

Result per item

1 G-15 Girls - u/16 Sub-Youth : Triple Jump — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND113	231	Chandri Kritzinger	INDIVIDUAL	1	8.50	358	-0.20	E
IND097	215	Isabella Muller	INDIVIDUAL	2	8.36	331	-1.16	E

2 G-17 Girls - u/18 Youth : Triple Jump — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD025	335	Elke Erasmus	MADIBAZ	1	10.39	617	-1.62	E

3 G-15W Girls - u/16 Sub-Youth : Hammer Throw — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND088	206	Christel van Vuuren	INDIVIDUAL	1	47.09	892		E
IND087	205	Danika van der Walt	INDIVIDUAL	2	36.71	788		E
EDA004	71	Zalita Knoetze	EDDAS THROWERS	3	35.59	776		E
IND016	134	Anka van Schalkwyk	INDIVIDUAL	4	30.91	720		E

4 G-17 Girls - u/18 Youth : Hammer Throw — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD024	334	Reze Coetzer	MADIBAZ	1	52.47	932		E
IND084	202	Danelle Bishop	INDIVIDUAL	2	50.31	913		E
IND086	204	Anika Kruger	INDIVIDUAL	3	41.74	833		E
IND017	135	Anka Britz	INDIVIDUAL	4	39.43	809		E
IND041	159	Jana Terblanche	INDIVIDUAL	5	39.08	806		E
IND085	203	Elzaan Pieterse	INDIVIDUAL	6	35.51	767		E

5 B-15 Boys - u/16 Sub-Youth : Javelin — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND081	199	Elandre Beauzec	INDIVIDUAL	1	43.49	522		E
IND032	150	Robert Harris	INDIVIDUAL	2	40.75	472		E

6 B-17 Boys - u/18 Youth : Javelin — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND083	201	Lukas Willem Opperman	INDIVIDUAL	1	46.46	583		E
EDA014	81	Arno Seal	EDDAS THROWERS	2	45.77	571		E
IND122	240	Shaun-Michael Scharneck	INDIVIDUAL	3	41.92	503		E
HEA015	109	Vincent McLeod	HEAT	4	41.10	488		E
IND008	126	JP GRUNDLING	INDIVIDUAL	5	40.87	483		E
GRC010	93	Neo Lesoro	GRAEME COLLEGE	6	37.33	416		E
IND135	253	Charlin Helmie	INDIVIDUAL	7	36.69	403		E

7 G-15 Girls - u/16 Sub-Youth : 90 m Hurdles — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD026	336	Anria Vosloo	MADIBAZ	1	00:14.40	842	-4.28	E
ACT018	19	Mia Vermaak	ACT	2	00:14.79	812	-4.28	E
IND113	231	Chandri Kritzinger	INDIVIDUAL	3	00:17.91	633	-4.28	E
IND095	213	Minandi Venter	INDIVIDUAL	4	00:18.27	616	-4.28	E

8 G-17 Girls - u/18 Youth : 100 m Hurdles — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND089	207	Megan Newton	INDIVIDUAL	1	00:15.80	782	-5.38	E
HEA004	98	Lara Kleinhans	HEAT	2	00:15.99	769	-5.38	E
HEA005	99	Anri van Zyl	HEAT	3	00:16.10	763	-2.23	E
IND039	157	Kaylee van Dyk	INDIVIDUAL	4	00:16.73	725	-2.23	E
ACT002	3	Anika de Ridder	ACT	5	00:18.09	655	-5.38	E

10 W-99 Women - Senior : 100 m Hurdles — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD015	325	Kelly Howitz	MADIBAZ	1	00:17.38	639	-3.19	E

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11 B-15 Boys - u/16 Sub-Youth : 100 m Hurdles — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND157	275	Bryan Katoo	INDIVIDUAL	1	00:13.67	869	+1.82	E
IND030	148	Jamie Strauss	INDIVIDUAL	2	00:14.77	764	+1.82	E
BOX012	40	Juan Du Plessis	BOXER	3	00:14.92	752	+1.82	E
IND012	130	Tunesian Basson	INDIVIDUAL	4	00:15.47	709	+1.30	E
BOX019	47	Rossouw Nel	BOXER	5	00:21.40	401	+1.30	E

12 B-17 Boys - u/18 Youth : 110 m Hurdles — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND066	184	Ewan Kemp	INDIVIDUAL	1	00:16.73	685	+2.08	E
BOX018	46	De wet Nel	BOXER	2	00:17.71	624	+2.08	E
IND158	276	Liam van Heerden	INDIVIDUAL	3	00:18.03	606	+2.08	E

13 M-19 Men - u/20 Junior : 110 m Hurdles — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA019	113	Mondray Barnard	HEAT	1	00:13.97	942	+3.04	E
INF018	306	Michael Spinks	INDIVIDUAL FRAMESBY	2	00:17.43	653	+3.04	E
IND036	154	Marco Jooste	INDIVIDUAL	3	00:20.00	518	+3.04	E

14 W-19 Women - u/20 Junior : Triple Jump — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT015	16	Celma Swart	ACT	1	10.00	478	+3.50	E

15 W-99 Women - Senior : Triple Jump — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA010	104	Maruska Janse van	HEAT	1	12.30	727	-2.17	E
MAD013	323	Ambre Nakas	MADIBAZ	2	11.56	610	-1.40	E

17 W-99 Women - Senior : Hammer Throw — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD035	345	Elme Botha	MADIBAZ	1	48.65	913		E

18 M-19 Men - u/20 Junior : Javelin — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND099	217	Damian van der Merwe	INDIVIDUAL	1	39.03	448		E

19 M-99 Men - Senior : Javelin — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND067	185	Sadha Felix	INDIVIDUAL	1	39.88	330		E
IND093	211	Jannie Venter	INDIVIDUAL	2	34.41	229		E

20 M-99 Men - Senior : 110 m Hurdles — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND093	211	Jannie Venter	INDIVIDUAL	1	00:17.21	645	+3.04	E

21 G-15 Girls - u/16 Sub-Youth : 1500 m Steeple — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
INF016	304	Simone Louw	INDIVIDUAL FRAMESBY	1	05:57.21	0		E

22 B-15 Boys - u/16 Sub-Youth : 1500 m Steeple C — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND171	369	Wiehan Maree	INDIVIDUAL	1	05:13.50	799		E

23 G-17 Girls - u/18 Youth : 2000 m Steeple Chas — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
INF002	290	Anel Strauss	INDIVIDUAL FRAMESBY	1	07:59.58	777		E
INF001	289	Incke Conradie	INDIVIDUAL FRAMESBY	2	08:32.81	727		E

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27 B-17 Boys - u/18 Youth : Triple Jump — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND158 276	Liam van Heerden	INDIVIDUAL	1	12.75	618	-0.17	E
IND118 236	Liyema Mqhayi	INDIVIDUAL	2	12.05	516	-0.17	E

28 B-15 Boys - u/16 Sub-Youth : Hammer Throw — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND092 210	Josh Bishop	INDIVIDUAL	1	33.78	755		E

29 B-17 Boys - u/18 Youth : Hammer Throw — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND090 208	Tommie Olivier	INDIVIDUAL	1	48.19	829		E
IND015 133	Louw van Schalkwyk	INDIVIDUAL	2	42.26	777		E

30 G-15 Girls - u/16 Sub-Youth : Javelin — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND062 180	Chloe Luiters	INDIVIDUAL	1	32.53	702		E
EDA002 69	Chante Mulder	EDDAS THROWERS	2	32.32	698		E
IND069 187	Anja Vorster	INDIVIDUAL	3	29.62	647		E
INF015 303	Christelle Stander	INDIVIDUAL FRAMESBY	4	24.40	538		E

31 G-17 Girls - u/18 Youth : Javelin — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND014 132	Cor-Ale van Heerden	INDIVIDUAL	1	33.73	702		E
INF008 296	Mienke Deysel	INDIVIDUAL FRAMESBY	2	30.39	641		E
MAD018 328	Angelique Roodt	MADIBAZ	3	30.35	640		E
IND059 177	Catinka Fourie	INDIVIDUAL	4	24.70	525		E

32 B-17 Boys - u/18 Youth : 2000 m Steeple Chase — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
INF017 305	Gerhard Venter	INDIVIDUAL FRAMESBY	1	06:35.33	845		E
INF005 293	Logan Muller	INDIVIDUAL FRAMESBY	2	06:49.86	802		E
CMC004 54	Alwayno Jacobs	CAMDEBOO	3	06:49.92	802		E
INF007 295	Francois Vosloo	INDIVIDUAL FRAMESBY	4	07:05.80	759		E

34 M-99 Men - Senior : 3000 m Steeple Chase — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
CMC001 51	Ricardo Merrington	CAMDEBOO	1	11:11.00	811		E

