

YELLOW PAGES SA JUNIOR CHAMPS
GERMISTON
04-April-2011

5 km Walk Yth Women SRQ:25:30. WYQ:24:02 Time :11:43
Heat:1

1	861	Chanice Klink	95	BOL	27:52.47	
2	432	AnŽi Oosthuizen		95	SWD	27:52.90
3	862	Melissa Meyer	94	BOL	30:39.08	
4	1468	Tshegofatso Mahlala		94	CGA	31:41.79
5	575	Martinique Gerber		94	EPA	34:40.08
	1467	Nokwazi Ngivi	94	CGA	DNS	
	992	Michelle Strydom		94	AGN	DNS
	666	Precious Ndlandla		95	KZN	DNS
	248	Christelle Cilliers	94	AFS	DNS	
	247	Tanya Strydom		94	AFS	DNS

10 km Walk Jun Women Time :10:50
Heat:1

1	106	Inge Kotze	92	CNW	59:09.3	
2	1206	Rose Shabalala	93	CGA	59:49.8	
3	847	Danielle Koegelenberg		92	BOL	59:54.3
4	108	Jessica van Wyk		92	CNW	60:10.6
5	107	Lauralee Koekemoer		92	CNW	60:55.2
6	226	Larisha Erasmus		92	AFS	61:29.9
7	848	Elneri Koegelenberg		92	BOL	66:10.6
8	651	Xolisile Mahlangu	93	KZN	67:24.1	
9	849	Bea Le Roux	93	BOL	68:27.3	
	1127	Jolene Strydom		92	WPA	DIS

High Jump Jun Women Qual: 12 or 1.65m Time :12:58
Heat:1

945	Inge Viljoen	93	AGN	NM	
944	Kim Dippenaar		93	AGN	NM
843	June Roelofse	92	BOL	NM	
842	Marcelle Du Plessis		93	BOL	NM
780	Michell Danica	93	NWN	NM	
722	Nidia Lemmer	93	LIM	NM	
228	Jana de Villiers	92	AFS	NM	
227	Anica Myburgh		93	AFS	NM
110	Neene Blignaut	92	CNW	NM	
109	Chaney Linder	92	CNW	NM	
102	Anika Pretorius	93	CNW	NM	

Triple Jump Yth Women Q: 12 or 10.80m Time :12:58
Heat:1

1237	Nadine Teessen		95	CGA	NM	+0.0
1236	Carina Swiegers	95	CGA	NM	+0.0	
982	Sone Pretorius	94	AGN	NM	+0.0	
981	Danel Swanepoel		94	AGN	NM	+0.0
980	Annerie Nel	94	AGN	NM	+0.0	
577	Marine Van der Merwe		95	EPA	NM	+0.0
576	Simone Van der Merwe		95	EPA	NM	+0.0
513	Karla Muller	94	AVT	NM	+0.0	
512	Carmen Marais		95	AVT	NM	+0.0
349	Nicola Schoeman		95	MPU	NM	+0.0
348	Danelle Pentz	94	MPU	NM	+0.0	
346	Dineo Mgwenya		94	MPU	NM	+0.0
132	Carina Meyer	94	CNW	NM	+0.0	

Long Jump u23 Women Top 12 or 5.50m Time :12:58
Heat:1

1342	Kingwell Kelly	91	CGA	NM	+0.0
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1340	Fourie Danielle	90	CGA	NM	+0.0	
1134	Celeste Rietels	90	WPA	NM	+0.0	
1008	Bianca Erasmus		89	AGN	NM	+0.0
1007	Monja Goosen		91	AGN	NM	+0.0
994	Claudine Janse van Rensbu		89	AGN	NM	+0.0
354	Nicholeen McLaren		90	MPU	NM	+0.0
147	Patience Ntshingila		89	CNW	NM	+0.0
143	Marni Stevens	89	CNW	NM	+0.0	

Discus 1,000kg
Heat:1

Yth Women Q: 12 or 38m Time :12:58

1226	LEZAAN JORDAAN		95	CGA	NM	
1223	Liandri Geel	95	CGA	NM		
1221	Geraldene Duvenhage		95	CGA	NM	
1129	Anneline Gertsner		94	WPA	NM	
988	Marle Clack	94	AGN	NM		
987	Somari Els	95	AGN	NM		
986	Melissa Meyer	94	AGN	NM		
985	Carmen Killian	95	AGN	NM		
788	Hanri Du Preez	95	NWN	NM		
580	Maureen Pennels		94	EPA	NM	
579	Kara Willemse	94	EPA	NM		
411	Elrietha Crous	94	NWC	NM		
341	Belinda Boer	94	MPU	NM		
252	Marlize van Zyl	95	AFS	NM		

Javelin 700g
Heat:1

Yth Men Q: 12 or 60m Time :12:59

1484	Pieter Lindeque	94	CGA	NM		
1083	Kevin Botha	95	AGN	NM		
1154	Jeandre Slabbert		95	WPA	NM	
1151	Morne Moolman		94	WPA	NM	
1087	Reinhardt van Zyl		94	AGN	NM	
1086	Johan Kotze	94	AGN	NM		
709	Duncan Mc Gladdery		94	KZN	NM	
451	Stephan Klue	94	SWD	NM		
389	Petrus Peacock	94	MPU	NM		
313	Ruben Heymans		94	AFS	NM	
197	Pieter Kriel	95	CNW	NM		
194	Stephan Beukes		94	CNW	NM	

10.000 meter
Heat:1

Jun Men AJQ: 30:50.0 Time :10:30

1	1277	Edwin Seesipi	92	CGA	32:05.90	
2	485	Mfumaneko Fadane		92	ATR	32:09.6
3	1144	Unathi Nteta	93	WPA	33:22.80	
4	288	Bongani Mokoloba		92	AFS	34:28.1
	487	Abongile Mayekiso		93	ATR	DNS
	1029	Morgan Motsweni		92	AGN	DNS
	486	Nyaniso Ngozoa		ATR	DNS	

Shot Put 5,000kg
Heat:1

Yth Men Q: Top 12 or 15m Time :12:59

1319	Seth Townsend		95	CGA	NM	
1084	Johan Viljoen	94	AGN	NM		
1083	Kevin Botha	95	AGN	NM		
1082	Gerhard de Beer		94	AGN	NM	
896	Jan-Louw Kotze		94	BOL	NM	
706	Mitchell Hayes	94	KZN	NM		
625	CJ Lombard	94	EPA	NM		
545	Anthony Van Vuuren		94	AVT	NM	
536	Ruan Combrinck		95	AVT	NM	
446	Jacques Hansen		94	SWD	NM	

400 meter Heat:1	Yth Women Time :10:09						
1	1133	Mareike Wolhuter		94	WPA	56.72	Q
2	572	Helga Willemse		94	EPA	57.69	Q
3	852	Christel Van Tonder		95	BOL	58.36	Q
4	125	Martha Campher		94	CNW	60.55	q
5	1214	Chante Bester	94	CGA	60.75		q
	961	Bianca Visser	94	AGN	DNS		
	781	Line Burdenhost		95	NWN	DNS	

400 meter Heat:2	Yth Women Time :10:09						
1	121	Maritsa Van der Westhuize		94	CNW	57.60	Q
2	960	Tilana Schoeman		95	AGN	60.46	Q
3	332	Johanri Du Preez		94	AGW	61.23	Q
4	350	Geriane Hammersma		94	MPU	61.42	
5	466	Khonzeni Gwegwa		94	ATR	65.21	
6	1496	Ncumisa Mendwana		95	ATR	65.91	
	238	Felicia Mofokeng	94	AFS	DNS		

400 meter Heat:3	Yth Women Time :10:09						
1	124	Chante Joubert	95	CNW	57.89		Q
2	571	Kayla Nell	94	EPA	58.58		Q
3	1225	Charlise Jonker	94	CGA	59.35		Q
4	787	Goitseone Rammonyne		95	NWN	60.70	q
5	342	Tania Rheeder	95	MPU	62.75		
6	472	Sinazo Kalvas	95	ATR	66.42		
	474	Novangeli Kalvas		94	ATR	DNS	

400 meter Heat:4	Yth Women Time :10:09						
1	959	Stephanie Wicksell		94	AGN	58.73	Q
2	1213	Inari Basson	94	CGA	58.94		Q
3	658	Kelly Fletcher	94	KZN	60.42		Q
4	785	Ratanang Makofane		95	NWN	61.17	q
5	573	Anuschka Assam		95	EPA	62.34	
	1242	ANUCHKA WEYERS		95	CGA	DNS	
	655	Erin Passmore	94	KZN	DIS		

Long Jump Heat:1	u23 Men Q: Top 12 or 6.90m Time :12:59						
	1470	Apellele Rasmeni		91	CGA	NM	+0.0
	1487	Zarck Visser	CGA	NM	+0.0		
	1108	Maurice Mathabela		90	AGN	NM	+0.0
	1105	Aobakwe Maothongwane		91	AGN	NM	+0.0
	1104	Eddy Madimo		89	AGN	NM	+0.0
	906	Rushwal Samaai		91	BOL	NM	+0.0
	905	Luvo Manyonga		91	BOL	NM	+0.0
	716	Sabelo Mduli	91	KZN	NM	+0.0	

Pole Vault Heat:1	Yth Men SRQ: 4.50m. WJQ: 4.75m Time :11:11						
1	311	Armand Lotter	94	AFS	4.40		
2	894	Juan De Swardt		94	BOL	3.90	

400 meter Heat:1	Yth Men Time :10:06						
1	1056	Tiaan Botha	94	AGN	50.08		Q
2	535	Stefan Bruwer	95	AVT	50.70		Q
3	1059	Sandile Hlatswayo		94	AGN	51.37	
	1312	Ruanco Pelser	94	CGA	DNS		
	1058	Nikolaas van Schalkwyk		95	AGN	DNS	
	182	SP Grobler	94	CNW	DNS		

400 meter	Yth Men Time :10:06							
Heat:2	1	1187	L Gqeba	94	BOR	49.81	Q	
	2	442	Reynard VD Nest		94	SWD	49.93	Q
	3	443	Donovan V Schalkwyk		94	SWD	50.16	Q
	4	618	M Augustus	94	EPA	50.29	Q	
	5	617	Benjamin Koekemoer		95	EPA	51.01	q
	6	615	Riaan Van Huyssteen		94	EPA	51.94	
	7	765	David Ntini	94	LIM	52.02		

400 meter	Yth Men Time :10:06							
Heat:3	1	390	Donovan Gissing		94	MPU	49.60	Q
	2	767	Gift Seloana	94	LIM	51.13	Q	
	3	385	Boshoff Botha	94	MPU	51.14	Q	
	4	295	Pieter Smith	95	AFS	51.36	Q	
	5	297	Bennie Prinsloo	95	AFS	51.74	q	
	6	760	Lehlogonolo Moloto		94	LIM	52.14	
		296	Jaco Swart	94	AFS	DNS		

400 meter	Yth Men Time :10:06							
Heat:4	1	1057	Pieter Conradie	94	AGN	49.88	Q	
	2	1301	Thabang Mabena		94	CGA	50.26	Q
	3	689	Sonwabiso Skhosana		95	KZN	50.45	Q
	4	294	Gomotso Seekoei		95	AFS	50.72	Q
	5	397	Calvin Knox	94	MPU	50.97	q	
	6	543	Tiaan Roberts	94	AVT	51.64	q	
	7	709	Duncan Mc Gladdery		94	KZN	53.26	

400 meter	Yth Men Time :10:06							
Heat:5	1	886	Lorenzo Adams		94	BOL	49.41	Q
	2	1164	Jaden Flagg	94	WPA	49.87	Q	
	3	1052	Curtley Diedericks	94	AGN	50.92	Q	
	4	691	Sandile Dلاميini	95	KZN	51.16	Q	
	5	184	Lincon Taje	94	CNW	51.72	q	
	6	185	Jacques Smit	94	CNW	52.61		
		491	Siboniso Dlalathi	94	ATR	DNS		

Triple Jump	Yth Men Q: Top 12 or 14m Time :12:59							
Heat:1		1488	Siphendulwe Nxasana		94	BOR	NM	+0.0
		1498	Lulutho Mgwali	94	BOR	NM	+0.0	
		1183	Khaya Malotana		94	BOR	NM	+0.0
		1081	Sabelo Ndlovu	94	AGN	NM	+0.0	
		1080	Zinhle Twala	94	AGN	NM	+0.0	
		1079	Albert Janki	94	AGN	NM	+0.0	
		1078	Duwayne Boer		95	AGN	NM	+0.0
		815	Thato Rakate	95	NWN	NM	+0.0	
		705	Njabulo Mkhwane		94	KZN	NM	+0.0
		540	Thembiso Mbali		94	AVT	NM	+0.0
		454	Lorenzo Gordon		95	SWD	NM	+0.0
		453	Benedict Sauer	94	SWD	NM	+0.0	
		383	Sifiso Khanye	95	MPU	NM	+0.0	
		382	Wandile Sibiya	94	MPU	NM	+0.0	
		381	Lunga Libambo		94	MPU	NM	+0.0

Discus 1,500kg	Yth Men Q: Top 12 or 48m Time :12:59					
Heat:1		1319	Seth Townsend	95	CGA	NM
		1085	Rudolf van Vuuren	94	AGN	NM
		1082	Gerhard de Beer	94	AGN	NM

897	Johan Louw	95	BOL	NM	
896	Jan-Louw Kotze		94	BOL	NM
707	Cameron Donkin		94	KZN	NM
626	Dewald Meyer		94	EPA	NM
536	Ruan Combrinck		95	AVT	NM
446	Jacques Hansen		94	SWD	NM
312	Francois Malan	94	AFS	NM	

Javelin 800g
Heat:1 Jun Men Q: Top 12 or 60m Time :12:59

1047	Dylan Jacobs	93	AGN	NM	
917	Rocco Van Rooyen		92	BOLI	NM
878	Johan Peens	93	BOL	NM	
610	Chad Herman		92	EPA	NM
533	Awie Vermeulen		92	AVT	NM
362	Reinier du Plessis	93	MPU	NM	
171	Malan Snyman		92	CNW	NM
170	Dean Goosen		92	CNW	NM
169	Ruan Erasmus		93	CNW	NM

400 meter
Heat:1 Jun Women Time :10:23

1	1121	Sonja Van der Merwe		92	WPA	56.63		Q
2	645	Zoe Engler	92	KZN	57.82		Q	
3	646	Nolwazi Nkabinde		92	KZN	59.83		
4	829	Saskia Kotze	93	BOL	60.35			
5	929	Marizanne Visser		93	AGN	60.98		
6	216	Minjon van Tonder		93	AFS	61.92		

400 meter
Heat:2 Jun Women Time :10:23

1	1208	Anri Steyn	93	CGA	57.87		Q	
2	647	Palframan Justine		93	KZN	58.46		Q
3	555	Ludtske Doubell	93	EPA	59.66		q	
4	828	Chane Augustyn		93	BOL	59.80		
	505	Adri Van Der Merwe		93	AVT	DNS		
	339	Arista du Plessis	92	MPU	DNS			

400 meter
Heat:3 Jun Women Time :10:23

1	556	Aleesha Gerber	93	EPA	58.46		Q	
2	930	Happiness Mkhize		92	AGN	59.21		Q
3	720	Lisbe Buitendag	92	LIM	59.37		q	
	941	Marianne Jordaan		92	AGN	DNS		
	928	Anmarli Loubser		93	AGN	DNS		
	775	Leandri Klopper	93	NWN	DNS			

High Jump
Heat:1 u23 Men Top 12 or 2m Time :12:59

1485	Robert Hill	91	CGA	NM	
1336	Ruaan Claasen		90	CGA	NM
1103	Boikantso Sithole	91	AGN	NM	
1102	Wouter Faurie	91	AGN	NM	
1101	Willem Voight	90	AGN	NM	
907	Keagan Fourie	91	BOL	NM	
768	Maricus Botes	LIM	NM		
715	Ayanda Ludidi	91	KZN	NM	
638	Jaques Rossouw		89	EPA	NM
204	JP van der Schyff	89	CNW	NM	

Shot Put 6,000kg
Heat:1 Jun Men Q: Top 12 or 15m Time :12:59

1255	Johnny Botha	93	CGA	NM	
1283	Constand van Rooyen		93	CGA	NM

1140	Ruan Maree	93	WPA	NM		
1045	Ryan Plaskett	93	AGN	NM		
604	Daniel Lombard		93	EPA	NM	
532	Paul Van Den Berg		92	AVT	NM	
529	Corne Nieuwenhuizen		92	AVT	NM	
359	Marnus van Zyl	92	MPU	NM		

400 meter
Heat:1 Jun Men Time :11:22

1	866	Jannie Briers-Louw		93	BOL	49.07			Q
2	639	Steven Look	92	EPA	49.07			Q	
3	266	Fernando Ledimo		93	AFS	49.33			Q
4	593	Kevin Botha	93	EPA	49.77			Q	
5	159	Gert Brits	93	CNW	51.31			q	
6	160	Estiaan du Preez	93	CNW	52.19				
	480	Lonwabo Majiba		92	ATR	DNS			

400 meter
Heat:2 Jun Men Time :11:22

1	265	Tiisetso Nolan	93	AFS	48.61			Q	
2	158	Daniel Senatle	92	CNW	48.67			Q	
3	594	Anton Barnard	93	EPA	49.69			Q	
4	1019	Gomolemo Shiwambane		93	AGN	50.14			Q
5	156	Salmon Claasen		93	CNW	50.72			q
6	801	Oscar Tlhole	92	NWN	51.73				

400 meter
Heat:3 Jun Men Time :11:22

1	373	Phil James	92	MPU	49.10			Q	
2	738	Solomon Mashiane		92	LIM	50.37			Q
3	527	Lee-Roy Morgan		93	AVT	50.69			Q
4	741	Collins Nkoko	92	LIM	53.73			Q	
	476	Sinikiwe Mxabo		93	ATR	DNS			
	773	Matome Morerwa		92	LIM	DNS			
	1038	Katlego Nkoana		93	AGN	DNS			

400 meter
Heat:4 Jun Men Time :11:22

1	1260	Daniel Harrison	92	CGA	49.49			Q	
2	268	Elisham Eksteen		92	AFS	49.93			Q
3	591	Bjorn Ronaasen		92	EPA	50.09			Q
4	800	Lesedi Mokgobinyane		93	NWN	50.14			Q
5	479	Siyamthanda Madotyeni		93	ATR	51.53			q
	1020	Ruan Greyling	93	AGN	DNS				
	488	Mzulungile Nongqotho		93	ATR	DNS			

400 meter
Heat:5 Jun Men Time :11:22

1	264	Thabang Lebona		92	AFS	48.97			Q
2	1274	Mihle Nukwa	92	CGA	49.78			Q	
3	440	Gerald Jooste	92	SWD	50.05			Q	
4	1276	Mongezi Radebe		92	CGA	50.61			Q
5	1489	S Dyubeni	93	BOR	51.44			q	
6	739	Oscar Mavundla		92	LIM	52.51			
	791	Lucas Dernano		92	NWN	DNS			

400 meter
Heat:1 u23 Women Time :12:59

1004	Anneri Ebersohn		90	AGN	NM				
999	Done Vermaak		90	AGN	NM				
998	Anuschka Nice	91	AGN	NM					
997	Lizeri Erasmus	91	AGN	NM					
145	Claudine Els	90	CNW	NM					
144	Janine Pieters	91	CNW	NM					

		143	Marni Stevens	89	CNW	NM			
		141	Rorisang Ramonnye		90	CNW	NM		
400 meter		u23 Men Time :11:27							
Heat:1									
	1	1162	Rodwell Ndlovu		91	WPA	47.23		Q
	2	823	Koketso Moimane		90	NWN	47.36		Q
	3	1161	Gift Ngwenya	89	WPA	47.82		Q	
	4	1091	Themba Madima		89	AGN	47.89		q
	5	923	Lumardt Groeneveld		90	BOLI	48.67		q
	6	421	Michael Ketsabeng		90	NWC	52.81		
400 meter		u23 Men Time :11:27							
Heat:2									
	1	903	Shaun De Jager		91	BOL	47.36		Q
	2	319	Thomas Jonda		91	AFS	47.80		Q
	3	1163	Anrich Visser	91	WPA	48.88		Q	
	4	769	Biko Legodi	LIM	50.40				
		1325	Thapelo Ketlogetswe		91	CGA	DNS		
100 meter		Yth Women Time :11:51							
Heat:1	Wind : 2.1								
	1	1132	Stacey Welsch	94	WPA	12.13		Q	
	2	236	Lizzie Kriel	94	AFS	12.18		Q	
	3	1229	Margie Mackechnie		94	CGA	12.74		
	4	120	Uldri van der Merwe		94	CNW	12.75		
	5	568	Zandri Strydom		95	EPA	12.94		
		237	Lize-Louise Roets	95	AFS	DNS			
		1233	Dante Muller	94	CGA	DNS			
		956	Shani Bodenstein		94	AGN	DNS		
		511	Olivia Jordaan	95	AVT	DNS			
100 meter		Yth Women Time :11:51							
Heat:2	Wind : -0.2								
	1	119	Liezl Hechter	94	CNW	12.07		Q	
	2	514	Amanda Nagel		94	AVT	12.11		Q
	3	955	Janet Seeliger	95	AGN	12.27		q	
	4	566	Merissa Janse van Rensbur		95	EPA	12.54		q
	5	789	Andrea Helm	95	NWN	12.81			
	6	729	Albertina Mabotja		95	LIM	13.06		
	7	351	Melinda Meiring	94	MPU	13.07			
	8	464	Zizile Jojo	95	ATR	13.28			
		957	Janine Nel	AGN	DNS				
		784	Yolande Breester		94	NWN	DNS		
100 meter		Yth Women Time :11:51							
Heat:3	Wind : 0.0								
	1	410	Phillipa Van der Merwe		94	NWC	11.99		Q
	2	851	Tamryn Cupido		94	BOL	12.21		Q
	3	1236	Carina Swiegers	95	CGA	12.32		q	
	4	347	Celeste Joubert	95	MPU	12.44		q	
	5	567	Imke Steyn	95	EPA	12.76			
	6	352	Lindiwe Mkumbane		94	MPU	13.40		
	7	783	Thato Moku	95	NWN	13.56			
		850	Maryke Brits	94	BOL	DNS			
		471	Zintle Poponi	94	ATR	DNS			
		330	Johane J.v.Rensburg		94	AGW	DNS		
Triple Jump		u23 Women Q: Top 12 or 10.80m Time :12:59							
Heat:1									
		1342	Kingwell Kelly	91	CGA	NM	+0.0		
		1007	Monja Goosen		91	AGN	NM	+0.0	
		147	Patience Ntshingila		89	CNW	NM	+0.0	

