



YELLOW PAGES SERIES VI
HERMAN IMMELMAN STADIUM
Ekurhuleni
Tuesday, 06 April 2010



Results of all Finals and Heats

Place	First Name	Surname	Team	Perform	Wind
Item 1 5km Walk Women 17:00					
1	NOMSA	BUTHELEZI	TIE	24:54.29	
2	MICHELLE	HOPKINS	UJ	26:33.43	
0	ADA	BOOYENS	UJ	DNS	
0	SUSAN	SWANEPOEL	TUKS	DNS	
Item 2 Hammer Men 17:00					
1	CHRIS	HARMSE	ORION	75.35	
2	KRISTIAAN	BEKKER	UJ	64.09	
3	JOHAN	KRUGER	MATIES	62.74	
0	MIQUEL	LE ROUX	UJ	DNS	
Item 3 Polevault Men 17:00					
1	CHEYNE	RAHME	UJ	5.20	
2	RUAN	VAN WYK	BELVIL	5.00	
3	RIAAN	BOTHA	TUKS	4.80	
4	MICHAEL	CILLIERS	TUKS	4.40	
5	CONRAD	WELTHAGEN	UJ	4.40	
0	HEINRICH	SMIT	UJ	NRA	
0	ANDRIES	PIETERSE	UJ	NRA	
0	EBEN	BEUKES	UJ	DNS	
0	WILLEM	DE BRUIN	UJ	DNS	
0	CHRISTIAAN	NORMAN	MATIES	DNS	
0	ALBERT	KORF	MATIES	DNS	
Item 4 5km Walk Men 17:25					
1	PIERRE	DE VILLIERS	CGS	21:18.15	
2	SIPHO	MAHLANGU	TRANS	22:35.77	
3	JACQUES	FAURE	TUKS	24:41.80	
0	THAMI	HLATSWAYO	TRANS	DNF	
0	MOJAFELA	MOLISI	VUT	DNS	
0	WERNER	APPEL	UJ	DNS	
0	MARC	MUNDELL	TUKS	DNS	
0	WAYNE	SNYMAN	TUKS	DNS	
Item 5 Javelin Women 17:45					
1	SUNETTE	VILJOEN	PUKKE	61.59	
2	JUSTINE	ROBBESON	PUKKE	55.62	
3	TAZMIN	BRITS	PUKKE	53.44	
4	GEZELLE	BERNARD	PUKKE	48.96	
5	RENCIA	FOURIE	PUKKE	48.51	
6	GERLIZE	DE KLERK	PUKKE	47.78	
7	MARISKA	BOTES	PUKKE	43.99	
0	ANZEL	VAN DER SCHYFF	TUKS	DNS	
Item 6 400m Hurdles Men 1st Race 17:50					
1	PC	BENEKE	KOVSIIE	51.54	
2	CHRISTO	HATTINGH	RAINB	53.76	
3	RHODWIN	VAN VUUREN	UJ	53.81	
4	SEBULELO	MQWARTI	PUKKE	54.76	
5	BERNARD	PRETORIUS	TUKS	54.94	
6	IAN	SCHOONWINKEL	PUKKE	55.81	
0	KEVIN	NAUDE	TUKS	DNS	

Item 7	Shotput Men		18:00	
1	ROELIE	POTGIETER	TUKS	18.68
2	BURGER	LAMBRECHTS	TUKS	18.48
3	ORAZIO	CREMONA	TUKS	18.40
4	DEAN	WATTRUS	PUKKE	17.55
5	DONOVAN	SNYMAN	UJ	17.20
6	JACO	ENGELBRECHT	UJ	17.10
7	RYNO	VAN WINKEL	KOVSIÉ	15.83
8	STEPHAN	BRINK	TUKS	15.79
0	DEWALD	MOOLMAN	TUKS	DNS
0	RUSSEL	TUCKER	TUKS	DNS

Item 8	400m Men 1st Race		18:00	
1	SHIROOK	ABDULLA	UAE	47.52
2	RUAN	GREYLING	TUKS	48.31
3	KOKETSO	RAMSITE	RBAC	49.33
4	THEMBA	MADIMA	TUKS	49.34
5	ORATILE	MOALUSI	RBAC	49.86
6	WELLINGTON	NUKWA	ALBERT	50.45
0	KEKETSO	MALEMANE	RBAC	DNS
0	CHRISTO	BATSITA	RBAC	DNF