35 M-19 Men - u/20 Junior : Triple Jump — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
GRC004 87	Mihlali Xalabile	GRAEME COLLEGE	1	12.55	533	-1.21	E
IND036 154	Marco Jooste	INDIVIDUAL	2	11.76	419	-0.60	E
IND028 146	Stefan De Jager	INDIVIDUAL	3	11.50	382	-0.42	E

36 M-99 Men - Senior : Triple Jump — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD009 319	Kyle Norman	MADIBAZ	1	13.04	459	-1.87	E

37 M-19 Men - u/20 Junior : Hammer Throw — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD017 327	Tiaan Erskine	MADIBAZ	1	60.19	978		E
IND091 209	Willie Olivier	INDIVIDUAL	2	39.18	793		E

38 M-99 Men - Senior : Hammer Throw — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD034 344	Paul Du Plessis	MADIBAZ	1	56.74	891		E
MAD031 341	Dante Nel	MADIBAZ	2	53.28	865		E
MAD038 372	Tiaan Erskine	MADIBAZ	3	52.01	855		E

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40 W-99 Women - Senior : Javelin — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD015	325	Kelly Howitz	MADIBAZ	1	19.55	337		E

41 G-15 Girls - u/16 Sub-Youth : 800 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND021	139	Abby Holderness	INDIVIDUAL	1	02:24.59	811		E
HEA002	96	Mira Esterhuysen	HEAT	2	02:29.50	765		E
ACT023	24	Indiphile Mkhosana	ACT	3	02:34.11	725		E
IND009	127	Marne Koen	INDIVIDUAL	4	02:35.84	711		E
ACT024	25	Simnikiwe Booysen	ACT	5	02:41.31	670		E
HEA001	95	Keara Domingo	HEAT	6	02:41.73	667		E
IND126	244	Abbie Mitchell	INDIVIDUAL	7	02:43.75	652		E
IND125	243	Amber Irvine	INDIVIDUAL	8	02:44.49	647		E

42 B-15 Boys - u/16 Sub-Youth : 800 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND128	246	Lieben Bester	INDIVIDUAL	1	02:14.68	491		E
IND064	182	Noah Joubert	INDIVIDUAL	2	02:17.88	447		E
IND012	130	Tunesian Basson	INDIVIDUAL	3	02:24.86	360		E
IND057	175	Daniel Richter	INDIVIDUAL	4	02:25.96	347		E
ACT020	21	Mke Kuhle	ACT	5	02:36.88	233		E

43 G-17 Girls - u/18 Youth : 800 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND019	137	Emma Kruse	INDIVIDUAL	1	02:15.41	887		E
IND117	235	Anke Serfontein	INDIVIDUAL	2	02:18.61	851		E
INF002	290	Anel Strauss	INDIVIDUAL FRAMESBY	3	02:30.44	736		E
HEA006	100	Christine Mari Le Roux	HEAT	4	02:35.59	694		E

44 B-17 Boys - u/18 Youth : 800 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND177	405	MORNE VAN DEN BERG	INDIVIDUAL	1	02:00.85	675		E
INF017	305	Gerhard Venter	INDIVIDUAL FRAMESBY	2	02:10.03	517		E
IND065	183	Iviwe Jekana	INDIVIDUAL	3	02:12.20	485		E
GRC007	90	Licebo Ngwentle	GRAEME COLLEGE	4	02:16.51	425		E
INF007	295	Francois Vosloo	INDIVIDUAL FRAMESBY	5	02:17.00	419		E
IND121	239	Tiaan Gerber	INDIVIDUAL	6	02:19.77	384		E
IND058	176	Colin De Vlam	INDIVIDUAL	7	02:24.10	332		E
IND166	284	Christiaan Victor	INDIVIDUAL	8	02:30.03	268		E

45 W-19 Women - u/20 Junior : 800 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND031	149	Savannah Barron	INDIVIDUAL	1	03:09.56	479		E

46 M-19 Men - u/20 Junior : 800 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND159	277	Valentino Verwey	INDIVIDUAL	1	01:56.97	703		E
INF004	292	Wehan Smith	INDIVIDUAL FRAMESBY	2	01:59.93	644		E
IND018	136	Terrence Oelofse	INDIVIDUAL	3	02:01.46	615		E
ACT017	18	LD van Zyl	ACT	4	02:05.52	545		E
GRC001	84	Loyiso Nyoko	GRAEME COLLEGE	5	02:08.45	500		E
BOX014	42	Clifton Dickson	BOXER	6	02:10.73	466		E

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48 M-99 Men - Senior : 800 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E	
CMC016	66	Devan Dolleys	CAMDEBOO	1	01:59.97	506		E	
MAD010	320	Gontsejalo Mohutsiwa	MADIBAZ	2	02:02.35	468		E	
CMC008	58	Jonathan Witbooi	CAMDEBOO	3	02:07.93	388		E	
CMC002	52	Simon Osman	CAMDEBOO	4	02:11.86	336		E	
HEA022	116	Ryan Peter	HEAT	5	02:14.84	300		E	
NED015	362	Jeandre Deerling	NEDBANK	6	02:19.73	244		E	
HEA024	118	Gilroy Domingo	HEAT	7	02:34.19	102		E	
NED013	360	Richard Mazungula	NEDBANK	8	02:37.54	73		E	

49 G-15 Girls - u/16 Sub-Youth : 200 m — Heats

		Athlete	Team		Place	Performance	Table point	Wind	H/E	
IND161	279	Chrislie Ferreira	INDIVIDUAL	1	1	00:00.01	0		E	1
IND139	257	Kaylene Williams	INDIVIDUAL	1	2	00:00.01	0		E	1
IND123	241	Milandri Fourie	INDIVIDUAL	1	3	00:00.01	0		E	1
IND140	258	Chesne Steyn	INDIVIDUAL	1	4	00:00.01	0		E	1
BOX002	30	Olivia Du Plessis	BOXER	1	5	00:00.01	0		E	1

50 B-15 Boys - u/16 Sub-Youth : 200 m — Heats

		Athlete	Team		Place	Performance	Table point	Wind	H/E	
HEA011	105	Cole Moultrie	HEAT	1	4	00:23.80	732	+1.67	E	1
IND079	197	Marzanno Seekoei	INDIVIDUAL	1	5	00:24.06	713	+1.67	E	1
GRC009	92	Khanya Pieters	GRAEME COLLEGE	1	10	00:26.15	583	+1.67	E	1
IND107	225	Elleaqon Draai	INDIVIDUAL	1	11	00:26.19	581	+1.67	E	1
IND137	255	Shanlin Johnson	INDIVIDUAL	1	12	00:26.52	563	+1.67	E	1
IND112	230	Timothy Pieterson	INDIVIDUAL	1	15	00:26.66	556	+1.67	E	1
IND053	171	Nathan Putzier	INDIVIDUAL	2	2	00:23.55	750	+1.93	E	2
IND011	129	Marko Ferreira	INDIVIDUAL	2	3	00:23.66	742	+1.93	E	2
HEA013	107	Reece Nawdish	HEAT	2	8	00:25.38	627	+1.93	E	2
IND101	219	Cearon Felix	INDIVIDUAL	2	9	00:25.66	611	+1.93	E	2
IND134	252	Nishaan Jacobs	INDIVIDUAL	2	13	00:26.53	563	+1.93	E	2
IND157	275	Bryan Katoo	INDIVIDUAL	3	1	00:23.10	786	+3.66	E	3
IND136	254	Keano Windvogel	INDIVIDUAL	3	6	00:24.36	692	+3.66	E	3
HEA012	106	Zubenathi Skosana	HEAT	3	7	00:24.55	680	+3.66	E	3
ACT001	2	Chase Alberts	ACT	3	14	00:26.62	558	+3.66	E	3
IND172	370	Randall Botha	INDIVIDUAL	3	16	00:28.18	482	+3.66	E	3

51 G-17 Girls - u/18 Youth : 200 m — Heats

		Athlete	Team	Place		Performance	Table point	Wind	H/E	
BOX003	31	Jenna Killian	BOXER	1	1	00:00.00	0		E	1
ACT005	6	Annestacysha George	ACT	1	2	00:00.01	0		E	1
HEA008	102	Thriscka Stapelberg	HEAT	1	3	00:00.01	0		E	1
HEA003	97	Amber-Lee Elliott	HEAT	1	4	00:00.01	0		E	1
ACT003	4	Caitlyn Franks	ACT	1	5	00:00.01	0		E	1
BOX001	29	Zoe Griessel	BOXER	1	6	00:00.01	0		E	1

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52 B-17 Boys - u/18 Youth : 200 m — Heats