Triple Jump Jun Women Q: Top 12 or 10.80m Time :12:59
Heat:1

1125	Valentina De Rocha	93	WPA	NM	+0.0
949	Hanelore Dagutat	93	AGN	NM	+0.0
841	Ciani Loubser	93	BOL	NM	+0.0
840	Courtney Du Plessis	93	BOL	NM	+0.0
832	Heleen Malan	92	BOL	NM	+0.0
561	Aidan Battison	93	EPA	NM	+0.0
506	Sasha-Lee Zurcher	93	AVT	NM	+0.0
338	Zanele Mabuza	93	MPU	NM	+0.0
335	Zinhle Mbuyane	93	MPU	NM	+0.0
229	Danelle Erwee	93	AFS	NM	+0.0
133	Lee Anne Dry	93	CNW	NM	+0.0

Hammer 6,250kg Jun Men AJQ: 59.50m Time :12:48
Heat:1

1	606	Stiaan Minnie	93	EPA	62.44		
2	1281	Donovan Stebbing		CGA	61.54		
3	876	Renaldo Frechou		92	BOL	55.25	
4	287	Robert Janse v Rensburg		93	AFS	54.15	
5	176	Ruan Meyer	92	CNW	51.44		
6	520	RD Franca Guilherme		93	AVT	50.90	
7	286	Conray Flynn	93	AFS	50.84		
8	608	Robert Scheun		92	EPA	49.43	
9	877	Priur Vd Merwe		93	BOL	48.00	
10	285	Davy Bredenkamp		93	AFS	40.20	

100 meter Yth Men Time :12:26

Heat:1 Wind : -0.7

1	289	Gasego Maroka		95	AFS	10.84		Q
2	885	Kurtley Du Plessis	94	BOL	11.10		Q	
3	179	Ludwig Kasser	94	CNW	11.24		Q	
4	1185	Justin Bell	94	BOR	11.28		Q	
5	291	Werner van Wyk		94	AFS	11.77		
6	813	Mick Carrol	95	NWN	11.83			
	1053	Armand Bam		95	AGN	DIS		
	812	M Motlhabane		95	NWN	DNF		
	538	Tshepiso Kabi	95	AVT	DNS			

100 meter Yth Men Time :12:26

Heat:2 Wind : 0.0

1	1152	Bradley Britz	94	WPA	10.78		Q	
2	1295	Khumalo Hendrick		94	CGA	10.87		Q
3	1049	Andries van der Merwe		94	AGN	10.94		Q
4	544	Wally Ungerer	95	AVT	11.21		Q	
5	546	Neo Leshilo	94	AVT	11.43		q	
6	1316	Mandilakhe Sibanyoni		94	CGA	11.56		q
	1297	Tevin Hlatswayo		95	CGA	DNS		
	1287	Jaco Beukes	94	CGA	DNS			

100 meter Yth Men Time :12:26

Heat:3 Wind : 0.2

1	808	Oratile Moalusi	95	NWN	10.95		Q	
2	882	Cleavon Michaels		94	BOL	10.98		Q
3	1050	Jon Seeliger	95	AGN	11.08		Q	
4	1054	Obakeng Maoka		95	AGN	11.31		Q
5	746	Glen Du Plessis	94	LIM	11.52		q	
6	745	Olin Bonne	LIM	11.59			q	
7	396	Thabang Mampane		94	MPU	11.62		
8	489	Onda Guma		94	ATR	11.92		
	918	Jezaan Mahomed Basheer		94	BOLI	DNS		

100 meter Yth Men Time :12:26

Heat:4 Wind : 0.0

	1	1051	Nsuku Mdumela		94	AGN	10.77		Q
	2	1153	Fadhil Samuels	94	WPA	10.78		Q	Q
	3	386	Vuyani Masuku		95	MPU	10.89		Q
	4	809	R Madonsela	94	NWN	11.11		Q	
	5	688	Gerhard Oberholzer		94	KZN	11.28		q
	6	393	Molefe Nokwane		94	MPU	11.42		q
	7	753	Mahlatse Makgakga		94	LIM	11.72		
		1292	Vasadia Diomande		95	CGA	DNS		
100 meter Yth Men Time :12:26									
Heat:5 Wind : 3.4									
	1	611	Sergeal Petersen		94	EPA	10.46		Q
	2	292	Fana Mofokeng		94	AFS	10.74		Q
	3	766	Thando Roto	LIM	10.97			Q	
	4	1052	Curtley Diedericks	94	AGN	11.09		Q	
	5	1289	Christiaan Botha	95	CGA	11.83			
		1314	Leon Potgieter	94	CGA	DNS			
		1311	Boitumelo Nkonde		94	CGA	DNS		
		884	Arther Festus	94	BOL	DIS			
100 meter Yth Men Time :12:26									
Heat:6 Wind : 1.9									
	1	442	Reynard VD Nest		94	SWD	11.05		Q
	2	388	Bonginkosi Mhlanga		94	MPU	11.27		Q
	3	387	Mafosi Mkhabela		94	MPU	11.33		Q
	4	756	Frans Maphoto		94	LIM	11.54		Q
	5	810	Phenyo Ngweya		94	NWN	11.75		
		1321	Tiaan Voster	94	CGA	DNS			
		1180	S Bingwa	94	BOR	DNF			
		541	Teboho Modise		94	AVT	DNS		
		290	Bjorn van Wyk		95	AFS	DNS		
Shot Put 7,260kg u23 Men Q: Top 12 or 15m Time :00:00									
Heat:1									
		1110	Russel Tucker	90	AGN	NM			
		1109	Orazio Cremona		89	AGN	NM		
		325	Ryno van Winkel		90	AFS	NM		
		205	Ruan Murray	91	CNW	NM			
100 meter Jun Women Time :13:00									
Heat:1 Wind : 0.0									
	1	1120	Samantha Pretorius		92	WPA	11.99		Q
	2	1209	Jade Thiele	92	CGA	12.30		Q	
	3	910	SanMarie Malan		92	BOLI	12.51		
	4	725	Nadine Schutte	92	LIM	12.74			
	5	927	Nadine Naude		92	AGN	12.88		
	6	926	Nadia Jooste	93	AGN	14.64			
		460	Nonzukiso Xhala		93	ATR	DNS		
100 meter Jun Women Time :13:00									
Heat:2 Wind : 1.6									
	1	925	Zanri van der Merwe		93	AGN	12.10		Q
	2	505	Adri Van Der Merwe		93	AVT	12.27		Q
	3	1170	N Sharrock	93	BOR	12.32		q	
	4	826	Ruve Viljoen	93	BOL	12.40		q	
	5	825	Lea-ne Van Zyl	92	BOL	12.62			
	6	339	Arista du Plessis	92	MPU	12.77			
	7	726	Valentine Manyosa		93	LIM	13.01		
100 meter Jun Women Time :13:00									
Heat:3 Wind : 2.6									
	1	1211	Chante Van Tonder		93	CGA	12.13		Q
	2	100	Rijane Swart	92	CNW	12.33		Q	
	3	215	Katelyn Palframan		92	AFS	12.46		q

	5	1016	Marcel du Preez	93	AGN	11.22			
	6	793	Andries Kearn	93	NWN	11.35			
	7	475	Siphelele Tolibadi	92	ATR	12.25			
		526	Alex Mokoena		93	AVT	DNS		
		156	Salmon Claasen		93	CNW	DNS		
		154	Hendrik Jacobs	93	CNW	DNS			
100 meter Jun Men Time :13:09									
Heat:4 Wind : 1.6									
	1	259	Gideon Trotter	93	AFS	10.36			Q
	2	1014	Andre Trouw	93	AGN	10.89			Q
	3	374	Aniekhan Akpabio		93	MPU	11.00		Q
	4	478	Yola Mpuhlu	92	ATR	11.09			Q
	5	1265	Zandre Lindeque		92	CGA	11.12		q
	6	1253	Cameron Alexander		92	CGA	11.21		q
	7	412	Mitch Geduldt	93	NWC	11.24			
	8	590	Ashwin Jacobs	93	EPA	11.52			
		521	Sarel Harmse	93	AVT	DNS			
		364	Dries Hefer	92	MPU	DNF			
100 meter u23 Women Time :00:00									
Heat:1 Wind : 0.0									
		327	Nombulelo Mkenko		AFS	NM			
		1134	Celeste Rietels	90	WPA	NM			
		995	Kimberley Ash	90	AGN	NM			
		994	Claudine Janse van Rensbu		89	AGN	NM		
		790	Dafney Magano		91	NWN	NM		
		670	Nontobeko Gumede		89	KZN	NM		
		585	Kehly Gorgonzola		91	EPA	NM		
		147	Patience Ntshingila		89	CNW	NM		
		141	Rorisang Ramonnye		90	CNW	NM		
		140	Nicola Tinkler	90	CNW	NM			
100 meter u23 Men Time :13:23									
Heat:1 Wind : -0.2									
	1	1159	Antonio Alkana	90	WPA	10.53			Q
	2	819	Bokamoso Chauke		89	NWN	10.56		Q
	3	920	Woodrow Wilson		90	BOLI	10.75		q
	4	922	Peter Schoeman		90	BOLI	10.78		q
	5	711	Brendan Joubert		90	KZN	10.83		
	6	1323	Ruan Erasmus		90	CGA	11.19		
	7	316	Peter Mokuena		91	AFS	11.25		
	8	1090	Pierre Truter	89	AGN	11.33			
		710	Zothani Ngubani		91	KZN	DIS		
		1332	Pierre Truter	89	CGA	DNS			
100 meter u23 Men Time :13:23									
Heat:2 Wind : -0.1									
	1	901	Wilhelm vd Vyver		89	BOL	10.42		Q
	2	902	Gareth Arendz	91	BOL	10.56			Q
	3	1324	Waide Jooste	91	CGA	10.63			q
	4	634	Brendon Minnie		89	EPA	10.89		
	5	399	Matlala Mackson		88	MPU	10.91		
	6	1328	Lavine Morgan		91	CGA	11.00		
	7	315	Ashford Motsau		90	AFS	11.08		
	8	204	JP van der Schyff	89	CNW	11.10			
	9	635	Ruwaldo Jeggels		90	EPA	11.26		
	10	821	Kgotso Motlhakwe		89	NWN	11.72		
100 meter u23 Men Time :13:23									
Heat:3 Wind : 0.5									
	1	198	Patrick Vosloo	90	CNW	10.66			Q
	2	1158	Brent Stevens	90	WPA	10.68			Q
	3	1089	Leon du Toit	89	AGN	10.69			q

4	314	Johannes Mosala		89	AFS	10.87
5	921	Heinrich Fortuin	90	BOLI	10.93	
6	1088	Isaak Van Wyk		89	AGN	10.97
7	1492	Terence Qhotsokoane		AFS	11.23	
8	820	Mogomotsi Rakuba		91	NWN	11.50
	1325	Thapelo Ketlogetswe		91	CGA	DNS
	0			DIS		

Hammer 5,000kg Yth Men SRQ: 62m. WYQ: 69m Time :15:25
Heat:1

1	628	Lionel Drury	94	EPA	62.62	
2	627	Dillan Korkie	94	EPA	61.49	
3	629	Juan Muller	95	EPA	53.32	
4	630	Theo Weyers	94	EPA	53.30	
5	446	Jacques Hansen		94	SWD	53.30
6	312	Francois Malan	94	AFS	52.59	
7	378	Armand Maritz	94	MPU	51.10	
8	631	Hendrik Louw	95	EPA	50.58	
9	193	Thomas Dreyer		94	CNW	49.30
10	632	Vincent Meiring	95	EPA	44.20	
11	708	Markus Tiran	94	KZN	43.20	
12	897	Johan Louw	95	BOL	36.80	
13	192	Stephan Pretorius		95	CNW	34.55
	633	SS Greyling	95	EPA	NM	
	191	Vandru Vermeulen		95	CNW	NM

High Jump Yth Men Q: Top 12 or 1.90m Time :14:48
Heat:1

1	1157	Clyde Ruiters	94	WPA	1.90	
1	703	Ntandazo Mtshengu		95	KZN	1.90
1	310	Ruhan Alberts	95	AFS	1.90	
1	309	Brandon Prinsloo		94	AFS	1.90
8	702	Wille Smith	94	KZN	1.90	
10	379	Armand Lenenhagen		94	MPU	1.90
13	817	Jurie Potgieter	95	NWN	1.85	
13	380	Jadrack Erasmus		94	MPU	1.85
17	759	Collins Mmola	95	LIM	1.80	

High Jump Yth Men Q: Top 12 or 1.90m Time :14:48
Heat:2

1	895	Willem Van Schalkwyk		94	BOL	1.90
1	541	Teboho Modise		94	AVT	1.90
1	181	Christo Krause	94	CNW	1.90	
8	537	Lloyd Greeff	94	AVT	1.90	
11	1291	Andrew De Beer		94	CGA	1.90
12	1068	Lee van den Berg		94	AGN	1.90
15	415	Giovanni Joseph		94	NWC	1.85
16	395	Siphamandla Hlatshwayo		94	MPU	1.80
18	709	Duncan Mc Gladdery		94	KZN	1.75

3000 meter Jun Women AJQ: 9:40.00 Time :13:51
Heat:1

1	1128	Dominique Scott		92	WPA	10:21.75
2	220	Anneke Gildenhuis		92	AFS	10:32.97
3	219	Baby Mokone		92	AFS	10:42.70
4	1490	Charity Moletsane		AFS	11:09.19	
5	117	Bianca Vermeulen		92	CNW	11:16.37
6	833	Monique-Ann Lombaard		92	BOL	11:20.44
7	222	Mamello Malaoa		93	AFS	11:21.93
8	648	Phumelelo Mnyandu		92	KZN	11:23.98
9	462	Thabisa Sirayi	93	ATR	11:32.14	
10	835	Mari Scott	92	BOL	11:38.08	
11	649	Nomusa Ngubane		92	KZN	11:52.02
12	834	Annemart Laubscher		93	BOL	12:02.17

463 Ziyanda Skafini 93 ATR DNS

3000 meter Yth Women SRQ: 9:55.0. WYQ: 9:38.39 Time :14:35
Heat:1

1	139	Luleka Dyoki	95	CNW	10:39.58	
2	240	Sylvia Dibakwane		94	AFS	10:46.58
3	966	Thandeka Mazana		95	AGN	10:46.85
4	971	Anna Lekalakala		94	AGN	10:46.96
5	1241	Chante Venter	94	CGA	10:56.71	
6	972	Kyla van Graan	94	AGN	10:59.00	
7	970	Sindy Labuschagne		95	AGN	11:05.56
8	969	Olivia Labuschagne		95	AGN	11:28.38
9	1220	Keitumetse Disipi	94	CGA	11:37.88	
10	665	Balile Dlamini	94	KZN	11:49.76	
11	470	Avela Nkweba		94	ATR	11:50.82
12	430	Michelle Van Rooyen		95	SWD	12:05.05
13	468	Abongile Nonkosi		95	ATR	12:05.15
14	469	Avela Nongci	94	ATR	12:57.6	
15	508	Marlene Dorfling	95	AVT	13:38.8	
16	518	Deliwe Selela	94	AVT	14:52.40	
	1173	V Nkumenge		95	BOR	DNF
	968	Alicia Labuschagne		95	AGN	DNS
	938	Angelique Faasen		94	AGN	DNF
	912	Janey Van der Merwe		94	BOLI	DNS
	664	Sindi Mngomezulu		95	KZN	DNF
	474	Novangeli Kalvas		94	ATR	DNS
	466	Khonzeni Gwegwa		94	ATR	DNS

3000 meter Yth Men SRQ: 8:50.0. WYQ: 8:29.75 Time :17:35
Heat:1

	1300	Subisiso Lebogo		94	CGA	DNS	
	1186	S Mathiso	94	BOR	DNS		
	1067	Sibusisu Mfiki	95	AGN	DNS		
	1066	Jerome Makomane		94	AGN	DNS	
	1060	Shelton Mokuena		95	AGN	DNS	
	695	Nkosikhona Mhlakwane		95	KZN	DNS	
	496	Sibongiseni Cokovana		95	ATR	DNS	
	495	Sikelela Wetshe	95	ATR	DNS		
1	1303	Tumisang Mamatlake		95	CGA	8:51.60	
2	764	Thabang Nkuna		95	LIM	9:01.46	
3	300	Hendrik Mokoena		94	AFS	9:06.21	
4	1313	Michael Pienaar	95	CGA	9:09.30		
5	1309	Edward Moshoeete		95	CGA	9:15.43	
6	186	Colin Mabu	94	CNW	9:19.62		
7	700	Thamsanqa Mchunu		94	KZN	9:22.83	
8	493	Lizile Fadane	95	ATR	9:24.12		
9	621	Xavier Adams	95	EPA	9:29.92		
10	1386	Mavuso Xaba		95	AFS	9:31.20	
11	187	Donald Meleane		94	CNW	9:38.9	
12	195	Johannes Moshoeneng		94	CNW	9:47.9	
13	699	Adam Lipschitz	94	KZN	9:51.6		
14	302	Rantso Mokopane		94	AFS	10:10.0	

200 meter Yth Women Time :14:56
Heat:1 Wind : -1.7

1	1133	Mareike Wolhuter		94	WPA	25.53	
2	654	Shanice Marnice		95	KZN	25.63	
3	567	Imke Steyn	95	EPA	26.36		Q
4	568	Zandri Strydom		95	EPA	26.76	q
5	656	Nokukhanya Mbambo		95	KZN	27.40	
6	120	Uldri van der Merwe		94	CNW	27.42	
	123	Yolandi Vermeulen		94	CNW	DNF	
	465	Noluvuyo Ntwanambi		95	ATR	DNS	

200 meter Yth Women Time :14:56

Heat:2 Wind : -1.7

1	1132	Stacey Welsch	94	WPA	24.98			Q	
2	655	Erin Passmore	94	KZN	26.24			Q	
3	783	Thato Mokua	95	NWN	26.47			Q	
4	332	Johanri Du Preez		94	AGW	27.16			q
5	785	Ratanang Makofane		95	NWN	27.17			
6	657	Sanelisiwe Nyambose		94	KZN	27.64			
	471	Zintle Poponi	94	ATR	DNS				
	119	Liezl Hechter	94	CNW	DNS				

200 meter Yth Women Time :14:56

Heat:3 Wind : 1.7

1	514	Amanda Nagel		94	AVT	25.05			Q
2	566	Merissa Janse van Rensburg		95	EPA	25.56			Q
3	347	Celeste Joubert	95	MPU	25.64			Q	
4	569	Lisa Luckman	94	EPA	26.21			q	
5	122	Michelle Prinsloo	95	CNW	27.49				
	958	Kayla-Ann Swart		94	AGN	DNS			
	570	Corle Ferreira	94	EPA	DNS				

200 meter Yth Women Time :14:56

Heat:4 Wind : 0.8

1	410	Phillipa Van der Merwe		94	NWC	24.53			Q
2	853	Marsunet Breytenbach		BOL	26.40			Q	
3	729	Albertina Mabotja		95	LIM	26.91			Q
4	730	Shiela Mokate	94	LIM	26.95			q	
	784	Yolande Breester		94	NWN	DNS			
	955	Janet Seeliger	95	AGN	DNS				

Pole Vault Yth Women SRQ: 3.65m. WYQ: 3.80m Time :17:18

Heat:1

1	856	Nadia Giliomee	94	BOL	3.30				
2	249	Mar-Leze Vos	95	AFS	3.30				
3	250	Surika Piater	95	AFS	3.20				
4	855	Kulthoom Gaidien		94	BOL	3.10			
5	251	Karlien Myburgh		95	AFS	3.00			
6	858	Hibre Arries	94	BOL	2.90				
7	857	Natasha Obermeyer		94	BOL	2.90			

Shot Put 4,000kg u23 Women WCQ: 18.30m Time :14:58

Heat:1

1	1009	Sonia Smuts	91	AGN	14.46				
2	1343	Crafford Allanah	91	CGA	13.00				
3	587	Beridell Senekal	90	EPA	12.54				
4	1344	Mostert Elzaan	90	CGA	12.36				

Triple Jump Yth Women SRQ: 12.00. WYQ: 12.26 Time :17:02

Heat:1

1	982	Sone Pretorius	94	AGN	11.13	-0.8			
2	1236	Carina Swiegers	95	CGA	11.09	+0.3			
3	981	Danel Swanepoel		94	AGN	11.06	+1.5		
4	1237	Nadine Teessen		95	CGA	10.97	+2.2		10.79
5	980	Annerie Nel	94	AGN	10.96	-0.8			
6	346	Dineo Mgwanya		94	MPU	10.88	+2.7		10.8
7	513	Karla Muller	94	AVT	10.85	+2.7		10.78m	1.2
8	512	Carmen Marais		95	AVT	10.62	-0.8		
9	132	Carina Meyer	94	CNW	10.50	-0.1			
10	348	Danelle Pentz	94	MPU	10.43	+0.6			
11	349	Nicola Schoeman		95	MPU	10.41	+2.7		10.3
12	577	Marine Van der Merwe		95	EPA	10.35	+0.8		
13	576	Simone Van der Merwe		95	EPA	10.34	+1.3		

