

YELLOW PAGES SUMMER SERIES I

PAROW, CAPE TOWN

Saturday, 17 December 2011

Results

100 meter

u11 Men Time :10:49

Heat:1

1	150 PETERSEN JESSE	VELO	13.5	1.9
2	290 VAN SCHALKWYK JEAN	BELL	13.6	1.9
3	266 BURGER JEAN-LOUIS	BAK	14.2	1.9
4	390 DRONTI FABIO	TNLC	14.4	1.9
5	135 BROWN CHESNEY	SPRI	14.6	1.9
	141 PHILANDER MARIO	VELO	DNS	
	265 AZEVEDO KARLO	BAK	DNS	

100 meter

u11 Men Time :10:49

Heat:2

1	272 JULIES WIAHANN	BAK	14.24	2.6
2	114 BRUINERS BEVAN	SIMO	15.82	2.6
	90 ISAACS MARCO	UWC	NM	2.6
	267 VAN RENSBURG RYNARD	BAK	NM	
	149 OKTOBER BRADD	VELO	NM	
	264 FOURIE DANIEL	BAK	NM	
	263 VAN ROOYEN MATTHEW	BAK	NM	2.6

100 meter

u11 Women Time :10:43

Heat:1

1	284 VAN DER LINDE MARGA	TOTI	14.4	2.3
2	164 VAN DER MERWE REINETTE	CITR	14.8	2.3
3	169 STEVENS CARLA	SPAA	15	2.3
4	378 CUPIDO DERONIQUE	FIT2	15.3	2.3
5	273 VAN DER LINDE MARGA	BAK	15.6	2.3
6	160 DE BRUIN CHELSEA	VELO	17.1	2.3
	351 LOOTS SIOBHAN	TNLC	DNS	
	391 SMITH DANETTE	BAK	DIS	

100 meter

u13 Men Time :10:49

Heat:1

1	285 APPEL KYLE	GOOD	11.69	2.9 1
2	387 ABRAHAMS MARLIN	FIT2	12.59	2.9 2
3	233 LEENDERTZ KEENAN	GENE	12.69	2.9 3
4	126 DICK TALIENSSSEN	SPRI	13.3	2.9
5	138 COETZEE STEFAAN	SPRI	13.68	2.9
6	261 VISAGIE CAMERON	BAK	13.75	2.9
7	95 WILLIAMS ALEX	UWC	13.82	2.9

100 meter

Heat:2

u13 Men Time :10:49

1	125 ABRAHAMS JAYDIN	SPRI	12.7	-1.9
2	94 OLIFANT RENALDO	UWC	12.9	-1.9
3	259 SWANEPOEL GERHARD	BAK	13.66	-1.9
4	123 BOWERS JUNIOR	SPRI	13.81	-1.9
5	146 MULLER TYRONE	VELO	14.09	-1.9
	260 MARAIS RYNO	BAK	NM	
	262 VIVIERS JANU	BAK	DIS	

100 meter

Heat:1

u13 Women Time :10:56

1	277 BOTHA CHANTE	BAK	13.84	1.8 3
2	276 SWART CARA	BAK	13.95	1.8
3	371 LEWIES DANELLE	TNLC	13.99	1.8
4	42 GROENEWALD CARLIEN	TNLC	14.24	1.8
5	143 PHILANDER LECO	VELO	15.65	1.8
	139 WITBOOI GAINOR	VELO	DNF	1.8
	108 FLAGG KAYLYNN	SOM	DNS	1.8

100 meter

Heat:2

u13 Women Time :10:56

1	24 MATHEE JANKA	GENE	13.23	1
2	274 LOUBSER MARI	BAK	13.68	1.0 1
3	107 VERMEULEN SHANNON	SOM	13.77	1.0 2
4	376 AMBER LEIGH LOTTERING	FIT2	14.01	1
5	99 DE KLERK KAYLIN	UWC	14.05	1
6	130 VON WEIDTS HENDA	SPRI	14.34	1
7	140 FUMUNZANZA MARTHE	VELO	14.51	1
	275 JOHNSON ZOE	BAK	DNS	1

1200 meter

Heat:1

u11 Men Time :11:10

1	109 POOLE BREYTON	SOM	04:04.9
2	27 JANTJIES GAIWAN	IND	04:16.9
3	114 BRUINERS BEVAN	SIMO	04:31.6
4	148 OKTOBER GRANT	VELO	04:44.8
5	142 PHILANDER LEEMO	VELO	04:47.5

1200 meter

Heat:1

u11 Women Time :10:57

1	164 VAN DER MERWE REINETTE	CITR	04:54.0
2	401 VISSER HELGA	FIT2	04:54.9
3	236 EFTHA COURTNEY	FIT2	04:54.9
	206 ENSLIN ANUSKA	BAK	DNS

