Result per item

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND030	190 w	CELESTE SCHEEPERS	Individual	1	32:49.70	0		E
IND021	181 w	Leta Dos Santos	Individual	2	35:55.50	0		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND029	189 w	Sasha Mortimer	Individual	1	20:52.50	736		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND007	168 w	Anrich Knoetze	Individual	1	00:49.06	448		E
ACT037	37 w	Noah Webster	ACT	2	00:52.19	366		E
HEA022	265	Kadin Kretzman	Heat	3	00:52.29	363		E
BOX007	59	Rossouw Nel	Boxer	4	00:57.47	248		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
FHS018	130 w	Jade de Jager	Framesby High School	1	1.85	0		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
PHS001	228 w	Inge van Eyk	Pearson High School	1	2.20	4		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
QUC002	230 w	Tyler Manthe	Queens College	1	3.80	486		E
IND022	182 w	Schalk Stroebel	Individual	2	3.00	101		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
SAC001	231 w	Bryce Putzier	St. Andrew College	1	4.40	687		E
QUC001	229 w	Tristan Manthe	Queens College	2	4.10	558		E
FHS006	118 w	Zander van Eyk	Framesby High School	3	4.00	514		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
NIC001	222 w	Jannie Venter	Nico Malan	1	2.55	0		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND036	196 w	Anka van Schalkwyk	Individual	1	31.24	724		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MID005	260	Christel Van Vuuren	Middelburg	1	50.92	918		E
MAD006	212 w	Jana Terblanche	Madibaz	2	45.51	869		E
IND045	205	Chanelle Britz	Individual	3	43.60	851		E
MID008	263	Danika Van Der Walt	Middelburg	4	40.57	821		E
MID004	259	Elzaan Pieterse	Middelburg	5	38.57	800		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD007	213 w	Reze Coetzer	Madibaz	1	49.02	951		E
MID003	258	Danelle Bishop	Middelburg	2	43.49	896		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MID007	262	Divan Lausberg	Middelburg	1	5.13	436		E
ACT036	36 w	Jano Janse van Vuuren	ACT	2	4.57	245		E
ACT037	37 w	Noah Webster	ACT	3	4.01	43		E
FHS017	129 w	Nathan de Lange	Framesby High School	4	3.79	0		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
DPH001	90 C	Marzanno Seekoei	Daniel Pienaar High School	1	6.22	670		E
FHS019	131 W	Tian Pretorius	Framesby High School	2	5.28	380		E
IND009	170 C	Boldwin Perries	Individual	3	5.05	306		E
ATL006	46 C	Caleb Lottering	Atlantic Aces	4	4.34	68		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT009	9 B	Sethu Nomoyi	ACT	1	5.14	262		E
ATL002	42 C	Ruthan Drude	Atlantic Aces	2	4.99	215		E
ATL003	43 C	Colin Lottering	Atlantic Aces	3	4.69	118		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ATL001	41 C	Rowan Adams	Atlantic Aces	1	4.60	0		E

17 M-98 Men - Master : Long Jump — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND008	169 B	Simphiwe Swekile	Individual	1	5.24	0		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT005	5 W	Stefan Kohler	ACT	1	1.80	610		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND027	187 W	Kylie Klaasen	Individual	1	16.64	340		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
EDT007	105 W	Chante Mulder	Eddas Throwers	1	33.23	694		E
FHS012	124 W	Anja Vorster	Framesby High School	2	30.66	646		E
FHS020	132 W	Mienke Deysel	Framesby High School	3	30.48	643		E
NIC003	224 W	Chloe Luiters	Nico Malan	4	29.14	617		E
FHS026	138 W	Jenna O'Ehley	Framesby High School	5	23.46	498		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA017	157 W	Shannon van der Berg	Heat	1	32.01	671		E
IND020	180	Angelique Roodt	Individual	2	29.01	614		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA010	150 W	Gabrielle Schonfeldt	Heat	1	01:01.42	291		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT013	13 W	Zanri Black	ACT	1	01:07.58	467		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
SEG009	248 W	Jane Venter	Sport Excellence Group	1	01:12.49	431		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BOX006	58	De wet Nel	Boxer	1	00:58.45	706		E
BOX003	55	Juan Du plessis	Boxer	2	01:00.83	10		E
FHS008	120 W	Hugo Nothnagel	Framesby High School	3	01:01.19	6		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD008	214 W	Wernich van Rensburg	Madibaz	1	00:55.19	850		E