200 meter Yth Men Time :15:22

Heat:1	Wind : 1.8								
	1	544	Wally Ungerer	95	AVT	21.93			Q
	2	1050	Jon Seeliger	95	AGN	22.56			Q
	3	182	SP Grobler	94	CNW	22.57			Q
	4	1185	Justin Bell	94	BOR	22.61			q
	5	417	Darryl Fitzpatrick	95	NWC	23.08			
	6	756	Frans Maphoto		94	LIM	23.64		
		1321	Tiaan Voster	94	CGA	DNS			
200 meter	Yth Men	Time :15:22							
Heat:2	Wind : 1.6								
	1	1148	Angus Julies	94	WPA	22.16			Q
	2	1052	Curtley Diedericks	94	AGN	22.45			Q
		611	Sergeal Petersen		94	EPA	DNS		
		753	Mahlatse Makgakga		94	LIM	DNS		
		334	Dries Du Preez	94	AGW	DNS			
		1057	Pieter Conradie	94	AGN	DNS			
		1184	W Giyose	94	BOR	DNS			
200 meter	Yth Men	Time :15:22							
Heat:3	Wind : 0.3								
	1	1051	Nsuku Mdumela		94	AGN	21.71		Q
	2	746	Glen Du Plessis	94	LIM	22.81			Q
	3	490	Zukile Rubushe	94	ATR	22.99			Q
	4	616	Renald King	95	EPA	23.12			
	5	387	Mafosi Mkhabela		94	MPU	23.37		
	6	396	Thabang Mampane		94	MPU	23.62		
	7	813	Mick Carrol	95	NWN	23.97			
		290	Bjorn van Wyk		95	AFS	DNS		
200 meter	Yth Men	Time :15:22							
Heat:4	Wind : 0.3								
	1	1295	Khumalo Hendrick		94	CGA	21.88		Q
	2	292	Fana Mofokeng		94	AFS	21.95		Q
	3	386	Vuyani Masuku		95	MPU	22.44		Q
	4	690	Bandile Gumbi	94	KZN	23.12			
	5	755	Jan Makolo	94	LIM	24.04			
		1314	Leon Potgieter	94	CGA	DNS			
		1287	Jaco Beukes	94	CGA	DNS			
		1152	Bradley Britz	94	WPA	DIS			
200 meter	Yth Men	Time :15:22							
Heat:5	Wind : 0.3								
	1	766	Thando Roto	LIM	22.16			Q	
	2	1055	Nantes Aucamp		95	AGN	22.26		Q
	3	385	Boshoff Botha	94	MPU	22.33			Q
	4	809	R Madonsela	94	NWN	22.78			q
	5	918	Jezaan Mahomed Basheer		94	BOLI	22.85		q
	6	388	Bonginkosi Mhlanga		94	MPU	22.93		
	7	546	Neo Leshilo	94	AVT	23.10			
	8	291	Werner van Wyk		94	AFS	23.47		
200 meter	Yth Men	Time :15:22							
Heat:6	Wind : 0.3								
	1	808	Oratile Moalusi	95	NWN	21.96			Q
	2	885	Kurtley Du Plessis	94	BOL	22.00			Q
	3	689	Sonwabiso Skhosana		95	KZN	23.20		Q
	4	477	Asive Qina	94	ATR	23.50			
	5	810	Phenyo Ngweya		94	NWN	23.82		
		1297	Tevin Hlatswayo		95	CGA	DNS		
		1312	Ruanco Pelsler	94	CGA	DNS			
		538	Tshepiso Kabi	95	AVT	DNS			
200 meter	Yth Men	Time :15:22							

Heat:7	Wind : 0.3								
	1	1153	Fadhil Samuels	94	WPA	21.88			Q
	2	289	Gasego Maroka		95	AFS	22.30		Q
	3	884	Arther Festus	94	BOL	22.35			Q
	4	181	Christo Krause	94	CNW	22.55			q
	5	691	Sandile Diamiini	95	KZN	23.09			
	6	183	Louis Kotze	94	CNW	23.53			
		883	Craig Du Plessis	94	BOL	DNS			
		615	Riaan Van Huyssteen		94	EPA	DNS		

Hammer 4,000kg Jun Women AJQ: 43.00m Time :17:18

Heat:1									
	1	425	Annemie Smith		92	SWD	52.57		
	2	563	Magdalene Louw		92	EPA	51.90		
	3	564	Simone Viviers	92	EPA	44.70			
	4	1126	Jorinda Coetzee	92	WPA	42.77			
	5	429	Sunette Voigt	93	SWD	39.54			
	6	1475	Nanda Kruger	93	CGA	36.70			
	7	235	Gerne Coetzer	93	AFS	35.13			
	8	1202	Melissa Britz	CGA	27.60				

Javelin 600g Yth Women SRQ: 43.50m. WYQ: 46.58m Time :15:21

Heat:1									
	1	136	Sane van Zyl	95	CNW	43.39			
	2	1243	Megan Wilke	CGA	42.51				
	3	1227	Larushka Joubert		94	CGA	40.61		
	4	252	Marlize van Zyl	95	AFS	40.56			
	5	1500	Marina Griebenauw		94	BOL	40.25		
	6	989	Zhane Nel	94	AGN	38.52			
	7	990	Danuska van Jaarsveldt		94	AGN	35.29		

200 meter Jun Women Time :15:26

Heat:1	Wind : 0.3								
	1	925	Zanri van der Merwe		93	AGN	25.10		Q
	2	505	Adri Van Der Merwe		93	AVT	25.64		Q
	3	653	Paige Saunders		93	KZN	26.95		
		422	Danita Olivier	93	NWCI	DNS			
		102	Anika Pretorius	93	CNW	DNS			
		460	Nonzukiso Xhala		93	ATR	DNS		
		926	Nadia Jooste	93	AGN	DNS			

200 meter Jun Women Time :15:26

Heat:2	Wind : 0.3								
	1	100	Rijane Swart	92	CNW	24.99			Q
	2	645	Zoe Engler	92	KZN	25.51			Q
	3	1170	N Sharrock	93	BOR	25.79			q
	4	646	Nolwazi Nkabinde		92	KZN	26.39		
	5	725	Nadine Schutte	92	LIM	26.53			
	6	777	Tshepiso Makgaka		92	NWN	27.55		
		928	Anmarli Loubser		93	AGN	DNS		

200 meter Jun Women Time :15:26

Heat:3	Wind : 0.3								
	1	1211	Chante Van Tonder		93	CGA	24.63		Q
	2	1209	Jade Thiele	92	CGA	24.63			Q
	3	1121	Sonja Van der Merwe		92	WPA	24.82		q
	4	215	Katelyn Palframan		92	AFS	25.83		
	5	216	Minjon van Tonder		93	AFS	27.10		
		910	SanMarie Malan		92	BOLI	DNS		

Long Jump Jun Women Q: Top 12 and 5.50m Time :00:00

Heat:1									
		1212	Luchelle Prinsloo	92	CGA	NM	+0.0		
		1204	Corani Jankowitz		93	CGA	NM	+0.0	

1203	Kayla Gilbert	93	CGA	NM	+0.0	
1125	Valentina De Rocha		93	WPA	NM	+0.0
1120	Samantha Pretorius		92	WPA	NM	+0.0
947	Giola Dela-Pria	93	AGN	NM	+0.0	
946	Chane Burgers		92	AGN	NM	+0.0
925	Zanri van der Merwe		93	AGN	NM	+0.0
839	Mariska Smit	93	BOL	NM	+0.0	
837	Mariska Smit	93	BOL	NM	+0.0	
561	Aidan Battison	93	EPA	NM	+0.0	
336	Gertrude Hlope	93	MPU	NM	+0.0	
335	Zinhle Mbuyane		93	MPU	NM	+0.0
229	Danelle Erwee	93	AFS	NM	+0.0	
338	Zanele Mabuza		93	MPU	NM	+0.0

Shot Put 4,000kg Yth Women SRQ: 12.60m. WYQ: 13.27m Time :16:24
Heat:1

1	1226	LEZAAN JORDAAN		95	CGA	12.89	
2	578	Cecile Meyer	94	EPA	12.64		
3	579	Kara Willemse	94	EPA	11.38		
4	1231	Susann Malan		94	CGA	11.36	
5	1221	Geraldene Duvenhage		95	CGA	10.92	
6	983	Twanette Koekemoer		95	AGN	10.90	
7	984	Monica Serfontein		94	AGN	10.83	
8	341	Belinda Boer	94	MPU	10.35		
9	1129	Anneline Gertsner		94	WPA	10.03	
	1223	Liandri Geel	95	CGA	NM		

High Jump u23 Women Time :16:24
Heat:1

1	146	Marcoleen Pretorius		89	CNW	1.75	
2	255	Janette Siebert	89	AFS	1.70		
3	257	Leandri Botha	91	AFS	1.70		
4	1345	Du Preez Carina		89	CGA	1.70	
5	151	Bianca Erwee	90	CNW	1.65		
6	1006	Merika Smuts	90	AGN	1.60		

200 meter Jun Men Time :15:39
Heat:1 Wind : 0.3

1	1266	Prince Makgato		92	CGA	21.58		Q
2	591	Bjorn Ronaasen		92	EPA	22.10		Q
3	155	Christoff Bothma		92	CNW	22.13		Q
4	1261	Shanan Hendricks		93	CGA	22.62		Q
	333	Eddie Rall	92	AGW	DNS			
	527	Lee-Roy Morgan		93	AVT	DNS		
	740	Maredi Nkete	LIM	DNS				

200 meter Jun Men Time :15:39
Heat:2 Wind : 0.3

1	258	Wade van Niekerk		92	AFS	21.03		Q
2	1482	Siphelo Nqgabaza		93	AFS	21.57		Q
3	261	Choaro Motshoeneng		92	AFS	21.72		Q
4	1015	Jacques Harris	93	AGN	21.80		Q	
5	675	Braam Van Tubbergh		92	KZN	22.21		q
6	1019	Gomolemo Shiwambane		93	AGN	22.51		
7	674	Thando Loliwe	92	KZN	22.72			
8	739	Oscar Mavundla		92	LIM	23.45		

200 meter Jun Men Time :15:39
Heat:3 Wind : 0.3

1	1013	Emile Erasmus		92	AGN	21.49		Q
2	365	Ben Rens	93	MPU	21.77		Q	
3	478	Yola Mpuhlu	92	ATR	22.23		Q	
4	1276	Mongezi Radebe		92	CGA	22.27		Q
5	366	Nico von Wielligh	93	MPU	22.41		q	

	6	156	Salmon Claasen		93	CNW	22.59		
		526	Alex Mokoena		93	AVT	DNS		
		1178	N Titi	93	BOR	DIS			
200 meter			Jun Men	Time :15:39					
Heat:4	Wind : 0.3								
	1	264	Thabang Lebona		92	AFS	22.05		Q
	2	1493	Thabo Phakoe		AFS	22.17		Q	Q
	3	1265	Zandre Lindeque		92	CGA	22.56		Q
	4	412	Mitch Geduldt	93	NWC	22.84		Q	
	5	592	David De villiers	92	EPA	23.07			
		364	Dries Hefer	92	MPU	DNS			
		488	Mzulungile Nongqotho		93	ATR	DNS		
		521	Sarel Harmse	93	AVT	DNS			
200 meter			Jun Men	Time :15:39					
Heat:5	Wind : 0.3								
	1	1279	Akani Simbine	93	CGA	21.27		Q	
	2	259	Gideon Trotter	93	AFS	21.29		Q	
	3	743	Thami Sibaya	LIM	21.80			Q	
	4	673	Dean Macminn		93	KZN	22.08		Q
	5	1018	Waldie van Dalen		92	AGN	22.20		q
	6	1014	Andre Trouw	93	AGN	22.31		q	
	7	915	Quiton Appolis	92	BOLI	22.73			
		734	Tshediso Mafubedu		LIM	DNS			
Triple Jump			Yth Men	SRQ: 14.50m. WYQ: 15.00m	Time :17:49				
Heat:1									
	1	1079	Albert Janki	94	AGN	15.50	-0.8		
	2	1081	Sabelo Ndlovu	94	AGN	15.47	-0.8		
	3	1078	Duwayne Boer		95	AGN	15.26	-0.8	
	4	1183	Khaya Malotana		94	BOR	14.42	-0.8	
	5	453	Benedict Sauer	94	SWD	14.04	-0.8		
	6	705	Njabulo Mkhwane		94	KZN	13.94	-0.8	
	7	454	Lorenzo Gordon		95	SWD	13.86	-0.8	
	8	540	Thembiso Mbali		94	AVT	13.74	-0.8	
	9	382	Wandile Sibiya	94	MPU	13.54	-0.8		
	10	1488	Siphendulwe Nxasana		94	BOR	13.46	-0.8	
	11	1080	Zinhle Twala	94	AGN	13.45	-0.8		
	12	1498	Lulutho Mgwali	94	BOR	13.17	-0.8		
	13	383	Sifiso Khanye	95	MPU	12.43	-0.8		
		815	Thato Rakate	95	NWN	NM	+0.0		
		381	Lunga Libambo		94	MPU	NM	+0.0	
200 meter			u23 Women	Time :15:48					
Heat:1	Wind : 0.3								
	1	327	Nombulelo Mkenko		AFS	25.61		Q	
	2	140	Nicola Tinkler	90	CNW	25.75		Q	
	3	913	Leah Slinger	89	BOLI	26.01		Q	
	4	995	Kimberley Ash	90	AGN	26.53		q	
	5	586	Claudea Coetzee		90	EPA	26.59		
		519	Mamello Tsotetsi		91	AVT	DNS		
		996	Claudia Viljoen	89	AGN	DNS			
200 meter			u23 Women	Time :15:48					
Heat:2	Wind : 0.3								
	1	141	Rorisang Ramonnye		90	CNW	24.56		Q
	2	254	Ansulet Potgieter	91	AFS	24.89		Q	
	3	143	Marni Stevens	89	CNW	25.66		Q	
	4	152	Mariska van Jaarsveld		90	CNW	26.06		q
	5	151	Bianca Erwee	90	CNW	26.60			
	6	790	Dafney Magano		91	NWN	27.09		
200 meter			u23 Men	Time :16:29					

Heat:1	Wind : 1.6							
	1	634	Brendon Minnie		89	EPA	21.20	
	2	1089	Leon du Toit	89	AGN	21.37		Q
	3	1158	Brent Stevens	90	WPA	21.54		
	4	921	Heinrich Fortuin	90	BOLI	21.68		
	5	1088	Isaak Van Wyk		89	AGN	21.84	
	6	772	Karabo Phahlamohlaka		89	LIM	22.76	
		819	Bokamoso Chauke		89	NWN	DNS	

200 meter u23 Men Time :16:29

Heat:2	Wind : 1.6							
	1	1160	Roscoe Engel	89	WPA	20.72		Q
	2	198	Patrick Vosloo	90	CNW	21.03		Q
	3	711	Brendan Joubert		90	KZN	21.54	
	4	920	Woodrow Wilson		90	BOLI	21.57	q
	5	1090	Pierre Truter	89	AGN	23.10		
		1332	Pierre Truter	89	CGA	DNS		
		1389	Shenzen Gordon		89	EPA	DNS	

200 meter u23 Men Time :16:29

Heat:3	Wind : 1.6							
	1	822	Lebogang Moeng		89	NWN	20.59	
	2	1159	Antonio Alkana	90	WPA	21.21		Q
	3	922	Peter Schoeman		90	BOLI	21.38	
	4	315	Ashford Motsau		90	AFS	21.73	q
	5	314	Johannes Mosala		89	AFS	22.41	
	6	399	Matlala Mackson		88	MPU	22.66	
		1325	Thapelo Ketlogetswe		91	CGA	DNS	

800 meter Yth Women Time :17:07

Heat:1								
	1	1230	Thato Makhafola		94	CGA	2:12.09	
	2	731	Phasha Phadu		LIM	2:19.67		Q
	3	960	Tilana Schoeman		95	AGN	2:20.11	
	4	661	Gena Lofstrand	95	KZN	2:20.85		q
	5	658	Kelly Fletcher	94	KZN	2:23.93		
	6	1496	Ncumisa Mendwana		95	ATR	2:31.00	
	7	662	Anneke Smith	94	KZN	2:35.14		
		138	Anna Makopo		94	CNW	DNS	
		1222	Claire Frey	CGA	DNS			

800 meter Yth Women Time :17:07

Heat:2								
	1	786	Laurence Price	95	NWN	2:21.66		Q
	2	1235	Jolene Rabie	94	CGA	2:21.79		Q
	3	965	Eugenie Lombard		94	AGN	2:21.90	
	4	571	Kayla Nell	94	EPA	2:25.41		Q
	5	728	Leandri J v Rensburg		94	LIM	2:25.57	
	6	430	Michelle Van Rooyen		95	SWD	2:27.00	
	7	472	Sinazo Kalvas	95	ATR	2:28.81		
	8	126	Miki Snyman	95	CNW	2:33.45		
		1240	Minette VD Westhuizen		95	CGA	DNS	

800 meter Yth Women Time :17:07

Heat:3								
	1	238	Felicia Mofokeng	94	AFS	2:14.65		Q
	2	1214	Chante Bester	94	CGA	2:18.70		Q
	3	962	Aynslee van Graan		95	AGN	2:19.91	
	4	963	Katekani Mashele		AGN	2:22.93		q
	5	964	Busi Maraotshela		95	AGN	2:23.48	
	6	727	Selina Baloyi	94	LIM	2:24.56		q
	7	127	Vanessa Alexander		95	CNW	2:26.80	
	8	660	Phumzile Gwala		95	KZN	2:39.18	
		239	Cecile Meyer	95	AFS	DNS		

	431	Maurica Le Grange	94	SWD	NM			
800 meter Heat:1	Yth Men Time :17:08							
1	196	Estiaan Fourie	94	CNW	1:57.44			Q
2	1065	Mpho Makofane		94	AGN	1:57.75		Q
3	1304	Linda Maseka	94	CGA	1:58.62			
4	1062	Rian Pont	94	AGN	1:58.88			
5	1298	Renier Horak	94	CGA	2:00.01			
6	807	Peet Swart	95	NWN	2:05.45			
	496	Sibongiseni Cokovana	95	ATR	DNS			
800 meter Heat:2	Yth Men Time :17:08							
1	1290	Goitsimodimo Botholo		94	CGA	1:56.61		Q
2	1245	Siphiwe Tefo	95	CGA	1:56.62			Q
3	762	Ruan Nel	94	LIM	1:57.76			q
4	298	Karabo Lecoko		95	AFS	2:01.04		
5	752	Gift Maidi	94	LIM	2:06.11			
	1060	Shelton Mokuena		95	AGN	DNS		
	474	Novangeli Kalvas		94	ATR	DNS		
800 meter Heat:3	Yth Men Time :17:08							
1	299	Lerato Mosunyane		94	AFS	1:55.18		Q
2	1299	Tiaan Jacobs	95	CGA	1:55.47			Q
3	694	Edrien Mukasa	94	KZN	1:55.93			q
4	749	Thabang Kgomo		94	LIM	1:58.97		
5	492	Mgcini Nyhanyhawe		94	ATR	2:11.17		
6	1497	Thando Rosola		95	ATR	2:18.62		
	1061	Skhalo Mthimkhulu		94	AGN	DNF		
Long Jump Heat:1	Jun Men Top 12 or 6.90m Time :19:24							
1	153	Roelf Pienaar	93	CNW	7.34	+1.4		
2	1041	Mpho Maphuta		93	AGN	7.30	+2.2	
2	368	Francois Coetzee		93	MPU	7.30	+1.6	0.00
4	1145	Clint Johnson	92	WPA	7.09	+1.2		
5	875	Geavan Pietersen		93	BOL	6.90	+1.3	
6	686	Edward Mongwambe		92	KZN	6.88	+1.4	
7	1486	Joshua Diamond		93	CGA	6.85	+0.9	
8	792	Koketso Mogapi		92	NWN	6.85	+1.5	
9	1165	Rowhan Rhode		92	WPA	6.39	+1.2	
10	804	Ofentse Makabane		93	NWN	6.38	-0.1	
11	1286	Leslo Bramwill	CGA	6.36	+0.5			q
12	531	Phillemon Sefuli	92	AVT	6.34	+1.7		
13	413	Otniel Booy	93	NWC	6.32	+2.0		
14	523	Thibello Maloisane		92	AVT	6.10	+0.4	
15	369	Nhlanhla Masemola		92	MPU	6.07	-0.7	
16	439	Dian Du Toit	93	SWD	6.06	-1.1		
17	687	Rudolf Brits	93	KZN	5.83	+0.7		
18	524	William Matsime		93	AVT	5.14	+0.8	
	1271	Sibulele Minya	CGA	NM	+0.0			
	1042	Roedi Niemand		92	AGN	NM	+0.0	
	167	Stephen Roberts		93	CNW	NM	+0.0	
	166	Justin Kruger	93	CNW	NM	+0.0		
Hammer 4,000kg Heat:1	Yth Women SRQ: 47m. WYQ: 53.29m Time :18:34							
1	581	Mieke Stander	95	EPA	46.79			
2	582	Chene Coetzee		94	EPA	44.07		
3	515	Saira-Lee Nel	95	AVT	41.55			
4	863	Anke Van Dyk		94	BOL	41.20		
5	583	Amy Botes	94	EPA	39.07			