		Athlete	Team	Place		Performance	Table point	Wind	H/E	
ACT007	8	Shakiell Kaisi	ACT		1	00:22.43	807	+4.40	E	
IND033	151	Reinhardt van Rensburg	INDIVIDUAL		2	00:23.20	744	+4.40	E	
BOX011	39	Christiaan Liebenberg	BOXER		4	00:23.43	727	+4.40	E	
IND169	287	Earon Felix	INDIVIDUAL		10	00:24.80	635	+4.40	E	
ACT008	9	Tshanga Khanyiso	ACT		15	00:25.37	600	+4.40	E	
ACT016	17	Cameron van Heerden	ACT	1	3	00:23.40	729	+0.65	E	1
ACT019	20	Lincoln von Waltzleben	ACT	1	5	00:23.80	700	+0.65	E	1
IND080	198	Raphael Vaaltyn	INDIVIDUAL	1	6	00:24.00	686	+0.65	E	1
IND063	181	Leighvin Arends	INDIVIDUAL	1	7	00:24.20	673	+0.65	E	1
HEA014	108	Connor Liberty	HEAT	1	9	00:24.40	660	+0.65	E	1
GRC008	91	Likhona Mhono	GRAEME COLLEGE	1	12	00:24.90	628	+0.65	E	1
HEA016	110	Keenan Adams	HEAT	2	8	00:24.36	662	+0.65	E	2
INS002	310	Bryan Coltman	INDIVIDUAL STRALITIA	2	11	00:24.84	632	+0.65	E	2
IND082	200	Robin-Lee Hendricks	INDIVIDUAL	2	13	00:25.00	622	+0.65	E	2
BOX010	38	Ruan Scheepers	BOXER	2	14	00:25.04	620	+0.65	E	2
INF010	298	Hugo Nothnagel	INDIVIDUAL FRAMESBY	2	16	00:25.50	593	+0.65	E	2

53 W-19 Women - u/20 Junior : 200 m — Heats

		Athlete	Team	Place		Performance	Table point	Wind	H/E	
ACT011	12	Clarise Moolman	ACT		1	00:00.01	0		E	
IND131	249	Yanke Williams	INDIVIDUAL	1	2	00:00.01	0		E	1

54 M-19 Men - u/20 Junior : 200 m — Heats

		Athlete	Team	Place		Performance	Table point	Wind	H/E	
ACT014	15	Lennon Paiva	ACT	1	1	00:22.89	741	+0.68	E	
HEA020	114	Damian Adlem	HEAT	1	3	00:23.91	668	+0.68	E	1
IND024	142	Theolan Pillay	INDIVIDUAL	1	4	00:24.11	655	+0.68	E	1
GRC006	89	Ndima Shoba	GRAEME COLLEGE	1	7	00:25.76	557	+0.68	E	1
IND056	174	Dwayne Pharo	INDIVIDUAL	2	1	00:22.24	794	+2.16	E	1
GRC003	86	Asemahle Didiza	GRAEME COLLEGE	2	5	00:24.42	635	+2.16	E	2
ACT010	11	Matthew Langford	ACT	2	6	00:25.59	566	+2.16	E	2
IND100	218	Jordan Lucas	INDIVIDUAL	2	8	00:26.52	517	+2.16	E	2
MAD033	343	Lathitha Mbuzwana	MADIBAZ	2	9	00:26.54	516	+2.16	E	2

55 W-99 Women - Senior : 200 m — Heats

		Athlete	Team	Place		Performance	Table point	Wind	H/E	
MAD002	312	Saskia Wait	MADIBAZ	1	1	00:00.01	0		E	
IND044	162	chere jacobs	INDIVIDUAL	1	2	00:00.01	0		E	1
MAD015	325	Kelly Howitz	MADIBAZ	1	3	00:00.01	0		E	1

56 M-99 Men - Senior : 200 m — Heats

		Athlete	Team	Place		Performance	Table point	Wind	H/E	
MAD001	311	Leonard Mgoqi	MADIBAZ	1	1	00:21.97	777	-0.60	E	
VAR001	365	Nikithemba Hani	VARSITY COLLEGE	1	2	00:21.98	776	-0.60	E	1
NED004	351	Dino Kritzinger	NEDBANK	1	7	00:23.76	644	-0.60	E	1
MAD037	347	Sherwin Van Staden	MADIBAZ	2	3	00:22.30	750	+2.53	E	1
IND045	163	Jordan Le Roux	INDIVIDUAL	2	4	00:22.50	734	+2.53	E	2
IND043	161	Earl Roses	INDIVIDUAL	2	5	00:22.60	726	+2.53	E	2
IND046	164	Bulumko Ntuthu	INDIVIDUAL	2	6	00:22.90	704	+2.53	E	2
MAD016	326	Neallan Jonkers	MADIBAZ	2	8	00:28.80	387	+2.53	E	2

57 W-19 Women - u/20 Junior : 5000 m — Final

		Athlete	Team	Place		Performance	Table point	Wind	H/E
IND013	131	Sascha Mortimer	INDIVIDUAL		1	19:35.90	787		E
IND115	233	Lea de Villiers	INDIVIDUAL		2	19:55.03	774		E

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Result per item

58 W-99 Women - Senior : 5000 m — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
BOX009	37 Cherise Carreira	BOXER	1	17:49.50	827		E
NED001	348 Ntombesintu Mfunzi	NEDBANK	2	18:41.10	786		E
BOX008	36 Sandy Kundulu	BOXER	3	19:43.30	743		E

59 M-19 Men - u/20 Junior : 5000 m — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND159	277 Valentino Verwey	INDIVIDUAL	1	16:21.04	812		E

60 M-99 Men - Senior : 5000 m — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
NED011	358 Andile Motwana	NEDBANK	1	15:03.99	777		E
NED016	363 Gift Chigomarawa	NEDBANK	2	15:27.49	748		E
VKA001	367 Xolisa Ndlumbini	VUKANI	3	15:28.83	746		E
BOX015	43 Lithobe Menzeleli	BOXER	4	15:40.30	733		E
IND038	156 Khaya Gqwetha	INDIVIDUAL	6	15:50.96	721		E
BOX016	44 Xolisile Sinkitana	BOXER	7	16:27.64	682		E
NED014	361 Sinethemba Mirele	NEDBANK	8	16:54.68	655		E
IND006	124 Siyabonga Manyube	INDIVIDUAL	9	17:05.90	645		E
RFC001	364 ATTIE WILLIAMS	RUN FOR CHRIST	10	21:36.68	445		E

61 B-15 Boys - u/16 Sub-Youth : 300 m Hurdles — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND060	178 Armand van Rensburg	INDIVIDUAL	1	00:43.91	617		E
IND030	148 Jamie Strauss	INDIVIDUAL	2	00:44.35	601		E
BOX012	40 Juan Du Plessis	BOXER	3	00:45.06	575		E
IND101	219 Cearon Felix	INDIVIDUAL	4	00:46.63	522		E

62 G-15 Girls - u/16 Sub-Youth : 300 m Hurdles — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD026	336 Anria Vosloo	MADIBAZ	1	00:41.19	1004		E
BOX002	30 Olivia Du Plessis	BOXER	2	00:48.41	815		E

63 G-15 Girls - u/16 Sub-Youth : Pole Vault — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND133	251 Inge van Eyk	INDIVIDUAL	1	2.30	133		E

64 G-17 Girls - u/18 Youth : Pole Vault — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND023	141 Sarah Jane Brits	INDIVIDUAL	1	2.50	199		E

67 B-15 Boys - u/16 Sub-Youth : Long Jump — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND157	275 Bryan Katoo	INDIVIDUAL	1	6.38	840		E
CMC011	61 Dadrian Snyers	CAMDEBOO	2	5.56	578		E
IND134	252 Nishaan Jacobs	INDIVIDUAL	3	5.31	496		E
IND137	255 Shanlin Johnson	INDIVIDUAL	4	5.00	393		E

68 B-17 Boys - u/18 Youth : Long Jump — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND158	276 Liam van Heerden	INDIVIDUAL	1	5.99	601		E
INS001	309 Ryan Coltman	INDIVIDUAL STRALITIA	2	5.79	539		E
HEA014	108 Connor Liberty	HEAT	3	5.55	465		E
IND050	168 Mlibo Xotyeni	INDIVIDUAL	4	5.32	393		E

69 G-15 Girls - u/16 Sub-Youth : High Jump — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND068	186 Caitlyn Marriot	INDIVIDUAL	1	1.45	603		E
IND108	226 Chrisna Sterley	INDIVIDUAL	2	1.45	603		E

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70 G-17 Girls - u/18 Youth : High Jump — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND116	234	Mari Venter	INDIVIDUAL	1	1.63	769		E
IND089	207	Megan Newton	INDIVIDUAL	2	1.60	733		E
IND073	191	Tanith Moreton	INDIVIDUAL	3	1.45	550		E

71 G-15 Girls - u/16 Sub-Youth : Shot Put — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
EDA003	70	Kelly Gouws	EDDAS THROWERS	1	12.97	882		E
EDA001	68	Ngazo NTONI	EDDAS THROWERS	2	10.90	798		E
EDA002	69	Chante Mulder	EDDAS THROWERS	3	10.44	778		E