1200 meter

Heat:1

u13 Men Time :11:06

1	96 BAARTMAN JUWAYDEN	UWC	03:30.6
---	----------------------	-----	---------

2	97 KOTZE AUBREY	UWC	03:31.2
3	233 LEENDERTZ KEENAN	GENE	03:51.4
4	144 SEYMOUR BEVAN	VELO	03:54.5
5	147 VAN SCHALKWYK AUSTIN	VELO	04:04.4
	386 JANSEN SIDNEY	FIT2	DNS
	388 VAUGHN JONOVAN	FIT2	DNS

1200 meter **u13 Women Time :11:14**
Heat:1

1	85 BLACKWELL ROBYN	VOB	03:53.7
2	234 SLINGER CLAIRISE	FIT2	04:01.4
3	47 NEL MADELEIN	TNLC	04:04.6
4	102 MVUNDLA ANITHA	RCS	04:11.7
5	235 BOTES LEE-ANN	FIT2	04:19.5
6	42 GROENEWALD CARLIEN	TNLC	04:58.0
7	115 BRUINERS MEGAN	METR	05:13.2

800 meter **Yth Men Time :11:24**
Heat:1

1	212 WRIGHT DOUGAN	CGA	02:03.5
2	92 DAMANE EWART	UWC	02:06.8
3	154 LEWIS LEON	VELO	02:07.6
4	243 HENRI PATRICK	TNLC	02:09.1
5	113 BRUINERS JASON	METR	02:13.2
	224 BEUKES KALEB	UWC	DNS
	182 ROSENKRANTS MEGAL	SPAA	DNS
	297 PETERSEN LINDSAY	UWC	DNS

110m Hurdles 0,914m **Yth Men Time :11:38**
Heat:1 Wind : 0.4

1	38 SMIT TIAAN	BAK	14.27
2	370 STEYN RYNO	BEAC	14.36
3	33 VISSER CARLO	BAK	15.28
4	191 FROUDE WILLIAM	BAK	15.49
5	73 MARCO ERWIN	SPAA	18.14
	129 VON WEIDTS DIRKIE	SPRI	DIS
	356 STRAUSS DENIELLE	BEAC	DNS

110m Hurdles 1,00m Jun Jun Men Time :11:46
Heat:1 Wind : 0.1

1	280 JULIES ANGUS	BAK	14.57
2	67 OLSON DAMIAN	UWC	15.79

110m Hurdles 1,067m Sen Men Time :11:47
Heat:1 Wind : 0.1

1	343 VILJOEN DRIKUS	MATI	15.04
	31 LE ROUX NIEL	BAK	DNS
	342 SMIT LOUW	MATI	DNS

60 meter **Sen Men Time :12:05**

Heat:1 Wind : 1.9

1	218 STEVENS BRENT	UWC	6.91	Q
2	18 ISAACS JONATHAN	IND	7.07	q
3	280 JULIES ANGUS	BAK	7.07	q
4	87 HARMSE CHE	EPA	7.22	
5	242 ALBERTS JOHAN	TNLC	7.59	
6	133 COETZEE WILLIAM	SPRI	7.59	
7	159 MAGERMAN DENZIL	VELO	7.61	
	31 LE ROUX NIEL	BAK	DNS	

60 meter Sen Men Time :12:05

Heat:2 Wind : -0.9

1	204 TRUTER PIERRE	TUKS	7.05	Q
2	344 WOODROW WILSON	MATI	7.07	q
3	240 VAN WYK JOHAN	PRIE	7.18	
4	122 GEDULDT MITCH	SPRI	7.22	
5	368 DE BRUYN JACQUES	BEAC	7.38	
6	157 KAROLUS BRONIQUE	VELO	7.46	
	334 ARENDZ GARTH	MATI	DNS	
	134 BROWN KELVIN	SPRI	DNS	

60 meter Sen Men Time :12:05

Heat:3 Wind : -0.2

1	78 ALKANA ANTONIO	BAK	6.88	Q
2	20 MOTSAU ASHFORD	UFS	7.1	q
3	41 DE RU RUDI	TUK	7.1	
4	203 ACKERMAN HANNO	TUKS	7.36	
5	343 VILJOEN DRIKUS	MATI	7.56	
6	93 SOLOMONS RANDALL	UWC	7.67	
7	103 SAPTO WESLEY	BAK	8.68	
	337 DUCKITT WILLIAM	MATI	DNS	

60 meter Sen Men Time :12:05

Heat:4 Wind : -0.1

1	338 FORTUIN HEIRICH	MATI	7.12	Q	
2	340 PHILANDER VIRGIL	MATI	7.19		0
3	219 CAMERON KURT	UWC	7.22		0
4	241 BOOYSEN DIMITRI	ANC	7.31		0
5	68 ARENDSE MARVIN	UWC	7.33		0
6	158 ELTON SWARTS	VELO	7.64		0
	188 MARTIN MARVIN	SPAA	DNS		0
	40 JULIUS LEIGH	NMMU	DNS		0

