	Precious	Zondani	HESS	20.60	
7	Judy-Ann	Herandien	KANAL	17.06	

Result Event 105 - Discus Throw Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Mieke	Coetzee (OHS)	GEORG	38.27	
2	Keira	McGregor (OHS)	GEORG	24.51	
3	Mauri-quinn	George	GDP	23.35	
4	Lee-Ann	Matthee	HESS	23.23	
5	Hutten	Johanique	MBAY	17.00	
6	Anname	du Plessis	LGIM	16.27	
7	Sashka	Hendriks	KANAL	15.98	
8	Hilary	Scholtz	GDP	15.02	
9	Acira	Moos	BSS	14.36	

Result Event 106 - 100m Boys 18Years (Final)

Heat 1 of 4

Pos	Name	Surname	Team	Result	Rec
1	AJ	Sampson	BSS	11.43	

Heat 2 of 4

Pos	Name	Surname	Team	Result	Rec
3	Rowan	Mafutu (OHS)	GEORG	12.28	

Heat 3 of 4

Pos	Name	Surname	Team	Result	Rec
2	Sinclair	Lottering	LGIM	12.07	

Heat 4 of 4

Pos	Name	Surname	Team	Result	Rec
4	Reagan	Frederics	CONCO	12.29	



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Result Event 107 - 100m Women 20Years (Final)

Heat 1 of 3

Pos	Name	Surname	Team	Result	Rec
2	Lu-Ché	September	HESS	14.32	
4	Mikayla	van Wyngaard (OHS)	GEORG	14.50	
6	Tanya	Sussens (YORK)	GEORG	14.87	

Heat 2 of 3

Pos	Name	Surname	Team	Result	Rec
1	Anika	Beukes	HBOSD	12.43	

Heat 3 of 3

Pos	Name	Surname	Team	Result	Rec
3	Amber	Saaiman	LGIM	14.35	
5	Lee Caren	Snyders (PACS)	GEORG	14.66	

Result Event 108 - 100m Women (Final)

Pos	Name	Surname	Team	Result	Rec
1	ELMARIE	WALTERS	NEDBA	13.14	
2	Nadine	Malan	KPSSS	13.86	

Result Event 109 - 100m Men 20Years (Final)

Heat 2 of 3

Pos	Name	Surname	Team	Result	Rec
2	Wildemans	Lee	MBAY	11.40	
4	Jose	Seconds	MBAY	11.75	

Heat 3 of 3

Pos	Name	Surname	Team	Result	Rec
1	Reymondre	Sampson (GH)	GEORG	11.26	
3	Sphe	Nzama (YORK)	GEORG	11.61	

Result Event 110 - 100m Men (Final)

Pos	Name	Surname	Team	Result	Rec
1	DEHANDRE	JANUARIE	NEDBA	11.69	
2	Werner	Julies	DERUS	12.68	
3	Byron	Julies	NEW	12.88	
4	Lesley	Stuart	HBOSD	17.69	

Result Event 111 - 400m Girls 16Years (Final)

Heat 1 of 4

Pos	Name	Surname	Team	Result	Rec
4	Julia	Painter (GWH)	GEORG	1:04.34	
6	Mari	Pretorius	LGIM	1:05.34	
7	Kayla	Hudson (OHS)	GEORG	1:06.32	
10	Michaela	Pretoria	HESS	1:07.60	

Heat 2 of 4

Pos	Name	Surname	Team	Result	Rec
9	Mitcka	Koeries	GDP	1:07.56	
11	Eani	Van Husteen	KPSSS	1:10.15	
12	Jonck	Dunay	LGIM	1:12.70	

Pos	Name	Surname	Team	Result	Rec
14	Ame	Sinclair	HESS	1:15.81	
15	Brudene	Stoofels (PACS)	GEORG	1:17.70	

Heat 3 of 4

Pos	Name	Surname	Team	Result	Rec
1	Anzelle	Botes (OHS)	GEORG	1:00.68	
3	Lizandri	Koen (OHS)	GEORG	1:03.80	
5	Gouws	Catherine-Lee	MBAY	1:05.07	
8	Clarice	Colin	LGIM	1:07.21	
13	Ovayo	Nela	CONCO	1:13.21	

Heat 4 of 4

Pos	Name	Surname	Team	Result	Rec
2	Amika	Raubenheimer (OHS)	GEORG	1:02.04	



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**Result Event 112 - 400m Boys 16Years (Final)**