72 G-17 Girls - u/18 Youth : Shot Put — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
EDA007	74	Heike Groenewald	EDDAS THROWERS	1	14.14	900		E
INF020	308	Charnleigh Kotze	INDIVIDUAL FRAMESBY	2	13.69	883		E
EDA005	72	Deane Slabbert	EDDAS THROWERS	3	12.21	827		E
IND055	173	Elisca Streicher	INDIVIDUAL	4	11.49	798		E
EDA008	75	Anri Knoetze	EDDAS THROWERS	5	11.28	789		E

73 B-15 Boys - u/16 Sub-Youth : Discus Throw — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND035	153	Matthew Heath	INDIVIDUAL	1	49.46	834		E
EDA012	79	Handre Barnard	EDDAS THROWERS	2	44.59	772		E
IND081	199	Elandre Beauzec	INDIVIDUAL	3	44.52	771		E
EDA011	78	Nicolis THYSSE	EDDAS THROWERS	4	43.92	763		E
IND072	190	Remy Heymans	INDIVIDUAL	5	37.74	678		E
EDA013	80	Dandre Leonard	EDDAS THROWERS	6	35.89	650		E

74 B-17 Boys - u/18 Youth : Discus Throw — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
INF019	307	Jaco Pretorius	INDIVIDUAL FRAMESBY	1	42.07	754		E

75 G-17 Girls - u/18 Youth : 400 m Hurdles — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
INF013	301	Zanri Black	INDIVIDUAL FRAMESBY	1	01:06.44	474		E
IND094	212	Jané Venter	INDIVIDUAL	2	01:10.73	449		E
IND039	157	Kaylee van Dyk	INDIVIDUAL	3	01:14.44	428		E
BOX006	34	Sane Matthee	BOXER	4	01:14.95	425		E

76 W-19 Women - u/20 Junior : 400 m Hurdles — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT012	13	Tanielle Moolman	ACT	1	01:11.62	436		E

78 B-17 Boys - u/18 Youth : 400 m Hurdles — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD023	333	Wernich Van Rensburg	MADIBAZ	1	00:53.21	912		E
BOX018	46	De wet Nel	BOXER	2	01:01.07	7		E
IND103	221	Darius Pretorius	INDIVIDUAL	3	01:02.93	0		E
INF010	298	Hugo Nothnagel	INDIVIDUAL FRAMESBY	4	01:03.45	0		E

79 M-19 Men - u/20 Junior : 400 m Hurdles — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA018	112	Damian Smith	HEAT	1	00:57.18	772		E

81 B-15 Boys - u/16 Sub-Youth : Pole Vault — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND051	169	David Brits	INDIVIDUAL	1	2.70	14		E

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82 B-17 Boys - u/18 Youth : Pole Vault — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND054	172	Bryce Putzier	INDIVIDUAL	1	4.30	711		E
IND174	400	Zander Van Eyk	INDIVIDUAL	2	3.90	531		E
IND176	402	Tyler Manthe	INDIVIDUAL	3	3.70	439		E
IND175	401	Schalk Stroebel	INDIVIDUAL	4	2.80	0		E

84 M-99 Men - Senior : Pole Vault — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND093	211	Jannie Venter	INDIVIDUAL	1	2.60	0		E

85 G-15 Girls - u/16 Sub-Youth : 200 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BOX002	30	Olivia Du Plessis	BOXER	1	00:27.08	809	+2.83	E
IND123	241	Milandri Fourie	INDIVIDUAL	2	00:28.25	747	+2.83	E
IND161	279	Chrislie Ferreira	INDIVIDUAL	3	00:29.14	705	+2.83	E
IND140	258	Chesne Steyn	INDIVIDUAL	4	00:30.28	655	+2.83	E
IND139	257	Kaylene Williams	INDIVIDUAL	5	00:30.96	628	+2.83	E

86 B-15 Boys - u/16 Sub-Youth : 200 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND157	275	Bryan Katoo	INDIVIDUAL	1	00:22.85	807	+6.09	E
HEA011	105	Cole Moultrie	HEAT	2	00:23.19	779	+6.09	E
IND053	171	Nathan Putzier	INDIVIDUAL	3	00:23.26	773	+6.09	E
IND079	197	Marzanno Seekoei	INDIVIDUAL	4	00:23.60	747	+6.09	E
IND011	129	Marko Ferreira	INDIVIDUAL	5	00:23.61	746	+6.09	E
HEA012	106	Zubenathi Skosana	HEAT	6	00:24.30	696	+6.09	E
IND136	254	Keano Windvogel	INDIVIDUAL	7	00:24.73	668	+6.09	E
HEA013	107	Reece Nawdish	HEAT	8	00:25.23	636	+6.09	E

87 G-17 Girls - u/18 Youth : 200 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT005	6	Annestacysha George	ACT	1	00:25.52	882	+5.95	E
BOX001	29	Zoe Griessel	BOXER	2	00:26.15	841	+5.95	E
BOX003	31	Jenna Killian	BOXER	3	00:26.45	823	+5.95	E
ACT003	4	Caitlyn Franks	ACT	4	00:26.59	814	+5.95	E
HEA003	97	Amber-Lee Elliott	HEAT	5	00:26.68	809	+5.95	E
HEA008	102	Thriscka Stapelberg	HEAT	6	00:27.81	748	+5.95	E

88 B-17 Boys - u/18 Youth : 200 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT007	8	Shakiell Kaisi	ACT	1	00:22.49	802	+0.65	E
BOX011	39	Christiaan Liebenberg	BOXER	2	00:23.20	744	+0.65	E
IND033	151	Reinhardt van Rensburg	INDIVIDUAL	3	00:23.25	740	+0.65	E
ACT016	17	Cameron van Heerden	ACT	4	00:23.35	733	+0.65	E
HEA016	110	Keenan Adams	HEAT	5	00:23.68	709	+0.65	E
ACT019	20	Lincoln von Waltzleben	ACT	6	00:23.71	707	+0.65	E
IND080	198	Raphael Vaaltyn	INDIVIDUAL	7	00:23.79	701	+0.65	E
INS002	310	Bryan Coltman	INDIVIDUAL STRALITIA	8	00:24.37	662	+0.65	E

89 W-19 Women - u/20 Junior : 200 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT011	12	Clarise Moolman	ACT	1	00:26.41	804	-1.44	E
IND131	249	Yanke Williams	INDIVIDUAL	2	00:28.06	717	-1.44	E

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90 M-19 Men - u/20 Junior : Long Jump — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD032 342	Buhlebenkosi Kahla	MADIBAZ	1	6.90	784	+4.10	E
IND114 232	Aiden Roach	INDIVIDUAL	2	6.70	727	+2.99	E
IND040 158	Johannes Erasmus	INDIVIDUAL	3	6.24	594	+3.06	E
GRC004 87	Mihlali Xalabile	GRAEME COLLEGE	4	6.10	553	+3.14	E
IND036 154	Marco Jooste	INDIVIDUAL	5	5.73	443	+5.83	E
IND028 146	Stefan De Jager	INDIVIDUAL	6	5.23	290	+0.84	E
IND100 218	Jordan Lucas	INDIVIDUAL	7	4.81	157	+1.47	E

91 M-99 Men - Senior : Long Jump — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
VAR001 365	Nikithemba Hani	VARSITY COLLEGE	1	7.26	746	+2.27	E
MAD022 332	Crissio Roberts	MADIBAZ	2	6.93	658	+1.63	E
MAD009 319	Kyle Norman	MADIBAZ	3	6.75	609	+2.14	E
MAD011 321	John Mamabolo	MADIBAZ	4	6.57	560	+2.98	E
IND067 185	Sadha Felix	INDIVIDUAL	5	5.58	282	+4.66	E
IND093 211	Jannie Venter	INDIVIDUAL	6	5.46	247	+7.04	E

92 W-19 Women - u/20 Junior : High Jump — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD029 339	Zihle Makamba	MADIBAZ	1	00:00.00	0		E

93 W-99 Women - Senior : High Jump — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD005 315	Caryn-Ann Howard	MADIBAZ	1	1.60	514		E
MAD015 325	Kelly Howitz	MADIBAZ	2	1.55	458		E

94 W-19 Women - u/20 Junior : Shot Put — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND007 125	ALANA GRUNDLING	INDIVIDUAL	1	11.74	853		E
EDA009 76	Colleen Brown	EDDAS THROWERS	2	11.61	847		E
EDA010 77	Monique Warner	EDDAS THROWERS	3	9.57	756		E

95 W-99 Women - Senior : Shot Put — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD006 316	Ischke Senekal	MADIBAZ	1	16.10	1002		E
MAD015 325	Kelly Howitz	MADIBAZ	2	10.78	792		E

