Result per item

2 W-98 Women - Master : 5000 m Walk — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND006	159 W	CELESTE SCHEEPERS	Individual	1	32:28.90	0		E
IND007	160 W	RETHA KNOETZE	Individual	2	32:46.70	0		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
PHS001	270 W	Kiara Madison Herman	Pearson High school	1	20:24.20	754		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IKH006	152 B	Nwabisa Mjoli	Ikhamva	1	17:32.00	842		E
NED009	265 W	Kelly van Vliet	Nedbank	2	17:47.10	829		E
BOX001	45 B	Sandiswa Kundulu	Boxer	3	19:13.70	763		E

6 M-98 Men - Master : 5000 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
NED006	262 B	Mila Pasiya	Nedbank	1	16:41.40	0		E
NED011	267 B	Richard Mazungula	Nedbank	2	22:10.50	0		E

7 W-98 Women - Master : 5000 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
NED010	266 B	Ntombesintu Mfunzi	Nedbank	1	181:81.30	0		E

8 M-99 Men - Senior : 5000 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IKH003	149 B	Melikhaya Frans	Ikhamva	1	13:44.90	892		E
BOX005	49 B	Thabang Mosiake	Boxer	2	13:58.70	869		E
BOX002	46 B	Yanga Malusi	Boxer	3	14:27.20	826		E
BOX003	47 B	Lithobe Menzelelili	Boxer	4	15:17.50	760		E
NED003	259 B	Sibahle Maqwara	Nedbank	5	15:17.80	759		E
BOX004	48 B	Xolisile Sinkintana	Boxer	6	15:51.50	720		E
ACT025	27 B	Tandisile Xoshomba	ACT	7	16:07.10	703		E
NED004	260 B	Sinethemba Mirele	Nedbank	8	16:09.50	701		E
NED013	269	Henry Crause	Nedbank	9	19:53.20	511		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
FHS018	118 W	Jade de Jager	Framesby High school	1	2.10	0		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
PHS005	274 W	Inge van Eyk	Pearson High school	1	2.40	135		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
QUC002	277 W	Tyler Manthe	Queens College	1	4.30	711		E
FHS013	113 W	Schalk Stroebel	Framesby High school	2	3.20	201		E

12 M-19 Men - u/20 Junior : Pole Vault — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
SAC001	278 W	Bryce Putzier	St. Andrews's College	1	4.40	687		E
FHS006	106 W	Zander van Eyk	Framesby High school	2	4.10	558		E
QUC001	276 W	Tristan Manthe	Queens College	3	3.90	469		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND011	164 W	Anka van Schalkwyk	Individual	1	31.58	728		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD001	195 W Jana Terblanche	Madibaz	1	43.54	851		E
MID005	252 W Danika van der Walt	Middelberg	2	40.67	822		E
MID004	251 W Christel van Vuuren	Middelberg	3	39.32	808		E
BWH017	66 W Zalitha Knoetze	Brandwag High school	4	37.61	790		E
MID006	253 W Elzaan Pieterse	Middelberg	5	36.66	780		E

16 W-19 Women - u/20 Junior : Hammer Throw — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD002	196 W Reze Coetzer	Madibaz	1	44.87	910		E
MID002	249 W Danelle Bishop	Middelberg	2	41.40	875		E
IND017	170 Jonéll Botha	Individual	3	37.40	832		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAR019	244 Braydon Slinger	Marlow	1	5.11	430		E
MAR018	243 Veron Schwartz	Marlow	2	4.99	389		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
DPH001	79 C Marzanno Seekoei	Daniel Pienaar High	1	6.27	685		E
KWC003	183 B Mufudzi Muzonzini	Kingswood College	2	4.63	168		E
MAR013	238 Kunga Venkile	Marlow	3	4.44	103		E
ATL005	38 C Caleb Lottering	Atlantic Aces	4	4.29	51		E
ATL004	37 C Nathan Lottering	Atlantic Aces	5	4.26	40		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAR001	226 Kyle Swartz	Marlow	1	5.38	337		E
ACT008	10 B Sethu Nomoyi	ACT	2	5.36	331		E
ATL002	35 C Ruthan Drude	Atlantic Aces	3	4.94	199		E
ATL003	36 C Colin Lottering	Atlantic Aces	4	4.75	138		E
MAR002	227 Chenun Temengo	Marlow	5	4.05	0		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD028	222 Buhlebenkosi Kahla	Madibaz	1	6.03	411		E
IND002	155 C Sadah Felix	Individual	2	5.53	267		E
ATL001	34 C Rowan Adams	Atlantic Aces	3	4.92	84		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
BWH020	69 W Liam Vosloo	Brandwag High school	1	1.55	485		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
DPH003	81 W Tunesian Basson	Daniel Pienaar High	1	1.80	673		E
MAR010	235 Aiden De Villiers	Marlow	2	1.65	515		E
MAR008	233 SJ De koker	Marlow	3	1.60	461		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND001	154 W DJ Zietsman	Individual	1	1.80	610		E
ACT004	6 W Stefan Kohler	ACT	2	1.75	559		E
SAC004	281 W Brad Barrow	St. Andrews's College	3	1.55	349		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND025	178 Garth Ellis	Individual	1	2.00	588		E
MAD025	219 John Mamabolo	Madibaz	2	1.90	497		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
FHS014	114 W	Mienke Deysel	Framesby High school	1	27.99	594		E
FHS004	104 W	Jenna O-Ehley	Framesby High school	2	25.22	537		E