60 meter Sen Women Time :12:20

Heat:1 Wind : -1.5

1	39 STEWART CINDY	NMMU	7.79	Q
2	59 MOONSAMY KIM	UWC	8.15	Q
3	227 MAY COLLEEN	UWC	8.19	Q
4	202 O'NEILL ROBYN	TUKS	8.28	q
	61 RICHARDS SIMONE	UWC	DNS	

355 STRAUSS VEROESHA	BEAC	DNS
358 BOTHA KERIKA	BEAC	DNS

60 meter Sen Women Time :12:20

Heat:2 Wind : 1.1

1	1 VAN DER MERWE SONJA	TNLK	7.7	Q
2	226 ROMAN BERNICE	UWC	7.79	Q
3	81 WELSCH STACEY	BAK	7.87	Q
	58 MORRIS SIMONE	UWC	DNS	
	60 DE VRIES DOHNELEY	UWC	DNS	
	57 SAMPSON KATLEEN	UWC	DNS	

100 meter u16 Men Time :12:23

Heat:1 Wind : 0.0

1	346 DARRIES QIYAAM	MATI	11.62
2	354 DELPORT JANEAL	TNLC	11.66
3	369 VAN GRAAN OOSTEWALD	BEAC	11.86
4	55 AJAM ADEN	BAK	12
5	383 SMART GARTH	FIT2	12.31
6	170 STEVENS DARREN	SPAA	12.36
7	152 GERSHAM MARITZ	VELO	12.75
	240 VAN WYK JOHAN	PRIE	DNS

100 meter u16 Men Time :12:23

Heat:2 Wind : 1.6

1	381 WATERBOER PJ	FIT2	11.32
2	111 MYBURGH JASON	PRG	11.63
3	178 PARRISH SHERMIN	SPAA	11.67
4	268 SCOTTS RENALDO	BAK	12.02
5	136 VAN DEN HEEVER MARTIN	SPRI	12.12
	271 ALEXANDER MATTHEW	BAK	DNS
	270 JOHNSON EMILE	BAK	DNS
	177 PETERS KEAGAN	SPAA	DNS

100 meter u16 Men Time :12:23

Heat:3 Wind : 0.4

1	205 TITUS CHAD	UWC	11.47
2	91 JELWANA JEREMIA	UWC	11.59
3	151 ABRAHAMS DEON	VELO	12.46
	100 AFRIKA BEVAN	UWC	DNS
	110 POOLE DUWAYNE	HHH	DNS
	101 NOMDOE MATTHEW	UWC	DNS
	98 DE VRIES JUSTIN	UWC	DNS

100 meter Yth Men Time :12:37

Heat:1 Wind : 0.8

1	46 MICHAU KEENAN	BAK	11.03
2	280 JULIES ANGUS	BAK	11.11
3	181 WEBER DALE	SPAA	11.28
4	192 FROUDE JOHN	BAK	11.45

5	345	ARNOLD AAQIB	MATI	11.51
6	171	NEETHLING KEAGAN	STEL	11.58
7	120	APRIL ETHAN	BAK	11.74
	370	STEYN RYNO	BEAC	DNS

100 meter Yth Men Time :12:37

Heat:2 Wind : 0.7

1	63	HENDRICKS WESLEY	TNLC	11.14
2	129	VON WEIDTS DIRKIE	SPRI	11.71
3	156	GERTSE MARCO	VELO	11.98
4	382	KELLEY CLYDE	FIT2	12.12
5	56	SOLOMONS WALTER	BAK	12.13
6	127	DICK MATTHEW-JOHN	SPRI	12.4
	128	GRASSER KAYL	SPRI	DNS
	191	FROUDE WILLIAM	BAK	DIS

Shot Put 7,260kg Sen Men Time :12:42

Heat:1

1	403	PIETER-BRYNN KEMP	BOL	14.69
2	353	MAREE RUAAN	BAK	13.31
3	296	OLIVIER DEON	TNLC	10.41
4	79	BRITZ RUDOLF	BAK	10

Shot Put 5,000kg Yth Men Time :12:43

Heat:1

1	8	DE BEER GERHARD	AGN	17.8
2	352	MAREE TIAAN	BAK	12.12
	183	JONES CHADLEY	SPAA	NM
	181	WEBER DALE	SPAA	NM

Long Jump Yth Men Time :13:04

Heat:1

1	294	PRETORIUS CONSTANT	AGN	6.62	-0.3
2	354	DELPORT JANEAL	TNLC	6.06	-2.9
3	55	AJAM ADEN	BAK	5.82	0.9
4	76	LE ROUX CHADLEY	SPAA	5.68	-1.7
	392	SMITH ANDRE	TNLC	NM	0

100 meter u16 Women Time :12:40

Heat:1 Wind : -2.3

1	185	JOHNSON CARLA	SPAA	13.1
2	358	BOTHA KERIKA	BEAC	13.18
3	283	HAUPT ROBYN	UWC	13.23
4	279	SOLOMONS SAMANTHA	BAK	13.66
5	137	COETZEE DANIELL	SPRI	14.63
6	132	VAN NIEKERK LIZAAN	SPRI	14.94