Item 9	High Jump Women		18:00	
1	RENE'	OOSTHUIZEN	TUKS	1.73
2	CARINA	DU PREEZ	UJ	1.70
2	MARCOLEEN	PRETORIUS	PUKKE	1.70
4	FRANCES	SEELIGER	TUKS	1.70
5	SELLOANE	TSOALI	LES	1.70
6	BIANCA	ERWEE	PUKKE	1.65
7	JUNE	ROELOFSE	TUKS	1.65
8	SHANNON	FREEMAN	TUKS	1.55

Item 10	800m Men 1st Race		18:10	
1	WERNER	DU TOIT	UJ	1:51.02
2	MARNUS	KOEKEMOER	TUKS	1:51.41
3	DANIEL	NGHIPANDULWA	NAM	1:51.92
4	DONALD	SEDISE	RBAC	1:52.29
5	LEFO	LEPHOTO	TSAKA	1:52.82
6	ANDREW	ROODT	TUKS	1:52.85
7	MICHAEL	VAN ASWEGEN	KEMPIE	1:53.50
8	SIYAYA	KHOZA	UJ	1:54.03
9	CLINTON	SWANEPOEL	UJ	1:54.20
10	SAUD	ALI	UAE	1:55.31
11	THABO	MOLEMANE	RBAC	1:55.97
12	RUDOLF	COETZER	UJ	1:59.17
13	HENDRIK	VAN STADEN	UJ	1:59.90
0	MICHAEL	DU TOIT	UJ	DNS
0	THABANG	SAKWANA	NED	DNS
0	WANDILE	NZIMA	TIE	DNS

Item 11	100m Hurdles Women		18:20	Wind=+0.4
1	RIKENETTE	STEENKAMP	TUKS	13.75
2	ERIKA	KLEINHANS	TUKS	14.02
3	MARGIT	DU PLESSIS	TUKS	14.18
4	CHRISTINE	RAS	UJ	14.42
5	BONOLO	MARETELE	BOT	14.76
6	ANE'	KILLIAN	RAINB	14.81
7	SELLOANE	TSOALI	LES	15.06
0	JANET	WIENAND	MATIES	DNS

	Item 12	110m Hurdles Men		18:30		Wind=+0.8
1		RUAN	DE VRIES		TUKS	13.92
2		ANDRE'	STORM		PUKKE	13.95
3		LOUW	SMIT		MATIES	13.95
4		HARDUS	MARITZ		PUKKE	14.71
5		JACO	WILLEMSE		PUKKE	14.74
6		LOUTJIE	DALHOUZIE		RAINB	15.37
7		GERT	SWANEPOEL		PUKKE	15.75
0		EDUAN	NEL		UJ	DNS
0		DARWISH	ABBAS		UAE	DNF

	Item 13	100m Master Men		18:30		Wind=+2.4
1		FRANCOIS	MAASDORP		TUKS	11.06
2		BRIAN	MAPHANGA		SASOL	11.33
3		EDWIN	MSHIPA		BHAC	11.37
4		COLIN	PAGE		SAPS	11.70
5		ANDRE'	GOUWS		UJ	11.92
6		JACO	PRETORIUS		IMPALA	12.06
7		MICK	FLEMMING		IRELAN	12.79
8		BENOIT	LE-ROY		GC	12.93
0		SHAUN	POWELL		NED	Disq

	Item 14	100m Women 1st Race		18:35		Wind=+0.5
1		BEVAN	SMITH		UWC	11.94
2		CINDY	PETERS		UJ	12.14
3		ZANRI	VAN DER MERWE		TUKS	12.17
4		CLAUDINE	J-VAN RENSBURG		TUKS	12.36
5		WELME'	VAN ZYL		TUKS	12.37
6		MONJA	GOOSEN		TUKS	12.41
7		BERNICE	MASHAVA		UJ	12.57
8		NICKELL	JACKSON		UJ	13.27
0		JADE	THIELE		UJ	DNS
0		NIKKI	HORN		TUKS	DNS

	Item 15	100m Men 1st Race		18:40		Wind=+1.6
1		THABO	MATIBEDI		TUKS	10.52
2		OMAR	BILAL		UAE	10.58
3		MOSITO	LEHATA		LES	10.65
4		LAVINE	MORGAN		KWATEM	10.73
5		EMMANUEL	JOCELIN		FRA	10.75
6		AL-SALFA	BILAL		UAE	10.85
7		AL-BLOUSHI	HUSSAIN		UAE	10.86
8		JAN	VAN STADEN		TUKS	10.94
9		DEAN	KROSSYNSKI		PEAK	10.96
10		STEPHAN	COETZER		PCE	11.15