26 W-19 Women - u/20 Junior : Javelin — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD018	212 W	Alana Grundling	Madibaz	1	30.69	646		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BWH018	67 W	Anrich Knoetze	Brandwag High school	1	00:48.00	479		E
HEA002	123 W	Kadin Kretzmann	Heat	2	00:54.80	305		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT012	14 W	Zanri Black	ACT	1	01:06.20	475		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BWH021	70 W	Kaylee van Dyk	Brandwag High school	1	01:20.70	388		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
DPH003	81 W	Tunesian Basson	Daniel Pienaar High	1	00:59.88	662		E
SEG004	293 W	BENJIE GENIS	Sport Excellence Group	2	01:02.03	0		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD003	197 W	Wernich van Rensburg	Madibaz	1	00:54.29	890		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT024	26 B	Comfort Appiah	ACT	1	02:23.60	821		E
SEG007	296 W	CINDY STRYDOM	Sport Excellence Group	2	02:25.70	800		E
HEA016	137 C	Keara Domingo	Heat	3	02:26.50	793		E
PHS002	271 W	Amber Irvine	Pearson High school	4	02:36.70	705		E
FHS012	112 W	Zia Ferreira	Framesby High school	5	02:40.00	679		E
DSG006	89	Sarah Simpson	DSG	6	02:45.00	644		E
FHS010	110 W	Esmeri Oberhauser	Framesby High school	7	02:47.70	626		E
KWC012	192 W	Nina Connan	Kingswood College	8	02:50.00	611		E
FHS017	117 W	Tanya Boshoff	Framesby High school	9	02:53.40	589		E
FHS002	102 W	Carli Maritz	Framesby High school	10	02:55.40	577		E
ATL008	41 C	Jesstine Louw	Atlantic Aces	11	03:21.40	443		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
DSG004	87	Emma Kruse	DSG	1	02:15.90	882		E
ACT011	13 B	Lisa Koliti	ACT	2	02:49.70	596		E

34 W-99 Women - Senior : 800 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IKH007	153 B	Aviwe Hoboloshe	Ikhamva	1	02:17.80	777		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT026	28 W	Chase Alberts	ACT	1	02:13.63	506		E
STA001	303 C	Reece Freeman	St. Albans	2	02:22.57	387		E
ACT010	12 B	Nqandu Limikhaya	ACT	3	02:23.89	371		E
ACT030	32 B	Emihle Hotata	ACT	4	02:26.02	346		E
ACT021	23 B	Leeroy Njanji	ACT	5	02:31.35	288		E
MAR021	246	Alexander Labuscagne	Marlow	6	02:32.26	279		E