100 meter u16 Women Time :12:40

Heat:2 Wind : -1.3

1	291	MEIRING ZOE	SETT	13.8
---	-----	-------------	------	------

2	362	V/D WESTHUIZEN ZANDRI	BEAC	14.68
3	131	MAGERMAN CANDICE	SPRI	14.71
4	278	REITZ KIRSTEN	BAK	14.86
5	289	RYK ROBYN	VELO	15.3

100 meter Yth Women Time :12:50

Heat:1 Wind : -1.9

1	12	VAN DER MERWE PHILIPPA	NCAP	12.36
2	81	WELSCH STACEY	BAK	12.64
3	249	HANCKE ROUXZANNE	TNLC	13.33
	197	VAN RENSBURG MERISSA	DISP	DNS
	357	VAN NIEKERK IZAAN	BEAC	DNS

100 meter Yth Women Time :12:50

Heat:2 Wind : -0.4

1	11	WICKSELL STEPHANIE	AGN	12.81
2	25	MATHEE NICOLI	STEL	13.68
	355	STRAUSS VEROESHA	BEAC	DNS
	374	SWARTS SHANICE	MATI	DNS
	180	COZETT CANDICE	SPAA	DNS

150 meter Sen Men Time :13:31

Heat:1 Wind : -0.5

1	20	MOTSOU ASHFORD	UFS	16.39	Q
2	41	DE RU RUDI	TUK	16.57	q
3	204	TRUTER PIERRE	TUKS	16.57	
4	219	CAMERON KURT	UWC	16.97	
5	18	ISAACS JONATHAN	IND	17.03	
6	70	MEYER EUCLID	UWC	17.09	
	341	SISHI SIBISO	MATI	DNS	
	338	FORTUIN HEIRICH	MATI	DIS	

150 meter Sen Men Time :13:31

Heat:2 Wind : 1.0

1	86	MULLINS SERGIO	EPA	16.01	Q
2	336	DE JAGER SHAUN	MATI	16.25	q
3	46	MICHAU KEENAN	BAK	16.62	
4	69	MARTHINUS ZUNAID	UWC	16.85	
5	133	COETZEE WILLIAM	SPRI	18.36	
	122	GEDULDT MITCH	SPRI	DNS	
	334	ARENDZ GARTH	MATI	DNS	
	134	BROWN KELVIN	SPRI	DNS	

150 meter Sen Men Time :13:31

Heat:3 Wind : 0.9

1	344	WOODROW WILSON	MATI	16.37	Q
2	340	PHILANDER VIRGIL	MATI	16.7	
3	4	MAKOENA KHOTSO	AGN	16.85	
4	221	SCHEFFERS LAYNE	UWC	17.23	
5	252	HANCKE ROUX	TNLC	17.63	

68 ARENDSE MARVIN	UWC	DNF
218 STEVENS BRENT	UWC	DNS
188 MARTIN MARVIN	SPAA	DNS

150 meter Sen Men Time :13:31

Heat:4 Wind : 0.6

1	2 ENGEL ROSCOE	TNLK	16.01	Q
2	17 VAN NIEKERK WAYDE	HS G	16.47	q
3	87 HARMSE CHE	EPA	16.67	
4	368 DE BRUYN JACQUES	BEAC	17.62	
5	242 ALBERTS JOHAN	TNLC	17.92	
	103 SAPTO WESLEY	BAK	DNS	
	335 BEDFORD FADL	MATI	DNS	
	337 DUCKITT WILLIAM	MATI	DNS	

150 meter Sen Men Time :13:31

Heat:5 Wind : -2.6

1	78 ALKANA ANTONIO	BAK	16.27	Q
2	240 VAN WYK JOHAN	PRIE	17.06	
3	36 NGWENYA GIFT	TNLC	17.07	
4	120 APRIL ETHAN	BAK	17.85	
5	93 SOLOMONS RANDALL	UWC	18.5	
6	400 VAN RHYN KEENAN	SPRI	19.02	
	50 GORDON SHENZHEN	UMF	DNS	
	339 LANGENHOVEN HERMAN	MATI	DNS	

150 meter Sen Women Time :13:41

Heat:1 Wind : -0.8

1	1 VAN DER MERWE SONJA	TNLK	18.61	Q
2	226 ROMAN BERNICE	UWC	18.96	Q
3	227 MAY COLLEEN	UWC	19.48	q
4	249 HANCKE ROUXZANNE	TNLC	20.35	
	61 RICHARDS SIMONE	UWC	DNS	
	13 NEUHOFF IZELLE	VT	DNS	
	58 MORRIS SIMONE	UWC	DNS	
	366 VAN COLLER ELNE	BEAC	DNS	

150 meter Sen Women Time :13:41

Heat:2 Wind : 0.1

1	51 WOLHUTER MAREIKE	BAK	18.91	Q
2	202 O'NEILL ROBYN	TUKS	19.27	Q
3	26 McMILLAN DEMI	BAK	19.69	
	166 COETZEE CLAUDEA	NMMU	DNS	
	225 GARDINER STACEY	UWC	DNS	
	24 MATHEE JANKA	GENE	DNS	