6	1228	Chante Loots	CGA	38.52				
7	134	Marne Minnaar		94	CNW	35.73		
8	434	Sandra Swart	95	SWD	34.40			
9	135	Jana Minnaar	94	CNW	32.83			
10	253	Jenet Brummer		95	AFS	31.04		
11	991	Rudiana van der Westhuize		95	AGN	28.59		
	1216	Bianca Botes	CGA	NM				
	584	Simone Kommer		95	EPA	NM		
Javelin 700g Yth Men SRQ: 62m. WYQ: 69m Time :18:32								
Heat:1								
1	1087	Reinhardt van Zyl		94	AGN	71.75		
2	1154	Jeandre Slabbert		95	WPA	70.27		
3	451	Stephan Klue	94	SWD	69.56			
4	1151	Morne Moolman		94	WPA	68.61		
5	197	Pieter Kriel	95	CNW	65.35			
6	194	Stephan Beukes		94	CNW	64.27		
7	1086	Johan Kotze	94	AGN	63.44			
8	1083	Kevin Botha	95	AGN	62.23			
9	313	Ruben Heymans		94	AFS	56.41		
10	389	Petrus Peacock	94	MPU	55.04			
11	1484	Pieter Lindeque	94	CGA	54.41			
12	709	Duncan Mc Gladdery		94	KZN	50.89		
800 meter Jun Women Time :17:08								
Heat:1								
1	930	Happiness Mkhize		92	AGN	2:16.37		Q
2	558	Lize Steyn	93	EPA	2:17.27		Q	
3	118	Carlin Jansen van Rensbur		92	CNW	2:18.65		Q
4	504	Rizani Van Aswegen		92	AVT	2:21.55		q
5	218	Lebohang Dhlamini		93	AFS	2:26.00		
6	1381	Michaela Zietsman		93	NWN	2:33.47		
7	461	Zovuyo Mdedelwa		93	ATR	2:40.58		
	832	Heleen Malan	92	BOL	DNS			
800 meter Jun Women Time :17:08								
Heat:2								
1	217	Danel Prinsloo	92	AFS	2:15.88		Q	
2	827	Sunel Jacobs	93	BOL	2:16.11		Q	
3	557	Annica Coetzee		92	EPA	2:16.12		Q
4	724	Adele Vermaak		93	LIM	2:16.78		q
5	1171	N Mkwenkweni		93	BOR	2:21.63		
6	931	Stella Marais	92	AGN	2:30.74			
7	462	Thabisa Sirayi	93	ATR	2:44.11			
800 meter Jun Men Time :17:38								
Heat:1								
1	270	Rynhardt van Rensburg		92	AFS	1:58.00		Q
2	1022	Daniel Gouws	93	AGN	1:58.13		Q	
3	914	Emile Pieterse	93	BOLI	1:58.14		Q	
4	1474	Thapelo Madiba		93	CGA	1:58.16		q
5	737	Reggie Maphalela		93	LIM	1:58.20		
6	733	Potego Kgasago		92	LIM	2:00.86		
7	742	Andrew Shongwane		LIM	2:03.10			
8	479	Siyamthanda Madotyeni		93	ATR	2:06.08		
	1023	Henk Koekemoer		93	AGN	DNS		
	475	Siphelele Tolibadi	92	ATR	DNS			
	796	Thabo Bogopane		90	NWN	DNS		
800 meter Jun Men Time :17:38								
Heat:2								
1	1384	Siyabongo Derrison		92	AFS	1:55.85		Q
2	1285	Dougan Wright		CGA	1:56.66		Q	
3	1385	Khunuo Khumo		ANWN	1:57.04		Q	

4	1030	Koos Baloyi	93	AGN	1:57.71		q
5	1021	Fourie Wiid	92	AGN	1:58.21		
6	173	Koketso Molete	92	CNW	1:59.17		
7	732	Setati Chuene	93	LIM	2:02.02		
	866	Jannie Briers-Louw		93	BOL	DNS	
	799	Kabelo Kelepile	92	NWN	DNS		
	791	Lucas Dernano		92	NWN	DNS	
	161	Ferdie Geldenhuys		92	CNW	DNS	

Shot Put 5,000kg Yth Men SRQ: 17.60m. WYQ: 18.69m Time :18:35
Heat:1

1	536	Ruan Combrinck		95	AVT	19.63	
2	896	Jan-Louw Kotze		94	BOL	17.24	
3	625	CJ Lombard	94	EPA	16.65		
4	1082	Gerhard de Beer		94	AGN	16.10	
5	706	Mitchell Hayes	94	KZN	15.29		
6	1083	Kevin Botha	95	AGN	15.27		
7	1319	Seth Townsend		95	CGA	14.78	
8	1084	Johan Viljoen	94	AGN	13.69		
9	1387	Kevin Bezuidenhout		BOR	13.13		
	446	Jacques Hansen		94	SWD	NM	
	545	Anthony Van Vuuren		94	AVT	NM	

Triple Jump Jun Women AJQ: 12.26m Time :20:09
Heat:1

1	1125	Valentina De Rocha		93	WPA	12.69	-0.8
2	229	Danelle Erwee	93	AFS	12.34	-0.8	
3	561	Aidan Battison	93	EPA	12.27	-0.8	
4	1212	Luchelle Prinsloo	92	CGA	11.76	-0.8	
5	841	Ciani Loubser	93	BOL	11.18	-0.8	
	335	Zinhle Mbuyane		93	MPU	NM	+0.0
	338	Zanele Mabuza		93	MPU	NM	+0.0
	832	Heleen Malan	92	BOL	NM	+0.0	
	949	Hanelore Dagutat		93	AGN	NM	+0.0
	133	Lee Anne Dry	93	CNW	NM	+0.0	
	506	Sasha-Lee Zurcher		93	AVT	NM	+0.0
	840	Courtney Du Plessis		93	BOL	NM	+0.0

800 meter u23 Women Time :00:00
Heat:1

	1341	Heine-Wacker Maxine		90	CGA	NM	
	1000	Caster Semenya		91	AGN	NM	
	999	Done Vermaak		90	AGN	NM	
	998	Anuschka Nice	91	AGN	NM		

800 meter u23 Men Time :18:27
Heat:1

1	320	Windy Jonas	90	AFS	1:50.32		Q	
2	1322	Henk Beukes	90	CGA	1:50.41		Q	
3	321	William Mothosola		90	AFS	1:50.51		Q
4	1335	Allen Slinger	91	CGA	1:50.75		q	
5	1331	Clinton Swanepoel		89	CGA	1:51.83		q
6	712	Xolani Mabhida	90	KZN	1:53.44			
7	1383	Adriaan Wallace		91	AGNI	1:54.28		
8	323	Hannes Naude		91	AFS	1:55.92		
	1474	Thapelo Madiba		93	CGA	DNS		

800 meter u23 Men Time :18:27
Heat:2

1	818	Donald Sedise	90	NWN	1:51.76		Q	
2	1092	Rynhardt Van Rooyen		91	AGN	1:52.52		Q
3	1091	Themba Madima		89	AGN	1:52.60		Q
4	199	Jerry Motsau	90	CNW	1:53.03			
5	200	Thinus Van Rensburg		90	CNW	1:53.15		

6	1334	Andrew Leew		91	CGA	1:53.87
7	1473	Steven Mhlango		91	CGA	1:58.06
8	771	Frans Nkulele	91	LIM	2:00.91	
	1326	Tsitsetso Masehle		90	CGA	DNS

2000m steeple 0,762m Yth Women SRQ: 7:15.00. WYQ: 7:04.20 Time :18:27

Heat:1

1	938	Angelique Faasen		94	AGN	7:34.67
2	970	Sindy Labuschagne		95	AGN	7:38.54
3	968	Alicia Labuschagne		95	AGN	7:42.71
4	243	Motshidisi Mbele	94	AFS	7:58.10	
5	969	Olivia Labuschagne		95	AGN	8:02.07
6	1241	Chante Venter	94	CGA	8:07.28	
7	242	Thandi Mhlafu	94	AFS	8:29.97	
	244	Mokgothu Maleratu		94	AFS	DNS
	1234	Sibusiso Nxumalo		94	CGA	DNS

High Jump Yth Women Time :00:00

Heat:1

1243	Megan Wilke	CGA	NM		
1224	Chantelle J V Rensburg		94	CGA	NM
1175	Sian Dickerson	95	BOR	NM	
1131	Shannon Molotane		94	WPA	NM
978	Sheri Fourie	95	AGN	NM	
977	Francis Seeliger	94	AGN	NM	
668	Lethu Ngcobo	94	KZN	NM	
667	Rochelle Coetzee		94	KZN	NM
510	Charleen Jackson		95	AVT	NM
507	Marna Claasens		94	AVT	NM
433	Nikela Du Toit	95	SWD	NM	
423	Leone Van Rooyen		95	NWCI	NM
353	Motau Lentsa	94	MPU	NM	
349	Nicola Schoeman		95	MPU	NM
130	Marizaan Bester	94	CNW	NM	

3000m steeple 0,762m Jun Women AJQ: 9:40.00 Time :18:28

Heat:1

1	1201	Estie Brits	93	CGA	12:51.53
2	400	Charlize Grove	93	MPUI	13:30.85
3	115	Laune Meyer	93	CNW	14:19.03

Long Jump Yth Women Q: Top 12 or 5.40m Time :00:00

Heat:1

955	Janet Seeliger	95	AGN	NM	+0.0	
850	Maryke Brits	94	BOL	NM	+0.0	
436	Anushka Steyn		94	SWD	NM	+0.0
346	Dineo Mgwenya		94	MPU	NM	+0.0
345	June Geyser	94	MPU	NM	+0.0	
330	Johane J.v.Rensburg		94	AGW	NM	+0.0
131	Megan Weyers		95	CNW	NM	+0.0
119	Liezl Hechter	94	CNW	NM	+0.0	

Long Jump Yth Women Q: Top 12 or 5.40m Time :00:00

Heat:2

1244	Leandri Willis	94	CGA	NM	+0.0	
1239	Monique Van Vuuren		94	CGA	NM	+0.0
1236	Carina Swiegers	95	CGA	NM	+0.0	
1219	Martha Diamond		94	CGA	NM	+0.0
979	Misha Testa	94	AGN	NM	+0.0	
851	Tamryn Cupido		94	BOL	NM	+0.0
331	Amore Serfontein		95	AGW	NM	+0.0

400 meter Yth Men Time :18:43

Heat:1

1	886	Lorenzo Adams		94	BOL	48.38		Q
2	1164	Jaden Flagg	94	WPA	48.77		Q	
3	1052	Curtley Diedericks	94	AGN	49.38		q	
4	442	Reynard VD Nest		94	SWD	49.48		
5	689	Sonwabiso Skhosana		95	KZN	50.05		
6	691	Sandile Diamiini	95	KZN	50.69			
7	295	Pieter Smith	95	AFS	50.96			
8	297	Bennie Prinsloo	95	AFS	51.10			

400 meter
Heat:2 Yth Men Time :18:43

1	1056	Tiaan Botha	94	AGN	48.63		Q	
2	390	Donovan Gissing		94	MPU	49.26		Q
3	1301	Thabang Mabena		94	CGA	49.31		q
4	443	Donovan V Schalkwyk		94	SWD	49.82		
5	385	Boshoff Botha	94	MPU	50.70			
6	397	Calvin Knox	94	MPU	50.92			
7	294	Gomotso Seekoei		95	AFS	51.22		
8	184	Lincon Taje	94	CNW	52.73			

400 meter
Heat:3 Yth Men Time :18:43

1	1057	Pieter Conradie	94	AGN	48.89		Q	
2	1187	L Gqeba	94	BOR	49.88		Q	
3	767	Gift Seloana	94	LIM	50.71			
4	535	Stefan Bruwer	95	AVT	50.88			
5	1059	Sandile Hlatswayo		94	AGN	51.26		
6	617	Benjamin Koekemoer		95	EPA	51.33		
7	543	Tiaan Roberts	94	AVT	51.77			
8	618	M Augustus	94	EPA	54.81			

Triple Jump
Heat:1 Jun Men AJQ: 15.10m Time :20:17

1	1041	Mpho Maphuta		93	AGN	15.47	-0.8	
2	792	Koketso Mogapi		92	NWN	14.84	-0.8	
3	1499	Ghusville van Schalkwyk		92	BOL	14.68	-0.8	
4	1139	Phakamisa Sambokwe		93	WPA	14.43	-0.8	
5	875	Geavan Pietersen		93	BOL	14.36	-0.8	
6	1043	Takalani Munyai		92	AGN	14.35	-0.8	
7	1138	Justin Geduld	93	WPA	13.97	-0.8		
8	360	Clement Makutu		93	MPU	13.93	-0.8	
9	1286	Leslo Bramwill	CGA	13.90	-0.8			
10	369	Nhlanhla Masemola		92	MPU	13.33	-0.8	
11	598	Raven Nel	93	EPA	13.27	-0.8		
	166	Justin Kruger	93	CNW	NM	+0.0		
	168	Lambert Jacobs		93	CNW	NM	+0.0	
	370	Tshepo Msiza	93	MPU	NM	+0.0		
	793	Andries Kearn	93	NWN	NM	+0.0		

400 meter
Heat:1 Yth Women Time :18:49

1	959	Stephanie Wicksell		94	AGN	57.10		Q
2	1133	Mareike Wolhuter		94	WPA	57.88		Q
3	852	Christel Van Tonder		95	BOL	58.18		Q
4	572	Helga Willemse		94	EPA	58.89		q
5	960	Tilana Schoeman		95	AGN	59.89		q
6	332	Johanri Du Preez		94	AGW	62.16		
	785	Ratanang Makofane		95	NWN	DNS		
	125	Martha Campher		94	CNW	DNS		

400 meter
Heat:2 Yth Women Time :18:49

1	121	Maritsa Van der Westhuize		94	CNW	56.78		Q
2	124	Chante Joubert	95	CNW	57.02		Q	

1	611	Sergeal Petersen	94	EPA	10.64			Q
2	292	Fana Mofokeng	94	AFS	10.92			Q
3	386	Vuyani Masuku	95	MPU	11.03			q
4	442	Reynard VD Nest	94	SWD	11.05			q
5	1052	Curtley Diedericks	94	AGN	11.18			
6	688	Gerhard Oberholzer	94	KZN	11.22			
7	388	Bonginkosi Mhlanga	94	MPU	11.37			
8	756	Frans Maphoto	94	LIM	11.49			
9	387	Mafosi Mkhabela	94	MPU	11.56			
	745	Olin Bonne	LIM	DNS				
100 meter Yth Men Time :19:40								
Heat:2 Wind : 0.0								
1	1153	FadhI Samuels	94	WPA	10.64			Q
2	1051	Nsuku Mdumela	94	AGN	10.86			Q
3	885	Kurtley Du Plessis	94	BOL	10.92			q
4	808	Oratile Moalusi	95	NWN	11.07			
5	179	Ludwig Kasser	94	CNW	11.14			
6	1054	Obakeng Maoka	95	AGN	11.17			
7	809	R Madonsela	94	NWN	11.45			
8	393	Molefe Nokwane	94	MPU	11.59			
	1049	Andries van der Merwe	94	AGN	DIS			
	1316	Mandilakhe Sibanyoni	94	CGA	DNS			
100 meter Yth Men Time :19:40								
Heat:3 Wind : 0.5								
1	1152	Bradley Britz	94	WPA	10.51			Q
2	289	Gasego Maroka	95	AFS	10.73			Q
3	1295	Khumalo Hendrick	94	CGA	10.74			q
4	882	Cleavon Michaels	94	BOL	11.06			
5	766	Thando Roto	LIM	11.09				
6	1050	Jon Seeliger	95	AGN	11.17			
7	1185	Justin Bell	94	BOR	11.22			
	746	Glen Du Plessis	94	LIM	DNS			
	544	Wally Ungerer	95	AVT	DNS			
	546	Neo Leshilo	94	AVT	DNS			
100 meter Yth Women Time :19:56								
Heat:1 Wind : 0.6								
1	1132	Stacey Welsch	94	WPA	12.16			Q
2	955	Janet Seeliger	95	AGN	12.17			Q
3	789	Andrea Helm	95	NWN	12.22			q
4	851	Tamryn Cupido	94	BOL	12.42			q
5	119	Liezl Hechter	94	CNW	12.43			q
6	566	Merissa Janse van Rensbur	95	EPA	12.65			
	347	Celeste Joubert	95	MPU	DNS			
100 meter Yth Women Time :19:56								
Heat:2 Wind : 0.2								
1	410	Phillipa Van der Merwe	94	NWC	12.03			Q
2	514	Amanda Nagel	94	AVT	12.26			Q
3	236	Lizzie Kriel	94	AFS	12.40			q
4	1236	Carina Swiegers	95	CGA	12.50			
5	567	Imke Steyn	95	EPA	12.85			
6	120	Uldri van der Merwe	94	CNW	13.26			
	1229	Margie Mackechnie	94	CGA	DNS			
100 meter Jun Men Time :20:09								
Heat:1 Wind : 0.0								
1	259	Gideon Trotter	93	AFS	10.52			Q
2	1279	Akani Simbine	93	CGA	10.72			Q
3	261	Choaro Motshoeneng	92	AFS	10.84			Q
4	743	Thami Sibaya	LIM	10.85			Q	
5	1014	Andre Trouw	93	AGN	10.95			q

	6	673	Dean Macminn		93	KZN	11.02		q
	7	1017	Erje Smith	93	AGN	11.22			
	8	478	Yola Mpuhlu	92	ATR	11.27			
	9	1253	Cameron Alexander		92	CGA	11.28		
		1015	Jacques Harris	93	AGN	DIS			
100 meter		Jun Men		Time :20:09					
Heat:2		Wind : 0.3							
	1	258	Wade van Niekerk		92	AFS	10.66		Q
	2	1178	N Titi	93	BOR	10.77		Q	
	3	672	Quintin Hitge	93	KZN	10.93		Q	
	4	1266	Prince Makgato		92	CGA	10.95		Q
	5	374	Aniekhan Akpabio		93	MPU	11.04		
	6	366	Nico von Wielligh	93	MPU	11.06			
	7	1493	Thabo Phakoe		AFS	11.12			
	8	674	Thando Loliwe	92	KZN	11.36			
	9	1265	Zandre Lindeque		92	CGA	11.51		
1500 meter		Yth Men		Time :21:41					
Heat:1									
	1	619	Romeo Booysen		95	EPA	4:06.36		Q
	1	1245	Siphiwe Tefo	95	CGA	4:06.36		Q	
	2	1064	Jacob Schoonwinkel		94	AGN	4:06.47		Q
	3	1307	Tumisang Monnatlala		95	CGA	4:06.65		Q
	4	1155	Duran Faro	94	WPA	4:07.12		Q	
	5	300	Hendrik Mokoena		94	AFS	4:07.45		q
	6	302	Rantso Mokopane		94	AFS	4:09.65		q
	7	1061	Skhalo Mthimkhulu		94	AGN	4:12.17		
	8	1190	Katleo Dyoyi	94	AVT	4:17.41			
	9	1308	Edwin Moshoele		95	CGA	4:18.61		
	10	814	Keorapetse Ramokoka		95	NWN	4:22.62		
	11	694	Edrien Mukasa	94	KZN	4:26.69			
	12	444	Christopher Ngqumnte		94	SWD	4:30.32		
	13	751	Piet Mahloana	94	LIM	4:32.76			
		496	Sibongiseni Cokovana		95	ATR	DNS		
		493	Lizile Fadane	95	ATR	DNF			
		763	Naphtaly Nkoana		94	LIM	DNS		
1500 meter		Yth Men		Time :21:41					
Heat:2									
	1	299	Lerato Mosunyane		94	AFS	4:06.12		Q
	2	1310	Blessed Ncube	94	CGA	4:08.64		Q	
	3	1065	Mpho Makofane		94	AGN	4:08.99		Q
	4	1290	Goitsimodimo Botholo		94	CGA	4:09.40		Q
	5	1063	Jacob Tseko	94	AGN	4:10.29		q	
	6	542	Thobile Nonthulo		94	AVT	4:11.30		
	7	1309	Edward Moshoele		95	CGA	4:16.23		
	8	301	Loyiso Pop	95	AFS	4:19.01			
	9	620	Sinoxolo Galant	94	EPA	4:20.35			
	10	748	Thato Kekana	94	LIM	4:25.83			
	11	747	Gerald Kekana	LIM	4:27.95				
	12	1302	Silvester Makoasha		94	CGA	4:35.69		
	13	1497	Thando Rosola		95	ATR	4:51.44		
		697	Sbongiseni Sabelo		94	KZN	DNS		
		1060	Shelton Mokuena		95	AGN	DNS		
		493	Lizile Fadane	95	ATR	DNS			
1500 meter		Yth Women		Time :21:42					
Heat:1									
	1	1215	Briguetta Bezuidenhout		94	CGA	5:00.49		Q
	2	962	Aynslee van Graan		95	AGN	5:00.60		Q
	3	467	Nocawe Mdingazwe		95	ATR	5:03.04		Q
	4	1235	Jolene Rabie	94	CGA	5:03.46		Q	
	5	660	Phumzile Gwala		95	KZN	5:08.05		q

6	137	Jolandi Muller	94	CNW	5:28.11		
	431	Maurica Le Grange		94	SWD	NM	
	138	Anna Makopo		94	CNW	DNS	
	1217	Lauren Botha	94	CGA	DNF		
	969	Olivia Labuschagne		95	AGN	DNS	
	469	Avela Nongci	94	ATR	DNS		

1500 meter
Heat:2 Yth Women Time :21:42

1	1230	Thato Makhafola		94	CGA	4:48.80		Q
2	240	Sylvia Dibakwane		94	AFS	4:48.89		Q
3	241	Mareli Hattingh	94	AFS	4:49.12		Q	
4	967	Kylie Merrick	95	AGN	4:49.73		Q	
5	968	Alicia Labuschagne		95	AGN	4:50.33		q
6	466	Khonzeni Gwegwa		94	ATR	4:55.08		q
7	662	Anneke Smith	94	KZN	5:08.51		q	
8	663	Chane Van Der Merwe		94	KZN	5:11.76		
9	473	Ezile Phasana	94	ATR	5:29.98			
10	468	Abongile Nonkosi		95	ATR	5:46.83		
	966	Thandeka Mazana		95	AGN	DNS		
	731	Phasha Phadu		LIM	DNF			
	470	Avela Nkweba		94	ATR	DNS		