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36 M-98 Men - Master : 800 m — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA011	132 C Gilroy Domingo	Heat	1	02:25.09	0		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
EDT003	92 B Ngazo Ntoni	Eddas Throwers	1	10.92	799		E
ATL008	41 C Jesstine Louw	Atlantic Aces	2	6.37	561		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
EDT007	96 W Kelly Gouws	Eddas Throwers	1	13.51	877		E
EDT008	97 W Deane Slabbert	Eddas Throwers	2	11.52	799		E
KWC013	193 W Dominique De Jongh	Kingswood College	3	10.17	741		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD018	212 W Alana Grundling	Madibaz	1	11.81	856		E
KWC002	182 B Nana Abebebreseh	Kingswood College	2	7.40	641		E
ATL006	39 C Amy Lottering	Atlantic Aces	3	5.63	527		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD023	217 W Ischke Senekal	Madibaz	1	16.19	1006		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
EDT001	90 W Liam de Kock	Eddas Throwers	1	37.98	681		E
EDT002	91 W Deon Slabbert	Eddas Throwers	2	25.97	483		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND022	175 W Matthew Heath	Individual	1	41.95	753		E
FHS015	115 W Jaco Pretorius	Framesby High school	2	41.31	744		E
EDT005	94 W Handre Barnard	Eddas Throwers	3	40.58	734		E
EDT010	99 C Keanu Bruintjies	Eddas Throwers	4	39.17	714		E
DPH002	80 W Elandre Beauzec	Daniel Pienaar High	5	38.44	703		E
EDT006	95 W Dandre Leonard	Eddas Throwers	6	30.21	573		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
IND014	167 B Isa Marola	Individual	1	02:06.82	568		E
SEG003	292 C JOSHUA NAPOLEON	Sport Excellence Group	2	02:06.89	567		E
MAR012	237 Adrian Cherry	Marlow	3	02:18.57	399		E
MAR013	238 Kunga Venkile	Marlow	4	02:20.33	377		E
MAD021	215 C Corban Olivier	Madibaz	5	02:22.51	351		E
ACT023	25 B Simamkele Sakhatha	ACT	6	02:40.17	170		E

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

	Athlete	Team	Place	Performance	Table point	Wind	H/E
SEG006	295 W DAVID HANDLEY	Sport Excellence Group	1	01:57.80	686		E
ACT006	8 B Aphelele September	ACT	2	02:03.23	584		E

46 M-99 Men - Senior : 800 m — Final

	Athlete	Team	Place	Performance	Table point	Wind	H/E
CMC002	76 Barend Keokemoer	Camdeboo	1	01:57.90	540		E
ACT001	3 B Monwabisi Singaphi	ACT	2	02:11.30	343		E
MAD006	200 B Luphumelelo Tyandela	Madibaz	3	02:18.90	253		E
IND023	176 B Loyiso Nyoka	Individual	4	02:19.00	252		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD004	198 W	Anria Vosloo	Madibaz	1	00:13.65	739	+0.68	E
HEA017	138 W	Keira van Heerden	Heat	2	00:13.69	735	+0.68	E
DSG003	86	Rachel Murray	DSG	3	00:13.81	722	+0.68	E
SEG011	300 W	CHRISLIE FERREIRA	Sport Excellence Group	4	00:14.15	686	+0.68	E
KWC009	189 W	Bronwyn Shone	Kingswood College	5	00:14.42	660	+0.68	E
FHS018	118 W	Jade de Jager	Framesby High school	6	00:14.69	635	+0.68	E
HEA014	135 W	Gabrielle Schonfeldt	Heat	7	00:14.87	619	+0.68	E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA022	143 W	Amber-Lee Elliott	Heat	1	00:12.57	851	+0.66	E
DSG005	88	Megan Emslie	DSG	2	00:12.76	825	+0.66	E
HEA020	141 W	Anri van Zyl	Heat	3	00:12.85	813	+0.66	E
ACT009	11 C	Caitlyn Franks	ACT	4	00:12.94	801	+0.66	E
ACT013	15 W	Anika de Ridder	ACT	5	00:13.62	721	+0.66	E
HEA019	140 W	Milandri Fourie	Heat	6	00:13.85	696	+0.66	E
KWC011	191 W	Devon Heyns	Kingswood College	7	00:14.15	666	+0.66	E
ATL007	40 C	Jazzmine Caesar	Atlantic Aces	8	00:14.56	628	+0.66	E
IND024	177 C	Cara Whitebooi	Individual	9	00:15.39	558	+0.66	E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA004	125 C	Cole Moultrie	Heat	1	00:11.72	733	+0.66	E
SEG010	299 W	KIERAN VAN LILL	Sport Excellence Group	2	00:12.20	659	+0.66	E
KWC004	184 W	Kyle Heyns	Kingswood College	3	00:12.26	650	+0.66	E
MAR019	244	Braydon Slinger	Marlow	4	00:12.91	564	+0.66	E
MAR018	243	Veron Schwartz	Marlow	5	00:12.91	564	+0.66	E
ACT027	29 C	Roberto Sauls	ACT	6	00:12.99	554	+0.66	E
KWC006	186 B	Realeboha Koa	Kingswood College	7	00:13.14	537	+0.66	E