150 meter Sen Women Time :13:41

Heat:3 Wind : -0.1

1	6 PRETORIUS SAMANTHA	TNLK	18.38	Q
2	351 LOOTS SIOBHAN	TNLC	19.23	Q

3	59 MOONSAMY KIM	UWC	19.55	q
4	350 SLINGER LEAH	MATI	19.57	
	60 DE VRIES DOHNELEY	UWC	DNS	
	89 HUFKIE TASQUANE	EPA	DNS	
	57 SAMPSON KATLEEN	UWC	DNS	

200 meter Mas Men Time :13:49

Heat:1 Wind : 0.0

1	201 UYS JOHAN	BAK	24.69
2	134 BROWN KELVIN	SPRI	25.55
3	84 SWARTS STEVEN	BFT	26.25

200 meter Mas Women Time :13:52

Heat:1 Wind : 0.0

257 JONKERS MARGARET	TNLC	DNS
----------------------	------	-----

200 meter u16 Women Time :13:55

Heat:1 Wind : 0.5

1	356 STRAUSS DENIELLE	BEAC	26.42
2	283 HAUPT ROBYN	UWC	26.52
3	185 JOHNSON CARLA	SPAA	27.31
4	77 LE GRANGE MICHE	SPAA	27.93
5	375 VISAGIE TAYLIA	FIT2	27.95
6	279 SOLOMONS SAMANTHA	BAK	28.36
7	359 VAN NIEKERK MARCIA	BEAC	28.62
8	132 VAN NIEKERK LIZAAN	SPRI	30.74

200 meter u16 Women Time :13:55

Heat:2 Wind : 2.0

1	24 MATHEE JANKA	GENE	28.44
2	291 MEIRING ZOE	SETT	28.65
3	365 VAN COLLER ELANI	BEAC	29.08
4	363 PRETORIUS MARELISE	BEAC	29.66
5	131 MAGERMAN CANDICE	SPRI	31.09
	278 REITZ KIRSTEN	BAK	DNS
	289 RYK ROBYN	VELO	DNS

200 meter u16 Men Time :14:05

Heat:1 Wind : 4.0

1	33 VISSER CARLO	BAK	23.58
2	346 DARRIES QIYAAM	MATI	23.61
3	285 APPEL KYLE	GOOD	23.68
4	55 AJAM ADEN	BAK	24.07
5	196 J VAN RENSBURG JACO	STEL	24.1
	354 DELPORT JANEAL	TNLC	DNS

200 meter u16 Men Time :14:05

Heat:2 Wind : 2.8

1	369 VAN GRAAN OOSTEWALD	BEAC	24.43
2	170 STEVENS DARREN	SPAA	25.47

3	152	GERSHAM MARITZ	VELO	26.85
4	292	LEKAY WADE	SETT	27.87
	136	VAN DEN HEEVER MARTIN	SPRI	DNS
	177	PETERS KEAGAN	SPAA	DNS
	271	ALEXANDER MATTHEW	BAK	DNS

200 meter u16 Men Time :14:05

Heat:3 Wind : 4.2

1	381	WATERBOER PJ	FIT2	23.09
2	178	PARRISH SHERMIN	SPAA	23.67
3	268	SCOTTS RENALDO	BAK	25.01
4	110	POOLE DUWAYNE	HHH	26.04
	269	ONTONG UGAN	BAK	DNS
	146	MULLER TYRONE	VELO	DNS
	151	ABRAHAMS DEON	VELO	DNS

200 meter u16 Men Time :14:05

Heat:4 Wind : 3.4

1	91	JELWANA JEREMIA	UWC	23.17
2	111	MYBURGH JASON	PRG	23.92
3	384	LODEWYK JULIAN	FIT2	25.12
	98	DE VRIES JUSTIN	UWC	DNS
	100	AFRIKA BEVAN	UWC	DNS
	101	NOMDOE MATTHEW	UWC	DNS
	153	MOSES ROMANO	VELO	DNS

Long Jump Sen Women Time :14:36

Heat:1

1	9	DA ROCHA VALENTINA	SPAA	5.39	4.6	5.12m
2	228	DIRK NICOLE	UWC	5.24	1.7	
3	360	WESSELS RITA	BEAC	4.71	3.7	4.66m
	14	JOSEPHS JANICE	MATI	NM	0	

Javelin 600g Sen Women Time :14:43

Heat:1

1	244	ALBERTS JOLANDRI	TNLC	37.13
2	193	DU TOIT ALETTA	BAK	11.72
3	195	GROBBELAAR ELIZE	BAK	11.39
	194	DU PLESSIS DUPPIE	BAK	NM

Javelin 500g Yth Women Time :14:50

Heat:1

1	231	SMIT ANGELINE	BAK	32.38
2	255	SMIT STEPHANIE	GENE	27.61
3	172	CARSTENSEN MELISSA	TNLC	18.88
	185	JOHNSON CARLA	SPAA	NM