Heat 2 of 7

Pos	Name	Surname	Team	Result	Rec
13	Myburgh	Eksteen	HESS	58.72	
15	Avenathi	Nqquekeza	MBAY	59.62	
18	Leshaan	Opperman	GEORG	1:00.77	

Heat 3 of 7

Pos	Name	Surname	Team	Result	Rec
6	Johan	Schoeman	MBAY	56.12	
14	Gerhard	Paulse	GEORG	59.22	
16	Thembisile	Rhengo	INDW	59.89	

Heat 4 of 7

Pos	Name	Surname	Team	Result	Rec
5	Daniel	le Roux (GWH)	GEORG	55.84	
12	Joshua	Claassen (EDEN)	GEORG	58.53	

Heat 5 of 7

Pos	Name	Surname	Team	Result	Rec
4	Lilitha	Bada	MBAY	55.78	
8	Refugen	Hendriks (OHS)	GEORG	56.54	
17	Ronwin	Ewerts	OHS	1:00.15	

Heat 6 of 7

Pos	Name	Surname	Team	Result	Rec
2	Keenan	Goliath (GH)	GEORG	54.57	
3	Mequin	Swartbooi (OHS)	GEORG	55.68	
19	Albert	Shinga	KANAL	1:00.85	
20	Goja	Aphiwe	INDW	1:03.60	

Heat 7 of 7

Pos	Name	Surname	Team	Result	Rec
1	Jaydreaan	Prins	HESS	49.53	
7	Darnell	Delpont (OHS)	GEORG	56.16	
9	Francois	Strydom (OHS)	GEORG	56.96	
10	Aiden	Juta	HESS	57.20	
11	Tyler	Loock	HESS	57.35	

Result Event 113 - Shot Put Men (Final)

Pos	Name	Surname	Team	Result	Rec
1	JD	Heyns	SWD Ma	14.88	

Result Event 114 - Long Jump Men 20Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Wind
1	Reymondre	Sampson (GH)	GEORG	6.93	0
3	Prince	Mensha (EDEN)	GEORG	6.40	0
4	Waythin-Lee	Campher	BRIDG	6.16	0
5	Markquin	Esau	GDP	6.11	0
7	Eaton	Hermanus	UNION	5.93	0
8	Swart	Chad-Lee	MBAY	5.81	0
10	Ruwane	Billet	UNION	5.56	0

Heat 2 of 2

Pos	Name	Surname	Team	Result	Wind
2	Hermanus	Elfreiden	MBAY	6.82	0
6	Jayden	Jansen	MBAY	5.98	0
9	Ariton	Sefoor	GDP	5.63	0
11	Mitchelen	Daniels	KANAL	5.54	0
12	Kyle	Brinkhuys (OHS)	GEORG	5.41	0
13	Olwethu	Williams	UNION	5.35	0

Result Event 115 - Long Jump Men (Final)

Pos	Name	Surname	Team	Result	Wind	Rec
1	Lesley	Stuart	HBOSD	3.12	0	



ASWD

**Result Event 116 - Discus Throw Women 20Years (Final)**

Pos	Name	Surname	Team	Result	Rec
1	Marli	Ellis	LGIM	29.00	
2	Christelle	Visagie	LGIM	22.48	
3	Waylene	Jooster (GH)	GEORG	21.10	
4	Lu-Ché	September	HESS	19.46	
5	Nashline	Witbooi	HESS	17.13	
6	Sheree	Samson	BSS	13.78	

Result Event 118 - 400m Girls 18Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
1	Emma	Lutsch (OHS)	GEORG	1:03.14	
3	Francoise	Bertie (OHS)	GEORG	1:05.20	
4	Liandrie	Gemurr	HESS	1:08.85	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
2	Joalize	Steyn	MBAY	1:03.47	

Result Event 119 - 400m Boys 18Years (Final)

Heat 1 of 4

Pos	Name	Surname	Team	Result	Rec
2	Chris	Jacobs	CONCO	54.83	
4	Will	Prinsloo	KPSSS	55.13	
6	Malan	Walters (OHS)	GEORG	55.35	
10	Donnavan	Africa	NEW	56.77	

Heat 2 of 4

Pos	Name	Surname	Team	Result	Rec
5	JENIQUO	GALLANT	MBAY	55.16	
12	Cilliers	Franco	MBAY	57.84	

Heat 3 of 4

Pos	Name	Surname	Team	Result	Rec
1	Jesse	v Heerden (YORK)	GEORG	52.34	
7	Riano	Smith	LSS	55.79	
11	Preston	Nuka	HAARL	57.41	