	Item 16	Javelin Men		18:30		
1		ULRICH	DAMON		PUKKE	73.46
2		TOBIE	HOLTZHAUSEN		PUKKE	72.09
3		BERNARD	CROUS		PUKKE	69.28
4		PHIL-MAR	J-VAN RENSBURG		PUKKE	67.08
5		JAYSON	HENNING		TUKS	66.06
0		HARDUS	PIENAAR		TUKS	NRA

Item 17	3000m Women		18:50		
1	IRVETTE	VAN BLERK	NED	9:38.76	
2	THOZAMA	APRIL	TRANS	9:52.82	
3	IDA	SIMON	UCK6	9:55.69	
4	NOLENE	CONRAD	UJ	9:58.35	
5	MPHO	MABUZA	TIE	10:03.07	
6	PORTIA	NGWENYA	TUT	10:14.28	
7	MYRETTE	FILMALTER	TUKS	10:15.89	
8	ONNEILLE	DINTWE	NED	10:18.75	
9	ZINHLE	SINQUE	TUKS	10:29.07	
10	CHRISTINE	KALMER	TUKS	10:30.83	
11	ROCHELLE	MOSES	CGA	12:16.51	
12	PRISCILLA	KUBA	LYDIA	12:20.92	
0	LEBO	PHALULA	UJ	DNF	
0	LIZIWE	MABONA	TUKS	DNF	
0	THEMBI	BALOYI	TUT	DNF	
0	ASHLEIGH	SCHNETLER	UJ	DNS	
0	AMUKELANI	BALOYI	NED	DNS	
0	TSHITSAAMBA	RAVHANDALALA	TUT	DNS	

Item 18	Polevault Women		19:00		
1	DEONE'	JOUBERT	UJ	3.80	
2	HONORATA	SAAR	TUKS	3.40	
3	DANIELLE	LABUSCHAGNE	TUKS	3.00	
4	RAUGME	BRINK	UJ	2.60	
0	DANEL	BOTES	UJ	NRA	
0	SOLIZE	VOSLOO	TUKS	NRA	
0	NISHIKORI	CREIGHTON	UJ	DNS	

Item 19	Long Jump Women		19:00		
1	JANICE	JOSEPHS	MATIES	6.49	+0.4
2	DELIA	SMITH	UJ	5.97	+1.9
3	LYNIQUE	PRINSLOO	TUKS	5.95	+1.9
4	PATIENCE	NTSHINGILA	PUKKE	5.89	+0.1
5	SELLOANE	TSOELI	LES	5.72	+0.1
6	BONOLO	MARETELE	BOT	5.71	-0.5
7	JANINE	WEBBER	WITS	5.53	+1.1
8	CLAUDINE	J-VAN RENSBURG	TUKS	5.43	+0.5
9	ZANRI	VAN DER MERWE	TUKS	5.33	+1.6
10	AMILCA	THOBEJANE	TUKS	3.74	+1.1
0	CARLA	MARAI	TUKS	NRA	
0	MONJA	GOOSEN	TUKS	NRA	
0	BIANCA	ERASMUS	TUKS	DNS	
0	BIANCA	ERWEE	PUKKE	DNS	

Item 20	100m Women 2nd Race		19:05		Wind=+1.5
1	CINDY	STEWART	NMMU	11.71	
2	CARINA	HORN	TUKS	11.82	
3	STACEY	GARDINER	UWC	11.85	
4	THANDIWE	VILAKAZI	UJ	11.89	
5	NOMBULELO	MKENKU	KOVSI	11.94	
6	CHERESE	JONES	TUKS	12.03	
7	CHRISTY	COETZEE	TUKS	12.08	
8	SRABANI	NANDA	INDIA	12.14	
9	NONTOBEKO	GUMEDE	UKZN	12.15	
10	ALYSSA	CONLEY	UJ	12.35	

