Result Event 1 - 5000m Men (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Packson	Banda	MAD	15:03.00	7	872	Q
2	Sicelo	Mashaba	MAD	15:54.30	5	802	
3	Jeandry	Deerling	NED	16:42.80	4	745	
4	Hank	Voster	CAC	17:37.20	3	690	
5	Phaphama	Gladile	HOL	17:47.90	2	679	
6	David	McDonald	NED	18:19.20	1	651	
7	Deerling	Jaydee	DP	18:37.60	0	635	
8	Richard	Mazungula	NED	21:58.50	0	492	

Result Event 3 - 400m Boys 16Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Armand	van Rensburg	DP	54.01	7	722	Q
2	Lieben	Bester	ACT	55.02	5	694	Q
3	Kieran	Frosler	PSH	58.30	4	614	Q
0	Marzano	Seekoie	DP	DNS	0	0	
0	Noah	Joubert	JBAY	DNS	0	0	
0	Cearon	Felix	JBAY	DNS	0	0	
0	Josh	Sims	JBAY	DNS	0	0	

Result Event 4 - 400m Boys 18Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Shakiel	Kaisi	ACT	52.70	7	736	Q
0	Stephen	Bothma	BRW	DNS	0	0	
0	Luyolo	Doyi	DP	DNS	0	0	
0	Earon	Felix	JBAY	DNS	0	0	

Result Event 5 - 400m Girls 16Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Herman	Amber	ACT	1:07.30	7	696	Q
2	Tanya	Boshoff	FSB	1:13.60	5	598	Q

Result Event 6 - 400m Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Anastacia	George	ACT	1:00.90	7	804	
2	Zanri	Black	ACT	1:02.70	5	765	
3	Cunningham	Allison	ACT	1:09.80	4	639	
4	Shezelle	van Wyk	BRW	1:10.60	3	626	
5	Lisa	Koliti	ACT	1:10.70	2	625	
6	Ilze	Hattingh	FSB	1:13.80	1	580	
0	Donna-Leigh	Douglas	BRW	DNS	0	0	

Result Event 7 - 400m Men 20Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	van Rensburg	Wernich	MAD	49.50	7	819	
0	David	Hanley	JBAY	DNS	0	0	
0	Lehlohonolo	Ramogale	ROU	DNS	0	0	

Result Event 8 - 400m Men (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Aidan	Tuohy	MAD	56.40	7	595	
0	Karabo	Shawane	MAD	DNS	0	0	
0	Anzau	Japhta	VAC	DNS	0	0	

Result Event 11 - 1500m Boys 16Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Valentino	Johannes	CAC	4:34.80	7	695	Q
2	Louan	Hollander	JBAY	4:44.70	5	646	Q
3	Daniel	Richter	IND	4:53.45	4	606	Q
4	Jason	Koopman	CAC	4:56.30	3	594	Q
0	Andre	Claasen	JBAY	DNR	0	0	

Result Event 12 - 1500m Boys 18Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Brenden	Wessels	IND	4:16.80	7	765	Q
2	Adriaan	Gouws	CRO	4:30.00	5	690	Q
3	Matthew	Van Coller	IND	4:33.70	4	671	Q
4	Francois	Vosloo	FSB	4:46.30	3	611	Q

Result Event 13 - 1500m Girls 16Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Amber	Irvine	PSH	5:49.52	7	575	Q
2	Jacobs	Joani	JBAY	5:57.90	5	550	Q
3	Alouise	Vosloo	FSB	6:00.20	4	544	Q

Result Event 14 - 1500m Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Anel	Strauss	FSB	5:19.90	7	661	
2	Mia-Cara	Hart	CRO	5:20.61	5	659	
3	Elana	van Jaarsveld	FSB	5:50.40	4	562	
4	Sune	Du Preez	FSB	5:53.50	3	553	
5	Anabelle	Jonck	FSB	5:54.70	2	549	

Result Event 15 - 1500m Men 20Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Luvimbi	Ngelekanyo	MAD	4:44.70	7	591	
2	Daniel	Mc Donald	NED	4:46.90	5	582	