50 M-98 Men - Master : 100 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA010	131 W	Colin Adams	Heat	1	00:14.98	0		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA006	127 W	Keenan Adams	Heat	1	00:11.32	765	+0.68	E
SAC002	279 W	Nathan Putzier	St. Andrews's College	2	00:11.53	729	+0.68	E
HEA005	126 W	Reece Nawdish	Heat	3	00:11.68	704	+0.68	E
MAD029	223	Luvo Sobekwa	Madibaz	4	00:11.72	698	+0.68	E
IND014	167 B	Isa Marola	Individual	5	00:12.02	652	+0.68	E
MAR007	232	Raymontio Mentoor	Marlow	6	00:12.12	638	+0.68	E
KWC001	181 B	Lethole January	Kingswood College	7	00:12.31	611	+0.68	E
SAC006	283 B	Bongi Kudiwanash	St. Andrews's College	8	00:12.58	576	+0.68	E
MAR015	240	Dante Roüx	Marlow	9	00:12.59	575	+0.68	E
IND012	165 C	Levi Gysman	Individual	10	00:12.65	567	+0.68	E
SAC007	284 B	Elijah Sijjaaka	St. Andrews's College	11	00:12.73	557	+0.68	E
IND009	162 B	Siviwe Dlepu	Individual	12	00:13.17	505	+0.68	E
ATL004	37 C	Nathan Lottering	Atlantic Aces	13	00:13.90	429	+0.68	E
ATL005	38 C	Caleb Lottering	Atlantic Aces	14	00:14.81	345	+0.68	E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT031	33 C	Annesatacya George	ACT	1	00:13.21	746	+0.66	E
KWC002	182 B	Nana Abebebreseh	Kingswood College	2	00:14.01	661	+0.66	E
PHS003	272 W	Kyra Oosthuizen	Pearson High school	3	00:14.50	615	+0.66	E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD015	209 B	Shirley Nekhubui	Madibaz	1	00:11.84	807	+0.61	E
MAD010	204 W	Saskia Wait	Madibaz	2	00:12.62	707	+0.61	E
ACT002	4 B	Aludwe Nyalasa	ACT	3	00:13.19	646	+0.61	E
MAD024	218 W	Juane Els	Madibaz	4	00:13.34	631	+0.61	E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT005	7 W	Lincoln von Waltzleben	ACT	1	00:11.46	711	+0.66	E
SAC003	280 B	Ayomideji Israel-Akinbo	St. Andrews's College	2	00:11.80	658	+0.66	E
SAC010	287 W	Miles Boden	St. Andrews's College	3	00:11.91	642	+0.66	E
IND018	171 I	Theolan Ryan Pillay	Individual	4	00:11.93	639	+0.66	E
ACT008	10 B	Sethu Nomoyi	ACT	5	00:12.18	604	+0.66	E
KWC008	188 B	Siya Davids	Kingswood College	6	00:12.19	602	+0.66	E
SAC008	285 B	Mumbi Kiyula	St. Andrews's College	7	00:13.12	489	+0.66	E
ATL003	36 C	Colin Lottering	Atlantic Aces	8	00:13.46	452	+066	E

55 M-99 Men - Senior : 100 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD013	207 C	Wesley Loxton	Madibaz	1	00:11.04	743	+0.51	E
IND015	168 C	Earl Roses	Individual	2	00:11.11	730	+0.51	E
MAD008	202 C	Jason Butler	Madibaz	3	00:11.12	729	+0.51	E
MAD005	199 W	Aidin Tuohy	Madibaz	4	00:11.38	685	+0.51	E
ACH001	1 C	Jaco Smit	Achillies	5	00:11.52	663	+0.51	E
MAD025	219	John Mamabolo	Madibaz	6	00:12.02	591	+0.51	E
ATL001	34 C	Rowan Adams	Atlantic Aces	7	00:12.48	532	+0.51	E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
KWC007	187 W	Taryn Hurly	Kingswood College	1	11:22.30	804		E
ACT015	17 B	Indiphile Mkhosana	ACT	2	12:24.70	733		E
BWH015	64 W	Shezelle van Wyk	Brandwag High school	3	13:37.90	664		E
NED008	264 B	Kim Mfiki	Nedbank	4	14:38.90	615		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
NED007	263 B	Simamkele Malote	Nedbank	1	10:19.09	728		E
IND026	179	Jaden Charakupa	Individual	2	12:31.95	533		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
GHS002	121 W	Francios De Villiers	Grey High school	1	08:57.96	879		E
BWH002	51 W	Stephen Bothma	Brandwag High school	2	10:16.34	708		E
KWC005	185 W	Gary Woods	Kingswood College	3	10:31.56	682		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MID007	254 W	Josh Bishop	Middelberg	1	32.29	738		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND010	163 W	Louw van Schalkwyk	Individual	1	46.52	815		E
MAR004	229	Charl Esterhuizen	Marlow	2	28.94	635		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MID001	248 W	Thomas Olivier	Middelberg	1	48.50	880		E
FHS019	119 W	Ruan Erskine	Framesby High school	2	29.06	679		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND016	169	Elmé Botha	Individual	1	50.97	934		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD016	210 W	Hannu Du Plessis	Madibaz	1	55.73	884		E
MAD031	225	Tiaan Erskine	Madibaz	2	52.39	858		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT028	30 B	Khazimla Nogalawe	ACT	1	4.01	280		E
FHS018	118 W	Jade de Jager	Framesby High school	2	3.99	272		E
HEA014	135 W	Gabrielle Schonfeldt	Heat	3	3.80	194		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ATL007	40 C	Jazzmine Caesar	Atlantic Aces	1	4.17	262		E