96 M-19 Men - u/20 Junior : Discus Throw — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD020 330	Francois Spamer	MADIBAZ	1	37.97	742		E
IND070 188	Barnard Swanepoel	INDIVIDUAL	2	31.76	643		E

97 M-99 Men - Senior : Discus Throw — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND093 211	Jannie Venter	INDIVIDUAL	1	22.16	403		E

98 M-19 Men - u/20 Junior : 200 m — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND056 174	Dwayne Pharo	INDIVIDUAL	1	00:21.82	832	+3.78	E
ACT014 15	Lennon Paiva	ACT	2	00:22.55	768	+3.78	E
HEA020 114	Damian Adlem	HEAT	3	00:22.71	756	+3.78	E
IND024 142	Theolan Pillay	INDIVIDUAL	4	00:24.07	658	+3.78	E
ACT010 11	Matthew Langford	ACT	5	00:25.15	591	+3.78	E
IND100 218	Jordan Lucas	INDIVIDUAL	6	00:25.87	551	+3.78	E

99 W-99 Women - Senior : 200 m — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD002 312	Saskia Wait	MADIBAZ	1	00:26.30	708	+1.69	E
MAD015 325	Kelly Howitz	MADIBAZ	2	00:26.60	693	+1.69	E
IND044 162	chere jacobs	INDIVIDUAL	3	00:26.63	692	+1.69	E

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100 M-99 Men - Senior : 200 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD001	311	Leonard Mgoqi	MADIBAZ	1	00:21.90	783	+3.33	E
IND045	163	Jordan Le Roux	INDIVIDUAL	2	00:22.69	719	+3.33	E
VAR001	365	Nikithemba Hani	VARSITY COLLEGE	3	00:22.85	707	+3.33	E
IND043	161	Earl Roses	INDIVIDUAL	4	00:23.00	696	+3.33	E
MAD037	347	Sherwin Van Staden	MADIBAZ	5	00:23.21	681	+3.33	E
NED004	351	Dino Kritzinger	NEDBANK	6	00:24.02	628	+3.33	E

101 G-15 Girls - u/16 Sub-Youth : 1500 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT023	24	Indiphile Mkhosana	ACT	1	05:19.95	684		E
IND022	140	Kaitlyn Kruiskamp	INDIVIDUAL	2	05:26.99	659		E
HEA002	96	Mira Esterhuysen	HEAT	3	05:35.84	629		E
INF011	299	Alouise Vosloo	INDIVIDUAL FRAMESBY	4	05:48.68	588		E
IND125	243	Amber Irvine	INDIVIDUAL	5	05:54.77	570		E
ALB002	406	ANIKA MAREE	ST ALBANS	6	05:57.96	560		E

102 B-15 Boys - u/16 Sub-Youth : 1500 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND168	286	Joshua Napoleon	INDIVIDUAL	1	04:56.01	610		E
ACT020	21	Mke Kuhle	ACT	2	05:03.70	578		E
IND057	175	Daniel Richter	INDIVIDUAL	3	05:34.08	467	.	E

103 G-17 Girls - u/18 Youth : 1500 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND117	235	Anke Serfontein	INDIVIDUAL	1	05:00.59	743		E
HEA006	100	Christine Mari Le Roux	HEAT	2	05:39.33	600		E
IND129	247	Kim Pengelly	INDIVIDUAL	3	06:43.03	432		E

104 B-17 Boys - u/18 Youth : 1500 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND177	405	MORNE VAN DEN BERG	INDIVIDUAL	1	04:17.50	778		E
ACT022	23	Aphelele September	ACT	2	04:18.00	775		E
IND061	179	Brenden Wessels	INDIVIDUAL	3	04:18.83	770		E
ALB003	407	KEANU WELCH	ST ALBANS	4	04:20.05	762		E
IND034	152	Matthew Van Coller	INDIVIDUAL	5	04:21.41	754		E
ACT025	26	Siyabonga Rhafuza	ACT	6	04:31.48	698		E
ACT021	22	Hlomelo Soganga	ACT	7	04:33.19	689		E
CMC009	59	Brendly Memanie	CAMDEBOO	8	04:38.88	660		E
CMC004	54	Alwayno Jacobs	CAMDEBOO	9	04:41.82	646		E
ACT026	27	Achuma Royi	ACT	10	04:49.18	612		E
IND135	253	Charlin Helmie	INDIVIDUAL	11	04:57.70	575		E
GRC005	88	Emihle Mgedezi	GRAEME COLLEGE	12	05:04.54	548		E

106 M-19 Men - u/20 Junior : 1500 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BOX014	42	Clifton Dickson	BOXER	1	04:34.39	653		E
NED002	349	Warren Matshabela	NEDBANK	2	04:43.31	611		E
IND111	229	Lindo Makana	INDIVIDUAL	3	04:52.00	573		E

107 W-99 Women - Senior : 1500 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND042	160	Kayla Nell	INDIVIDUAL	1	04:59.61	686		E
EXL002	83	Amber Rayners	EXEL	2	05:21.90	604		E
VAR002	366	Lara de Bloe	VARSITY COLLEGE	3	05:28.14	584		E
NED006	353	Jacky Kobokana	NEDBANK	4	07:26.51	304		E

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108 G-15 Girls - u/16 Sub-Youth : Long Jump — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT018	19	Mia Vermaak	ACT	1	5.22	745	2.76	E
BOX004	32	Hannah James	BOXER	2	4.60	512	3.01	E
IND141	259	Elkeisa Ruiters	INDIVIDUAL	3	4.43	446	2.40	E
IND143	261	Amorneisha Jasson	INDIVIDUAL	4	4.14	332	2.97	E
IND095	213	Minandi Venter	INDIVIDUAL	5	4.09	312	3.00	E

109 G-17 Girls - u/18 Youth : Long Jump — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BOX005	33	Amori Matthee	BOXER	1	5.02	579	2.68	E
CMC012	62	Ricartlin Lottering	CAMDEBOO	2	5.01	575	2.70	E
IND124	242	Nicola Coetzee	INDIVIDUAL	3	4.59	421	1.90	E
IND119	237	Dané Van Dyk	INDIVIDUAL	4	4.54	403	2.10	E
IND074	192	Calista Koekemoer	INDIVIDUAL	5	4.40	350	2.60	E

110 B-15 Boys - u/16 Sub-Youth : High Jump — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND012	130	Tunesian Basson	INDIVIDUAL	1	1.60	541		E
IND179	420	Stefan Jachens	INDIVIDUAL	2	1.55	485		E
IND112	230	Timothy Pieterson	INDIVIDUAL	3	1.45	371		E

111 B-17 Boys - u/18 Youth : High Jump — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND105	223	DJ Zietsman	INDIVIDUAL	1	1.75	621		E
ACT009	10	Stefan Kohler	ACT	2	1.70	568		E

112 B-15 Boys - u/16 Sub-Youth : Shot Put — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND081	199	Elandre Beauzec	INDIVIDUAL	1	14.83	831		E
EDA012	79	Handre Barnard	EDDAS THROWERS	2	14.09	797		E
EDA013	80	Dandre Leonard	EDDAS THROWERS	3	14.05	795		E
IND130	248	Mlibo Toni	INDIVIDUAL	4	9.86	577		E

113 B-17 Boys - u/18 Youth : Shot Put — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
INF019	307	Jaco Pretorius	INDIVIDUAL FRAMESBY	1	13.95	768		E
EDA014	81	Arno Seal	EDDAS THROWERS	2	13.83	762		E
IND078	196	Jason Drake	INDIVIDUAL	3	13.81	761		E
IND008	126	JP GRUNDLING	INDIVIDUAL	4	12.11	679		E
IND120	238	Sven Smetryns	INDIVIDUAL	5	9.42	531		E

114 G-15 Girls - u/16 Sub-Youth : Discus Throw — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD003	313	Theune Herbst	MADIBAZ	1	33.58	829		E
EDA003	70	Kelly Gouws	EDDAS THROWERS	2	32.42	810		E
EDA004	71	Zalita Knoetze	EDDAS THROWERS	3	32.31	808		E
EDA001	68	Ngazo NTONI	EDDAS THROWERS	4	29.49	759		E

115 G-17 Girls - u/18 Youth : Discus Throw — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
EDA007	74	Heike Groenewald	EDDAS THROWERS	1	34.15	807		E
EDA008	75	Anri Knoetze	EDDAS THROWERS	2	31.15	758		E
EDA005	72	Deane Slabbert	EDDAS THROWERS	3	30.92	755		E
EDA006	73	Ilke Douglas	EDDAS THROWERS	4	29.78	735		E
IND055	173	Elisca Streicher	INDIVIDUAL	5	25.66	660		E