27 M-99 Men - Senior : 400 m Hurdles — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
NIC001	222 W	Jannie Venter	Nico Malan	1	01:07.80	0		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
CRA001	87 C	Nakeesha Alexander	Cradock	1	05:03.40	751		E
ACT026	26 B	Comfort Appiah	ACT	2	05:04.30	747		E
BWH008	70 W	Kara Fourie	Brandwag	3	05:14.70	705		E
ACT028	28 W	Katelyn Deas	ACT	4	05:32.00	642		E
FHS004	116 W	Alouise Vosloo	Framesby High School	5	05:38.90	619		E
FHS010	122 W	Esmeri Oberhauser	Framesby High School	6	05:46.00	596		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
CGH004	79 W	Mia Cara Hart	Collegiate High School	1	05:16.10	680		E
ACT016	16 B	Simnikiwe Booysen	ACT	2	05:23.60	653		E
DSG003	97	Caitlyn Kruiskamp	DSG	3	05:37.00	607		E
FHS025	137 W	Zane Jubber	Framesby High School	4	06:36.20	447		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BWH012	74 C	Christiano Brown	Brandwag	1	04:30.06	737		E
STA001	252 C	Reece Freeman	ST. Albans	2	04:30.62	734		E
IND025	185 W	Daniel Richter	Individual	3	04:30.68	734		E
SAC008	238 W	James Wyllie	St. Andrew College	4	04:56.78	607		E
BWH011	73 W	Ethan Bothma	Brandwag	5	06:00.99	385		E
BWH010	72 W	Henrico Louw	Brandwag	6	06:03.14	379		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BWH005	67 W	Keanu Welch	Brandwag	1	04:09.91	828		E
IND014	174 W	Brenden Wessels	Individual	2	04:17.78	776		E
SEG003	242 C	Josh Napoleon	Sport Excellence Group	3	04:27.53	719		E
FHS023	135 W	Zadriaan Gouws	Framesby High School	4	04:27.64	718		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
EDT004	102 B	Ngazo Ntoni	Eddas Throwers	1	9.79	748		E
EDT001	99 W	Micaela Warner	Eddas Throwers	2	8.69	694		E
ATL011	51 C	Leane Meyer	Atlantic Aces	3	6.50	569		E
ATL010	50 C	Jesstine Louw	Atlantic Aces	4	5.70	516		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
EDT006	104 W	Kelly Gouws	Eddas Throwers	1	13.93	892		E
EDT007	105 W	Chante Mulder	Eddas Throwers	2	11.82	812		E
EDT010	108 W	Deane Slabbert	Eddas Throwers	3	11.39	794		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
FHS021	133 W	Charnleigh Kotze	Framesby High School	1	11.74	853		E
EDT012	110 W	Heike Groenewald	Eddas Throwers	2	11.40	838		E
EDT013	111 W	Colleen Brown	Eddas Throwers	3	11.32	835		E
ATL008	48 C	Amy Lottering	Atlantic Aces	4	6.17	564		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD015	221 W	Ischke Senekal	Madibaz	1	16.25	1008		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
EDT005	103 W	Nicolis Thysse	Eddas Throwers	1	44.73	774		E
EDT002	100 W	Liam de Kock	Eddas Throwers	2	36.00	652		E
EDT003	101 W	Deon Slabbert	Eddas Throwers	3	27.00	502		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
EDT011	109 C	Keanu Bruintjies	Eddas Throwers	1	43.34	772		E
IND039	199 W	Matthew Heath	Individual	2	42.68	763		E
EDT009	107 W	Handre Barnard	Eddas Throwers	3	40.12	727		E
FHS015	127 W	Jaco Pretorius	Framesby High School	4	38.50	704		E
DPH005	94 W	Elandre Beauzec	Daniel Pienaar High School	5	38.33	702		E
EDT008	106 W	Dandre Leonard	Eddas Throwers	6	25.63	490		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
NIC002	223 W	Isabella Muller	Nico Malan	1	8.54	366		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND016	176 W	ANKE SERFONTEIN	Individual	1	05:15.69	674		E
FHS009	121 W	Sune Du Preez	Framesby High School	2	06:11.84	501		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT007	7 B	Aphelele September	ACT	1	04:10.14	791		E
BWH002	64 W	Morne van den Berg	Brandwag	2	04:16.43	751		E
ACT008	8 B	Siyabonga Rofuzana	ACT	3	04:18.75	737		E
IND006	167 W	Daniel McDonald	Individual	4	04:45.88	600		E
CRA003	89 B	Vuyani Shweni	Cradock	5	04:53.65	566		E