1500 meter
Heat:1 Jun Men Time :21:42

1	1384	Siyabongo Derrison		92	AFS	4:06.49		Q
2	1275	Zweli Nzima	93	CGA	4:06.50		Q	
3	161	Ferdie Geldenhuys		92	CNW	4:07.11		Q
4	1282	Mauritz Tuit	93	CGA	4:08.34		Q	
5	1144	Unathi Nteta	93	WPA	4:08.92			
6	1025	Gift Mahlangu	92	AGN	4:09.17			
7	1143	Nande Qamgwana		92	WPA	4:09.32		
8	482	Mlulami Mabona		93	ATR	4:13.75		
9	271	Teboho Mock		93	AFS	4:20.49		
10	483	Welile Mnukwa		93	ATR	4:23.28		
	681	Cosmos Mzobe		93	KZN	DNS		
	1021	Fourie Wiid	92	AGN	DNS			
	735	Thantsha Magwai		93	LIM	DNF		
	1264	Karel Lesejane	92	CGA	DNS			
	595	Lubabaloo Mdlungwane		93	EPA	DNS		
	796	Thabo Bogopane		90	NWN	DNS		

1500 meter
Heat:2 Jun Men Time :21:42

1	1270	Olwethu Mhlaba		92	CGA	3:59.54		Q
2	1254	Armin Botha	92	CGA	3:59.60		Q	
3	805	Johann Barrange		93	NWN	3:59.98		Q
4	1135	Jeromy Andreas		92	WPA	4:00.73		Q
5	1268	Reabetswe Matjila		92	CGA	4:01.18		q
6	481	Zusiphe Mpiyakhe		93	ATR	4:01.39		q
7	162	Michael Boyisa	92	CNW	4:03.36		q	
8	1024	Theodore Nothling		93	AGN	4:07.37		q
9	174	Pieter Linde	93	CNW	4:07.92			
10	371	Thabo Sibuyi	93	MPU	4:10.00			
11	677	Sonnyboy Mkhwanazi		92	KZN	4:17.71		
12	372	Senzo Khoza	92	MPU	4:21.07			
	1026	Moses Dirane	92	AGN	DNS			
	797	Johannes Mathekge		92	NWN	DNS		

1500 meter
Heat:1 u23 Women Time :21:43

1	1341	Heine-Wacker Maxine		90	CGA	4:30.85		
2	1003	Carlyn Fischer	90	AGN	4:36.20			
3	1471	Ashleigh Schnetler		91	CGA	4:41.27		

4	1001	Chitsha Rhavanalala		89	AGN	4:44.94
5	1388	Thembi Baloyi	89		AGN	4:58.54
	256	Regina Thukane		89	AFS	DNS
	671	Puseletso Dladla	91		KZN	DNS
	356	Noria Sibanda	88		MPU	DNS
	1000	Caster Semenya		91	AGN	DNS
	1002	Zinhle Sinque	90		AGN	DNF

4 x 100 meter
Heat:1

Yth Women Time :13:14

					Eastern Province	NM
	566	Merissa Janse van Rensbur	95		EPA	
	568	Zandri Strydom	95		EPA	
	567	Imke Steyn	95		EPA	
	569	Lisa Luckman	94		EPA	
					Central North West	NM
	119	Liezl Hechter	94		CNW	
	120	Uldri van der Merwe	94		CNW	
	121	Maritsa Van der Westhuize	94		CNW	
	129	Danielle Greyling	94		CNW	
					Gauteng North	NM
	956	Shani Bodenstein	94		AGN	
	955	Janet Seeliger	95		AGN	
	959	Stephanie Wicksell	94		AGN	
	974	Donne Coetzer	94		AGN	
					Western Province	NM
	1133	Mareike Wolhuter	94		WPA	
	1130	Taylor Vincent	95		WPA	
	1131	Shannon Molotane	94		WPA	
	1132	Stacey Welsch	94		WPA	
					Central Gauteng	NM
	1229	Margie Mackechnie	94		CGA	
	1236	Carina Swiegers	95		CGA	
	1218	Tracey Lee Cullis	94		CGA	
	1225	Charlise Jonker	94		CGA	
					Boland	NM
	851	Tamryn Cupido	94		BOL	
	852	Christel Van Tonder	95		BOL	
	853	Marsunet Breytenbach	00		BOL	
	850	Maryke Brits	94		BOL	

4 x 100 meter
Heat:1

Yth Men Time :12:49

1					Western Province	42.10 Q
	1150	Tiaan Mouton	94		WPA	
	1149	Tiaan Smit	95		WPA	
	1148	Angus Julies	94		WPA	
	1152	Bradley Britz	94		WPA	
2					Gauteng North	42.50 Q
	1050	Jon Seeliger	95		AGN	
	1057	Pieter Conradie	94		AGN	
	1049	Andries van der Merwe	94		AGN	
	1054	Obakeng Maoka	95		AGN	
3					Eastern Province	43.50 Q
	622	Nico Bakkes	94		EPA	
	611	Sergeal Petersen	94		EPA	
	616	Renald King	95		EPA	
	618	M Augustus	94		EPA	
4					Limpopo	44.70 q
	753	Mahlatse Makgakga	94		LIM	
	745	Olin Bonne	00		LIM	
	746	Glen Du Plessis	94		LIM	
	766	Thando Roto	00		LIM	
5					KwaZulu Natal	44.90 q

688	Gerhard Oberholzer	94	KZN	
690	Bandile Gumbi	94	KZN	
689	Sonwabiso Skhosana	95	KZN	
691	Sandile Dламиini	95	KZN	
			Central Gauteng	DIS
1295	Khumalo Hendrick	94	CGA	
1289	Christiaan Botha	95	CGA	
1294	Dylan Greyling	94	CGA	
1296	Kevin Hinton	95	CGA	

4 x 100 meter
Heat:2

Yth Men Time :12:49

1			Boland	42.51 Q
	882	Cleavon Michaels	94 BOL	
	885	Kurtley Du Plessis	94 BOL	
	886	Lorenzo Adams	94 BOL	
	884	Arther Festus	94 BOL	
2			Mpumalanga	43.30 Q
	388	Bonginkosi Mhlanga	94 MPU	
	393	Molefe Nokwane	94 MPU	
	387	Mafosi Mkhabela	94 MPU	
	386	Vuyani Masuku	95 MPU	
3			Central North West	43.45 Q
	179	Ludwig Kasser	94 CNW	
	181	Christo Krause	94 CNW	
	182	SP Grobler 94	CNW	
	183	Louis Kotze94	CNW	
4			North West North	45.24
	809	R Madonsela	94 NWN	
	812	M Motlhabane	95 NWN	
	810	Phenyo Ngweya	94 NWN	
	808	Oratile Moalusi	95 NWN	
			Free State	DNS
	289	Gasego Maroka	95 AFS	
	294	Gomotso Seekoei	95 AFS	
	292	Fana Mofokeng	94 AFS	
	291	Werner van Wyk	94 AFS	

4 x 100 meter
Heat:1

Jun Women Time :13:14

			KwaZulu Natal	NM
	645	Zoe Engler 92	KZN	
	646	Nolwazi Nkabinde	92 KZN	
	654	Shanice Marnice	95 KZN	
	653	Paige Saunders	93 KZN	
			Gauteng North	NM
	925	Zanri van der Merwe	93 AGN	
	927	Nadine Naude	92 AGN	
	940	Lexi Nel 93	AGN	
	946	Chane Burgers	92 AGN	
			Western Province	NM
	1120	Samantha Pretorius	92 WPA	
	1124	Ane Fourie 93	WPA	
	1123	Tanya Van den Berg	93 WPA	
	1121	Sonja Van der Merwe	92 WPA	
			Central Gauteng	NM
	1209	Jade Thiele92	CGA	
	1211	Chante Van Tonder	93 CGA	
	1205	Luchelle Prinsloo	00 CGA	
	1206	Rose Shabalala	93 CGA	
			Boland	NM
	839	Mariska Smit	93 BOL	
	826	Ruve Viljoen	93 BOL	
	836	Jean-Marie Senekal	92 BOL	

	825	Lea-ne Van Zyl	92	BOL		
4 x 100 meter Heat:1	Jun Men Time :21:54					
1			Free State		41.74	
	275	Tsepo Lefete	92	AFS		
	261	Choaro Motshoeneng	92	AFS		
	1493	Thabo Phakoe	00	AFS		
	264	Thabang Lebona	92	AFS		
2			KwaZulu Natal		42.10	
	672	Quintin Hitge	93	KZN		
	674	Thando Loliwe	92	KZN		
	673	Dean Macminn	93	KZN		
	675	Braam Van Tubbergh	92	KZN		
3			Boland		42.93	
	1499	Ghusville van Schalkwyk	92	BOL	BOL	
	866	Jannie Briers-Louw	93	BOL		
	869	Albert Smit	92	BOL		
	870	Schalk Burger	93	BOL		
4			North West North		46.13	
	795	Khumo Mabusela	92	NWN		
	804	Ofentse Makabane	93	NWN		
	801	Oscar Tlhole	92	NWN		
	792	Koketso Mogapi	92	NWN		
4 x 100 meter Heat:2	Jun Men Time :21:54					
1			Gauteng North		41.17	
	1013	Emile Erasmus	92	AGN		
	1014	Andre Trouw	93	AGN		
	1015	Jacques Harris	93	AGN		
	1016	Marcel du Preez	93	AGN		
2			Central North West		42.70	
	153	Roelf Pienaar	93	CNW		
	155	Christoff Bothma	92	CNW		
	156	Salmon Claasen	93	CNW		
	157	Shaun van Wyk	92	CNW		
3			Mpumalanga		42.79	
	374	Aniekhan Akpabio	93	MPU		
	366	Nico von Wielligh	93	MPU		
	365	Ben Rens	93	MPU		
	367	Brandon Burger	93	MPU		
4			Central Gauteng		42.96	
	1256	Sithembile Dondolo	93	CGA		
	1266	Prince Makgato	92	CGA		
	1253	Cameron Alexander	92	CGA		
	1279	Akani Simbine	93	CGA		
5			Eastern Province		43.99	
	591	Bjorn Ronaasen	92	EPA		
	597	Tiaan Alberts	92	EPA		
	598	Raven Nel	93	EPA		
	590	Ashwin Jacobs	93	EPA		
10 km Walk Heat:1	Yth Men SRQ: 48:40.00. WYQ: 45:00.00 Time :15:32					
1	308	Teboho Nkhoba		94	AFS	56:20.3
2	1156	Alphonsus Salida		94	WPA	56:40.3
3	898	Alex Foster	95	BOL		57:33.2
4	900	Ghanton Ceasan		94	BOL	60:21.5
	1466	Ntoane Ntoane		95	CGA	DNF
	1469	Mduduzi Mavundla		94	CGA	DNS
	1182	Owen Bomana		94	BOR	DNS
	1181	L Ntsizakalo	94	BOR		DNS
	899	Hilmer Bester	95	BOL		DIS

10 km Walk Jun Men Time :10:29
Heat:1

1	164	Ruan Wessels	92	CNW	49:21.34	
2	1269	Mfana Mbatha		92	CGA	49:28.80
3	1142	Envor Rhodas	92	WPA	54:02.97	
4	879	Timothy Cleophas		93	BOL	54:20.42
5	684	Sboniso Buthelezi		93	KZN	56:23.51
6	281	Jay-G Gouws	92	AFS	56:48.57	
7	880	Bradley Erasmus		93	BOL	56:50.65
8	602	Reginald Hufkie	92	EPA	57:50.80	
9	487	Abongile Mayekiso		93	ATR	59:26.93
10	1179	Nicolaas de Klerk	93	BOR	59:41.61	
	683	Victor Mthethwa		92	KZN	DIS
	1048	Siyonda Plaatjies	92	AGN	DNF	
	881	Waylin Cornelissen		93	BOL	DNS
	280	Mtembi Chauke		93	AFS	DIS

Rule

High Jump Yth Men SRQ: 2.03. WYQ: 2.10 Time :10:28
Heat:1

1	895	Willem Van Schalkwyk		94	BOL	2.05
2	1291	Andrew De Beer		94	CGA	2.00
3	1157	Clyde Ruiters	94	WPA	2.00	
4	309	Brandon Prinsloo		94	AFS	2.00
5	379	Armand Lenenhagen		94	MPU	2.00
6	537	Lloyd Greeff	94	AVT	1.95	
7	181	Christo Krause	94	CNW	1.95	
8	703	Ntandazo Mtshengu		95	KZN	1.95
9	310	Ruhan Alberts	95	AFS	1.90	
10	1068	Lee van den Berg		94	AGN	1.90
11	702	Wille Smith	94	KZN	1.90	
	541	Teboho Modise		94	AVT	NM

Long Jump Yth Men Q: Top 12 or 6.80m Time :09:48
Heat:1

1	1053	Armand Bam		95	AGN	6.99	+0.0
2	890	Keanon Coetzee		94	BOL	6.95	+0.0
3	893	Gramthan Davids		94	BOL	6.93	+0.0
4	1078	Duwayne Boer		95	AGN	6.89	+0.0
5	1077	Duncan Matthews		94	AGN	6.87	+0.0
6	611	Sergeal Petersen		94	EPA	6.81	+0.0
7	547	Itumeleng Dikiko		95	AVT	6.73	+0.0
8	452	Clinton Mouton	94	SWD	6.66	+0.0	
9	1183	Khaya Malotana		94	BOR	6.50	+0.0
10	454	Lorenzo Gordon		95	SWD	6.40	+0.0
11	392	Shaun Cross	94	MPU	6.39	+0.0	
12	1288	Calvin Blignaut	95	CGA	6.34	+0.0	
13	688	Gerhard Oberholzer		94	KZN	6.30	+0.0
14	416	Gavian Cloete	95	NWC	6.27	+0.0	
15	389	Petrus Peacock	94	MPU	6.23	+0.0	
16	704	Keegan Paverd		95	KZN	6.13	+0.0
17	190	Keorupetse Thembo		95	CNW	5.74	+0.0
18	387	Mafosi Mkhabela		94	MPU	5.29	+0.0
	1315	Ryan Pottinger	CGA	NM	+0.0		
	1079	Albert Janki	94	AGN	NM	+0.0	
	888	Dylon Fairbridge	95	BOL	NM	+0.0	
	540	Thembiso Mbali		94	AVT	NM	+0.0
	539	Jacob Lesemela		94	AVT	NM	+0.0

Discus 1,000kg u23 Women Time :09:30
Heat:1

1	1010	Maryke Oberholzer		89	AGN	50.40
2	1012	Jo-Anne Du Toit		89	AGN	40.60
3	1339	De Beer Leandri		89	CGA	39.59

4	1011	Tshegofaso Sono		91	AGN	39.15
5	1009	Sonia Smuts	91	AGN	38.83	

2000m steeple 0,914m Yth Men SRQ: 6:15. WYQ 5:58.91 Time :09:31

Heat:1

1	1063	Jacob Tseko	94	AGN	5:57.56	
2	1190	Katleo Dyoyi	94	AVT	6:02.39	
3	1147	Asive Njenxa	94	WPA	6:09.43	
4	619	Romeo Booysen		95	EPA	6:16.86
5	1306	Thabang Mitiwane		95	CGA	6:20.89
6	1066	Jerome Makomane		94	AGN	6:21.79
7	1146	Sanele Nglukana		95	WPA	6:30.28
8	494	Vuyisa Mdedelwa		95	ATR	6:34.03
9	701	Juan-Marcel Swanepoel		95	KZN	6:34.28
10	1075	Mpho Motaung		94	AGN	6:35.00
11	307	Tshepo Mokae		94	AFS	6:37.28
12	1076	Elias Mokgoshi	95	AGN	6:38.32	
	306	Thabo Thinyane		94	AFS	DNS
	624	Cameron Swartz		94	EPA	DNF

Shot Put 7,260kg u23 Men Time :09:30

Heat:1

1	1109	Orazio Cremona		89	AGN	18.45
	205	Ruan Murray	91	CNW	NM	
	325	Ryno van Winkel		90	AFS	NM
	1110	Russel Tucker	90	AGN	NM	

3000m steeple 0,914m Jun Men AJQ: 9:12 Time :09:31

Heat:1

1	1136	Luxolo Mdzanga		92	WPA	9:22.68
2	272	Benjamin Molehe		92	AFS	9:27.62
3	1273	Alfred Mphuthi	93	CGA	9:35.85	
4	278	Sello Mosea	93	AFS	9:41.90	
5	1030	Koos Baloyi	93	AGN	9:51.12	
6	279	Sydney Nkopane		93	AFS	9:52.64
7	1137	Godwin Swarz		92	WPA	9:53.97
8	372	Senzo Khoza	92	MPU	10:00.10	
9	271	Teboho Mock		93	AFS	10:02.67
10	273	Anastasius Ontong		93	AFS	10:04.37
11	682	Zakhele Dlamini	93	KZN	10:15.94	
12	1263	Themba Khumalo		92	CGA	10:36.82
13	798	Lethogonolo Mogodiello		92	NWN	10:37.51
14	484	Lwandile Hlazo	93	ATR	10:59.29	
	1031	Sello Miya	92	AGN	DNS	
	1028	Tshepo Dhlamini		92	AGN	DNS
	1277	Edwin Seesipi	92	CGA	DNS	

5000 meter Jun Women No standard Time :09:49

Heat:1

1	935	Letitia Saayman	92	AGN	17:59.77	
2	1210	Sylvia Tshetlanyane		93	CGA	18:19.2
3	936	Anika Stols	92	AGN	19:47.75	
4	650	Mbali Mokoena		93	KZN	20:30.59
5	937	Chandre du Plessis		92	AGN	20:44.28
6	223	Portia Ramohloane		93	AFS	21:19.15
	1122	Micky Parker	92	WPA	DNF	
	778	Kgalalelo Mbulane		92	NWN	DNF

Pole Vault Jun Men AJQ: 4.60m Time :11:36

Heat:1

1	1044	Migael Cilliers	93	AGN	4.80	
2	874	JF Burger	92	BOL	4.70	
3	873	Samuel Pellissier	93	BOL	4.70	
4	284	Jarik Jansen	93	AFS	4.20	

	5	283	Nico Naude	93	AFS	4.00			
200 meter		Yth Men Time :09:59							
Heat:1		Wind : 1.2							
	1	1051	Nsuku Mdumela		94	AGN	21.84		
	2	1148	Angus Julies	94	WPA	22.10		Q	
	3	766	Thando Roto	LIM	22.12				
	4	1184	W Giyose	94	BOR	22.25			
	5	182	SP Grobler	94	CNW	22.47			
	6	1050	Jon Seeliger	95	AGN	22.68			
	7	490	Zukile Rubushe	94	ATR	22.82			
	8	918	Jezaan Mahomed Basheer	94	BOLI	22.84			
200 meter		Yth Men Time :09:59							
Heat:2		Wind : 0.7							
	1	1055	Nantes Aucamp		95	AGN	21.97		
	2	885	Kurtley Du Plessis	94	BOL	21.99		Q	
	3	1153	Fadhil Samuels	94	WPA	22.02			
	4	385	Boshoff Botha	94	MPU	22.19			
	5	544	Wally Ungerer	95	AVT	22.21			
	6	884	Arther Festus	94	BOL	23.27			
		181	Christo Krause	94	CNW	DNS			
		1185	Justin Bell	94	BOR	DNS			
200 meter		Yth Men Time :09:59							
Heat:3		Wind : 0.4							
	1	1295	Khumalo Hendrick		94	CGA	21.47		
	2	292	Fana Mofokeng		94	AFS	21.65		
	3	289	Gasego Maroka		95	AFS	21.95		
	4	808	Oratile Moalusi	95	NWN	21.99		q	
	5	689	Sonwabiso Skhosana		95	KZN	22.45		
	6	386	Vuyani Masuku		95	MPU	22.78		
	7	809	R Madonsela	94	NWN	23.13			
	8	746	Glen Du Plessis	94	LIM	23.28			
Triple Jump		u23 Men Time :11:55							
Heat:1									
	1	1106	Boipelo Mothlathego		90	AGN	16.35	+3.7	
	2	1470	Apellele Rasmeni		91	CGA	16.18	+0.7	
	3	1108	Maurice Mathabela		90	AGN	14.47	+1.8	
	4	1105	Aobakwe Maothongwane		91	AGN	13.97	+2.2	
		1107	Renilwe Aphane		90	AGN	NM	+0.0	
Discus 1,000kg		Yth Women SRQ: 41m. WYQ 42.31m Time :11:59							
Heat:1									
	1	1226	LEZAAN JORDAAN		95	CGA	41.58		
	2	987	Somari Els	95	AGN	39.44			
	3	986	Melissa Meyer	94	AGN	38.95			
	4	341	Belinda Boer	94	MPU	38.62			
	5	1129	Anneline Gertsner		94	WPA	37.38		
	6	1221	Geraldene Duvenhage		95	CGA	37.01		
	7	788	Hanri Du Preez	95	NWN	36.26			
	8	988	Marle Clack	94	AGN	34.55			
	9	985	Carmen Killian	95	AGN	32.23			
	10	252	Marlize van Zyl	95	AFS	31.53			
	11	579	Kara Willemse	94	EPA	30.73			
	12	411	Elrietha Crous	94	NWC	29.93			
		580	Maureen Pennels		94	EPA	NM		
		1223	Liandri Geel	95	CGA	NM			
200 meter		Yth Women Time :10:26							
Heat:1		Wind : 0.8							
	1	1132	Stacey Welsch	94	WPA	25.03		Q	
	2	514	Amanda Nagel		94	AVT	25.34		