Shot Put 4,000kg Sen Women Time :14:57

Heat:1

1	106	COMPION MARIA	BAK	10.47
---	-----	---------------	-----	-------

2	349	ROELOFSE JUNE	MATI	9.35
3	193	DU TOIT ALETTA	BAK	5.77
4	195	GROBBELAAR ELIZE	BAK	5.53
	194	DU PLESSIS DUPPIE	BAK	NM

Shot Put 3,000kg Yth Women Time :15:00

Heat:1

1	245	GERSTNER ANNELINE	TNLC	12.15
2	161	PETERSEN CAMELIA	VELO	9.67
3	163	PETERSEN SHANNEN	VELO	9.4
4	186	ARENDSE TARRYN	SPAA	8.16
	209	KONIG CHRISTEL	BAK	NM

200 meter Yth Men Time :14:10

Heat:1 Wind : 2.3

1	63	HENDRICKS WESLEY	TNLC	22.49
2	192	FROUDE JOHN	BAK	23.36
3	129	VON WEIDTS DIRKIE	SPRI	23.52
4	232	MOUTON TIAAN	BAK	23.61
5	155	DAVIS MALCOLM	VELO	24.9
	345	ARNOLD AAQIB	MATI	DNS
	64	OCTOBER WAYLIN	UWC	DNS
	66	CLOETE ASLIN	UWC	DNS

200 meter Yth Men Time :14:10

Heat:2 Wind : 2.7

1	156	GERTSE MARCO	VELO	24.21
2	191	FROUDE WILLIAM	BAK	24.34
3	56	SOLOMONS WALTER	BAK	24.57
4	76	LE ROUX CHADLEY	SPAA	24.58
5	382	KELLEY CLYDE	FIT2	24.6
6	35	FRIESLAAR NATHAN	BAK	25.69
7	128	GRASSER KAYL	SPRI	25.75
	158	ELTON SWARTS	VELO	DNS

200 meter Yth Women Time :14:13

Heat:1 Wind : 4.6

1	12	VAN DER MERWE PHILIPPA	NCAP	24.75
2	197	VAN RENSBURG MERISSA	DISP	26.41
	179	HEATON SHAUNDRIA	SPAA	DNS
	364	SNYMAN ELAINE	BEAC	DNS
	374	SWARTS SHANICE	MATI	DNS

200 meter Yth Women Time :14:13

Heat:2 Wind : 0.0

	359	VAN NIEKERK MARCIA	BEAC	DNS
	356	STRAUSS DENIELLE	BEAC	DNS
	180	COZETT CANDICE	SPAA	DNS
	77	LE GRANGE MICHE	SPAA	DNS

300 meter

Heat:1

Sen Men Time :14:29

1	88	GORRIES PAUL	EPA	34.6	Q
2	70	MEYER EUCLID	UWC	35.19	Q
3	36	NGWENYA GIFT	TNLC	35.81	
4	157	KAROLUS BRONIQUE	VELO	36.29	
5	252	HANCKE ROUX	TNLC	39.69	
	344	WOODROW WILSON	MATI	DNS	
	30	QOLO LUYANDO	HANG	DNS	
	341	SISHI SIBISISO	MATI	DNS	

300 meter

Heat:2

Sen Men Time :14:29

1	2	ENGEL ROSCOE	TNLK	34.49	Q
2	336	DE JAGER SHAUN	MATI	34.74	Q
3	204	TRUTER PIERRE	TUKS	35.07	q
4	223	BOCK LEROI	UWC	35.17	q
5	300	VISSER DIAN	IND	40.64	
	50	GORDON SHENZHEN	UMF	DNS	
	335	BEDFORD FADL	MATI	DNS	
	93	SOLOMONS RANDALL	UWC	DNS	

300 meter

Heat:3

Sen Men Time :14:29

1	217	NDLOVU RODWELL	UWC	34.75	Q
2	222	VISSER ANRICH	UWC	35.8	Q
3	220	ISAACS JODY	UWC	36.04	
4	122	GEDULDT MITCH	SPRI	36.33	
5	159	MAGERMAN DENZIL	VELO	37.87	
6	242	ALBERTS JOHAN	TNLC	39.42	
	203	ACKERMAN HANNO	TUKS	DNS	
	41	DE RU RUDI	TUK	DNS	

300 meter

Heat:1

Sen Women Time :14:52

350	SLINGER LEAH	MATI	NM
166	COETZEE CLAUDEA	NMMU	NM
11	WICKSELL STEPHANIE	AGN	NM
1	VAN DER MERWE SONJA	TNLK	NM
13	NEUHOFF IZELLE	VT	NM
89	HUFKIE TASQUANE	EPA	NM

300 meter

Heat:2

Sen Women Time :14:52

348	GODDARD MEGAN	MATI	NM
366	VAN COLLER ELNE	BEAC	NM
7	VAN WYK ALET	TNLK	NM
51	WOLHUTER MAREIKE	BAK	NM
349	ROELOFSE JUNE	MATI	NM