41 M-99 Men - Senior : 1500 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
EXL001	112 C	Adriaan Gerwel	Excel Athletics Club	1	04:07.75	689		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT034	34 W	Izaan Lamprecht	ACT	1	00:13.73	730		E
SEG004	243 W	Chrislie Ferreira	Sport Excellence Group	2	00:14.09	692		E
ACT035	35 C	Chante Strydom	ACT	3	00:14.14	687		E
ACT027	27 W	Taytem Hargreaves	ACT	4	00:14.21	680		E
FHS022	134 W	Tanya Boshoff	Framesby High School	5	00:14.52	651		E
CMC002	82 C	Christil Schoeman	Camdeboo	6	00:14.76	629		E
FHS016	128 W	Simonique Grobler	Framesby High School	7	00:14.83	623		E
HEA010	150 W	Gabrielle Schonfeldt	Heat	8	00:14.89	617		E
ATL012	52 C	Salma Valentine	Atlantic Aces	9	00:15.25	587		E
ACT032	32 W	Makensie Bosman	ACT	10	00:16.88	468		E

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Result per item

43 G-17 Girls - u/18 Youth : 100 m

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA014	154 W	Amber-Lee Elliott	Heat	1	00:13.10	781		E
HEA015	155 W	Anri van Zyl	Heat	2	00:13.25	763		E
DSG002	96	Megan Emslie	DSG	3	00:13.56	727		E
ACT010	10 C	Caitlyn Franks	ACT	4	00:13.73	709		E
BOX009	61	Hannah James	Boxer	5	00:14.13	668		E
ACT014	14 W	Anika de Ridder	ACT	6	00:14.17	664		E
HEA013	153 W	Milandri Fourie	Heat	7	00:14.34	648		E
CMC006	86	Dudley Anne McCarthy	Camdeboo	8	00:14.38	644		E
IND037	197 W	Jenna Kilian	Individual	9	00:14.67	618		E
BWH001	63 C	Cara Whitebooi	Brandwag	10	00:15.98	514		E

44 B-15 Boys - u/16 Sub-Youth : 100 m

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA002	142 C	Cole Moultrie	Heat	1	00:11.98	691		E
SEG001	240 W	MJ Marks	Sport Excellence Group	2	00:12.53	613		E
MID007	262	Divan Lausberg	Middelburg	3	00:12.63	599		E
ACT031	31 C	Roberto Sauls	ACT	4	00:13.43	504		E
IND001	162 W	Tiaan Vosloo	Individual	5	00:14.29	416		E
ACT040	40 B	Simamkele Saki	ACT	6	00:14.51	396		E
ACT036	36 W	Jano Janse van Vuuren	ACT	7	00:14.72	377		E

45 M-98 Men - Master : 100 m

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD004	210 C	Andrew Kock	Madibaz	1	00:14.21	0		E
HEA020	160 W	Colin Adams	Heat	2	00:15.27	0		E