66 W-19 Women - u/20 Junior : Long Jump — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
PHS003	272 W	Kyra Oosthuizen	Pearson High school	1	4.72	404		E
PHS004	273 W	Dane van Dyk	Pearson High school	2	4.58	354		E
KWC002	182 B	Nana Abebebreseh	Kingswood College	3	4.52	332		E
BWH016	65 W	Karista Erasmus	Brandwag High school	4	4.23	224		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD026	220	Ambre Nakas	Madibaz	1	5.36	510		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
SEG007	296 W	CINDY STRYDOM	Sport Excellence Group	1	1.55	728		E
CGH001	71 W	Caitlyn Marriott	Collegiate High School	2	1.40	540		E
HEA015	136 C	Simonique Keyser	Heat	3	1.40	540		E
CGH004	74 B	Bukho Bukani	Collegiate High School	4	1.20	278		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
CGH002	72 W	Kerra Cloete	Collegiate High School	1	1.55	672		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND019	172	MARIA VENTER	Individual	1	1.60	689		E
MID003	250 W	Megan Newton	Middelberg	2	1.55	630		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD014	208 C	Caryn-ann Howard	Madibaz	1	1.65	568		E
MAD027	221	Samantha Wentzel	Madibaz	2	1.55	458		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAR010	235	Aiden De Villiers	Marlow	1	47.31	598		E
DPH002	80 W	Elandre Beauzec	Daniel Pienaar High	2	40.29	473		E
MAD019	213 W	Johan Grundling	Madibaz	3	33.75	343		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
DPH004	82 W	Lukas Willem Opperman	Daniel Pienaar High	1	52.28	680		E
KWC010	190 B	Elias Chitengwa	Kingswood College	2	28.50	226		E

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74 M-99 Men - Senior : Javelin — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND002	155 C	Sadah Felix	Individual	1	35.10	242		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA017	138 W	Keira van Heerden	Heat	1	00:58.71	894		E
SEG002	291 W	ANZELLE BOTES	Sport Excellence Group	2	01:01.48	825		E
BWH006	55 W	Marne Koen	Brandwag High school	3	01:02.13	810		E
ACT028	30 B	Khazimla Nogalawe	ACT	4	01:10.14	660		E
FHS017	117 W	Tanya Boshoff	Framesby High school	5	01:11.54	638		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
SEG012	301 C	CEARON FELIX	Sport Excellence Group	1	00:54.53	729		E
DPH005	83 W	Marko Ferreira	Daniel Pienaar High	2	00:55.61	699		E
FHS011	111 W	Luka Bessinger	Framesby High school	3	00:59.80	597		E
ACT029	31 B	Simamkele Saki	ACT	4	01:07.09	456		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT012	14 W	Zanri Black	ACT	1	00:59.24	857		E
HEA018	139 W	Giselle Pheiffer	Heat	2	01:02.24	787		E
ACT016	18 W	Amber Herman	ACT	3	01:03.72	757		E
BWH019	68 W	Donna-Leigh Douglas	Brandwag High school	4	01:03.86	754		E
ACT011	13 B	Lisa Koliti	ACT	5	01:08.71	667		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA024	145 W	Danielle Honiball	Heat	1	01:01.17	792		E