	3	654	Shanice Marnice		95	KZN	25.89			Q
	4	567	Imke Steyn	95	EPA	26.06		q		
	5	655	Erin Passmore	94	KZN	26.23				
	6	783	Thato Mokua	95	NWN	26.53				
	7	568	Zandri Strydom		95	EPA	26.68			
		730	Shiela Mokate	94	LIM	DNS				
200 meter		Yth Women Time :10:26								
Heat:2		Wind : 1.5								
	1	410	Phillipa Van der Merwe		94	NWC	24.53			Q
	2	1133	Mareike Wolhuter		94	WPA	25.05			Q
	3	566	Merissa Janse van Rensbur		95	EPA	25.21			Q
	4	347	Celeste Joubert	95	MPU	25.71		q		
	5	853	Marsunet Breytenbach		BOL	26.25				
	6	569	Lisa Luckman	94	EPA	26.39				
	7	332	Johanri Du Preez		94	AGW	26.61			
	8	729	Albertina Mabotja		95	LIM	26.62			
200 meter		Jun Men Time :12:24								
Heat:1		Wind : 1.0								
	1	259	Gideon Trotter	93	AFS	20.83			Q	
	2	258	Wade van Niekerk		92	AFS	20.88			Q
	3	1482	Siphelo Nqgabaza		93	AFS	20.93			q
	4	743	Thami Sibaya	LIM	22.11					
	5	1276	Mongezi Radebe		92	CGA	22.36			
	6	155	Christoff Bothma		92	CNW	22.46			
	7	1261	Shanan Hendricks		93	CGA	22.64			
		366	Nico von Wielligh	93	MPU	DNS				
200 meter		Jun Men Time :12:24								
Heat:2		Wind : 2.5								
	1	1279	Akani Simbine	93	CGA	21.30			Q	
	2	261	Choaro Motshoeneng		92	AFS	21.32			Q
	3	365	Ben Rens	93	MPU	21.59		q		
	4	673	Dean Macminn		93	KZN	21.81			
	5	1014	Andre Trouw	93	AGN	22.35				
	6	478	Yola Mpuhlu	92	ATR	22.63				
	7	412	Mitch Geduldt	93	NWC	22.77				
		264	Thabang Lebona		92	AFS	DNS			
200 meter		Jun Men Time :12:24								
Heat:3		Wind : 1.0								
	1	1013	Emile Erasmus		92	AGN	21.60			Q
	2	1266	Prince Makgato		92	CGA	21.71			Q
	3	675	Braam Van Tubbergh		92	KZN	22.00			
	4	1015	Jacques Harris	93	AGN	22.05				
	5	591	Bjorn Ronaasen		92	EPA	22.25			
	6	1018	Waldie van Dalen		92	AGN	22.45			
	7	1493	Thabo Phakoe		AFS	22.51				
	8	1265	Zandre Lindeque		92	CGA	22.80			
Long Jump		Jun Women AJQ: 5.85m Time :13:42								
Heat:1										
	1	1120	Samantha Pretorius		92	WPA	6.44	+1.7		
	2	1203	Kayla Gilbert	93	CGA	5.95	+2.1		0.00m	0.0
	3	925	Zanri van der Merwe		93	AGN	5.95	+0.9		
	4	1125	Valentina De Rocha		93	WPA	5.85	+2.3		5.74m
	5	561	Aidan Battison	93	EPA	5.70	+2.3		5.58m	1.8
	6	102	Anika Pretorius	93	CNW	5.58	+3.4		5.38m	-0.7
	7	946	Chane Burgers		92	AGN	5.55	-0.5		
	8	839	Mariska Smit	93	BOL	5.51	+1.1			
	9	1204	Corani Jankowitz		93	CGA	5.37	+3.2		0.00m
	10	229	Danelle Erwee	93	AFS	5.25	+2.5		5.25m	0.0
	11	335	Zinhle Mbuyane		93	MPU	4.84	+0.0		

12	336	Gertrude Hlope	93	MPU	4.80	+0.0	
13	338	Zanele Mabuza		93	MPU	4.65	+0.0
14	1212	Luchelle Prinsloo	92	CGA	4.60	+0.0	
	939	Rikennette Steenkamp		92	AGN	NM	+0.0
	947	Giola Dela-Pria	93	AGN	NM	+0.0	

High Jump Yth Women SRQ: 1.75m. WYQ: 1.75m Time :15:03
Heat:1

1	978	Sheri Fourie	95	AGN	1.70		
2	1224	Chantelle J V Rensburg		94	CGA	1.65	
3	667	Rochelle Coetzee		94	KZN	1.65	
3	1131	Shannon Molotane		94	WPA	1.65	
5	423	Leone Van Rooyen		95	NWCI	1.65	
6	977	Francis Seeliger	94	AGN	1.60		
7	433	Nikela Du Toit	95	SWD	1.55		
8	668	Lethu Ngcobo	94	KZN	1.50		
8	349	Nicola Schoeman		95	MPU	1.50	
8	1243	Megan Wilke	CGA		1.50		
8	507	Marna Claasens		94	AVT	1.50	
12	353	Motau Lentsa	94	MPU	1.50		
	510	Charleen Jackson		95	AVT	NM	
	130	Marizaan Bester	94	CNW	NM		
	1175	Sian Dickerson	95	BOR	NM		

400m Hurdles 0,762m Yth Women Time :10:39
Heat:1

1	854	Marina Swanepoel		94	BOL	63.33		Q
2	572	Helga Willemse		94	EPA	63.45		Q
3	976	Danielle de Jongh		94	AGN	65.22		Q
4	961	Bianca Visser	94	AGN	65.81		q	
5	781	Line Burdenhost		95	NWN	66.87		
6	342	Tania Rheeder	95	MPU	67.47			
7	237	Lize-Louise Roets	95	AFS	68.42			
	1242	ANUCHKA WEYERS		95	CGA	DNS		

400m Hurdles 0,762m Yth Women Time :10:39
Heat:2

1	516	Izelle Neuhoff	94	AVT	60.31		Q	
2	125	Martha Campher		94	CNW	65.82		Q
3	975	Anja Venter	94	AGN	66.10		Q	
4	974	Donne Coetzer		94	AGN	66.11		q
5	574	Megan Lake	95	EPA	67.77			
6	1237	Nadine Teessen		95	CGA	72.11		
7	1238	Tamarin Terblanche		94	CGA	74.67		
8	509	Alicia Hattingh	94	AVT	79.42			

400m Hurdles 0,762m Jun Women Time :12:24
Heat:1

1	224	Liriska Botha	93	AFS	63.71		Q	
2	942	Tessa Hestek	92	AGN	64.79		Q	
3	838	Tanya Ras	92	BOL	64.81		Q	
4	775	Leandri Klopper	93	NWN	65.47		q	
5	943	Alicia Bekker	93	AGN	68.09		q	
	502	Ane Killian	92	AVT	DNS			
	941	Marianne Jordaan		92	AGN	DNS		

400m Hurdles 0,762m Jun Women Time :12:24
Heat:2

1	1124	Ane Fourie	93	WPA	61.78		Q	
2	836	Jean-Marie Senekal		92	BOL	62.46		Q
3	103	Monique Scheepers		92	CNW	65.41		Q
4	105	Sumarie Claassen		92	CNW	69.02		
5	722	Nidia Lemmer	93	LIM	79.46			
	832	Heleen Malan	92	BOL	DNS			

Shot Put 6,000kg Jun Men AJQ: 16.50m Time :00:00

Heat:1

1	1255	Johnny Botha	93	CGA	17.78		
2	359	Marnus van Zyl	92	MPU	16.77		
3	1140	Ruan Maree	93	WPA	16.25		
4	532	Paul Van Den Berg		92	AVT	16.10	
5	1283	Constand van Rooyen		93	CGA	15.04	
6	604	Daniel Lombard		93	EPA	14.78	
7	1045	Ryan Plaskett	93	AGN	12.72		
	529	Corne Nieuwenhuizen		92	AVT	NM	

400m Hurdles 0,84m Yth Men Time :13:11

Heat:1

1	750	Katlego Mahlase		94	LIM	53.33		Q
2	622	Nico Bakkes	94	EPA	54.01		Q	q
3	548	Katleho Matsekane		94	AVT	54.10		
4	1296	Kevin Hinton	95	CGA	54.78			
5	889	Dylan Samuels		94	BOL	56.54		
6	189	Franco du Preez		94	CNW	57.12		

400m Hurdles 0,84m Yth Men Time :13:11

Heat:2

1	1150	Tiaan Mouton	94	WPA	54.40		Q	
2	377	Armand Faber		94	MPU	55.03		Q
3	1320	Eckhard Van As		94	CGA	55.09		
4	535	Stefan Bruwer	95	AVT	57.95			
5	397	Calvin Knox	94	MPU	58.49			
	1068	Lee van den Berg		94	AGN	DNS		

400m Hurdles 0,84m Yth Men Time :13:11

Heat:3

1	1071	Constant Pretorius		94	AGN	53.78		Q
2	1073	Masego Tleane		94	AGN	54.16		Q
3	1072	Thakgang Thulare		95	AGN	54.55		q
4	184	Lincon Taje	94	CNW	59.37			
	1074	Junior Mamabolo		94	AGN	DNS		
	334	Dries Du Preez	94	AGW	DNS			

400m Hurdles 0,914m Jun Men Time :12:37

Heat:1

1	1036	Bernard Pretorius		93	AGN	53.74		Q
2	870	Schalk Burger	93	BOL	54.01		Q	
3	177	Lloyd Qwaba	93	CNW	55.98			
4	375	Sanele Ngomane		93	MPU	64.14		
	1035	Phillip Booyse	AGN	DNS				
	597	Tiaan Alberts	92	EPA	DNS			

400m Hurdles 0,914m Jun Men Time :12:37

Heat:2

1	157	Shaun van Wyk		92	CNW	52.66		Q
2	1038	Katlego Nkoana		93	AGN	52.79		Q
3	1034	le Roux Hamman		92	AGN	53.27		q
4	358	Anele Blaauw	93	MPU	54.95			
5	533	Awie Vermeulen		92	AVT	64.23		

400m Hurdles 0,914m Jun Men Time :12:37

Heat:3

1	1141	Taariq Solomons		93	WPA	52.81		Q
2	357	Jonty Shelton	92	MPU	53.13		Q	
3	1037	JT Myburgh	92	AGN	53.72		q	
4	600	AJJ Coetzee	92	EPA	54.38			
	1259	Ernst Gouws	CGA	DNS				
	267	Leroy Bitterhout	92	AFS	DNS			

400m Hurdles 0,914m u23 Men Time :12:18

Heat:1

1	714	Thabiso Kekana		90	KZN	52.20		Q
2	202	Hardus Martiz	90	CNW	52.91			Q
3	1099	Jurie Moolman	91	AGN	53.19			Q
4	398	Andre Oosthuizen		90	MPU	53.31		q
5	1483	Francois Retief	BOLI	54.02			q	

400m Hurdles 0,914m u23 Men Time :12:18

Heat:2

1	904	Cornell Fredericks	90	BOL	51.35			Q
2	203	Ian Schoonwinkel		91	CNW	55.20		Q
3	1330	Stephen Sekae		91	CGA	57.17		Q
	1100	Cassie Muuoja	91	AGN	DNS			
	918	Jezaan Mahomed Basheer		94	BOLI	DNS		
	318	Benecke PC	90	AFS	DNF			

Triple Jump u23 Women Time :15:04

Heat:1

1	147	Patience Ntshingila		89	CNW	12.95	+3.1	12.57
2	1007	Monja Goosen		91	AGN	11.83	+2.5	0.00
3	1340	Fourie Danielle	90	CGA	11.22	+1.8		
	1342	Kingwell Kelly	91	CGA	NM	+0.0		

Discus 1,500kg Yth Men SRQ: 53.00m. WYQ: 55.22m Time :00:00

Heat:1

1	896	Jan-Louw Kotze		94	BOL	62.21		
2	1082	Gerhard de Beer		94	AGN	58.33		
3	1319	Seth Townsend		95	CGA	56.21		
4	536	Ruan Combrinck		95	AVT	48.97		
5	446	Jacques Hansen		94	SWD	47.13		
6	1085	Rudolf van Vuuren		94	AGN	45.27		
7	626	Dewald Meyer		94	EPA	44.65		
8	312	Francois Malan	94	AFS	40.11			
9	707	Cameron Donkin		94	KZN	39.20		
	897	Johan Louw	95	BOL	NM			

Javelin 600g u23 Women Time :14:14

Heat:1

1	148	Gerlize de Klerk	89	CNW	53.10			
2	149	Gezelle Bernard	91	CNW	52.40			
3	1343	Crafford Allanah	91	CGA	42.05			
	150	Tazmin Brits	91	CNW	NM			Withrew

5000 meter Jun Men AJQ: 14:19.00 Time :12:58

Heat:1

1	1135	Jeremy Andreas		92	WPA	15:04.85		
2	1025	Gift Mahlangu	92	AGN	15:05.30			
3	481	Zusiphe Mpiyakhe		93	ATR	15:13.08		
4	1267	Thabiso Mateba		92	CGA	15:25.8		
5	868	William Kaptein	92	BOL	15:31.97			
6	872	Luyanda Qolo	92	BOL	15:34.9			
7	677	Sonnyboy Mkhwanazi		92	KZN	15:39.1		
8	485	Mfumaneko Fadane		92	ATR	15:42.85		
9	482	Mlulami Mabona		93	ATR	15:44.5		
10	522	Karabo Jacobs	92	AVT	15:51.9			
11	1268	Reabetswe Matjila		92	CGA	16:00.5		
12	799	Kabelo Kelepile	92	NWN	16:08.03			
13	530	Joseph Pama	93	AVT	16:12.7			
14	274	Teboho Mabisele		92	AFS	16:22.51		
15	680	Xolani Ngcobo	93	KZN	16:51.9			
	1256	Sithembile Dondolo		93	CGA	DNS		
	1254	Armin Botha	92	CGA	DNS			

1028	Tshepo Dhlamini		92	AGN	DNS
1027	Simon Mokonyane		AGN	DNS	
1026	Moses Dirane	92	AGN	DNS	
679	Mthokosisi Ngcobo		92	KZN	DNS
596	Melikaya Frans	92	EPA	DNS	
484	Lwandile Hlazo	93	ATR	DNS	

Long Jump Jun Men AJQ: 7.35m Time :15:33

Heat:1

1	1041	Mpho Maphuta		93	AGN	8.00	+1.4
2	153	Roelf Pienaar	93	CNW	7.87	+1.7	
3	1145	Clint Johnson	92	WPA	7.67	+1.3	
4	368	Francois Coetzee		93	MPU	7.37	+0.6
5	875	Geavan Pietersen		93	BOL	7.03	+1.8
6	1486	Joshua Diamond		93	CGA	7.00	+3.5
7	1165	Rowhan Rhode		92	WPA	6.93	+0.9
8	686	Edward Mongwambe		92	KZN	6.83	-0.1
9	792	Koketso Mogapi		92	NWN	6.74	+1.1
10	804	Ofentse Makabane		93	NWN	6.11	+1.3
	531	Phillemon Sefuli	92	AVT	NM	+0.0	
	1286	Leslo Bramwill	CGA	NM	+0.0		

6.86

5000 meter u23 Men Time :12:26

Heat:1

1	211	Joel Mmone	91	CNW	14:53.32		
2	1327	Sifiso Mncwango		91	CGA	14:55.02	
3	713	Bonginkosi Zwane		91	KZN	14:56.61	
4	1329	Thoriso Ratsela	90	CGA	15:12.55		
5	770	Precious Mashele		90	LIM	15:26.11	
6	1491	Johannes Molehe		AFS	15:28.22		
7	324	Ernest Nkoko	91	AFS	15:31.44		
	549	Witness Hlalele	89	AVT	DNF		
	1333	Pieter Wilders	91	CGA	DNS		
	323	Hannes Naude		91	AFS	DNS	
	497	Sithembele Fanekho		91	ATR	DNS	
	1094	Joel Madiba	91	AGN	DNF		
	498	Lusindiso Mzandolo		90	ATR	DNS	
	1095	Dube Bafana	91	AGN	DNS		

100m Hurdles 0,762m Yth Women Time :12:41

Heat:1 Wind : 0.0

1	956	Shani Bodenstein		94	AGN	14.28		Q
2	236	Lizzie Kriel	94	AFS	14.62		Q	
3	973	Schalia Oosthuizen		95	AGN	14.91		q
4	129	Danielle Greyling	94	CNW	15.05			
	330	Johane J.v.Rensburg		94	AGW	DNS		
	566	Merissa Janse van Rensbur		95	EPA	DNS		

100m Hurdles 0,762m Yth Women Time :12:41

Heat:2 Wind : 0.0

1	850	Maryke Brits	94	BOL	13.82		Q	
2	128	Nicole Van der Walt		95	CNW	14.86		Q
3	345	June Geyser	94	MPU	14.96		q	
4	782	Jumane Blom		94	NWN	15.13		
5	1130	Taylor Vincent	95	WPA	15.35			
	1218	Tracey Lee Cullis	94	CGA	DIS			

100m Hurdles 0,762m Yth Women Time :12:41

Heat:3 Wind : 1.1

1	344	Stephanie Enslin	95	MPU	14.74		Q	
2	517	Marissa Viljoen	94	AVT	14.84		Q	
3	245	Donika Butler	94	AFS	15.08			
4	1224	Chantelle J V Rensburg		94	CGA	15.33		
	423	Leone Van Rooyen		95	NWCI	DIS		

100m Hurdles 0,84m Jun Women Time :12:45

Heat:1 Wind : -0.3

1	1203	Kayla Gilbert	93	CGA	14.16		Q	
2	836	Jean-Marie Senekal		92	BOL	14.57		Q
3	502	Ane Killian	92	AVT	15.09		Q	
4	104	Mihandra Dorfling		92	CNW	15.10		q
5	225	Sume Otto	93	AFS	15.49			
6	559	Charnell Wellmans		92	EPA	16.54		

100m Hurdles 0,84m Jun Women Time :12:45

Heat:2 Wind : 0.7

1	1123	Tanya Van den Berg		93	WPA	14.34		Q
2	224	Liriska Botha	93	AFS	14.38		Q	
3	946	Chane Burgers		92	AGN	14.62		Q
4	940	Lexi Nel	93	AGN	15.12		q	
5	1204	Corani Jankowitz		93	CGA	15.18		
6	500	Caroline Glaus	93	AVT	17.78			

110m Hurdles 0,914m Yth Men Time :13:53

Heat:1 Wind : 1.2

1	1149	Tiaan Smit	95	WPA	13.82		Q	
2	180	Molliere Daffue	94	CNW	14.08		Q	
3	888	Dylon Fairbridge	95	BOL	14.47			
4	1069	Lewellyn Kruger		94	AGN	14.62		
5	188	Francois du Toit	94	CNW	14.67			
6	761	Kabelo Mphahlele		94	LIM	15.59		
7	709	Duncan Mc Gladdery		94	KZN	16.46		
	622	Nico Bakkes	94	EPA	DNS			

110m Hurdles 0,914m Yth Men Time :13:53

Heat:2 Wind : 0.1

1	1148	Angus Julies	94	WPA	13.87		Q	
2	1070	Brendon Squires		94	AGN	14.09		Q
3	1294	Dylan Greyling	94	CGA	14.15		q	
4	1317	Paul Smit	94	CGA	14.72			
5	537	Lloyd Greeff	94	AVT	15.00			
6	1318	Patrick Tattersal	94	CGA	15.74			
	1183	Khaya Malotana		94	BOR	DNS		

110m Hurdles 0,914m Yth Men Time :13:53

Heat:3 Wind : 0.7

1	1049	Andries van der Merwe		94	AGN	13.54		Q
2	1068	Lee van den Berg		94	AGN	13.96		Q
3	303	Ryno Steyn	95	AFS	14.17		q	
4	1054	Obakeng Maoka		95	AGN	14.32		
5	1296	Kevin Hinton	95	CGA	14.71			
6	806	Willem Swart	94	NWN	14.96			
7	393	Molefe Nokwane		94	MPU	15.52		

110m Hurdles 1,067m Jun Men Time :13:58

Heat:1 Wind : 0.4

1	1284	Kyle Voster	92	CGA	13.92		Q	
2	1257	Jonty Fitzgerald	93	CGA	14.09		Q	
3	163	Hannes Greyling		92	CNW	14.10		q
4	276	Emmanuel Paggis		92	AFS	14.28		q
5	357	Jonty Shelton	92	MPU	15.65			
6	277	Francois Faasen		92	AFS	15.80		
	528	George Neuhoff		93	AVT	DNS		

110m Hurdles 1,067m Jun Men Time :13:58

Heat:2 Wind : 1.0

1	275	Tsepo Lefete	92	AFS	13.71		Q	
2	1033	Werner Pretorius		92	AGN	13.90		Q

3	367	Brandon Burger		93	MPU	14.52
4	736	Tshepo Mampuru		93	LIM	14.56
5	1258	Werner Fourie	93	CGA	14.80	
6	599	Devan Basson		92	EPA	15.49
7	375	Sanele Ngomane		93	MPU	15.63

110m Hurdles 1,067m Jun Men Time :13:58

Heat:3 Wind : 0.9

1	869	Albert Smit	92	BOL	14.19	
2	1032	Daniel Nel	92	AGN	14.33	Q
3	871	Ruan Grobler	92	BOL	14.33	Q
4	358	Anele Blaauw	93	MPU	14.83	
5	598	Raven Nel	93	EPA	15.19	
6	597	Tiaan Alberts	92	EPA	15.34	
7	534	Evandre Williams		93	AVT	15.67

400 meter Yth Women SRQ: 57.60. WYQ: 55.15 Time :13:49

Heat:1

1	959	Stephanie Wicksell		94	AGN	54.91
2	1133	Mareike Wolhuter		94	WPA	56.69
3	121	Maritsa Van der Westhuize		94	CNW	57.18
4	124	Chante Joubert	95	CNW	58.45	
5	852	Christel Van Tonder		95	BOL	58.53
6	1213	Inari Basson	94	CGA	58.70	
7	572	Helga Willemse		94	EPA	59.54
	960	Tilana Schoeman		95	AGN	DIS