Heat 4 of 4

Pos	Name	Surname	Team	Result	Rec
3	Sinclair	Lottering	LGIM	54.91	
8	Vaughan	Filander	LSS	55.88	
9	Gino	Fredericks	KPSSS	56.32	

Result Event 120 - 400m Women 20Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
1	Gisele	Young (GWH)	GEORG	1:03.28	
2	Jandri	Snyders	HBOSD	1:03.39	
4	Chanelle	Barnard	MBAY	1:08.41	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
3	Nadine	Malan	PLETT	1:04.09	

Result Event 122 - 400m Men 20Years (Final)

Heat 1 of 3

Pos	Name	Surname	Team	Result	Rec
4	Reymondre	Sampson (GH)	GEORG	52.16	
5	Daniel	Button	KPSSS	52.70	
6	Waythin-Lee	Campher	BRIDG	53.22	
7	Nathan	Swanepoel	LSS	53.39	

Heat 2 of 3

Pos	Name	Surname	Team	Result	Rec
2	AIDEN JOHN	DANIELS	FCAA	51.16	
3	Zhandre	Hattingh	MBAY	51.89	

Heat 3 of 3

Pos	Name	Surname	Team	Result	Rec
1	Steven	Pawson (OHS)	GEORG	50.74	
8	Declan	Kiewitt (YORK)	GEORG	56.06	



ASWD

**Result Event 126 - 110m Hurdles Men 20Years (Final)**

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
2	Lorenzo	Crous	HESS	16.69	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
1	Neil	Erasmus (OHS)	GEORG	14.98	

Result Event 127 - 110m Hurdles Boys 18Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
1	Grante	Savage (OHS)	GEORG	15.55	
3	Naedin	Mondo (GH)	GEORG	16.70	
4	Keenan	Muller	BSS	16.79	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
2	Linathi	Ngquambuza	OHS	15.77	

Result Event 128 - 100m Hurdles Women 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Lara	Lubbe	MBAY	17.65	
2	Jeanie	du Plessis	LGIM	17.80	
3	Amber	Saaiman	LGIM	19.13	
4	E.	Louis	UNION	20.19	

Result Event 130 - 100m Hurdles Boys 16Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
2	Ray-Jordan	Schoeman (OHS)	GEORG	14.56	
3	Josko	Dixon (OHS)	GEORG	15.54	
4	Luchen	Booyesen	KPSSS	15.92	
6	Deacine	Booyesen	OHS	16.88	
7	Mphathi	Maniel	OHS	16.96	
8	Ronwin	Ewerts	OHS	17.06	
12	Christo	van Wyk (OHS)	GEORG	19.28	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
1	Marco	Lesch (OHS)	GEORG	14.50	
5	Diago	October	BSS	16.47	
9	GERHARDUS	COLE	MBAY	17.46	
10	Ashwin	Muller	KPSSS	18.07	
11	Moegamat	Ganief	BSS	18.41	

Result Event 131 - 100m Hurdles Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Nicole	Barnard (OHS)	GEORG	17.12	
2	Mia	vd Weshuizen	LGIM	17.20	
3	Elri	Tredoux (OHS)	GEORG	17.70	
4	Gianelle	Tladi	MBAY	20.34	



ASWD

**Result Event 132 - 100m Hurdles Girls 16Years (Final)**

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
3	Anika	Pretorius (OHS)	GEORG	15.54	
4	Jonea	Pretorius	NEW	15.95	
5	Jana	Pretorius	MBAY	15.99	
6	Kari	Griffieon	LGIM	16.16	
8	Simoné	Ras (OHS)	GEORG	17.95	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
1	Elné	Paulsen (OHS)	GEORG	15.34	
2	Zoë	Dixon (OHS)	GEORG	15.48	
7	Titus	Alicha	LGIM	17.45	
9	Inge	Robertse	LGIM	18.15	
10	Gita	Silva	LGIM	19.63	

Result Event 133 - 1500m Girls 16Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
1	Annabelle	Mcewan (GWH)	GEORG	5:11.76	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
2	Julia	Painter (GWH)	GEORG	5:23.31	
3	Junesce	Michaels	HESS	5:23.77	
4	Etvisly	Jooste	HESS	5:39.41	

Result Event 134 - 1500m Boys 16Years (Final)

Heat 1 of 3

Pos	Name	Surname	Team	Result	Rec
2	Daniel	le Roux (GWH)	GEORG	4:43.60	
3	Wilmak	Daniels	GDP	4:45.35	