46 B-17 Boys - u/18 Youth : 100 m

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA003	143 W	Keenan Adams	Heat	1	00:11.87	674		E
SEG002	241 C	Bryan Katoo	Sport Excellence Group	2	00:11.91	668		E
SAC002	232 W	Nathan Putzier	St. Andrew College	3	00:12.06	646		E
IND044	204 B	Emihle Vakalisa	Individual	4	00:12.38	602		E
FHS019	131 W	Tian Pretorius	Framesby High School	5	00:12.66	566		E
DPH002	91 C	Robin-Lee Hendricks	Daniel Pienaar High School	6	00:12.71	559		E
BOX005	57	Ruan Scheepers	Boxer	7	00:12.73	557		E
ATL006	46 C	Caleb Lottering	Atlantic Aces	8	00:12.91	535		E
ACT011	11 B	Khanyiso Tshanga	ACT	9	00:12.91	535		E
IND017	177 C	Tommy-Lee Peters	Individual	10	00:13.17	505		E
CMC005	85 C	Jason Koopman	Camdeboo	11	00:13.46	474		E

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

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA018	158 W	Thriscka Stapelberg	Heat	1	00:13.66	696		E
IND031	191 W	Bianca Scoonbie	Individual	2	00:13.76	686		E

48 W-99 Women - Senior : 100 m

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND042	202 C	Chere Jacobs	Individual	1	00:14.29	545		E
ACT003	3 B	Aludwe Nyalasa	ACT	2	00:14.37	538		E

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Result per item

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND038	198 W	Reinhardt van Rensburg	Individual	1	00:12.00	629		E
ACT006	6 W	Lincoln von Waltzleben	ACT	2	00:12.02	626		E
WIL001	254 W	Alec van den Berg	Willow Academy	3	00:12.12	612		E
SAC003	233 B	Ayomideji Israel-Akinbo	St. Andrew College	4	00:12.15	608		E
PHS003	267	Amandla Tyali	Pearson High School	5	00:12.61	548		E
ACT009	9 B	Sethu Nomoyi	ACT	6	00:12.74	532		E
SAC005	235 B	Mlibo Xotyeni	St. Andrew College	7	00:12.99	503		E
ATL003	43 C	Colin Lottering	Atlantic Aces	8	00:13.51	447		E

50 M-99 Men - Senior : 100 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA008	148 W	Mondray Barnard	Heat	1	00:11.27	703		E
MAD002	208	Jason Butler	Madibaz	2	00:11.42	679		E
MAD014	220	Wesley Loxton	Madibaz	3	00:11.46	672		E
IND034	194 C	Antonio Blom	Individual	4	00:11.58	654		E
IND043	203 B	Bulumko Ntuthu	Individual	5	00:11.59	652		E
MAD005	211 W	Aidan Tuohy	Madibaz	6	00:11.62	648		E
ACT001	1 C	Marlin Koekemoer	ACT	7	00:11.63	646		E
IND033	193 C	Davien Douglass	Individual	8	00:11.87	611		E
IND032	192 B	Vuyolwethu Bam	Individual	9	00:12.11	579		E
ACT002	2 C	Enzo Koekemoer	ACT	10	00:12.25	560		E
ATL001	41 C	Rowan Adams	Atlantic Aces	11	00:14.14	358		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
PHS005	269	Megan Hough	Pearson High School	1	12:01.39	758		E
PHS004	268	Robyn Hough	Pearson High School	2	12:12.41	746		E
BWH004	66 W	Anika Maree	Brandwag	3	12:54.11	704		E
IND047	300	Shezelle Van Wyk	Individual	4	13:27.50	673		E

52 W-19 Women - u/20 Junior : 3000 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BOX001	53	Riya Keshaw	Boxer	1	11:29.29	790		E
IND026	186 W	Kiara Madison Herman	Individual	2	12:06.47	748		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BWH013	75 W	Avon Williams	Brandwag	1	11:33.77	608		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND035	195 W	Louw van Schalkwyk	Individual	1	50.85	851		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MID001	256	Thomas Olivier	Middelburg	1	48.61	881		E
FHS024	136 W	Ruan Erskine	Framesby High School	2	24.00	610		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD001	207	Paul Johannes Du Plessis	Madibaz	1	54.52	875		E
MAD013	219 W	Tiaan Erskine	Madibaz	2	50.90	846		E