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Result per item

116 M-99 Men - Senior : 1500 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
NED003	350	Sibahle Maqwara	NEDBANK	1	04:20.86	619		E
MAD010	320	Gontsejalo Mohutsiwa	MADIBAZ	2	04:22.55	611		E
HEA022	116	Ryan Peter	HEAT	3	04:28.47	582	3	E
NED008	355	Henry Crause	NEDBANK	4	05:12.40	411		E
IND093	211	Jannie Venter	INDIVIDUAL	5	05:23.60	375		E
NED013	360	Richard Mazungula	NEDBANK	6	05:27.80	362		E

117 G-15 Girls - u/16 Sub-Youth : 100 m — Heats

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BOX004	32	Hannah James	BOXER	1	00:00.01	0		E
IND143	261	Amorneisha Jasson	INDIVIDUAL	2	00:00.01	0		E
IND161	279	Chrislie Ferreira	INDIVIDUAL	3	00:00.01	0		E
ACT018	19	Mia Vermaak	ACT	4	00:00.01	0		E
IND026	144	Charlene Nhlapo	INDIVIDUAL	5	00:00.01	0		E
IND139	257	Kaylene Williams	INDIVIDUAL	6	00:00.01	0		E
IND123	241	Milandri Fourie	INDIVIDUAL	7	00:00.01	0		E
IND140	258	Chesne Steyn	INDIVIDUAL	8	00:00.01	0		E

118 B-15 Boys - u/16 Sub-Youth : 100 m — Heats

		Athlete	Team		Place	Performance	Table point	Wind	H/E	
HEA012	106	Zubenathi Skosana	HEAT	1	3	00:11.83	715	-0.64	E	1
IND178	408	LISO JONAS	INDIVIDUAL	1	5	00:12.22	656	-0.64	E	1
HEA013	107	Reece Nawdish	HEAT	1	7	00:12.44	625	-0.64	E	1
GRC009	92	Khanya Pieters	GRAEME COLLEGE	1	8	00:12.74	585	-0.64	E	1
IND137	255	Shanlin Johnson	INDIVIDUAL	1	9	00:12.79	579	-0.64	E	1
IND053	171	Nathan Putzier	INDIVIDUAL	2	1	00:11.56	760	+4.49	E	2
HEA011	105	Cole Moultrie	HEAT	2	2	00:11.69	738	+4.49	E	2
CMC011	61	Dadrian Snyers	CAMDEBOO	2	4	00:12.15	666	+4.49	E	2
IND063	181	Leighvin Arends	INDIVIDUAL	2	6	00:12.22	656	+4.49	E	2

119 G-17 Girls - u/18 Youth : 100 m — Heats

		Athlete	Team		Place	Performance	Table point	Wind	H/E	
IND020	138	Megan Emsile	INDIVIDUAL	1	1	00:12.66	839	+2.99	E	1
ACT005	6	Annestacysha George	ACT	1	2	00:12.77	823	+2.99	E	1
HEA005	99	Anri van Zyl	HEAT	1	5	00:12.91	805	+2.99	E	1
HEA008	102	Thriscka Stapelberg	HEAT	1	7	00:13.20	769	+2.99	E	1
IND132	250	Qailah Jappie	INDIVIDUAL	1	9	00:13.49	735	+2.99	E	1
ACT003	4	Caitlyn Franks	ACT	2	3	00:12.82	817	+3.01	E	2
HEA003	97	Amber-Lee Elliott	HEAT	2	4	00:12.85	813	+3.01	E	2
BOX003	31	Jenna Killian	BOXER	2	6	00:13.01	792	+3.01	E	2
ACT002	3	Anika de Ridder	ACT	2	8	00:13.43	742	+3.01	E	2
CMC012	62	Ricartlin Lottering	CAMDEBOO	2	10	00:13.57	726	+3.01	E	2

120 B-17 Boys - u/18 Youth : 100 m — Heats

		Athlete	Team		Place	Performance	Table point	Wind	H/E	
IND033	151	Reinhardt van Rensburg	INDIVIDUAL	1	1	00:11.63	712	+3.00	E	1
IND080	198	Raphael Vaaltyn	INDIVIDUAL	1	3	00:11.71	699	+3.00	E	1
IND148	266	Mufudzi Muzonzini	INDIVIDUAL	1	5	00:11.79	687	+3.00	E	1
IND050	168	Mlibo Xotyeni	INDIVIDUAL	1	7	00:11.83	680	+3.00	E	1
HEA014	108	Connor Liberty	HEAT	1	9	00:12.07	645	+3.00	E	1
INS001	309	Ryan Coltman	INDIVIDUAL STRALITIA	1	11	00:12.10	640	+3.00	E	1
IND027	145	Boldwin Perries	INDIVIDUAL	1	12	00:12.14	635	+3.00	E	1
ACT008	9	Tshanga Khanyiso	ACT	2	1	00:12.14	635	+1.26	E	2
HEA016	110	Keenan Adams	HEAT	2	2	00:11.63	712	+1.26	E	2
GRC008	91	Likhona Mhono	GRAEME COLLEGE	2	4	00:11.71	699	+1.26	E	2
ACT019	20	Lincoln von Waltzleben	ACT	2	6	00:11.83	680	+1.26	E	2
INS002	310	Bryan Coltman	INDIVIDUAL STRALITIA	2	8	00:12.07	645	+1.26	E	2
BOX010	38	Ruan Scheepers	BOXER	2	10	00:12.10	640	+1.26	E	2

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Result per item

121 W-19 Women - u/20 Junior : 100 m

Heats

		Athlete	Team	Place		Performance	Table point	Wind	H/E	
IND156	274	Marni van der Merwe	INDIVIDUAL	1	1	00:00.01	0		E	1
IND096	214	Judit Scheepers	INDIVIDUAL	1	2	00:00.01	0		E	1
ACT013	14	Aludwe Nyalasa	ACT	1	3	00:00.01	0		E	1

122 M-19 Men - u/20 Junior : 100 m

Heats

		Athlete	Team	Place		Performance	Table point	Wind	H/E	
HEA020	114	Damian Adlem	HEAT	1	1	00:11.41	720	+3.63	E	1
IND024	142	Theolan Pillay	INDIVIDUAL	1	6	00:11.70	673	+3.63	E	1
CMC015	65	Rico Arnolds	CAMDEBOO	1	9	00:12.14	609	+3.63	E	1
IND056	174	Dwayne Pharo	INDIVIDUAL	2	1	00:10.90	814		E	2
ACT014	15	Lennon Paiva	ACT	2	2	00:11.31	737		E	2
CMC013	63	Ricklin Niemand	CAMDEBOO	2	4	00:11.43	716		E	2
HEA019	113	Mondray Barnard	HEAT	3	5	00:11.58	692	+2.39	E	3
INF018	306	Michael Spinks	INDIVIDUAL FRAMESBY	3	7	00:11.75	665	+2.39	E	3
GRC006	89	Ndima Shoba	GRAEME COLLEGE	3	8	00:11.87	648	+2.39	E	3
ACT010	11	Matthew Langford	ACT	3	10	00:12.52	559	+2.39	E	3

123 W-99 Women - Senior : 100 m

Heats

		Athlete	Team	Place		Performance	Table point	Wind	H/E	
MAD002	312	Saskia Wait	MADIBAZ	1	1	00:00.01	0		E	1
MAD036	346	Juane Els	MADIBAZ	1	2	00:00.01	0		E	1
IND044	162	chere jacobs	INDIVIDUAL	1	3	00:00.01	0		E	1

124 M-99 Men - Senior : 100 m

Heats

		Athlete	Team	Place		Performance	Table point	Wind	H/E	
MAD001	311	Leonard Mgoqi	MADIBAZ	1	6	00:11.21	713	+6.31	E	1
MAD009	319	Kyle Norman	MADIBAZ	1	9	00:11.39	683	+6.31	E	1
IND048	166	Serge Jacobs	INDIVIDUAL	1	10	00:11.57	655	+6.31	E	1
HEA021	115	Rouen Rouget James	HEAT	1	13	00:12.37	545	+6.31	E	1
IND025	143	Dean Arnolds	INDIVIDUAL	1	14	00:12.38	544	+6.31	E	1
IND043	161	Earl Roses	INDIVIDUAL	2	1	00:11.06	739	-0.72	E	2
IND046	164	Bulumko Ntuthu	INDIVIDUAL	2	2	00:11.06	739	-0.72	E	2
MAD028	338	Jason Butler	MADIBAZ	2	3	00:11.10	732	-0.72	E	2
IND049	167	Aya bulenbu	INDIVIDUAL	2	5	00:11.18	718	-0.72	E	2
IND045	163	Jordan Le Roux	INDIVIDUAL	2	7	00:11.29	700	-0.72	E	2
MAD037	347	Sherwin Van Staden	MADIBAZ	2	11	00:11.61	649	-0.72	E	2
MAD011	321	John Mamabolo	MADIBAZ	2	12	00:11.74	630	-0.72	E	2
MAD007	317	Karabo Shakwane	MADIBAZ	3	4	00:11.13	727	+4.14	E	3
MAD014	324	Aidan Tuohy	MADIBAZ	3	8	00:11.38	685	+4.14	E	3
IND093	211	Jannie Venter	INDIVIDUAL	3	15	00:12.70	505	+4.14	E	3