Item 14&20	100m Women	Combined Results		
1	CINDY	STEWART	NMMU	11.71
2	CARINA	HORN	TUKS	11.82
3	STACEY	GARDINER	UWC	11.85
4	THANDIWE	VILAKAZI	UJ	11.89
5	NOMBULELO	MKENKU	KOVSI	11.94
5	BEVAN	SMITH	UWC	11.94
7	CHERESE	JONES	TUKS	12.03
8	CHRISTY	COETZEE	TUKS	12.08
9	SRABANI	NANDA	INDIA	12.14
9	CINDY	PETERS	UJ	12.14
11	NONTOBEKO	GUMEDE	UKZN	12.15
12	ZANRI	VAN DER MERWE	TUKS	12.17
13	ALYSSA	CONLEY	UJ	12.35
14	CLAUDINE	J-VAN RENSBURG	TUKS	12.36
15	WELME'	VAN ZYL	TUKS	12.37

16	MONJA	GOOSEN	TUKS	12.41
17	BERNICE	MASHAVA	UJ	12.57
18	NICKELL	JACKSON	UJ	13.27
0	JADE	THIELE	UJ	DNS
0	NIKKI	HORN	TUKS	DNS

Item 21 100m Men 2nd Race

07:15

Wind=+0.8

1	SIMON	MAGAKWE	PUKKE	10.26
2	LEIGH	JULIUS	NMMU	10.29
3	HANNES	DREYER	TUKS	10.33
4	HITJIVIRUE	KAANJUKA	NAM	10.51
5	ROSCOE	ENGEL	TYGER	10.54
6	RAPULA	SEFANYETSO	RBAC	10.54
7	ISAAK	VAN WYK	TUKS	10.71
8	SNYMAN	PRINSLOO	UJ	10.73
9	MACKSON	MATLALA	SASOL	10.98
0	FANUEL	KENOSI	BOT	DNS

Item 15&21 100m Men

Combined Results

1	SIMON	MAGAKWE	PUKKE	10.26
2	LEIGH	JULIUS	NMMU	10.29
3	HANNES	DREYER	TUKS	10.33
4	HITJIVIRUE	KAANJUKA	NAM	10.51
5	THABO	MATIBEDI	TUKS	10.52
6	ROSCOE	ENGEL	TYGER	10.54
7	RAPULA	SEFANYETSO	RBAC	10.54
8	OMAR	BILAL	UAE	10.58
9	MOSITO	LEHATA	LES	10.65
10	ISAAK	VAN WYK	TUKS	10.71
11	SNYMAN	PRINSLOO	UJ	10.73
11	LAVINE	MORGAN	KWATEM	10.73
13	EMMANUEL	JOCELIN	FRA	10.75
14	AL-SALFA	BILAL	UAE	10.85
15	AL-BLOUSHI	HUSSAIN	UAE	10.86
16	JAN	VAN STADEN	TUKS	10.94
17	DEAN	KROSSYNSKI	PEAK	10.96
18	MACKSON	MATLALA	SASOL	10.98
19	STEPHAN	COETZER	PCE	11.15
0	FANUEL	KENOSI	BOT	DNS

Item 22 3000m Steeple Chase Men

19:25

1	RUBEN	RAMOLEFE	IND	8:57.48
2	EDWIN	MOLEPO	PUKKE	9:06.16
3	THUSO	PHASWANA	UJ	9:07.98
4	MAKHUBALO	DEROCIOUS	CGS	9:15.79
5	SIKHUMBUZO	SEME	TUKS	9:19.82
6	TISETSO	MASEHLA	CGS	9:32.34
7	DIKOTSI	LEKOPA	PUKKE	9:44.43
8	SIFISO	MNCWANGO	TIE	9:53.49
9	TERRENCE	MUKONA	UJ	10:25.41
0	LUKHANYO	MABINZA	TUT	DNF
0	THORISO	RATSELA	UJ	DNS
0	LUCKY	THATO	UJ	DNS
0	DICARDO	JACOBS	MATIES	DNS
0	SELLO	MOLEFE	TUT	DNS

Item 23 800m Men 2nd Race

19:40

1	MBULAENI	MULAUDZI	UJ	1:45.41
2	ONALENNA	BALOI	BOT	1:47.54
3	ADRIAAN	VAN WYK	TUKS	1:47.82
4	JAN	MASENAMELA	NELSP	1:48.32
5	HANNES	NAUDE	KOVSI	1:48.88
6	HENK	BEUKES	UJ	1:49.48
7	FOLAVIA	SEHOHLE	NED	1:49.49
8	BRAD	BONNER	TUKS	1:51.32
9	WILLIAM	MOTSOHOLO	KOVSI	1:53.19
10	WINDY	JONAS	KOVSI	1:55.52
0	VUYOLWETHU	KAYI	ADIDAS	DNF
0	SIBUSISO	SISHI	UJ	DNF