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Result per item

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT027	27 W	Taytem Hargreaves	ACT	1	4.44	450		E
ACT035	35 C	Chante Strydom	ACT	2	4.33	407		E
SEG010	249 W	Minandi Venter	Sport Excellence Group	3	4.09	312		E
ACT038	38 B	Khazimla Nogalawe	ACT	4	4.05	296		E
HEA010	150 W	Gabrielle Schonfeldt	Heat	5	3.80	194		E
FHS016	128 W	Simonique Grobler	Framesby High School	6	3.80	194		E
NIC002	223 W	Isabella Muller	Nico Malan	7	3.78	186		E
IND004	165 W	Emily Knoetze	Individual	8	3.61	115		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BOX009	61	Hannah James	Boxer	1	4.34	327		E
CMC001	81 C	Recartlin Lottering	Camdeboo	2	4.19	270		E
ATL009	49 C	Jazzmine Caesar	Atlantic Aces	3	4.18	266		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
SEG012	251 W	Cindy Strydom	Sport Excellence Group	1	1.58	765		E
CGH001	76 W	Caitlyn Marriott	Collegiate High School	2	1.42	565		E
IND027	187 W	Kylie Klaasen	Individual	3	1.38	514		E
CGH005	80 B	Bukho Bukani	Collegiate High School	4	1.28	385		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
CGH002	77 W	Kerra Cloete	Collegiate High School	1	1.48	587		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND010	171 W	MARIA VENTER	Individual	1	1.58	666		E
CGH003	78 W	Tanith Moreton	Collegiate High School	2	1.52	594		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD012	218 W	Caryn - Anne Howard	Madibaz	1	1.58	491		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA005	145 W	Vincent Mcleod	Heat	1	50.52	652		E
DPH005	94 W	Elandre Beauzec	Daniel Pienaar High School	2	46.13	578		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
DPH004	93 W	Lukas Willem Opperman	Daniel Pienaar High School	1	44.93	556		E
NIC004	225 W	Joshua Swart	Nico Malan	2	42.70	516		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
SEG007	246 W	Anzelle Botes	Sport Excellence Group	1	01:01.40	826		E
ACT034	34 W	Izaan Lamprecht	ACT	2	01:05.44	742		E
ACT022	22 B	Lilly Nomoyi	ACT	3	01:09.24	675		E
FHS022	134 W	Tanya Boshoff	Framesby High School	4	01:11.76	635		E
ACT038	38 B	Khazimla Nogalawe	ACT	5	01:13.42	611		E
IND003	164 W	Milla Delport	Individual	6	01:17.62	554		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT013	13 W	Zanri Black	ACT	1	01:00.45	828		E
BOX008	60	Zoe Griessel	Boxer	2	01:01.09	813		E
IND002	163 W	Donna-Leigh Douglas	Individual	3	01:04.25	746		E
HEA012	152 W	Giselle Pheiffer	Heat	4	01:04.35	744		E
ACT012	12 B	Lisa Koliti	ACT	5	01:08.70	667		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
DPH001	90 C	Marzanno Seekoei	Daniel Pienaar High School	1	00:54.66	697		E
HEA006	146 B	Tanatswa Macharangwanda	Heat	2	00:55.92	663		E
ATL005	45 C	Nathan Lottering	Atlantic Aces	3	00:56.51	648		E
ACT019	19 W	Lieben Bester	ACT	4	00:56.68	644		E
ACT015	15 W	Troy Hargreaves	ACT	5	00:56.78	642		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA016	156 W	Danielle Honiball	Heat	1	01:02.24	769		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT004	4 C	Alison Cunningham	ACT	1	01:04.35	645		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BOX002	54	Christiaan Liebenberg	Boxer	1	00:54.41	681		E
FHS007	119 W	Gerhard Venter	Framesby High School	2	00:55.78	646		E
SAC009	239 B	Siya Ndebele	St. Andrew College	3	00:59.09	568		E