79 W-99 Women - Senior : 400 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT003	5 C	Alison Cunningham	ACT	1	01:05.15	631		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
DPH001	79 C	Marzanno Seekoei	Daniel Pienaar High	1	00:50.89	813		E
HEA007	128 B	Tanatswa Macharangwanda	Heat	2	00:52.86	749		E
SEG013	302 C	EARON FELIX	Sport Excellence Group	3	00:54.12	712		E
MAR009	234	Francois Van der Ryst	Marlow	4	00:54.22	709		E
ACT017	19 W	Lieben Bester	ACT	5	00:54.94	689		E
IND009	162 B	Siviwe Dlepu	Individual	6	00:57.88	615		E
KWC001	181 B	Lethole January	Kingswood College	7	01:02.34	520		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD003	197 W	Wernich van Rensburg	Madibaz	1	00:49.19	848		E
HEA008	129 W	Ryan Jordan	Heat	2	00:49.21	847		E
FHS007	107 W	Gerhard Venter	Framesby High school	3	00:54.33	683		E
SAC009	286 B	Siya Ndebele	St. Andrews's College	4	00:55.86	643		E
SEG005	294 W	DARIUS PRETORIUS	Sport Excellence Group	5	00:56.39	630		E
MAR003	228	Heinrich Wagenaar	Marlow	6	00:58.95	571		E

82 M-99 Men - Senior : 400 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD011	205 C	Daryll Lottering	Madibaz	1	00:48.17	797		E
MAT001	247	DAVID DE VILLIERS	Maties	2	00:51.65	685		E
MAD006	200 B	Luphumelelo Tyandela	Madibaz	3	00:55.17	593		E
IND015	168 C	Earl Roses	Individual	4	00:58.06	528		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
PHS002	271 W	Amber Irvine	Pearson High school	1	05:26.91	659		E
KWC014	194 W	Rosemary Colenzo	Kingswood College	2	05:47.30	592		E
KWC012	192 W	Nina Connan	Kingswood College	3	06:00.75	552		E
BWH003	52 W	Mine McKay	Brandwag High school	4	06:02.15	549		E
DSG002	85	Allegra Goedhart	DSG	5	06:28.30	480		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
DSG004	87	Emma Kruse	DSG	1	04:43.86	821		E
CGH003	73 W	Mia Cara Hart	Collegiate High School	2	05:15.00	684		E
BWH013	62 W	Abigail van den Berg	Brandwag High school	3	05:52.89	559		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
KWC004	184 W	Kyle Heyns	Kingswood College	1	04:54.05	618		E
ACT010	12 B	Nqandu Limikhaya	ACT	2	04:58.04	601		E
BWH012	61 W	Avon Williams	Brandwag High school	3	05:09.22	556		E
MAR021	246	Alexander Labuscagne	Marlow	4	05:30.93	477		E
BWH010	59 W	Ethan Bothma	Brandwag High school	5	05:32.42	472		E
BWH009	58 W	Henrico Louw	Brandwag High school	6	05:43.17	438		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND004	157 W	Brenden Wessels	Individual	1	04:06.26	854		E
SEG001	290 W	LOUAN HOLLANDER	Sport Excellence Group	2	04:41.32	648		E
FHS001	101 W	Duston Vermaak	Framesby High school	3	04:41.75	646		E
KWC005	185 W	Gary Woods	Kingswood College	4	05:04.36	548		E
KWC001	181 B	Lethole January	Kingswood College	5	05:18.30	496		E

87 W-19 Women - u/20 Junior : 1500 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
FHS009	109 W	Sune Du Preez	Framesby High school	1	06:12.52	499		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BOX001	45 B	Sandiswa Kundulu	Boxer	1	05:09.68	647		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT006	8 B	Aphelele September	ACT	1	04:13.71	768		E
NED012	268 W	Daniel McDonald	Nedbank	2	04:35.76	647		E

90 M-99 Men - Senior : 1500 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BOX002	46 B	Yanga Malusi	Boxer	1	04:01.94	723		E
EXL001	100 C	Adriaan Gerwel	Excel	2	04:06.36	697		E
BOX003	47 B	Lithobe Menzeleleli	Boxer	3	04:08.13	687		E
MAD032	306	Mohutsiwa Gontsejalo	Madibaz	4	04:25.72	595		E
CMC001	75	Devan Dolleys	Camdeboo	5	04:29.86	576		E
ACT001	3 B	Monwabisi Singaphi	ACT	6	04:35.08	553		E
HEA013	134 W	Ryan Peter	Heat	7	04:43.35	518		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD004	198 W	Anria Vosloo	Madibaz	1	00:13.61	909	-0.18	E
HEA014	135 W	Gabrielle Schonfeldt	Heat	2	00:17.91	633	-0.18	E