Heat 2 of 3

Pos	Name	Surname	Team	Result	Rec
1	Jacobus	du Plessis (OHS)	GEORG	4:37.85	

Heat 3 of 3

Pos	Name	Surname	Team	Result	Rec
4	Deno	Heskwa	HESS	4:46.85	

Result Event 135 - 1500m Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Megan	Hyde (GWH)	GEORG	5:21.90	
2	LATISHA	SINCLAIR	KSS	5:21.96	
3	Clarese	Moses	HESS	5:25.66	
4	Marilie	Duvenage (OHS)	GEORG	5:27.66	

Result Event 136 - 1500m Boys 18Years (Final)

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
1	M.L	Du Toit	FEZEK	4:09.58	
2	Thinus	Erasmus (OHS)	GEORG	4:11.69	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
3	Nicolas	Vrey (GWH)	GEORG	4:25.10	
4	Brandon	Wandrag	HBOSD	4:30.98	

Result Event 137 - 1500m Women 20Years (Final)

Pos	Name	Surname	Team	Result	Rec
1	Mursha	Robbenson	BSS	5:28.04	
2	Sue Strid	Loff (PACS)	GEORG	6:36.35	



ASWD

**Result Event 139 - 1500m Men 20Years (Final)**

Pos	Name	Surname	Team	Result	Rec
1	Jodian	Hendricks	PH	4:06.07	
2	Gershwin	Fielies	GDP	4:16.69	
3	Ryan	v Rooyen (Pdene)	GEORG	4:23.74	
4	Lorenzo	Horn	HESS	4:24.32	

Result Event 140 - 1500m Men (Final)

Pos	Name	Surname	Team	Result	Rec
1	WHAYNE	APRIL	NEDBA	4:06.07	
2	Gerswin	Jones	CAC	4:06.07	
3	RICO	VAN DER HORST	NEDBA	4:16.69	
4	Maxi-Lee	Pedro	CAC	4:23.74	

Result Event 141 - 200m Girls 16Years (Final)

Heat 1 of 7

Pos	Name	Surname	Team	Result	Rec
10	Franche	Davids	HESS	29.18	
14	Stanlisha	Alexander	CONCO	29.79	
16	Etvisly	Jooste	GDP	30.04	

Heat 2 of 7

Pos	Name	Surname	Team	Result	Rec
9	Julia	Painter (GWH)	GEORG	28.95	
11	Nelmari	Loubser	MBAY	29.30	
24	Kisha	Saayman	PH	39.66	

Heat 3 of 7

Pos	Name	Surname	Team	Result	Rec
4	Kayla	Hudson (OHS)	GEORG	27.56	
18	Curtley-Ann	Stuurman	PH	30.09	
23	Ovayo	Nela	CONCO	32.20	

Heat 4 of 7

Pos	Name	Surname	Team	Result	Rec
5	Zoë	Dixon (OHS)	GEORG	27.59	
13	Onako	Mpondomise	PERCY	29.73	

Heat 5 of 7

Pos	Name	Surname	Team	Result	Rec
3	Igna	Kleynhans	SLANG	27.53	
8	Tylah	Hector (YORK)	GEORG	28.53	
12	Megan	Atkinson	MBAY	29.59	
17	Jonea	Pretorius	MBAY	30.06	
20	Raylene	Swarts	NEW	30.48	
22	Beaunice	Mintoor	LSS	31.48	

Heat 6 of 7

Pos	Name	Surname	Team	Result	Rec
1	Lynn	Walters (OHS)	GEORG	27.14	
2	Anzelle	Botes (OHS)	GEORG	27.35	
6	Michaela	Pretoria	HESS	27.91	
7	Micayla	Pillay	OHS	28.22	
19	CASADY	THEODORE	KSS	30.29	
21	Cleshe	Thomas	OHS	30.86	

Heat 7 of 7

Pos	Name	Surname	Team	Result	Rec
15	Cleshe	Witbooi	CONCO	29.98	



ASWD

Result Event 142 - 200m Boys 16Years (Final)

Heat 1 of 9

Pos	Name	Surname	Team	Result	Rec
5	Charl	Swarts	GEORG	23.82	
7	Muhammad	Kajee	HBOSD	23.87	
14	KHYLER	BOOYSEN	MBAY	24.46	
20	Rayan	Goliath	GEORG	25.17	

Heat 2 of 9

Pos	Name	Surname	Team	Result	Rec
4	Dwayne	Kammies	LGIM	23.81	
6	M.	Van Staden	UNION	23.87	
21	Donay	Williams	KANAL	25.47	