73 M-99 Men - Senior : 400 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD011	217 B	Luphumelelo Tyandela	Madibaz	1	00:56.60	560		E
IND024	184 C	Earl Roses	Individual	2	00:57.39	543		E
IND041	201 C	Silundokuhle Teyise	Individual	3	00:58.02	529		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT030	30 W	Chase Alberts	ACT	1	02:13.61	506		E
IND025	185 W	Daniel Richter	Individual	2	02:22.17	392		E
STA001	252 C	Reece Freeman	ST. Albans	3	02:36.65	235		E

75 M-98 Men - Master : 800 m — Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA009	149 C	Gilroy Domingo	Heat	1	02:31.72	0		E
IND040	200	Eldridge van Niekerk	Individual	2	02:52.51	0		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
PAC001	227 W	Daniel Button	Plett Athletic Club	1	02:04.62	605		E
IND023	183 W	Matthew van Coller	Individual	2	02:05.50	590		E
FHS023	135 W	Zadriaan Gouws	Framesby High School	3	02:13.99	459		E
BOX004	56	Ben Grobbelaar	Boxer	4	02:19.51	387		E
DPH003	92 W	Tunesian Basson	Daniel Pienaar High School	5	02:28.25	286		E
FHS014	126 W	Marco Sprong	Framesby High School	6	02:38.66	184		E
ACT025	25 B	Simamkele Sakhatha	ACT	7	02:48.71	97		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
BWH007	69 W	Marne Koen	Brandwag	1	02:28.60	773		E
ACT026	26 B	Comfort Appiah	ACT	2	02:29.92	761		E
CMC004	84 C	Lichen Booi	Camdeboo	3	02:32.64	738		E
SEG012	251 W	Cindy Strydom	Sport Excellence Group	4	02:34.51	722		E
HEA011	151 C	Keara Domingo	Heat	5	02:35.76	712		E
ACT016	16 B	Simnikiwe Booysen	ACT	6	02:41.36	669		E
ACT028	28 W	Katelyn Deas	ACT	7	02:44.24	649		E
DSG004	98	Sarah Simpson	DSG	8	02:52.20	597		E
IND027	187 W	Kylie Klaasen	Individual	9	03:00.08	550		E
ATL010	50 C	Jesstine Louw	Atlantic Aces	10	03:25.29	426		E
FHS013	125 W	Karla Van Rooyen	Framesby High School	11	03:40.51	364		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
DSG001	95	Emma Kruse	DSG	1	02:20.06	835		E
FHS027	139 W	Elanca Van Jaarsveld	Framesby High School	2	02:48.77	601		E
FHS011	123 W	Ilze Hattingh	Framesby High School	3	03:01.23	528		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
SEG006	245 W	David Handley	Sport Excellence Group	1	02:02.45	597		E
ACT007	7 B	Aphelele September	ACT	2	02:06.10	536		E
STA002	253 C	Christiaan Appels	ST. Albans	3	02:11.13	460		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD009	215 W	Anria Vosloo	Madibaz	1	00:15.91	738		E
HEA010	150 W	Gabrielle Schonfeldt	Heat	2	00:17.79	638		E
SEG010	249 W	Minandi Venter	Sport Excellence Group	3	00:17.88	634		E
FHS016	128 W	Simonique Grobler	Framesby High School	4	00:19.35	571		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT014	14 W	Anika de Ridder	ACT	1	00:19.26	603		E
ACT021	21 W	Kaylee Villet	ACT	2	00:21.53	518		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
EDT005	103 W	Nicolis Thysse	Eddas Throwers	1	13.52	770		E
IND013	173 W	JOANDRE VAN	Individual	2	11.58	673		E
EDT002	100 W	Liam de Kock	Eddas Throwers	3	11.58	673		E
EDT003	101 W	Deon Slabbert	Eddas Throwers	4	10.93	638		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
DPH005	94 W	Elandre Beauzec	Daniel Pienaar High School	1	13.90	765		E
FHS015	127 W	Jaco Pretorius	Framesby High School	2	13.83	762		E
EDT011	109 C	Keanu Bruintjies	Eddas Throwers	3	13.67	754		E
EDT009	107 W	Handre Barnard	Eddas Throwers	4	12.83	714		E
EDT008	106 W	Dandre Leonard	Eddas Throwers	5	12.06	676		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD010	216 W	Theune Herbst	Madibaz	1	41.20	947		E
EDT001	99 W	Micaela Warner	Eddas Throwers	2	26.02	695		E