127 G-15 Girls - u/16 Sub-Youth : 400 m

Heats

		Athlete	Team	Place		Performance	Table point	Wind	H/E
ACT024	25	Simnikiwe Booysen	ACT		1	00:00.01	0		E
IND009	127	Marne Koen	INDIVIDUAL		2	00:00.01	0		E
HEA002	96	Mira Esterhuysen	HEAT		3	00:00.01	0		E
INF006	294	Meganley Muller	INDIVIDUAL FRAMESBY		4	00:00.01	0		E
INF014	302	Tanya Boshoff	INDIVIDUAL FRAMESBY		5	00:00.01	0		E
HEA001	95	Keara Domingo	HEAT		6	00:00.01	0		E
IND164	282	Cailyn Kriel	INDIVIDUAL		7	00:00.01	0		E

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Result per item

128 B-15 Boys - u/16 Sub-Youth : 400 m — Heats

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT006	7	Troy Hargreaves	ACT	1	00:00.01	0		E
IND011	129	Marko Ferreira	INDIVIDUAL	2	00:00.01	0		E
IND112	230	Timothy Pieterson	INDIVIDUAL	3	00:00.01	0		E
IND107	225	Elleaqon Draai	INDIVIDUAL	4	00:00.01	0		E
IND079	197	Marzanno Seekoei	INDIVIDUAL	5	00:00.01	0		E
IND165	283	Joshua Sims	INDIVIDUAL	6	00:00.01	0		E
IND136	254	Keano Windvogel	INDIVIDUAL	7	00:00.01	0		E
ACT001	2	Chase Alberts	ACT	8	00:00.01	0		E

129 G-17 Girls - u/18 Youth : 400 m — Heats

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND094	212	Jané Venter	INDIVIDUAL	1	00:00.01	0		E
INF013	301	Zanri Black	INDIVIDUAL FRAMESBY	3	00:00.01	0		E
IND010	128	Donna-Leigh Douglas	INDIVIDUAL	4	00:00.01	0		E
IND076	194	Joanique Spies	INDIVIDUAL	5	00:00.01	0		E
BOX001	29	Zoe Griessel	BOXER	6	00:00.01	0		E
HEA007	101	Danielle Honiball	HEAT	1 2	00:00.01	0		E

1

131 W-99 Women - Senior : Long Jump — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD013	323	Ambre Nakas	MADIBAZ	1	5.49	552	1.80	E
MAD008	318	Marrelie Van Der Merwe	MADIBAZ	2	5.26	477	2.70	E

132 M-19 Men - u/20 Junior : High Jump — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND144	262	Jaydrain Minnaar	INDIVIDUAL	1	1.80	610		E

133 M-99 Men - Senior : High Jump — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD011	321	John Mamabolo	MADIBAZ	1	1.95	543		E
IND093	211	Jannie Venter	INDIVIDUAL	2	1.40	7		E

134 M-19 Men - u/20 Junior : Shot Put — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD020	330	Francois Spamer	MADIBAZ	1	16.45	876		E
MAD004	314	Ceagan Bothma	MADIBAZ	2	12.42	693		E
GRC011	94	Avuyile Matsha	GRAEME COLLEGE	3	9.30	522		E

135 M-99 Men - Senior : Shot Put — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND093	211	Jannie Venter	INDIVIDUAL	1	8.05	387		E

136 W-19 Women - u/20 Junior : Discus Throw — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND007	125	ALANA GRUNDLING	INDIVIDUAL	1	36.04	808		E

137 W-99 Women - Senior : Discus Throw — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD006	316	Ischke Senekal	MADIBAZ	1	49.95	934		E

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Result per item

138 B-17 Boys - u/18 Youth : 400 m — Heats

		Athlete	Team	Place	Performance	Table point	Wind	H/E	
MAD019	329	Luvo Sobekwa	MADIBAZ	1	00:56.10	659		E	
ACT007	8	Shakiell Kaisi	ACT	2	00:56.23	656		E	
IND063	181	Leighvin Arends	INDIVIDUAL	3	00:56.59	646		E	
IND169	287	Earon Felix	INDIVIDUAL	5	00:56.75	643		E	
IND135	253	Charlin Helmie	INDIVIDUAL	10	01:04.82	474		E	
ACT016	17	Cameron van Heerden	ACT	1 4	00:56.69	644		E	
GRC007	90	Licebo Ngwentle	GRAEME COLLEGE	1 6	00:57.07	635		E	1
MAD023	333	Wernich Van Rensburg	MADIBAZ	1 7	00:57.10	634		E	1
IND082	200	Robin-Lee Hendricks	INDIVIDUAL	1 8	00:58.41	603		E	1
ALB001	28	Christian Appels	ST ALBANS	1 9	00:59.58	577		E	1
									1

139 W-19 Women - u/20 Junior : 400 m — Heats

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT012	13	Tanielle Moolman	ACT	1	00:00.01	0		E
ACT011	12	Clarise Moolman	ACT	2	00:00.01	0		E
IND096	214	Judit Scheepers	INDIVIDUAL	3	00:00.01	0		E
IND131	249	Yanke Williams	INDIVIDUAL	4	00:00.01	0		E

140 M-19 Men - u/20 Junior : 400 m — Heats

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND160	278	Waylon Kapank	INDIVIDUAL	1	00:00.01	0		E
GRC003	86	Asemahle Didiza	GRAEME COLLEGE	2	00:00.01	0		E
HEA018	112	Damian Smith	HEAT	3	00:00.01	0		E
HEA017	111	Ryan Jordan	HEAT	4	00:00.01	0		E
GRC001	84	Loyiso Nyoko	GRAEME COLLEGE	5	00:00.01	0		E

142 M-99 Men - Senior : 400 m — Heats

		Athlete	Team	Place	Performance	Table point	Wind	H/E	
HEA023	117	David de Villiers	HEAT	1	00:00.01	0		E	
ACH140	1	Jaco Smit	ACHILLIES	2	00:00.01	0		E	
MAD012	322	Daryll Lottering	MADIBAZ	3	00:00.01	0		E	
IND093	211	Jannie Venter	INDIVIDUAL	5	00:00.01	0		E	
NED004	351	Dino Kritzinger	NEDBANK	1 4	00:00.01	0		E	1

143 G-15 Girls - u/16 Sub-Youth : 3000 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND162	280	Joani Jacobs	INDIVIDUAL	1	00:00.00	0		E

144 G-17 Girls - u/18 Youth : 3000 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BOX007	35	Riya Keshaw	BOXER	1	11:03.02	829		E
IND173	371	Lea De Villiers	INDIVIDUAL	2	11:35.67	788		E
INF012	300	Mia Cara Hart	INDIVIDUAL FRAMESBY	3	11:58.00	762		E
IND037	155	Keira Herman	INDIVIDUAL	4	12:07.50	751		E
INF009	297	Sune du Preez	INDIVIDUAL FRAMESBY	5	12:45.55	712		E

145 B-15 Boys - u/16 Sub-Youth : 3000 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND171	369	Wiehan Maree	INDIVIDUAL	1	11:52.72	582		E
INF003	291	Peens Tiaan	INDIVIDUAL FRAMESBY	2	11:56.65	577		E

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Result per item

146 B-17 Boys - u/18 Youth : 3000 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT022	23	Aphelele September	ACT	1	09:20.60	823		E
IND065	183	Iviwe Jekana	INDIVIDUAL	2	09:27.20	807		E
IND075	193	Francois De Villiers	INDIVIDUAL	3	09:27.70	806		E
CMC009	59	Brendly Memanie	CAMDEBOO	4	09:40.70	778		E
ACT025	26	Siyabonga Rhafuza	ACT	5	09:43.50	772		E
ACT021	22	Hlomelo Soganga	ACT	6	09:55.40	748		E
ALB003	407	KEANU WELCH	ST ALBANS	7	10:32.20	681		E
CMC010	60	Jason Koopman	CAMDEBOO	8	10:32.40	680		E
ACT026	27	Achuma Royi	ACT	9	10:45.80	658		E
ALB004	411	STEFEN BOTHMA	ST ALBANS	10	10:46.00	658		E
ALB005	412	MANIE VAN DER MERWE	ST ALBANS	11	11:52.40	562		E

147 G-15 Girls - u/16 Sub-Youth : 100 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT018	19	Mia Vermaak	ACT	1	00:12.71	858	+2.47	E
IND026	144	Charlene Nhlapo	INDIVIDUAL	2	00:13.29	781		E
BOX004	32	Hannah James	BOXER	3	00:13.38	770		E
IND123	241	Milandri Fourie	INDIVIDUAL	4	00:13.48	758		E
IND161	279	Chrislie Ferreira	INDIVIDUAL	5	00:13.85	717		E
IND140	258	Chesne Steyn	INDIVIDUAL	6	00:14.20	681		E
IND143	261	Amorneisha Jasson	INDIVIDUAL	7	00:14.67	637		E
IND139	257	Kaylene Williams	INDIVIDUAL	8	00:15.12	598		E