Heat 3 of 9

Pos	Name	Surname	Team	Result	Rec
2	Johwen	Hefske	HESS	23.43	
19	Bada	Lilitha	INDW	25.14	

Heat 4 of 9

Pos	Name	Surname	Team	Result	Rec
8	G.L	Arendse	FEZEK	23.89	
11	Keenan	Goliath (GH)	GEORG	24.32	

Heat 5 of 9

Pos	Name	Surname	Team	Result	Rec
18	Molefe	Kgotso	INDW	25.07	
23	Marquin	Juries	CONCO	26.41	

Heat 6 of 9

Pos	Name	Surname	Team	Result	Rec
9	Nathwin	Pockpass (OHS)	GEORG	23.94	
24	Albert	Shinga	KANAL	26.50	

Heat 7 of 9

Pos	Name	Surname	Team	Result	Rec
3	Jenorian	Kruger	BSS	23.51	
12	Deandre	Meintjies	KANAL	24.35	
15	Ashwill	Maliti	PERCY	24.63	
17	ASHWIN	MULLER	KSS	25.00	

Heat 8 of 9

Pos	Name	Surname	Team	Result	Rec
13	KEARAN	ARENDS	MBAY	24.37	
16	R.	Kowa	UNION	24.68	

Heat 9 of 9

Pos	Name	Surname	Team	Result	Rec
1	Jaydrea	Prins	GDP	22.41	
10	Marco	Lesch (OHS)	GEORG	24.31	
22	EVAN	Jansen	MBAY	26.16	

Result Event 143 - 200m Girls 18Years (Final)

Heat 1 of 3

Pos	Name	Surname	Team	Result	Rec
5	Carmi	Lewis (GWH)	GEORG	28.63	

Heat 2 of 3

Pos	Name	Surname	Team	Result	Rec
1	Billing	Amoné	MBAY	26.91	
2	Roshaan	Fortuin (OHS)	GEORG	27.52	
3	Joalize	Steyn	MBAY	27.79	
4	Emma	Lutsch (OHS)	GEORG	28.25	

Heat 3 of 3

Pos	Name	Surname	Team	Result	Rec
6	Heimne	Hattingh (OHS)	GEORG	29.26	
7	CHARDONAY	WITBOOI	KSS	30.07	
8	Ashley-Ann	Williams (PARK)	GEORG	30.84	

Result Event 144 - 200m Boys 18Years (Final)

Heat 1 of 4

Pos	Name	Surname	Team	Result	Rec
3	AJ	Sampson	BSS	22.76	

Heat 2 of 4

Pos	Name	Surname	Team	Result	Rec
2	Ashton	Abels (OHS)	GEORG	22.62	
4	Curlinn	Groenewald	HESS	23.10	

Heat 4 of 4

Pos	Name	Surname	Team	Result	Rec
1	Chad	Campher (OHS)	GEORG	22.20	



ASWD

**Result Event 145 - 200m Women 20Years (Final)**

Heat 1 of 2

Pos	Name	Surname	Team	Result	Rec
2	Lee Caren	Snyders (PACS)	GEORG	29.68	
3	Mikayla	van Wyngaard (OHS)	GEORG	30.60	

Heat 2 of 2

Pos	Name	Surname	Team	Result	Rec
1	Anika	Beukes	HBOSD	25.57	

Result Event 146 - 200m Women (Final)

Pos	Name	Surname	Team	Result	Rec
1	ELMARIE	WALTERS	NEDBA	27.38	

Result Event 147 - 200m Men 20Years (Final)

Heat 1 of 4

Pos	Name	Surname	Team	Result	Rec
3	Reymondre	Sampson (GH)	GEORG	22.16	
5	Wildemans	Lee	MBAY	23.05	
11	Jeffwin	Wesso (OHS)	GEORG	24.00	

Heat 2 of 4

Pos	Name	Surname	Team	Result	Rec
4	Chris	Jacobs	NEW	23.04	
10	Jose	Seconds	MBAY	23.87	
12	Monray	Stoffels	BRIDG	24.00	

Heat 3 of 4

Pos	Name	Surname	Team	Result	Rec
1	JOHN	SLABBERT	FCAA	21.74	
2	Diaan	Godfrey (Pacs)	GEORG	21.78	
7	AIDEN JOHN	DANIELS	FCAA	23.19	
8	Steven	Pawson (OHS)	GEORG	23.47	
9	Ricardi	Mathee	NEW	23.87	

Heat 4 of 4

Pos	Name	Surname	Team	Result	Rec
6	Waythin-Lee	Campher	BRIDG	23.10	