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Result per item

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA020	141 w	Anri van Zyl	Heat	1	00:15.80	782	+0.89	E
HEA021	142 w	Lara Kleinhans	Heat	2	00:16.94	714	+0.89	E
ACT013	15 w	Anika de Ridder	ACT	3	00:18.52	635	+0.89	E
ACT019	21 w	Kaylee Villet	ACT	4	00:19.78	582	+0.89	E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
EDT001	90 w	Liam de Kock	Eddas Throwers	1	11.59	673		E
GHS001	120 w	JOANDRE VAN	Grey High school	2	11.28	657		E
MAR017	242	Izak Steyn	Marlow	3	10.34	605		E
EDT002	91 w	Deon Slabbert	Eddas Throwers	4	8.69	505		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
DPH002	80 w	Elandre Beauzec	Daniel Pienaar High	1	12.94	720		E
EDT005	94 w	Handre Barnard	Eddas Throwers	2	12.89	717		E
MAD019	213 w	Johan Grundling	Madibaz	3	12.78	712		E
BWH014	63 w	Remy Heymans	Brandwag High school	4	12.69	707		E
EDT010	99 c	Keanu Bruintjies	Eddas Throwers	5	12.56	701		E
FHS015	115 w	Jaco Pretorius	Framesby High school	6	12.44	695		E
EDT006	95 w	Dandre Leonard	Eddas Throwers	7	11.89	667		E
MAR014	239	Hermanus Steyn	Marlow	8	10.76	608		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND013	166 w	Gerrard Du Preez	Individual	1	15.41	763		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD020	214	Theune Herbst	Madibaz	1	34.89	850		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
EDT008	97 w	Deane Slabbert	Eddas Throwers	1	31.29	761		E
EDT009	98 w	Ilke Douglas	Eddas Throwers	2	30.95	755		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ATL006	39 c	Amy Lottering	Atlantic Aces	1	14.34	370		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD023	217 w	Ischke Senekal	Madibaz	1	49.27	925		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
DPH003	81 w	Tunesian Basson	Daniel Pienaar High	1	12.12	526		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD022	216 b	Sambeso Merile	Madibaz	1	14.06	593		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA023	144 w	Thriscka Stapelberg	Heat	1	00:15.37	826	+0.16	E
MID003	250 w	Megan Newton	Middelberg	2	00:16.11	777	+0.16	E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAR016	241	Paul Steyn	Marlow	1	00:14.44	793	-3.43	E
MID008	255 W	Gerhard van Graan	Middelberg	2	00:15.30	722	-3.43	E
BWH020	69 W	Liam Vosloo	Brandwag High school	3	00:18.45	529	-3.43	E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
DPH003	81 W	Tunesian Basson	Daniel Pienaar High	1	00:16.07	732		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
SAC005	282 W	Bryce Putzier	St. Andrews's College	1	00:17.72	635		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA009	130 W	Mondray Barnard	Heat	1	00:14.34	869		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA002	123 W	Kadin Kretzmann	Heat	1	05:07.74	821		E
BWH008	57 W	Janco Landman	Brandwag High school	2	05:12.57	803		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BWH007	56 W	Kara Fourie	Brandwag High school	1	05:30.97	0		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BWH004	53 W	Keanu Welch	Brandwag High school	1	06:31.51	857		E
BWH005	54 W	Wiehan Maree	Brandwag High school	2	06:53.30	792		E
FHS008	108 W	Zadriaan Gouws	Framesby High school	3	07:13.16	741		E

111 M-19 Men - u/20 Junior : 3000 m Steeple Chase — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND005	158 W	Robert Orrock	Individual	1	10:05.30	870		E
NED012	268 W	Daniel McDonald	Nedbank	2	12:01.95	775		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACH002	2 B	Patrige Chimwendo	Achillies	1	11:05.51	815		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA017	138 W	Keira van Heerden	Heat	1	00:26.64	835		E
BWH006	55 W	Marne Koen	Brandwag High school	2	00:27.20	802		E
SEG011	300 W	CHRISLIE FERREIRA	Sport Excellence Group	3	00:28.42	739		E
ACT028	30 B	Khazimla Nogalawe	ACT	4	00:28.89	716		E
DSG003	86	Rachel Murray	DSG	5	00:29.43	692		E
KWC009	189 W	Bronwyn Shone	Kingswood College	6	00:30.17	660		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA022	143 W	Amber-Lee Elliott	Heat	1	00:25.90	857		E
DSG005	88	Megan Emslie	DSG	2	00:26.42	824		E
ACT012	14 W	Zanri Black	ACT	3	00:27.17	782		E
ACT009	11 C	Caitlyn Franks	ACT	4	00:27.36	771		E
HEA019	140 W	Milandri Fourie	Heat	5	00:28.55	712		E
ATL007	40 C	Jazzmine Caesar	Atlantic Aces	6	00:32.38	560		E