400 meter

Heat:1

u16 Women Time :14:51

1	117 FAURE SUNE	BAK	63.19
2	238 ABRAHAMS VERNOSCHKA	FIT2	65.02
3	237 JANSEN VADIM	FIT2	65.21
4	365 VAN COLLER ELANI	BEAC	65.73
	363 PRETORIUS MARELISE	BEAC	DNS
	283 HAUPT ROBYN	UWC	DNS

400 meter

Heat:1

u16 Men Time :14:51

1	367 JACOBS TIAAN	BEAC	51.85
2	196 J VAN RENSBURG JACO	STEL	54.41
3	170 STEVENS DARREN	SPAA	55.01
4	113 BRUINERS JASON	METR	56.87
5	385 DREYER JC	FIT2	58.46

400 meter

Heat:2

u16 Men Time :14:51

1	205 TITUS CHAD	UWC	52.41
2	91 JELWANA JEREMIA	UWC	52.5
3	405 JASON-LEE LECORDEUR	PGIM	54.66
4	292 LEKAY WADE	SETT	62.29
	153 MOSES ROMANO	VELO	DNS
	269 ONTONG UGAN	BAK	DNS

400 meter

Heat:1

Yth Women Time :15:01

1	248 VAN DEVENTER ICARIEN	TNLC	60.12
2	258 BROODRYK SUZAAN	PAAR	60.5
3	77 LE GRANGE MICHE	SPAA	68.71
	25 MATHEE NICOLI	STEL	DNS
	359 VAN NIEKERK MARCIA	BEAC	DNS
	364 SNYMAN ELAINE	BEAC	DNS

Triple Jump

Heat:1

Sen Women Time :15:39

1	9 DA ROCHA VALENTINA	SPAA	11.97	-3.1
2	406 SIMONE VAN DER MERWE	DISP	11.05	-2.8
3	198 VAN RENSBURG MARISKA	DISP	10.87	-1.2
4	199 VAN DER MERWE MARINE	DISP	10.75	-3.8
5	228 DIRK NICOLE	UWC	10.74	-3.6

400 meter

Heat:1

Yth Men Time :15:02

1	232 MOUTON TIAAN	BAK	52.29
2	66 CLOETE ASLIN	UWC	53.52
3	92 DAMANE EWART	UWC	54.48
4	64 OCTOBER WAYLIN	UWC	55.1
5	124 VRIES MARCELINO	SPRI	74.67

155 DAVIS MALCOLM	VELO	DNS
63 HENDRICKS WESLEY	TNLC	DNS

400 meter Yth Men Time :15:02

Heat:2

1 73 MARCO ERWIN	SPAA	53.63
2 154 LEWIS LEON	VELO	54.51
3 76 LE ROUX CHADLEY	SPAA	58.5
4 35 FRIESLAAR NATHAN	BAK	60.15
5 127 DICK MATTHEW-JOHN	SPRI	61.56
224 BEUKES KALEB	UWC	DNS
62 NONAME DAILON	UWC	DNS

Discus 1,000kg Sen Women Time :15:44

Heat:1

1 245 GERSTNER ANNELINE	TNLC	38.73
2 231 SMIT ANGELINE	BAK	36.04
3 163 PETERSEN SHANNEN	VELO	22.55
4 195 GROBBELAAR ELIZE	BAK	16.01
5 193 DU TOIT ALETTA	BAK	14.54
209 KONIG CHRISTEL	BAK	NM
194 DU PLESSIS DUPPIE	BAK	NM

Discus 2,000kg Sen Men Time :16:26

Heat:1

1 8 DE BEER GERHARD	AGN	51.37
2 82 KOTZE JAN-LOUW	PAAR	50.23
3 403 PIETER-BRYNN KEMP	BOL	49.86
4 79 BRITZ RUDOLF	BAK	37.09
5 353 MAREE RUAAN	BAK	36.73
6 296 OLIVIER DEON	TNLC	29.88

Discus 1,500kg Yth Men Time :16:27

Heat:1

1 352 MAREE TIAAN	BAK	38.24
2 181 WEBER DALE	SPAA	25.34
183 JONES CHADLEY	SPAA	NM

3000 meter Sen Women Time :15:23

Heat:1

1 287 KALMER CHRISTINE	CGA	10:07.4
2 75 KLEINKIE ESTONIQUE	SPAA	12:50.8
3 43 MADDIX SANITA	TNLC	13:03.6
251 MARAIS EBETH	TNLC	DNS
74 MICHAELS NATASHA	SPAA	DNS

