



WINDOW PERIOD ATHLETICS MEETING
Coetzenburg Stadium Stadium, STELLENBOSCH
Saturday, 05 June 2010



Results

In the items not listed, no athletes entered

Place	First Name	Surname	Team	Perf	Wind
Item 1 10km Walk Senior Women					
1	Michelle	HOPKINS	CGA	0:54:45.00	
2	Jo-Ann	WILLIAMS	PAK	1:05:34.80	
Item 2 10km Walk Junior Women					
1	Inge	KOTZE	MAT	0:59:26.70	
Item 3 10km Walk Senior Men					
1	Brandon	GOOSEN	PAK	0:59:26.70	
2	Fransisco	DE JAGER	PAK	1:03:15.50	
Item 4 Long Jump Senior Women					
1	Janice	JOSEPHS	PLA	6.15	0.0
Item 6 Hammer Throw Junior Men					
1	Renaldo	FRECHOU	PAK	55.64	
Item 7 400m Senior Men					
1	Gerald	LAKEY	CPUT	50.60	
2	Chris	ERASMUS	MAT	54.40	
0	Ashwin	BERGSTED	MAT	DNF	
Item 8 400m Junior Men					
1	Shaun	DE JAGER	MAT	47.60	
0	Faffa	RETIEF	MAT	DNF	
Item 9 Long Jump Senior Men					
1	Luvo	MANYONGA	MAT	7.69	0.0
2	Keenan	WATSON	PAK	7.52	0.0
3	Rushwell	SAMAAI	PAK	7.41	-0.3
4	Kim	NES LEIRVIK	BAK	6.74	0.0
5	Reegan	JULIUS	PAK	6.67	-0.3
Item 10 1500m Senior Women					
1	Wilandi	MULKE	STR	5:31.20	
2	Ezmi	OLIVIER	STR	5:58.40	
Item 11 100m Senior Women					
					Wind=-0.1
1	Melissa	HEWITT	PAK	12.10	
2	Ilze	MARAIS	MAT	13.80	
0	Nicola	OFFNER	MAT	DNF	

	Item	12 100m Senior Men			Wind=-0.2
1		Ethan	FLORUS	MAT	10.80
2		Heini	FORTUIN	MAT	10.90
3		Ashwin	BERGSTED	MAT	11.20
4		Luther	MULLER	MAT	11.70
0		Louw	SMIT	MAT	DNS
	Item	13 110m Hurdles Senior Men			Wind=-0.1
1		Louw	SMIT	MAT	14.30
	Item	14 Pole Vault Junior Men			
1		Sameul	PELLISSIER	PAK	4.00
0		Ruan	VAN WYK	BAK	NRA
	Item	15 High Jump Senior Women			
1		Nicola	OFFNER	MAT	1.45
	Item	16 Javelin Senior Men			
1		Ulrich	DAMON	PUK	75.17
	Item	17 400m Hurdles Senior Men			
1		Louw	SMIT	MAT	60.00
2		Drikus	VILJOEN	MAT	62.90
	Item	17A 400m Hurdles Junior Men			
1		Faffa	RETIEF	MAT	54.60
	Item	18 200m Senior Women			Wind=-0.1
1		Lynette	MORGAN	BAK	25.30
2		Ilze	MARAIS	MAT	29.10
	Item	19 200m Senior Men			Wind=-0.4
1		Ethan	FLORUS	MAT	22.60
2		Yusuf	SALIE	CPUT	22.90
3		Luther	MULLER	PAK	23.90
0		Heini	FORTUIN	MAT	DNF
	Item	20 200m Junior Men			Wind=-0.4
1		Shaun	DE JAGER	MAT	22.70
2		Faffa	RETIEF	MAT	23.70
	Item	22 110m Hurdles Junior Men			Wind=-0.1
1		Drikus	VILJOEN	MAT	14.20
	Item	23 Javelin Junior Men			
1		Rocco	VAN ROOYEN	BAK	68.00
	Item	24 Javelin Youth Men			
1		Daniel	DU TOIT	BAK	71.72
2		Jeandre	SLABBERT	BAK	56.71
	Item	25 Discus Senior Men			
1		Victor	HOGAN	MAT	56.91
	Item	26 800m Junior Women			
1		Heleen	MALAN	MAM	2:21.00