Item 10&23 800m Men		Combined Results		
1	MBULAENI	MULAUDZI	UJ	1:45.41
2	ONALENNA	BALOI	BOT	1:47.54
3	ADRIAAN	VAN WYK	TUKS	1:47.82
4	JAN	MASENAMELA	NELSP	1:48.32
5	HANNES	NAUDE	KOVSIE	1:48.88
6	HENK	BEUKES	UJ	1:49.48
7	FOLAVIA	SEHOHLE	NED	1:49.49
8	WERNER	DU TOIT	UJ	1:51.02
9	BRAD	BONNER	TUKS	1:51.32
10	MARNUS	KOEKEMOER	TUKS	1:51.41
11	DANIEL	NGHIPANDULWA	NAM	1:51.92
12	DONALD	SEDISE	RBAC	1:52.29
13	LEFO	LEPHOTO	TSAKA	1:52.82
14	ANDREW	ROODT	TUKS	1:52.85
15	WILLIAM	MOTSOHOLO	KOVSIE	1:53.19
16	MICHAEL	VAN ASWEGEN	KEMPIE	1:53.50
17	SIYAYA	KHOZA	UJ	1:54.03
18	CLINTON	SWANEPOEL	UJ	1:54.20
19	SAUD	ALI	UAE	1:55.31
20	WINDY	JONAS	KOVSIE	1:55.52
21	THABO	MOLEMANE	RBAC	1:55.97
22	RUDOLF	COETZER	UJ	1:59.17
23	HENDRIK	VAN STADEN	UJ	1:59.90
0	VUYOLWETHU	KAYI	ADIDAS	DNF
0	SIBUSISO	SISHI	UJ	DNF
0	MICHAEL	DU TOIT	UJ	DNS
0	THABANG	SAKWNA	NED	DNS
0	WANDILE	NZIMA	TIE	DNS

Item 24 High Jump Men		19:40		
1	CALVIN-LEE	MAELENGWE	UJ	2.15
2	HUBERT	DE BEER	TUKS	2.10
3	ANDRE'	SMIT	BOKS	2.00
4	TUAIRE	SOLOMON	UJ	2.00
5	WOUTER	FOURIE	TUKS	1.95
6	ROBERT	HILL	BOKS	1.85
0	RAMAHLÖE	LEFIKA	NMMU	NRA
0	RUAN	CLAASSEN	UJ	DNS
0	JONATHAN	COETZEE	UJ	DNS
0	WILLEM	VOIGT	TUKS	DNS
0	RIKUS	KOK	TUKS	DNS
0	JP	VAN DER SCHYFF	PUKKE	DNS

Item 25 Discus Women		19:30		
1	ELIZNA	NAUDE	TUKS	57.66
2	SIMONE'	MEYER	CKS AC	47.34
3	MARYKE	OBERHOLZER	TUKS	46.07
4	SURIETTE	BOTHA	TUKS	40.98
5	SONJA	SMUTS	TUKS	37.32
0	URSULA	FOURIE	TUKS	DNS
0	JO-ANNE	DU TOIT	TUKS	DNS
0	LINDIE	LIEBENBERG	PUKKE	DNS

Item 26 3000m Men		07:50		
1	XOLISA	TYALI	NED	8:09.06
2	ISAAC	MBUYAZE	UJ	8:10.50
3	MOLEFE	MOLEFE	UJ	8:11.83
4	NKOSINOXOLO	SONQIBIDO	TRANS	8:16.54
5	MOTSAMAI	MOTONE	TRANS	8:17.29
6	DUMISANE	HLASELO	KOVSIE	8:17.34
7	SIBUSISO	NZIMA	NED	8:18.63
8	GLADWIN	MZAZI	TRANS	8:21.37
9	ETTIENNE	PLAATJIES	PUKKE	8:29.11
10	BOY	SOKE	KOVSIE	8:32.01
11	ANTHONY	GODONGWANA	TRANS	8:37.33
12	THORISO	RATSELA	UJ	8:38.33
13	PHARSON	MAGAGANE	LIMU	8:41.96
14	KHOSITSILE	LEFIFI	WITS	8:43.13
15	OLWETU	MHLABA	UJ	8:56.52
16	ODWA	TUNYISWA	NED	9:00.23
17	VUYISILE	TSHOBA	NED	9:00.79
18	ABRAM	KHUMALO	UJ	9:03.17