Shot Put 4,000kg Jun Women AJQ: 12.90m Time :16:02

Heat:1

1	562	Ischke Senekal	93	EPA	12.82	
2	951	Carien Dreyer	92	AGN	12.75	
3	232	Liette van Schalkwyk		93	AFS	12.67
4	779	Nalinsa Potgieter	92	NWN	12.56	
5	1200	Yolandi-Mari Bothma		92	CGA	12.02
6	231	Eunice Olevano		92	AFS	11.69
7	427	Johlene Booysen		92	SWD	11.54
8	950	Marga Vermaak		93	AGN	11.36
9	230	Joane Bredenkamp		92	AFS	11.35
10	337	Sune Bezuidenhout		93	MPU	10.83
11	111	Yolanie Uys	92	CNW	10.73	
12	846	Aletta Swart	93	BOL	10.27	
13	1172	E Nel	93	BOR	8.66	
	429	Sunette Voigt	93	SWD	NM	

Discus 2,000kg u23 Men Time :15:45

Heat:1

1	1110	Russel Tucker	90	AGN	57.50	
2	908	Victor Hogan	89	BOL	57.36	
3	1337	Dewald Van Heerden		91	CGA	49.38
4	205	Ruan Murray	91	CNW	48.94	
5	1111	Leon Verster	90	AGN	46.78	
	1109	Orazio Cremona		89	AGN	NM

400 meter Yth Men SRQ: 50.00. WYQ: 48.14 Time :13:50

Heat:1

1	1057	Pieter Conradie	94	AGN	46.83	
2	886	Lorenzo Adams		94	BOL	48.03
3	1056	Tiaan Botha	94	AGN	48.37	
4	1164	Jaden Flagg	94	WPA	48.69	
5	1052	Curtley Diedericks	94	AGN	49.57	
6	1187	L Gqeba	94	BOR	49.93	
7	390	Donovan Gissing		94	MPU	50.17
8	1301	Thabang Mabena		94	CGA	51.96

400 meter		Jun Women AJQ: 55.44 Time :13:50				
Heat:1						
	1	1208	Anri Steyn	93	CGA	53.69
	2	647	Palframan Justine		93	KZN 54.07
	3	1121	Sonja Van der Merwe		92	WPA 54.13
	4	645	Zoe Engler	92	KZN	56.15
	5	556	Aleesha Gerber	93	EPA	59.13
	6	555	Ludtske Doubell	93	EPA	59.66
	7	720	Lisbe Buitendag	92	LIM	59.97
		930	Happiness Mkhize		92	AGN NM

400 meter		Jun Men AJQ: 48.34 Time :13:50				
Heat:1						
	1	866	Jannie Briers-Louw		93	BOL 47.60
	2	266	Fernando Ledimo		93	AFS 48.02
	3	1260	Daniel Harrison	92	CGA	48.25
	4	373	Phil James	92	MPU	48.50
	5	158	Daniel Senatle	92	CNW	48.92
	6	265	Tiisetso Nolan	93	AFS	49.46
	7	639	Steven Look	92	EPA	49.47
	8	1276	Mongezi Radebe		92	CGA 50.08

400 meter		u23 Women Time :15:23				
Heat:1						
	1	141	Rorisang Ramonnye		90	CNW 54.29
	2	999	Done Vermaak		90	AGN 56.66
	3	143	Marni Stevens	89	CNW	57.11
	4	144	Janine Pieters	91	CNW	57.37
	5	998	Anuschka Nice	91	AGN	57.51
	6	997	Lizeri Erasmus	91	AGN	59.07
		145	Claudine Els	90	CNW	DNS
		1004	Anneri Ebersohn		90	AGN DNS

400 meter		u23 Men Time :14:14				
Heat:1						
	1	903	Shaun De Jager		91	BOL 46.58
	2	1162	Rodwell Ndlovu		91	WPA 47.30
	3	1161	Gift Ngwenya	89	WPA	47.47
	4	319	Thomas Jonda		91	AFS 48.56
	5	823	Koketso Moimane		90	NWN 48.58
	6	923	Lumardt Groeneveld		90	BOLI 48.78
		1091	Themba Madima		89	AGN DIS

High Jump		u23 Men Time :16:11				
Heat:1						
	1	204	JP van der Schyff	89	CNW	2.05
	2	907	Keagan Fourie	91	BOL	2.05
	3	1485	Robert Hill	91	CGA	2.00
	4	1336	Ruaan Claasen		90	CGA 2.00
	5	1102	Wouter Faurie	91	AGN	1.95
	6	1101	Willem Voight	90	AGN	1.90
		638	Jaques Rossouw		89	EPA NM
		1103	Boikantso Sithole	91	AGN	NM
		768	Maricus Botes	LIM	NM	
		715	Ayanda Ludidi	91	KZN	NM

100 meter		Yth Women SRQ: 12.50. WQY: 11.85 Time :14:53				
Heat:1	Wind : 1.0					
	1	410	Phillipa Van der Merwe		94	NWC 11.82
	2	119	Liezl Hechter	94	CNW	11.99
	3	514	Amanda Nagel		94	AVT 12.01
	4	1132	Stacey Welsch	94	WPA	12.12
	5	955	Janet Seeliger	95	AGN	12.17
	6	1236	Carina Swiegers	95	CGA	12.39

	7	851	Tamryn Cupido		94	BOL	12.39
	8	566	Merissa Janse van Rensbur		95	EPA	12.42
		236	Lizzie Kriel	94	AFS	DNS	
		347	Celeste Joubert	95	MPU	DNS	
100 meter	Yth Men SRQ: 11.25. WYQ: 10.70 Time :14:39						
Heat:1	Wind : 0.7						
	1	611	Sergeal Petersen		94	EPA	10.55
	2	1152	Bradley Britz	94	WPA	10.64	
	3	1295	Khumalo Hendrick		94	CGA	10.72
	4	1153	Fadhl Samuels	94	WPA	10.80	
	5	289	Gasego Maroka		95	AFS	10.88
	6	386	Vuyani Masuku		95	MPU	10.95
	7	1051	Nsuku Mdumela		94	AGN	10.95
	8	292	Fana Mofokeng		94	AFS	10.96
	9	442	Reynard VD Nest		94	SWD	11.06
	10	885	Kurtley Du Plessis	94	BOL	11.33	
100 meter	Jun Women AJQ: 12.14 Time :14:39						
Heat:1	Wind : 0.3						
	1	1120	Samantha Pretorius		92	WPA	11.93
	2	925	Zanri van der Merwe		93	AGN	11.95
	3	1209	Jade Thiele	92	CGA	12.05	
	4	1211	Chante Van Tonder		93	CGA	12.13
	5	100	Rijane Swart	92	CNW	12.27	
	6	505	Adri Van Der Merwe		93	AVT	12.30
	7	215	Katelyn Palframan		92	AFS	12.51
	8	1170	N Sharrock	93	BOR	12.56	
	9	826	Ruve Viljoen	93	BOL	12.59	
	10	101	Janine Faulha	92	CNW	12.60	
100 meter	Jun Men AJQ: 10.84 Time :14:39						
Heat:1	Wind : 0.2						
	1	258	Wade van Niekerk		92	AFS	10.48
	2	259	Gideon Trotter	93	AFS	10.62	
	3	1279	Akani Simbine	93	CGA	10.71	
	4	1178	N Titi	93	BOR	10.76	
	5	261	Choaro Motshoeneng		92	AFS	10.92
	6	743	Thami Sibaya	LIM	11.00		
	7	1014	Andre Trouw	93	AGN	11.04	
	8	672	Quintin Hitge	93	KZN	11.12	
	9	673	Dean Macminn		93	KZN	11.15
		1266	Prince Makgato		92	CGA	DNS
100 meter	u23 Women Time :15:35						
Heat:1	Wind : 1.1						
	1	1134	Celeste Rietels	90	WPA	12.10	
	2	141	Rorisang Ramonnye		90	CNW	12.17
	3	994	Claudine Janse van Rensbu		89	AGN	12.32
	4	670	Nontobeko Gumedede		89	KZN	12.43
	5	327	Nombulelo Mkenko		AFS	12.65	
	6	140	Nicola Tinkler	90	CNW	12.72	
	7	995	Kimberley Ash	90	AGN	12.77	
	8	790	Dafney Magano		91	NWN	13.70
	9	585	Kehly Gorgonzola		91	EPA	13.89
100 meter	u23 Men Time :15:52						
Heat:1	Wind : 1.3						
	1	901	Wilhelm vd Vyver		89	BOL	10.41
	2	902	Gareth Arendz	91	BOL	10.57	
	3	1159	Antonio Alkana	90	WPA	10.58	
	4	198	Patrick Vosloo	90	CNW	10.59	
	5	1089	Leon du Toit	89	AGN	10.75	
	6	1158	Brent Stevens	90	WPA	10.82	

	7	920	Woodrow Wilson		90	BOLI	10.86
	8	922	Peter Schoeman		90	BOLI	10.88
		1324	Waide Jooste	91	CGA	DIS	
		819	Bokamoso Chauke		89	NWN	DNF
Javelin 600g	Jun Women AJQ: 44.50m Time :16:17						
Heat:1							
	1	113	Liezl de Swardt	92	CNW	47.47	
	2	953	Leandri Swiegers		93	AGN	45.78
	3	114	Anje Claassen	92	CNW	44.47	
	4	954	Carli Grobbelaar	93	AGN	44.07	
	5	952	Shadene van der Merwe		92	AGN	43.48
	6	951	Carien Dreyer	92	AGN	41.05	
	7	234	Janika Kotze	93	AFS	37.33	
	8	233	Janica Geldenhuys		93	AFS	34.49
	9	565	Zandre Le Roux		93	EPA	34.13
Pole Vault	Jun Women AJQ: 3.50m Time :18:00						
Heat:1							
	1	560	Jeanne Van dyk		92	EPA	3.10
	2	839	Mariska Smit	93	BOL	3.10	
	3	116	Elandi Steyger	93	CNW	3.10	
	4	844	Taahirah Kozain		93	BOL	2.90
	5	845	Janetta Smit	93	BOL	2.60	
800 meter	Yth Women SRQ: 2:14. WYQ:2:08.13 Time :20:12						
Heat:1							
	1	1230	Thato Makhafola		94	CGA	2:14.66
	2	962	Aynslee van Graan		95	AGN	2:15.33
	3	238	Felicia Mofokeng	94	AFS	2:15.37	
	4	786	Laurence Price	95	NWN	2:18.43	
	5	960	Tilana Schoeman		95	AGN	2:21.31
	6	965	Eugenie Lombard		94	AGN	2:23.10
	7	1214	Chante Bester	94	CGA	2:24.62	
	8	1235	Jolene Rabie	94	CGA	2:25.24	
	9	731	Phasha Phadu		LIM	2:28.58	
	10	661	Gena Lofstrand	95	KZN	2:29.43	
	11	963	Katekani Mashele		AGN	2:30.28	
		964	Busi Maraotshele		95	AGN	DNS
800 meter	Yth Men SRQ:1:56. WYQ: 1:51.25 Time :16:03						
Heat:1							
	1	299	Lerato Mosunyane		94	AFS	1:53.50
	2	1245	Siphiwe Tefo	95	CGA	1:54.72	
	3	694	Edrien Mukasa	94	KZN	1:55.34	
	4	1065	Mpho Makofane		94	AGN	1:55.63
	5	196	Estiaan Fourie	94	CNW	1:59.73	
	6	1290	Goitsimodimo Botholo		94	CGA	2:00.99
	7	1299	Tiaan Jacobs	95	CGA	2:01.96	
	8	762	Ruan Nel	94	LIM	2:11.44	
800 meter	Jun Women AJQ: 2:10 Time :16:12						
Heat:1							
	1	930	Happiness Mkhize		92	AGN	2:11.89
	2	827	Sunel Jacobs	93	BOL	2:13.21	
	3	217	Danel Prinsloo	92	AFS	2:15.07	
	4	557	Annica Coetzee		92	EPA	2:15.28
	5	558	Lize Steyn	93	EPA	2:16.91	
	6	724	Adele Vermaak		93	LIM	2:18.44
	7	118	Carlin Jansen van Rensbur		92	CNW	2:23.81
	8	504	Rizani Van Aswegen		92	AVT	2:24.99
800 meter	Jun Men AJQ: 1:51.50 Time :16:12						
Heat:1							

1	270	Rynhardt van Rensburg	92	AFS	1:51.95	
2	1474	Thapelo Madiba	93	CGA	1:52.87	
3	1384	Siyabongo Derrison	92	AFS	1:55.23	
4	1285	Dougan Wright		CGA	1:56.45	
5	1022	Daniel Gouws	93	AGN	1:57.76	
6	914	Emile Pieterse	93	BOLI	2:05.78	
7	1030	Koos Baloyi	93	AGN	2:18.03	
	1385	Khunuo Khumo		ANWN	NM	
800 meter						
Heat:1						
1	998	Anuschka Nice	91	AGN	2:09.95	
2	999	Done Vermaak	90	AGN	2:15.52	
	1341	Heine-Wacker Maxine	90	CGA	DNS	
	1000	Caster Semenya	91	AGN	DNS	
800 meter						
Heat:1						
1	320	Windy Jonas	90	AFS	1:49.60	
2	1092	Rynhardt Van Rooyen	91	AGN	1:49.79	
3	1322	Henk Beukes	90	CGA	1:50.09	
4	1335	Allen Slinger	91	CGA	1:50.79	
5	1091	Themba Madima		89	AGN	1:52.06
6	1331	Clinton Swanepoel		89	CGA	1:52.84
7	818	Donald Sedise	90	NWN	1:53.02	
8	321	William Mothosola	90	AFS	1:55.90	
Long Jump						
Heat:1						
Yth Women SRQ: 5.85. WYQ: 5.90. Time :17:43						
1	850	Maryke Brits	94	BOL	5.86	-0.1
2	955	Janet Seeliger	95	AGN	5.74	-0.5
3	851	Tamryn Cupido		94	BOL	5.58 +0.2
4	1219	Martha Diamond		94	CGA	5.39 +0.5
5	119	Liezl Hechter	94	CNW	5.19	+0.4
6	1239	Monique Van Vuuren		94	CGA	5.15 +0.6
7	131	Megan Weyers		95	CNW	5.09 -1.0
8	345	June Geyser	94	MPU	5.03	-0.4
9	1236	Carina Swiegers	95	CGA	4.99	-0.8
10	436	Anushka Steyn		94	SWD	4.70 +0.7
11	979	Misha Testa	94	AGN	4.44	+1.2
12	346	Dineo Mgwenya		94	MPU	4.38 +0.2
	331	Amore Serfontein		95	AGW	NM +0.0
	1244	Leandri Willis	94	CGA	NM	+0.0
	330	Johane J.v.Rensburg		94	AGW	NM +0.0
Long Jump						
Heat:1						
Yth Men SRQ: 7.15. WYQ: 7.20. Time :17:50						
1	1077	Duncan Matthews		94	AGN	7.14 -0.9
2	1053	Armand Bam		95	AGN	7.06 +0.2
3	611	Sergeal Petersen		94	EPA	7.00 +0.5
4	890	Keanon Coetzee		94	BOL	6.92 +1.5
5	1183	Khaya Malotana		94	BOR	6.73 +1.0
6	452	Clinton Mouton	94	SWD	6.70	+0.4
7	1288	Calvin Blignaut	95	CGA	6.47	+0.3
8	893	Gramthan Davids		94	BOL	6.41 +0.4
9	547	Itumeleng Dikiko		95	AVT	6.38 +1.1
10	454	Lorenzo Gordon		95	SWD	6.00 +0.5
	392	Shaun Cross	94	MPU	NM	+0.0
	1078	Duwayne Boer		95	AGN	NM +0.0
Discus 1,750kg						
Heat:1						
1	1046	Charl Grobler	93	AGN	50.48	
2	1255	Johnny Botha	93	CGA	49.22	

3	1281	Donovan Stebbing		CGA	45.21	
4	916	Wynand Carstens		92	BOLI	45.00
5	1283	Constand van Rooyen		93	CGA	44.16
6	532	Paul Van Den Berg		92	AVT	42.83
7	802	Jacobus Smith	93	NWN	42.43	
8	1140	Ruan Maree	93	WPA	41.02	
9	605	Danie Louw	93	EPA	39.70	
10	604	Daniel Lombard		93	EPA	33.62
	359	Marnus van Zyl	92	MPU	NM	
	172	Jaco Meyer	93	CNW	NM	

100m Hurdles 0,762m Yth Women SRQ: 14.60. WYQ: 13.74 Time :16:31

Heat:1 Wind : 1.1

1	956	Shani Bodenstein		94	AGN	14.32
2	236	Lizzie Kriel	94	AFS	14.47	
3	128	Nicole Van der Walt		95	CNW	14.87
4	973	Schalia Oosthuizen		95	AGN	15.07
5	344	Stephanie Enslin	95	MPU	15.18	
6	345	June Geyser	94	MPU	15.53	
7	517	Marissa Viljoen	94	AVT	15.65	
	850	Maryke Brits	94	BOL	DNF	

100m Hurdles 0,84m Jun Women AJQ: 14.64 Time :16:52

Heat:1 Wind : 0.9

1	224	Liriska Botha	93	AFS	14.25	
2	1203	Kayla Gilbert	93	CGA	14.47	
3	104	Mihandra Dorfling		92	CNW	14.88
4	502	Ane Killian	92	AVT	14.95	
5	946	Chane Burgers		92	AGN	14.97
6	940	Lexi Nel	93	AGN	15.15	
	1123	Tanya Van den Berg		93	WPA	DNF
	836	Jean-Marie Senekal		92	BOL	DIS

100m Hurdles 0,84m u23 Women Time :16:52

Heat:1 Wind : 0.3

1	996	Claudia Viljoen	89	AGN	13.81	
2	254	Ansulet Potgieter	91	AFS	13.90	
3	355	Natasha Jansen		91	MPU	15.95
4	913	Leah Slinger	89	BOLI	17.09	

110m Hurdles 0,914m Yth Men SRQ: 14.45. WYQ: 13.94 Time :16:52

Heat:1 Wind : 1.4

1	1049	Andries van der Merwe		94	AGN	13.54
2	1149	Tiaan Smit	95	WPA	13.66	
3	180	Molliere Daffue	94	CNW	13.83	
4	1148	Angus Julies	94	WPA	13.91	
5	1068	Lee van den Berg		94	AGN	13.92
6	1070	Brendon Squires		94	AGN	14.06
7	1294	Dylan Greyling	94	CGA	14.11	
8	303	Ryno Steyn	95	AFS	14.21	

110m Hurdles 1,067m Jun Men AJQ: 14.54 Time :17:05

Heat:1 Wind : -0.7

1	275	Tsepo Lefete	92	AFS	13.96	
2	276	Emmanuel Paggis		92	AFS	14.10
3	1284	Kyle Voster	92	CGA	14.24	
4	869	Albert Smit	92	BOL	14.30	
5	1257	Jonty Fitzgerald	93	CGA	14.34	
6	163	Hannes Greyling		92	CNW	14.35
7	1032	Daniel Nel	92	AGN	14.52	
	1033	Werner Pretorius		92	AGN	DIS

High Jump Jun Men AJQ: 2.06m Time :17:57

Heat:1

1	282	Jan Steytler	92	AFS	2.00	
2	370	Tshepo Msiza	93	MPU	1.95	
3	1040	Lewellyn Scrooby		93	AGN	1.90
3	603	Garth Ellis	92	EPA	1.90	
	165	Travis Smit	92	CNW	NM	
	1280	Andre Smit	92	CGA	NM	
	175	Sarel Prinsloo	93	CNW	NM	
	685	Jordan Alanthwatie		92	KZN	NM
	744	Cecil v d Bergh	93	LIM	NM	
	1039	Tiro Moseete	93	AGN	NM	
	1262	Abraham Justin		92	CGA	NM

110m Hurdles 1,067m u23 Men Time :17:06

Heat:1 Wind : 0.5

1	1159	Antonio Alkana	90	WPA	14.17	
2	919	Drikus Viljoen	91	BOLI	14.32	
3	1096	Kobus Moolman		91	AGN	14.62
4	201	Jaco Willemse	89	CNW	14.66	
5	1098	Muntingh Hamman		90	AGN	14.79
6	1097	Leo van der Merwe		91	AGN	15.33
7	637	Rohan Du toit	90	EPA	15.59	

200 meter Yth Women SRQ: 25.60. WYQ: 24.06 Time :17:13

Heat:1 Wind : -0.2

1	410	Phillipa Van der Merwe		94	NWC	24.50
2	514	Amanda Nagel		94	AVT	25.05
3	1132	Stacey Welsch	94	WPA	25.39	
4	1133	Mareike Wolhuter		94	WPA	25.66
5	566	Merissa Janse van Rensbur		95	EPA	25.70
6	347	Celeste Joubert	95	MPU	26.03	
7	567	Imke Steyn	95	EPA	26.45	
	654	Shanice Marnice		95	KZN	DNS

200 meter Yth Men SRQ: 22.58. WYQ: 21.50 Time :17:20

Heat:1 Wind : 0.6

1	1295	Khumalo Hendrick		94	CGA	21.60
2	292	Fana Mofokeng		94	AFS	21.88
3	885	Kurtley Du Plessis	94	BOL	21.89	
4	1051	Nsuku Mdumela		94	AGN	21.96
5	289	Gasego Maroka		95	AFS	22.00
6	808	Oratile Moalusi	95	NWN	22.13	
7	1055	Nantes Aucamp		95	AGN	22.30
8	1148	Angus Julies	94	WPA	22.57	

200 meter Jun Women AJQ: 24.74 Time :17:20

Heat:1 Wind : 0.8

1	925	Zanri van der Merwe		93	AGN	24.37
2	1209	Jade Thiele	92	CGA	24.57	
3	100	Rijane Swart	92	CNW	24.80	
4	1211	Chante Van Tonder		93	CGA	24.92
5	645	Zoe Engler	92	KZN	25.40	
6	505	Adri Van Der Merwe		93	AVT	25.60
7	1170	N Sharrock	93	BOR	26.39	
	1121	Sonja Van der Merwe		92	WPA	DNS