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115 B-15 Boys - u/16 Sub-Youth : 200 m

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA004	125 C	Cole Moultrie	Heat	1	00:24.21	703		E
SEG012	301 C	CEARON FELIX	Sport Excellence Group	2	00:24.90	657		E
SEG010	299 W	KIERAN VAN LILL	Sport Excellence Group	3	00:24.99	651		E
ACT026	28 W	Chase Alberts	ACT	4	00:25.27	634		E
KWC006	186 B	Realeboha Koa	Kingswood College	5	00:27.20	528		E
ACT029	31 B	Simamkele Saki	ACT	6	00:28.16	482		E
MAR021	246	Alexander Labuscagne	Marlow	7	00:32.19	323		E

116 B-17 Boys - u/18 Youth : 200 m

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
DPH001	79 C	Marzanno Seekoei	Daniel Pienaar High	1	00:23.18	746	+0.62	E
HEA006	127 W	Keenan Adams	Heat	2	00:23.36	732	+0.62	E
MAD029	223	Luvo Sobekwa	Madibaz	3	00:23.37	731	+0.62	E
SAC011	288 W	Nathan Putzier	St. Andrews's College	4	00:23.54	719	+0.62	E
IND014	167 B	Isa Marola	Individual	5	00:23.93	691	+0.62	E
SEG013	302 C	EARON FELIX	Sport Excellence Group	6	00:23.96	689	+0.62	E
HEA007	128 B	Tanatswa Macharangwanda	Heat	7	00:24.04	684	+0.62	E
MAR008	233	SJ De koker	Marlow	8	00:24.58	648	+0.62	E
MAR006	231	Stefan Vorster	Marlow	9	00:24.87	630	+0.62	E
ACT017	19 W	Lieben Bester	ACT	10	00:24.94	626	+0.62	E
MAR015	240	Dante Roüx	Marlow	11	00:25.73	580	+0.62	E
IND009	162 B	Siviwe Dlepu	Individual	12	00:26.87	520	+0.62	E
ATL005	38 C	Caleb Lottering	Atlantic Aces	13	00:31.16	339	+0.62	E

117 W-19 Women - u/20 Junior : 200 m

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT031	33 C	Annesatacya George	ACT	1	00:26.79	782		E
HEA023	144 W	Thriscka Stapelberg	Heat	2	00:26.87	778		E

118 W-99 Women - Senior : 200 m

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD015	209 B	Shirley Nekhubui	Madibaz	1	00:23.88	850		E
ACT002	4 B	Aludwe Nyalasa	ACT	2	00:26.68	689		E
ACT003	5 C	Alison Cunningham	ACT	3	00:27.64	645		E

119 M-19 Men - u/20 Junior : 200 m

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND018	171 I	Theolan Ryan Pillay	Individual	1	00:23.83	674		E
SAC012	289 B	Ayomideji Israel-Akinbo	St. Andrews's College	2	00:24.18	650		E
FHS007	107 W	Gerhard Venter	Framesby High school	3	00:24.45	633		E
SEG005	294 W	DARIUS PRETORIUS	Sport Excellence Group	4	00:25.07	596		E
MAR003	228	Heinrich Wagenaar	Marlow	5	00:26.20	534		E
ATL002	35 C	Ruthan Drude	Atlantic Aces	6	00:26.51	518		E
ATL003	36 C	Colin Lottering	Atlantic Aces	7	00:27.41	474		E

120 M-99 Men - Senior : 200 m

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD007	201 B	Leonard Mgoqi	Madibaz	1	00:21.49	819		E
MAD012	206 C	Sherwin van Staden	Madibaz	2	00:21.61	808		E
MAD008	202 C	Jason Butler	Madibaz	3	00:22.04	771		E
MAD013	207 C	Wesley Loxton	Madibaz	4	00:22.07	768		E
ATL001	34 C	Rowan Adams	Atlantic Aces	5	00:25.80	525		E

121 M-99 Men - Senior : 10 000 m

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
NED001	257 B	Andile Motwana	Nedbank	1	33:24.38	735		E
NED004	260 B	Sinethemba Mirele	Nedbank	2	36:00.54	658		E
NED013	269	Henry Crause	Nedbank	3	39:24.47	575		E
IND023	176 B	Loyiso Nyoka	Individual	4	43:55.58	484		E

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Result per item

122	M-98	Men - Master : 10 000 m					Final	
		Athlete	Team	Place	Performance	Table point	Wind	H/E
NED005	261 B	George Ntshiliza	Nedbank	1	35:05.81	0		E

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