3	Jay-dee	Deerling	DP	4:47.30	4	580	

Result Event 16 - 1500m Men (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	ADRIAAN	GERWEL	XCEL	4:09.40	7	692	
2	Sibahle	Maqarwa	NED	4:15.70	5	657	
3	Sicelo	Mashaba	MAD	4:21.80	4	626	
4	Luvimbi	Ngelekanyo	MAD	4:44.70	3	522	
5	Makhasi	Sibeta	MAD	4:47.70	2	510	
0	Luvuyo	Stephen	NED	DNS	0	0	

Result Event 18 - 1500m Women (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Lara	De Bloe	VAC	5:04.70	7	713	
0	Noxolo	Mahlangu	MAD	DNS	0	0	

Result Event 19 - 100m Boys 16Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Bryan	Katoo	JBAY	11.30	7	745	Q
2	Cole	Moultrie	HEAT	11.30	5	745	Q
3	Reece	Nawdish	HEAT	11.90	4	650	Q
4	Lieben	Bester	ACT	12.90	3	522	Q
0	Marko	Ferreira	DP	DNS	0	0	
0	Dewald	Fortuin	FSB	DNS	0	0	
0	MJ	Marks	JBAY	DNS	0	0	

Result Event 20 - 100m Boys 18Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Keenan	Adams	HEAT	11.60	7	665	Q
2	Shakiel	Kaisi	ACT	11.80	5	636	Q
3	Tshanga	Khanyiso	ACT	12.40	4	556	Q
4	Stefan	Kohler	ACT	13.00	3	486	Q
0	Robin-Lee	Hendricks	DP	DNS	0	0	
0	Tristan	Afrika	FSB	DNS	0	0	

Result Event 21 - 100m Girls 16Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Mia	Vermaak	ACT	13.00	7	775	Q
2	Ania	Vosloo	MAD	13.01	5	763	Q
3	Chrislie	Ferreira	JBAY	14.00	4	667	Q
0	Kaylee	Villet	ACT	DNS	0	0	
0	Amber	Herman	ACT	DNS	0	0	

Result Event 22 - 100m Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Caitin	Franks	ACT	14.10	7	638	
2	Anastacia	George	ACT	14.20	5	628	
3	Danielle	Honiball	HEAT	14.50	4	602	
4	Zanri	Black	ACT	14.50	3	602	
5	Anika	de Ridder	ACT	14.60	2	593	
0	Amber	Elliot	HEAT	DNS	0	0	
0	Anri	van zyl	HEAT	DNS	0	0	

Result Event 23 - 100m Men 20Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Enzo	Koekemoer	ACT	11.80	7	613	Q
2	Theolan	Pilay	IND	11.90	5	599	Q
3	Simbulele	Muleka	ROU	12.80	4	489	Q
4	Shaheen	Cassim	NTL	15.80	3	225	Q

Result Event 24 - 100m Men (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Marlin	Koekemoer	ACT	11.60	7	612	
2	Douglas	Davien	IND	11.90	5	571	
3	John	Mamabolo	MAD	12.20	4	533	
4	Siku	Mahayi	ROU	14.30	3	320	
0	Earl	Roses	IND	DNS	0	0	
0	Aphelele	Ngwadla	ROU	DNS	0	0	
0	Sibabalwe	Klaas	ROU	DNS	0	0	

Result Event 25 - 100m Women 20Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Allison	Cunningham	ACT	13.90	7	640	
2	Aludwe	Nyalasa	ACT	14.00	5	630	
0	Nontle	Sinigenu	ROU	DNS	0	0	

Result Event 26 - 100m Women (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Cathy	Hlungwane	ROU	14.20	7	579	
2	Atu	Phiri	ROU	15.60	5	471	
3	Lesedi	Mtembu	ROU	17.30	4	365	
4	Anelisiwe	Msweli	ROU	17.70	3	343	

Result Event 27 - 800m Boys 16Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Tunesia	Basson	DP	2:16.10	7	450	
2	Daniel	Richter	IND	2:18.40	5	420	
3	Kieran	Frosler	PSH	2:20.30	4	395	

Result Event 28 - 800m Boys 18Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Gerhard	Venter	FSB	2:07.00	7	542	
2	Christian	Appels	STB	2:08.50	5	519	
3	Stephen	Bothma	BRW	2:17.90	4	388	
4	Dustin	Vermaak	FSB	2:18.80	3	377	
0	Matthew	Van Coller	IND	DNS	0	0	
0	Hugo	Nothnagel	FSB	DNS	0	0	