19	THATO	MOLATEDI	WITS	9:15.47
20	MELUSI	DALINGLEDO	IND	9:46.22
0	MBONGENI	NGXAZOZO	CGS	DNS
0	TSHAMANO	SETONE	NED	DNS
0	MARCO	BUCCARAZA	WITS	DNS
0	BONGANI	MATHOPA	WITS	DNS
0	MANDLA	MASEKO	TRANS	DNS
0	NKULULEKO	ZAMISA	TRANS	DNS
0	THEMBA	MIYA	TSAKA	DNS

Item 27 400m Hurdles Women

20:10

1	WENDA	THERON	TUKS	57.45
2	JANA	THERON	PUKKE	60.30
3	ANNERI	EBERSOHN	KOVSIE	60.59
4	MARISKA	MEINTJIES	PUKKE	60.94
5	MARLI	SPIES	TUKS	62.53
6	OARABILE	BABOLAI	BOT	63.11
7	CLAUDEEN	ELS	PUKKE	63.51
0	YOLANDI	LE ROUX	TUKS	DNS

Item 28 400m Hurdles Men 2nd Race

20:20

1	CORNEL	FREDERICKS	MATIES	49.12
2	WOUTER	LE ROUX	TUKS	49.83
3	KURT	COUTO	MOZ	51.30
4	JOHAN	HANEKOM	TUKS	51.61
5	THABISO	KEKANA	TUKS	51.99
6	OCKERT	GROENEWALD	TUKS	52.75
7	MARC	BENDER	TUKS	53.02
8	DANIEL	LAGAMANG	BOT	53.85

Item 6&28 400m Hurdles Men

Combined Results

1	CORNEL	FREDERICKS	MATIES	49.12
2	WOUTER	LE ROUX	TUKS	49.83
3	KURT	COUTO	MOZ	51.30
4	PC	BENEKE	KOVSIE	51.54
5	JOHAN	HANEKOM	TUKS	51.61
6	THABISO	KEKANA	TUKS	51.99
7	OCKERT	GROENEWALD	TUKS	52.75
8	MARC	BENDER	TUKS	53.02
9	CHRISTO	HATTINGH	RAINB	53.76
10	RHODWIN	VAN VUUREN	UJ	53.81
11	DANIEL	LAGAMANG	BOT	53.85
12	SEBULELO	MQWARTI	PUKKE	54.76
13	BERNARD	PRETORIUS	TUKS	54.94
14	IAN	SCHOONWINKEL	PUKKE	55.81
0	KEVIN	NAUDE	TUKS	DNS

Item 29 200m Men 1st race

20:30

Wind=+1.3

1	OMAR	BILAL	UAE	21.14
2	MOSITO	LEHATA	LES	21.22
3	FANUEL	KENOSI	BOT	21.26
4	ISAAK	VAN WYK	TUKS	21.30
5	ROSCOE	ENGEL	TYGER	21.30
6	THABO	MATIBEDI	TUKS	21.64
7	ERNST	HATTINGH	TUKS	21.84
8	JAN	VAN STADEN	TUKS	22.64

Item 30	Discus Men		20:20	
1	VICTOR	HOGAN	MATIES	53.27
2	WYNAND	COETZEE	UJ	52.13
3	DEAN	WATTRUS	PUKKE	50.78
4	JAMES	SINCLAIR	TUKS	50.05
5	DONOVAN	SNYMAN	UJ	48.91
6	LEON	VERSTER	TUKS	48.89
7	JACO	ENGELBRECHT	UJ	48.52
8	RUSSEL	TUCKER	TUKS	47.91
9	RYNO	VAN WINKEL	KOVSI	44.28
10	STEPHAN	BRINK	TUKS	36.85
0	DEWALD	MOOLMAN	UJ	DNS
0	DEWALD	MOOLMAN	TUKS	DNS

Item 31	200m Women		20:40	Wind=+0.9
1	CINDY	STEWART	NMMU	24.07
2	CARINA	HORN	TUKS	24.31
3	SRABANI	NANDA	INDIA	24.73
4	CHRISTY	COETZEE	TUKS	24.82
5	NONTOBEKO	GUMEDE	UKZN	25.16
0	SEONYATSENG	NTHOMPE	BOT	Disq
0	JADE	THIELE	UJ	DNS
0	BEVAN	SMITH	UWC	DNS