148 B-15 Boys - u/16 Sub-Youth : 100 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA011	105	Cole Moultrie	HEAT	1	00:11.35	799	+5.74	E
IND053	171	Nathan Putzier	INDIVIDUAL	2	00:11.39	791	+5.74	E
HEA012	106	Zubenathi Skosana	HEAT	3	00:11.69	738	+5.74	E
IND178	408	LISO JONAS	INDIVIDUAL	4	00:12.02	685	+5.74	E
GRC009	92	Khanya Pieters	GRAEME COLLEGE	5	00:12.25	651	+5.74	E
HEA013	107	Reece Nawdish	HEAT	6	00:12.55	610	+5.74	E
CMC011	61	Dadrian Snyers	CAMDEBOO	7	00:12.94	560	+5.74	E

149 G-17 Girls - u/18 Youth : 100 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA003	97	Amber-Lee Elliott	HEAT	1	00:12.54	856	+3.43	E
IND020	138	Megan Emsile	INDIVIDUAL	2	00:12.81	818	+3.43	E
ACT003	4	Caitlyn Franks	ACT	3	00:12.81	818	+3.43	E
ACT005	6	Annestacysha George	ACT	4	00:12.86	811	+3.43	E
BOX003	31	Jenna Killian	BOXER	5	00:12.90	806	+3.43	E
HEA005	99	Anri van Zyl	HEAT	6	00:12.91	805	+3.43	E
HEA008	102	Thriscka Stapelberg	HEAT	7	00:13.24	764	+3.43	E
ACT002	3	Anika de Ridder	ACT	8	00:13.42	743	+3.43	E

150 B-17 Boys - u/18 Youth : 100 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA016	110	Keenan Adams	HEAT	1	00:11.34	762	+1.27	E
IND033	151	Reinhardt van Rensburg	INDIVIDUAL	2	00:11.35	760	+1.27	E
ACT019	20	Lincoln von Waltzleben	ACT	3	00:11.64	711	+1.27	E
IND050	168	Mlibo Xotyeni	INDIVIDUAL	4	00:11.76	691	+1.27	E
GRC008	91	Likhona Mhono	GRAEME COLLEGE	5	00:11.77	690	+1.27	E
INS002	310	Bryan Coltman	INDIVIDUAL STRALITIA	6	00:12.04	649	+1.27	E

151 W-19 Women - u/20 Junior : 100 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND156	274	Marni van der Merwe	INDIVIDUAL	1	00:12.67	813	+1.69	E
ACT013	14	Aludwe Nyalasa	ACT	2	00:12.83	792	+1.69	E
IND096	214	Judit Scheepers	INDIVIDUAL	3	00:14.35	628	+1.69	E

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Result per item

152 M-19 Men - u/20 Junior : 100 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND056	174	Dwayne Pharo	INDIVIDUAL	1	00:10.66	865	+0.66	E
HEA019	113	Mondray Barnard	HEAT	2	00:10.83	828	+0.66	E
ACT014	15	Lennon Paiva	ACT	3	00:11.19	758	+0.66	E
HEA020	114	Damian Adlem	HEAT	4	00:11.26	746	+0.66	E
CMC013	63	Ricklin Niemand	CAMDEBOO	5	00:11.51	703	+0.66	E
INF018	306	Michael Spinks	INDIVIDUAL FRAMESBY	6	00:11.54	698	+0.66	E
GRC006	89	Ndima Shoba	GRAEME COLLEGE	7	00:11.74	667	+0.66	E
IND024	142	Theolan Pillay	INDIVIDUAL	8	00:11.76	664	+0.66	E

153 W-99 Women - Senior : 100 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD002	312	Saskia Wait	MADIBAZ	1	00:12.53	718	+3.41	E
IND044	162	chere jacobs	INDIVIDUAL	2	00:12.54	717		E
MAD036	346	Juane Els	MADIBAZ	3	00:12.77	691		E

154 M-99 Men - Senior : 100 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD001	311	Leonard Mgoqi	MADIBAZ	1	00:10.76	796	+2.69	E
IND043	161	Earl Roses	INDIVIDUAL	2	00:10.90	769		E
MAD007	317	Karabo Shakwane	MADIBAZ	3	00:10.91	767		E
MAD028	338	Jason Butler	MADIBAZ	4	00:10.96	757		E
IND046	164	Bulumko Ntuthu	INDIVIDUAL	5	00:10.97	756		E
IND049	167	Aya bulenbu	INDIVIDUAL	6	00:11.16	722		E
MAD014	324	Aidan Tuohy	MADIBAZ	7	00:11.39	683		E
MAD009	319	Kyle Norman	MADIBAZ	8	00:11.78	624		E

155 G-15 Girls - u/16 Sub-Youth : 400 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND009	127	Marne Koen	INDIVIDUAL	1	01:03.06	790		E
HEA002	96	Mira Esterhuysen	HEAT	2	01:04.51	760		E
IND164	282	Cailyn Kriel	INDIVIDUAL	3	01:05.96	732		E
INF014	302	Tanya Boshoff	INDIVIDUAL FRAMESBY	4	01:08.11	694		E
HEA001	95	Keara Domingo	HEAT	5	01:08.26	691		E
ACT024	25	Simnikiwe Booysen	ACT	6	01:08.83	681		E
INF006	294	Meganley Muller	INDIVIDUAL FRAMESBY	7	01:09.63	668		E

156 B-15 Boys - u/16 Sub-Youth : 400 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND079	197	Marzanno Seekoei	INDIVIDUAL	1	00:52.81	781		E
IND136	254	Keano Windvogel	INDIVIDUAL	2	00:56.37	679		E
ACT006	7	Troy Hargreaves	ACT	3	00:57.16	659		E
IND011	129	Marko Ferreira	INDIVIDUAL	4	00:57.99	638		E
ACT001	2	Chase Alberts	ACT	5	00:58.03	637		E
IND165	283	Joshua Sims	INDIVIDUAL	6	00:58.91	617		E
IND112	230	Timothy Pieterson	INDIVIDUAL	7	01:11.35	388		E

157 G-17 Girls - u/18 Youth : 400 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BOX001	29	Zoe Griessel	BOXER	1	00:59.46	851		E
HEA007	101	Danielle Honiball	HEAT	2	01:00.45	828		E
IND010	128	Donna-Leigh Douglas	INDIVIDUAL	3	01:01.04	814		E
INF013	301	Zanri Black	INDIVIDUAL FRAMESBY	4	01:01.07	813		E
IND076	194	Joanique Spies	INDIVIDUAL	5	01:03.88	754		E
IND094	212	Jané Venter	INDIVIDUAL	6	01:04.24	746		E

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Result per item

158 B-17 Boys - u/18 Youth : 400 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD023	333	Wernich Van Rensburg	MADIBAZ	1	00:49.58	862		E
ACT007	8	Shakiell Kaisi	ACT	2	00:51.48	793		E
MAD019	329	Luvo Sobekwa	MADIBAZ	3	00:52.33	766		E
IND063	181	Leighvin Arends	INDIVIDUAL	4	00:54.60	699		E
IND169	287	Earon Felix	INDIVIDUAL	5	00:55.48	675		E
GRC007	90	Licebo Ngwentle	GRAEME COLLEGE	6	01:14.62	323		E

159 W-19 Women - u/20 Junior : 400 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT011	12	Clarise Moolman	ACT	1	00:58.64	852		E
ACT012	13	Tanielle Moolman	ACT	2	01:03.91	736		E
IND131	249	Yanke Williams	INDIVIDUAL	3	01:04.82	719		E
IND096	214	Judit Scheepers	INDIVIDUAL	4	01:20.48	493		E

160 M-19 Men - u/20 Junior : 400 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA017	111	Ryan Jordan	HEAT	1	00:49.01	855		E
HEA018	112	Damian Smith	HEAT	2	00:50.20	811		E
IND160	278	Waylon Kapank	INDIVIDUAL	3	00:51.10	780		E
GRC001	84	Loyiso Nyoko	GRAEME COLLEGE	4	00:55.06	664		E
GRC003	86	Asemahle Didiza	GRAEME COLLEGE	5	00:55.29	658		E

162 M-99 Men - Senior : 400 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD012	322	Daryll Lottering	MADIBAZ	1	00:48.48	786		E
NED004	351	Dino Kritzinger	NEDBANK	2	00:52.06	674		E
HEA023	117	David de Villiers	HEAT	3	00:52.20	670		E
ACH140	1	Jaco Smit	ACHILLIES	4	00:53.21	642		E
IND093	211	Jannie Venter	INDIVIDUAL	5	01:06.70	372		E

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