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

		Athlete	Team	Place	Performance	Table point	Wind	H/E
EDT010	108 W	Deane Slabbert	Eddas Throwers	1	31.96	772		E

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88	W-19	Women - u/20 Junior : Discus Throw					Final	
		Athlete	Team	Place	Performance	Table point	Wind	H/E
EDT012	110 W	Heike Groenewald	Eddas Throwers	1	38.03	838		E

89	W-99	Women - Senior : Discus Throw					Final	
		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD015	221 W	Ischke Senekal	Madibaz	1	53.27	976		E

91	B-15	Boys - u/16 Sub-Youth : 100 m Hurdles					Final	
		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND046	206	Jordan Strauss	Individual	1	00:15.71	692		E
BOX007	59	Rossouw Nel	Boxer	2	00:18.66	518		E

92	B-17	Boys - u/18 Youth : 110 m Hurdles					Final	
		Athlete	Team	Place	Performance	Table point	Wind	H/E
BOX003	55	Juan Du plessis	Boxer	1	00:17.76	621		E
BOX006	58	De wet Nel	Boxer	2	00:18.05	605		E

93	M-99	Men - Senior : 110 m Hurdles					Final	
		Athlete	Team	Place	Performance	Table point	Wind	H/E
SAC001	231 W	Bryce Putzier	St. Andrew College	1	00:20.22	489		E

94	B-15	Boys - u/16 Sub-Youth : 1500 m Steeple C					Final	
		Athlete	Team	Place	Performance	Table point	Wind	H/E
BWH009	71 W	Janco Landman	Brandwag	1	05:22.21	768		E

95	G-15	Girls - u/16 Sub-Youth : 1500 m Steeple					Final	
		Athlete	Team	Place	Performance	Table point	Wind	H/E
BWH008	70 W	Kara Fourie	Brandwag	1	05:56.75	0		E

96	G-17	Girls - u/18 Youth : 2000 m Steeple Chas					Final	
		Athlete	Team	Place	Performance	Table point	Wind	H/E
FHS003	115 W	Anel Strauss	Framesby High School	1	08:23.51	740		E

97	B-17	Boys - u/18 Youth : 2000 m Steeple Chase					Final	
		Athlete	Team	Place	Performance	Table point	Wind	H/E
BWH006	68 W	Wiehan Maree	Brandwag	1	07:06.64	757		E
FHS001	113 W	Francois Vosloo	Framesby High School	2	07:39.18	682		E

98	M-19	Men - u/20 Junior : 3000 m Steeple Chase					Final	
		Athlete	Team	Place	Performance	Table point	Wind	H/E
BWH002	64 W	Morne van den Berg	Brandwag	1	10:24.94	852		E

99	G-15	Girls - u/16 Sub-Youth : 200 m					Final	
		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA021	161 W	Keira van Heerden	Heat	1	00:28.39	740		E
BWH007	69 W	Marne Koen	Brandwag	2	00:28.60	730		E
ACT034	34 W	Izaan Lamprecht	ACT	3	00:28.98	712		E
MAD009	215 W	Anria Vosloo	Madibaz	4	00:29.23	701		E
SEG004	243 W	Chrislie Ferreira	Sport Excellence Group	5	00:29.53	687		E
ACT022	22 B	Lilly Nomoyi	ACT	6	00:31.76	598		E
ACT038	38 B	Khazimla Nogalawe	ACT	7	00:32.73	564		E
CMC003	83 C	Emodine Saptoe	Camdeboo	8	00:33.17	549		E
FHS005	117 W	Lexi Rowe	Framesby High School	9	00:34.02	522		E
ACT032	32 W	Makensie Bosman	ACT	10	00:37.15	433		E