200 meter Jun Men AJQ: 21.74 Time :17:21

Heat:1 Wind : 0.8

1	258	Wade van Niekerk		92	AFS	20.67
2	1482	Siphelo Nqgabaza		93	AFS	20.89
3	259	Gideon Trotter	93	AFS	21.46	
4	1013	Emile Erasmus		92	AGN	21.59
5	365	Ben Rens	93	MPU	21.93	
6	1279	Akani Simbine	93	CGA	21.94	
7	261	Choaro Motshoeneng		92	AFS	22.50

1266 Prince Makgato 92 CGA DNS

200 meter u23 Women Time :17:29

Heat:1 Wind : 0.8

1	141	Rorisang Ramonnye		90	CNW	24.65
2	254	Ansulet Potgieter	91	AFS	24.67	
3	327	Nombulelo Mkenko		AFS	25.65	
4	140	Nicola Tinkler	90	CNW	26.01	
5	913	Leah Slinger	89	BOLI	26.10	
6	152	Mariska van Jaarsveld		90	CNW	26.70
7	995	Kimberley Ash	90	AGN	26.78	
	143	Marni Stevens	89	CNW	DNS	

200 meter u23 Men Time :17:44

Heat:1 Wind : 0.5

1	822	Lebogang Moeng		89	NWN	20.58
2	1160	Roscoe Engel	89	WPA	20.96	
3	198	Patrick Vosloo	90	CNW	21.11	
4	711	Brendan Joubert		90	KZN	21.47
5	922	Peter Schoeman		90	BOLI	21.67
6	634	Brendon Minnie		89	EPA	22.09
	1159	Antonio Alkana	90	WPA	DNS	
	1089	Leon du Toit	89	AGN	DNS	

400m Hurdles 0,762m Yth Women SRQ: 63.00. WYQ: 61.50 Time :17:44

Heat:1

1	516	Izelle Neuhoff	94	AVT	59.03	
2	854	Marina Swanepoel		94	BOL	61.16
3	572	Helga Willemse		94	EPA	63.69
4	961	Bianca Visser	94	AGN	65.97	
5	975	Anja Venter	94	AGN	66.04	
6	974	Donne Coetzer		94	AGN	67.53
7	976	Danielle de Jongh		94	AGN	68.87
	125	Martha Campher		94	CNW	DNF

400m Hurdles 0,762m Jun Women AJQ: 61.74 Time :17:52

Heat:1

1	1124	Ane Fourie	93	WPA	59.57	
2	836	Jean-Marie Senekal		92	BOL	60.13
3	942	Tessa Hestek	92	AGN	62.96	
4	224	Liriska Botha	93	AFS	63.24	
5	103	Monique Scheepers		92	CNW	63.47
6	838	Tanya Ras	92	BOL	64.14	
7	775	Leandri Klopper	93	NWN	65.71	
8	943	Alicia Bekker	93	AGN	69.57	

400m Hurdles 0,84m Yth Men SRQ: 55.90. WYQ: 52.64 Time :17:52

Heat:1

1	1071	Constant Pretorius		94	AGN	52.21
2	1150	Tiaan Mouton	94	WPA	52.47	
3	750	Katlego Mahlase		94	LIM	53.34
4	548	Katleho Matsekane		94	AVT	54.86
5	1072	Thakgang Thulare		95	AGN	55.33
6	377	Armand Faber		94	MPU	56.01
7	1073	Masego Tleane		94	AGN	56.71
8	622	Nico Bakkes	94	EPA	57.69	

Long Jump u23 Women Time :20:13

Heat:1

1	1134	Celeste Rietels	90	WPA	6.21	+0.6
2	147	Patience Ntshingila		89	CNW	6.07 +0.6
3	354	Nicholeen McLaren		90	MPU	5.93 +0.8
4	1007	Monja Goosen		91	AGN	5.92 +0.7
5	994	Claudine Janse van Rensbu		89	AGN	5.73 +0.5

6	143	Marni Stevens	89	CNW	5.57	+0.4	
7	1340	Fourie Danielle	90	CGA	4.77	-0.5	
	1008	Bianca Erasmus		89	AGN	NM	+0.0
	1342	Kingwell Kelly	91	CGA	NM	+0.0	

Long Jump u23 Men Time :18:05
Heat:1

1	905	Luvo Manyonga		91	BOL	8.07	+0.2
2	906	Rushwal Samaai		91	BOL	7.39	+0.4
3	1104	Eddy Madimo		89	AGN	7.23	+0.5
4	1105	Aobakwe Maothongwane		91	AGN	6.72	+0.2
5	716	Sabelo Mduli	91	KZN	6.69	+0.5	
	1165	Rowhan Rhode		92	WPA	NM	+0.0
	1470	Apellele Rasmeni		91	CGA	NM	+0.0
	1108	Maurice Mathabela		90	AGN	NM	+0.0
	1487	Zarck Visser	CGA	NM	+0.0		

Discus 1,000kg Jun Women AJQ: 42.50m Time :18:25
Heat:1

1	652	Simone Meyer		93	KZN	48.69	
2	562	Ischke Senekal	93	EPA	45.02		
3	951	Carien Dreyer	92	AGN	42.53		
4	950	Marga Vermaak		93	AGN	42.25	
5	231	Eunice Olevano		92	AFS	40.00	
6	911	Suriette Botha	92	BOLI	37.39		
7	111	Yolanie Uys	92	CNW	36.88		
8	112	Francis Pieters	92	CNW	34.23		
9	501	Nanette Hartley	93	AVT	25.19		
	1200	Yolandi-Mari Bothma		92	CGA	NM	
	779	Nalinsa Potgieter	92	NWN	NM		
	232	Liette van Schalkwyk		93	AFS	NM	
	230	Joane Bredenkamp		92	AFS	NM	

Javelin 800g Jun Men AJQ: 61.05m Time :17:32
Heat:1

1	917	Rocco Van Rooyen		92	BOLI	71.33	
2	170	Dean Goosen		92	CNW	70.90	
3	171	Malan Snyman		92	CNW	65.60	
4	169	Ruan Erasmus		93	CNW	63.26	
5	610	Chad Herman		92	EPA	62.86	
6	362	Reinier du Plessis	93	MPU	61.22		
7	878	Johan Peens	93	BOL	59.54		
	1047	Dylan Jacobs	93	AGN	NM		
	533	Awie Vermeulen		92	AVT	NM	

400m Hurdles 0,914m Jun Men AJQ: 53.64 Time :18:01
Heat:1

1	157	Shaun van Wyk		92	CNW	51.79	
2	1141	Taariq Solomons		93	WPA	51.82	
3	870	Schalk Burger	93	BOL	51.93		
4	1036	Bernard Pretorius		93	AGN	52.16	
5	1034	le Roux Hamman		92	AGN	52.23	
6	357	Jonty Shelton	92	MPU	52.69		
7	1037	JT Myburgh	92	AGN	53.37		
8	1038	Katlego Nkoana		93	AGN	53.64	

400m Hurdles 0,762m u23 Women Time :18:06
Heat:1

1	142	Jana Theron	89	CNW	59.34		
2	864	Alix Moreillon	91	BOL	60.04		
3	145	Claudine Els	90	CNW	62.52		
4	1004	Anneri Ebersohn		90	AGN	63.32	
5	865	Megan Goddard		91	BOL	63.93	
6	1005	Sunel Van der Linde		89	AGN	67.37	

400m Hurdles 0,914m u23 Men Time :18:11

Heat:1

1	904	Cornell Fredericks	90	BOL	48.95	
2	202	Hardus Martiz	90	CNW	52.10	
3	714	Thabiso Kekana		90	KZN	52.57
4	1099	Jurie Moolman	91	AGN	53.46	
5	1483	Francois Retief	BOLI	54.04		
6	203	Ian Schoonwinkel		91	CNW	54.30
7	398	Andre Oosthuizen		90	MPU	54.39
8	1330	Stephen Sekae		91	CGA	55.52

4 x 100 meter Yth Women Time :19:36

Heat:1

1				Gauteng North	48.14	
	956	Shani Bodenstein	94	AGN		
	959	Stephanie Wicksell	94	AGN		
	974	Donne Coetzer	94	AGN		
	955	Janet Seeliger	95	AGN		
2				Boland	49.36	
	852	Christel Van Tonder	95	BOL		
	853	Marsunet Breytenbach	00	BOL		
	850	Maryke Brits	94	BOL		
	851	Tamryn Cupido	94	BOL		
3				WPA	49.41	
	1131	Shannon Molotane	94			
	1132	Stacey Welsch	94			
	1133	Mareike Wolhuter	94			
	1130	Taylor Vincent	95			
4				Eastern Province	49.41	
	568	Zandri Strydom	95	EPA		
	567	Imke Steyn	95	EPA		
	569	Lisa Luckman	94	EPA		
	566	Merissa Janse van Rensbur	95	EPA		
5				Central North West	49.47	
	120	Uldri van der Merwe	94	CNW		
	121	Maritsa Van der Westhuize	94		CNW	
	129	Danielle Greyling	94	CNW		
	119	Liezl Hechter	94	CNW		
6				Central Gauteng	49.82	
	1236	Carina Swiegers	95	CGA		
	1218	Tracey Lee Cullis	94	CGA		
	1225	Charlise Jonker	94	CGA		
	1229	Margie Mackechnie	94	CGA		

4 x 100 meter Yth Men Time :19:35

Heat:1

1				Western Province	41.97	
	1149	Tiaan Smit	95	WPA		
	1153	FadhI Samuels	94	WPA		
	1152	Bradley Britz	94	WPA		
	1148	Angus Julies	94	WPA		
2				Boland	42.38	
	885	Kurtley Du Plessis	94	BOL		
	886	Lorenzo Adams	94	BOL		
	884	Arther Festus	94	BOL		
	882	Cleavon Michaels	94	BOL		
3				Gauteng North	42.50	
	1051	Nsuku Mdumela	94	AGN		
	1052	Curtley Diedericks	94	AGN		
	1054	Obakeng Maoka	95	AGN		
	1051	Nsuku Mdumela	94	AGN		
4				Central North West	43.15	
	181	Christo Krause	94	CNW		

	182	SP Grobler 94	CNW		
	183	Louis Kotze94	CNW		
	179	Ludwig Kasser	94	CNW	
5			Mpumalanga		43.76
	387	Mafosi Mkhabela	94	MPU	
	388	Bonginkosi Mhlanga	94	MPU	
	393	Molefe Nokwane	94	MPU	
	386	Vuyani Masuku	95	MPU	
6			KwaZulu Natal		43.88
	648	Phumelelo Mnyandu	92	KZN	
	691	Sandile Dламиini	95	KZN	
	689	Sonwabiso Skhosana	95	KZN	
	704	Keegan Paverd	95	KZN	
			Limpopo		DNS
	745	Olin Bonne LIM			
	746	Glen Du Plessis	94	LIM	
	766	Thando Roto	00	LIM	
	753	Mahlatse Makgakga	94	LIM	
			Eastern Province		DNS
	611	Sergeal Petersen	94	EPA	
	616	Renald King	95	EPA	
	618	M Augustus	94	EPA	
	622	Nico Bakkes	94	EPA	

4 x 100 meter
Heat:1

Jun Women Time :21:48

1			Boland		49.02
	839	Mariska Smit	93	BOL	
	826	Ruve Viljoen	93	BOL	
	836	Jean-Marie Senekal	92	BOL	
	825	Lea-ne Van Zyl	92	BOL	
2			Gauteng North		49.42
	926	Nadia Jooste	93	AGN	
	927	Nadine Naude	92	AGN	
	940	Lexi Nel 93	AGN		
	925	Zanri van der Merwe	93	AGN	
3			KZN		50.04
	646	Nolwazi Nkabinde	92		
	654	Shanice Marnice	95		
	653	Paige Saunders	93		
	645	Zoe Engler 92			

4 x 100 meter
Heat:1

Jun Men Time :21:58

1			Free State		41.58
	261	Choaro Motshoeneng	92	AFS	
	1493	Thabo Phakoe	00	AFS	
	264	Thabang Lebona	92	AFS	
	275	Tsepo Lefete	92	AFS	
2			Gauteng North		41.72
	1014	Andre Trouw	93	AGN	
	1015	Jacques Harris	93	AGN	
	1017	Erje Smith 93	AGN		
	1013	Emile Erasmus	92	AGN	
3			KwaZulu Natal		42.14
	672	Quintin Hitge	93	KZN	
	687	Rudolf Brits	93	KZN	
	673	Dean Macminn	93	KZN	
	42	00			
4			Central North West		43.12
	155	Christoff Bothma	92	CNW	
	156	Salmon Claasen	93	CNW	
	157	Shaun van Wyk	92	CNW	
	153	Roelf Pienaar	93	CNW	

5				Central Gauteng	43.38
	1266	Prince Makgato	92	CGA	
	1253	Cameron Alexander	92	CGA	
	1279	Akani Simbine	93	CGA	
	43	00			
1500 meter	Yth Women Time :21:00				
Heat:1					
1	968	Alicia Labuschagne		95	AGN 4:40.00
2	1230	Thato Makhafola		94	CGA 4:42.38
3	241	Mareli Hattingh	94	AFS	4:47.83
4	962	Aynslee van Graan		95	AGN 4:53.59
5	240	Sylvia Dibakwane		94	AFS 4:56.73
6	466	Khonzeni Gwegwa		94	ATR 4:57.74
7	967	Kylie Merrick	95	AGN	5:01.36
8	1215	Brigette Bezuidenhout		94	CGA 5:01.56
9	662	Anneke Smith	94	KZN	5:09.42
10	660	Phumzile Gwala		95	KZN 5:14.03
11	467	Nocawe Mdingazwe		95	ATR 5:15.56
	1235	Jolene Rabie	94	CGA	DNS
High Jump	Jun Women AJQ: 1.73m Time :18:32				
Heat:1					
1	842	Marcelle Du Plessis		93	BOL 1.65
2	944	Kim Dippenaar		93	AGN 1.65
3	109	Chaney Linder	92	CNW	1.65
4	945	Inge Viljoen	93	AGN	1.65
5	102	Anika Pretorius	93	CNW	1.60
5	843	June Roelofse	92	BOL	1.60
7	227	Anica Myburgh		93	AFS 1.60
	780	Michell Danica	93	NWN	NM
	722	Nidia Lemmer	93	LIM	NM
	228	Jana de Villiers	92	AFS	NM
	110	Neene Bignaut	92	CNW	NM
1500 meter	Yth Men SRQ: 4:02. WYQ: 3:54.15 Time :21:11				
Heat:1					
1	1307	Tumisang Monnatlala		95	CGA 4:04.17
2	302	Rantso Mokopane		94	AFS 4:04.54
3	1155	Duran Faro	94	WPA	4:04.97
4	1063	Jacob Tseko	94	AGN	4:05.00
5	1245	Siphiwe Tefo	95	CGA	4:05.07
6	1065	Mpho Makofane		94	AGN 4:08.00
7	300	Hendrik Mokoena		94	AFS 4:09.25
8	1290	Goitsimodimo Botholo		94	CGA 4:10.32
9	299	Lerato Mosunyane		94	AFS 4:11.64
10	1310	Blessed Ncube	94	CGA	4:14.05
11	1064	Jacob Schoonwinkel		94	AGN 4:15.76
	619	Romeo Booysen		95	EPA DNS
1500 meter	Jun Women AJQ: 4:29.00 Time :21:34				
Heat:1					
1	217	Danel Prinsloo	92	AFS	4:37.21
2	1128	Dominique Scott		92	WPA 4:43.10
3	935	Letitia Saayman	92	AGN	4:48.28
4	1207	Mamphielo Sibanda		93	CGA 4:50.45
5	220	Anneke Gildenhuys		92	AFS 4:54.59
6	219	Baby Mokone		92	AFS 4:56.20
7	648	Phumelelo Mnyandu		92	KZN 5:01.43
8	724	Adele Vermaak		93	LIM 5:02.60
9	934	Jeana Nothling	93	AGN	5:10.66
10	933	Masabata Matoane		93	AGN 5:17.07
11	932	Gerdi Wolmarans		92	AGN 5:33.48
	1381	Michaela Zietsman		93	NWN DNF

503	Lydia Mashaila	92	AVT	DNS	
462	Thabisa Sirayi	93	ATR	NM	
461	Zovuyo Mdedelwa		93	ATR	NM

1500 meter
Heat:1 Jun Men AJQ: 3:49 Time :21:25

1	1254	Armin Botha	92	CGA	3:56.57	
2	1275	Zweli Nzima	93	CGA	3:57.56	
3	1384	Siyabongo Derrison		92	AFS	3:58.96
4	161	Ferdie Geldenhuys		92	CNW	3:59.06
5	805	Johann Barrange		93	NWN	4:00.52
6	1268	Reabetswe Matjila		92	CGA	4:01.87
7	1282	Mauritz Tuit	93	CGA	4:01.97	
8	162	Michael Boyisa	92	CNW	4:02.22	
9	481	Zusiphe Mpiyakhe		93	ATR	4:02.30
10	1135	Jeromy Andreas		92	WPA	4:02.39
	1024	Theodore Nothling		93	AGN	DNS
	1270	Olwethu Mhlaba		92	CGA	DNF

1500 meter
Heat:1 u23 Men Time :21:39

1	199	Jerry Motsau	90	CNW	3:54.08	
2	1333	Pieter Wilders	91	CGA	3:54.44	
3	1331	Clinton Swanepoel		89	CGA	3:55.52
4	211	Joel Mmone	91	CNW	3:56.89	
5	1094	Joel Madiba	91	AGN	3:57.50	
6	1093	Charles Nel	91	AGN	3:57.52	
7	713	Bonginkosi Zwane		91	KZN	4:04.09
8	550	Koos Mbele	90	AVT	4:07.64	
9	1382	Solomon Mthombeni		89	AGNI	4:09.78
10	796	Thabo Bogopane		90	NWN	4:38.51
	320	Windy Jonas	90	AFS	DNS	

Medley Relay
Heat:1 Yth Women Time :19:54

1				Gauteng North	2:14.36
	958	Kayla-Ann Swart	94	AGN	
	955	Janet Seeliger	95	AGN	
	959	Stephanie Wicksell	94	AGN	
	956	Shani Bodenstein	94	AGN	
2				Boland	2:16.29
	0				
	0	00			
	0	00			
	0	00			
3				EPA	2:17.58
	566	Merissa Janse van Rensbur	95		
	572	Helga Willemse	94		
	571	Kayla Nell	94		
	567	Imke Steyn	95		
4				Central North West	2:21.89
	120	Uldri van der Merwe	94	CNW	
	121	Maritsa Van der Westhuize	94	CNW	
	125	Martha Campher	94	CNW	
	119	Liezl Hechter	94	CNW	
5				Central Gauteng	2:25.64
	0				
	0	00			
	0	00			
	0	00			
				KZN	DNS
	656	Nokukhanya Mbambo	95		
	657	Sanelisiwe Nyambose	94		
	660	Phumzile Gwala	95		

655	Erin Passmore	94	Free State	DNS
0				
0	00			
0	00			
0	00			
			Western Province	DNS
0				
0	00			
0	00			
0	00			

Medley Relay
Heat:1

Yth Men Time :19:59

1			Gauteng North	1:58.98
	1051	Nsuku Mdumela	94 AGN	
	1058	Nikolaas van Schalkwyk	95 AGN	
	1057	Pieter Conradie	94 AGN	
	1053	Armand Bam	95 AGN	
2			Boland	1:59.81
	0			
	0	00		
	0	00		
	0	00		
3			KZN	2:00.38
	648	Phumelelo Mnyandu	92	
	689	Sonwabiso Skhosana	95	
	694	Edrien Mukasa	94	
	704	Keegan Paverd	95	
4			Free State	2:03.13
	0			
	0	00		
	0	00		
	0	00		
5			Central Gauteng	2:08.69
	0			
	0	00		
	0	00		
	0	00		
6			Central North West	2:11.69
	182	SP Grobler	94 CNW	
	180	Molliere Daffue	94 CNW	
	188	Francois du Toit	94 CNW	
	179	Ludwig Kasser	94 CNW	
			EPA	DNS
	618	M Augustus	94	
	616	Renald King	95	
	617	Benjamin Koekemoer	95	
	611	Sergeal Petersen	94	
			ATR	DNS
	477	Asive Qina	94	
	492	Mgcini Nyhanyhawe	94	
	489	Onda Guma	94	
	490	Zukile Rubushe	94	
			Mpumalanga	DNS
	0			
	0	00		
	0	00		
	0	00		
			Limpopo	DNS
	0			
	0	00		
	0	00		
	0	00		

4 x 400 meter
Heat:1

Jun Women Time :20:00

			AGN	DNS
	940	Lexi Nel 93		
	928	Anmarli Loubser	93	
	929	Marizanne Visser	93	
1	925	Zanri van der Merwe	93	3:52.04
			EPA	
	556	Aleesha Gerber	93	
	557	Annica Coetzee	92	
	558	Lize Steyn 93		
2	555	Ludtske Doubell	93	3:57.21
			Boland	
	0			
	0	00		
	0	00		
	0	00		

4 x 400 meter
Heat:1

Jun Men Time :20:08

1			Central Gauteng	3:19.25
	0			
	0	00		
	0	00		
	0	00		
2			EPA	3:23.80
	594	Anton Barnard	93	
	591	Bjorn Ronaasen	92	
	592	David De villiers	92	
	593	Kevin Botha	93	
3			ATR	3:48.96
	479	Siyamthanda Madotyeni	93	
	482	Mlulami Mabona	93	
	481	Zusiphe Mpiyakhe	93	
	475	Siphelele Tolibadi	92	
			AGN	DNS
	1014	Andre Trouw	93	
	1015	Jacques Harris	93	
	1019	Gomolemo Shiwambane	93	
	1014	Andre Trouw	93	
			KZN	DNS
	709	Duncan Mc Gladdery	94	
	691	Sandile Diamiini	95	
	675	Braam Van Tubbergh	92	
	673	Dean Macminn	93	
			Mpumalanga	DNS
	373	Phil James 92	MPU	
	358	Anele Blaauw	93	MPU
	357	Jonty Shelton	92	MPU
	365	Ben Rens 93	MPU	