Item 32	200m Men 2nd Race		20:50	Wind=+0.6
1	SIMON	MAGAKWE	PUKKE	20.68
2	LEIGH	JULIUS	NMMU	20.71
3	THUSO	MPUANG	KOVSI	20.91
4	HANNES	DREYER	TUKS	20.97
5	RAPULA	SEFANYETSO	RBAC	21.00
6	HITJIVIRUE	KAANJUKA	NAM	21.02
7	AL-SALFA	BILAL	UAE	21.73
0	SNYMAN	PRINSLOO	UJ	DNS

Item 29&32	200m Men	Combined Results		
1	SIMON	MAGAKWE	PUKKE	20.68
2	LEIGH	JULIUS	NMMU	20.71
3	THUSO	MPUANG	KOVSI	20.91
4	HANNES	DREYER	TUKS	20.97
5	RAPULA	SEFANYETSO	RBAC	21.00
6	HITJIVIRUE	KAANJUKA	NAM	21.02
7	OMAR	BILAL	UAE	21.14
8	MOSITO	LEHATA	LES	21.22
9	FANUEL	KENOSI	BOT	21.26
10	ISAAK	VAN WYK	TUKS	21.30
11	ROSCOE	ENGEL	TYGER	21.30
12	THABO	MATIBEDI	TUKS	21.64
13	AL-SALFA	BILAL	UAE	21.73
14	ERNST	HATTINGH	TUKS	21.84
15	JAN	VAN STADEN	TUKS	22.64
0	SNYMAN	PRINSLOO	UJ	DNS

Item 33	400m Women		21:00	
1	ESTIE	WITTSTOCK	TUKS	52.60
2	ALET	VAN WYK	TUKS	54.22
3	KGALALELO	SEFO	BOT	54.87
4	EUGENIE	WICKSELL	TUKS	55.38
5	RORISANG	RAMMONYE	RBAC	55.71
6	IRENE	MOTUNGE	BOT	57.13
7	KHUMOETSILE	NGOPE	BOT	62.81

Item 34	400m Men 2nd Race		21:10	
1	OFENTSE	MOGAWANE	RBAC	45.51
2	SAKARIA	KAMBERUKA	BOT	45.71
3	THAPELO	KEAGATSWE	ADT	46.49
4	WILLIE	DE BEER	TUKS	46.68
5	SIDWELL	MITHI	UJ	47.72
6	DONALD	MATLALA	TUKS	47.89
7	RICHARD	BREUKEL	BHAC	48.41
8	PIETER	SMITH	TUKS	48.57

Item 8&34		400m Men	Combined Results		
1		OFENTSE	MOGAWANE	RBAC	45.51
2		SAKARIA	KAMBERUKA	BOT	45.71
3		THAPELO	KEAGATSWE	ADT	46.49
4		WILLIE	DE BEER	TUKS	46.68
5		SHIROOK	ABDULLA	UAE	47.52
6		SIDWELL	MITHI	UJ	47.72
7		DONALD	MATLALA	TUKS	47.89
8		RUAN	GREYLING	TUKS	48.31
9		RICHARD	BREUKEL	BHAC	48.41
10		PIETER	SMITH	TUKS	48.57
11		KOKETSO	RAMSITE	RBAC	49.33
12		THEMBA	MADIMA	TUKS	49.34
13		ORATILE	MOALUSI	RBAC	49.86
14		WELLINGTON	NUKWA	ALBERT	50.45
0		CHRISTO	BATSITA	RBAC	DNF
0		KEKETSO	MALEMANE	RBAC	DNS

Item 35		800m Women	21:20		
1		LEBOGANG	PHALULA	UJ	2:04.46
2		MAKHANYA	MAPASEKA	MR.P	2:06.29
3		CLAIRE	CRONJE	KOVSIE	2:07.22
4		ANUSCHKA	NICE	TUKS	2:09.21
5		JUANEE	CILLIERS	PUKKE	2:09.22
6		ELSIRE	ROOS	BELVIL	2:09.97
7		MANDIE	BRANDT	UJ	2:10.20
8		RONE'	REYNECKE	KOVSIE	2:13.92
9		DONE'	VERMAAK	TUKS	2:14.61
10		MEGAN	WILLIAMS	UJ	2:18.72
11		MAXINE	HEINE-WACKER	NED	2:19.39
0		VIOLET	RASEBOYA	TRANS	DNS