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100 G-17 Girls - u/18 Youth : 200 m

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT010	10 C	Caitlyn Franks	ACT	1	00:27.44	767		E
BOX008	60	Zoe Griessel	Boxer	2	00:27.97	740		E
HEA014	154 W	Amber-Lee Elliott	Heat	3	00:27.98	739		E
IND037	197 W	Jenna Kilian	Individual	4	00:28.20	729		E
HEA012	152 W	Giselle Pheiffer	Heat	5	00:28.44	717		E
ACT013	13 W	Zanri Black	ACT	6	00:28.53	713		E
DSG002	96	Megan Emslie	DSG	7	00:28.60	710		E
HEA013	153 W	Milandri Fourie	Heat	8	00:29.38	675		E
ACT018	18 W	Amber Herman	ACT	9	00:29.79	657		E
BOX010	62	Olivia Du plessis	Boxer	10	00:29.80	657		E
BWH001	63 C	Cara Whitebooi	Brandwag	11	00:33.83	512		E

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

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA002	142 C	Cole Moultrie	Heat	1	00:24.86	660		E
HEA001	141 W	Travis Pheiffer	Heat	2	00:25.28	633		E
SEG001	240 W	MJ Marks	Sport Excellence Group	3	00:26.18	582		E
ACT030	30 W	Chase Alberts	ACT	4	00:26.83	547		E
ACT040	40 B	Simamkele Saki	ACT	5	00:30.63	380		E

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

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
HEA004	144 W	Reece Nawdish	Heat	1	00:23.64	712		E
SEG002	241 C	Bryan Katoo	Sport Excellence Group	2	00:23.75	704		E
HEA003	143 W	Keenan Adams	Heat	3	00:24.59	648		E
DPH002	91 C	Robin-Lee Hendricks	Daniel Pienaar High School	4	00:25.00	622		E
HEA006	146 B	Tanatswa Macharangwanda	Heat	5	00:25.10	616		E
ACT011	11 B	Khanyiso Tshanga	ACT	6	00:25.66	584		E
JOW001	264	Leighvin Arends	John Walton	7	00:25.82	575		E
ACT015	15 W	Troy Hargreaves	ACT	8	00:25.90	571		E

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

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND031	191 W	Bianca Scoonbie	Individual	1	00:28.09	716		E

104 W-99 Women - Senior : 200 m

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
ACT003	3 B	Aludwe Nyalasa	ACT	1	00:28.59	604		E
ACT004	4 C	Alison Cunningham	ACT	2	00:28.64	602		E

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

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD008	214 W	Wernich van Rensburg	Madibaz	1	00:23.19	719		E
IND038	198 W	Reinhardt van Rensburg	Individual	2	00:23.95	666		E
WIL001	254 W	Alec van den Berg	Willow Academy	3	00:24.26	645		E
ACT006	6 W	Lincoln von Waltzleben	ACT	4	00:24.29	643		E
BOX002	54	Christiaan Liebenberg	Boxer	5	00:24.32	641		E
ACT033	33 C	Shakiell Kaisi	ACT	6	00:24.96	602		E
PHS003	267	Amandla Tyali	Pearson High School	7	00:26.04	542		E
ATL002	42 C	Ruthan Drude	Atlantic Aces	8	00:27.90	452		E

106 M-99 Men - Senior : 200 m

Final

		Athlete	Team	Place	Performance	Table point	Wind	H/E
MAD003	209	Sherwin Van Staden	Madibaz	1	00:22.80	711		E
ACT001	1 C	Marlin Koekemoer	ACT	2	00:23.33	673		E
IND033	193 C	Davien Douglass	Individual	3	00:24.15	619		E
ACT002	2 C	Enzo Koekemoer	ACT	4	00:24.32	609		E
MAD011	217 B	Luphumelelo Tyandela	Madibaz	5	00:26.30	500		E

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107	M-19	Men - u/20 Junior : 10 000 m					Final	
		Athlete	Team	Place	Performance	Table point	Wind	H/E
IND005	166 w	Robert Orrock	Individual	1	36:19.70	798		E

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