Result Event 29 - 800m Girls 16Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Amber	Herman	ACT	2:53.06	7	581	
0	Tanya	Boshoff	FSB	DNS	0	0	
0	Amber	Irvine	PSH	DNS	0	0	

Result Event 30 - 800m Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Incke	Conradie	FSB	2:38.90	7	664	
2	Donna-Leigh	Douglas	BRW	2:43.90	5	629	
3	Shezelle	van Wyk	BRW	2:50.50	4	586	
4	Lisa	Koliti	ACT	2:51.40	3	580	

Result Event 31 - 800m Men 20Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	David	Hanley	JBAY	2:00.60	7	608	
2	Lehlohonolo	Ramogale	ROU	2:15.80	5	379	

Result Event 32 - 800m Men (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Sibahle	Maqarwa	NED	2:09.90	7	373	

Result Event 33 - 800m Women 20Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Majodina	Suplile	ROU	3:57.50	7	284	
2	Ashley	Ndlovu	ROU	4:42.40	5	156	

Result Event 35 - 200m Boys 16Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Bryan	Katoo	JBAY	23.80	7	698	Q
2	Cole	Moultrie	HEAT	24.30	5	664	Q
3	Marko	Ferreira	DP	24.30	4	664	Q
4	Reece	Nawdish	HEAT	24.40	3	658	Q
5	Lieben	Bester	ACT	26.80	2	523	Q

Result Event 36 - 200m Boys 18Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Shakiel	Kaisi	ACT	23.90	7	664	Q
2	Keenan	Adams	HEAT	24.00	5	657	Q
3	Tshanga	Khanyiso	ACT	25.20	4	584	Q
0	Robin-Lee	Hendricks	DP	DNS	0	0	
0	Luyolo	Doyi	DP	DNS	0	0	
0	Tristan	Afrika	FSB	DNS	0	0	
0	Earon	Felix	JBAY	DNS	0	0	

Result Event 37 - 200m Girls 16Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Ania	Vosloo	MAD	28.70	7	703	Q
2	Mia	Vermaak	ACT	29.50	5	668	Q
3	Chrislie	Ferreira	JBAY	30.10	4	643	Q
0	Kaylee	Villet	ACT	DNS	0	0	
0	Amber	Herman	ACT	DNS	0	0	

Result Event 38 - 200m Girls 18Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Zanri	Black	ACT	27.60	7	736	Q
2	Anastacia	George	ACT	27.60	5	736	Q
3	Amber	Elliot	HEAT	28.00	4	717	Q
4	Caitin	Franks	ACT	28.20	3	707	Q
5	Anika	de Ridder	ACT	31.60	2	570	Q
6	Lisa	Koliti	ACT	33.00	1	523	Q
0	Danielle	Honiball	HEAT	DNS	0	0	

Result Event 39 - 200m Men 20Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Enzo	Koekemoer	ACT	24.60	7	599	Q
2	Theolan	Pilay	IND	25.00	5	576	Q
3	Simbulele	Muleka	ROU	26.80	4	483	Q
0	Luke	Vierra	ACT	DNS	0	0	

Result Event 40 - 200m Men (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Marlin	Koekemoer	ACT	23.40	7	649	
2	Douglas	Davien	IND	24.00	5	610	
3	Siku	Mahayi	ROU	28.50	4	387	
0	John	Mamabolo	MAD	DNS	0	0	
0	Aphelele	Ngwadla	ROU	DNS	0	0	
0	Sibabalwe	Klaas	ROU	DNS	0	0	

Result Event 41 - 200m Women 20Years (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Aludwe	Nyalasa	ACT	29.20	7	647	
2	Allison	Cunningham	ACT	29.60	5	631	
3	Nontle	Sinigenu	ROU	35.50	4	437	

Result Event 42 - 200m Women (Final)

Pos	Name	Surname	Team	Result	Point	ASA	Rec
1	Cathy	Hlungwane	ROU	31.33	7	534	
2	Lesedi	Mtembu	ROU	37.90	5	352	