3000m Walk Sen Men Time :15:51

Heat:1

1 118 NEL ARMOND	SWD	12:33.7
2 286 VORSTER PIETER	BAK	13:36.7

3	389	CEASAR GHANTON	FIT2	16:02.0
4	373	FORBES NICK	SPAR	16:49.2
5	53	VAN ZYL JOHAN	BAK	17:02.9

3000m Walk Sen Women Time :15:52

Heat:1

1	379	KLINK CHANICE	FIT2	16:13.8
2	34	KOTZE INGE	PUKK	16:47.5
3	380	DANIELS LEANDRE	FIT2	17:50.4
4	52	VAN ZYL THALENA	BAK	21:14.6
5	104	WILLIAMS CHRISTINE	SPAR	21:54.6
	194	DU PLESSIS DUPPIE	BAK	DNS
	353	MAREE RUAAN	BAK	DNS
	193	DU TOIT ALETTA	BAK	DNS

800 meter Mas Women Time :16:02

Heat:1

1	207	OEHLLEY DEREK	HARF	02:17.1
2	211	CLAASSEN LEN	TUKS	02:26.5
3	84	SWARTS STEVEN	BFT	02:37.0

Triple Jump Sen Men Time :16:37

Heat:1

37	SEWENYANA JASON	TNLC	NM	0
----	-----------------	------	----	---

Long Jump Sen Men Time :17:35

Heat:1

1	4	MOKOENA KHOTSO	AGN	7.92	3.2	7.89m
2	134	BROWN KELVIN	SPRI	5.96	-0.1	
3	158	ELTON SWARTS	VELO	5.78	0	
	214	VISSER ZAARCK	UJ	NM	0	
	219	CAMERON KURT	UWC	NM	0	
	190	JOHNSON CLINT	SPAA	NM	0	
	5	MANYONGA LUVU	MATI	NM	0	

Javelin 800g Sen Men Time :18:31

Heat:1

1	16	CROUS BERNARD	PUKK	74.35
2	83	KITSHOFF FERNEY	BAK	66.02
3	253	VAN DER MERWE ADRIAAN	TNLC	63.45
4	256	DAMON ULRICH	TNLC	59.94

Javelin 700g Yth Men Time :18:32

Heat:1

1	3	MOOLMAN MORNE	TNLK	81.77
2	48	CROUS JG	OAKD	61.28
3	175	VISSER DEHAN	PAAR	53.71
4	174	LOUBSER LEON	PAAR	53.59
5	181	WEBER DALE	SPAA	48.48
	173	BEUKES HENNIE	PAAR	NM

184 PRESTON SHERWIN	SPAA	NM
254 SLABBERT JEANDRE	TNLC	NM

300m Hurdles 0,762m Sen Women Time :16:28

Heat:1

1	10 SENEKAL JEAN-MARIE	BOL	43.05
2	348 GODDARD MEGAN	MATI	44.62
3	361 DOLLER GERALDINE	BEAC	48.12
4	117 FAURE SUNE	BAK	49.48
	356 STRAUSS DENIELLE	BEAC	DNS

300m Hurdles 0,914m Sen Men Time :16:34

Heat:1

1	223 BOCK LEROI	UWC	37.69
2	294 PRETORIUS CONSTANT	AGN	37.88
3	71 HANEKOM LINDSAY	UWC	38.66
4	31 LE ROUX NIEL	BAK	39.32
5	221 SCHEFFERS LAYNE	UWC	39.41
6	69 MARTHINUS ZUNAID	UWC	40.2
	200 BAKKES NICO	DISP	DNS
	339 LANGENHOVEN HERMAN	MATI	DNF
	367 JACOBS TIAAN	BEAC	DNS

60 meter Sen Women Time :16:47

Heat:1 Wind : 0.0

1	39 STEWART CINDY	NMMU	7.52
2	1 VAN DER MERWE SONJA	TNLK	7.63
3	226 ROMAN BERNICE	UWC	7.78
4	81 WELSCH STACEY	BAK	7.93
5	59 MOONSAMY KIM	UWC	8.01
6	227 MAY COLLEEN	UWC	8.07
7	202 O'NEILL ROBYN	TUKS	8.08

60 meter Sen Men Time :16:52

Heat:1 Wind : 1.7

1	218 STEVENS BRENT	UWC	6.71
2	78 ALKANA ANTONIO	BAK	6.82
3	20 MOTSAU ASHFORD	UFS	6.86
4	338 FORTUIN HEIRICH	MATI	6.97
5	18 ISAACS JONATHAN	IND	6.98
6	204 TRUTER PIERRE	TUKS	7.06
7	344 WOODROW WILSON	MATI	7.07
8	280 JULIES ANGUS	BAK	7.12

600 meter Sen Women Time :17:05

Heat:1

1	7 VAN WYK ALET	TNLK	01:32.5
2	348 GODDARD MEGAN	MATI	01:34.3
3	121 JACOBS SUNEL	MATI	01:35.8
4	299 KRUGER ZANI	BELL	01:35.9

5	248 VAN DEVENTER ICARIEN	TNLC	01:45.5
6	187 DLAMINI NIKITA	SPAA	01:49.2
	167 COETZEE ANNICA	NMMU	DNS

600 meter

Sen Men Time :17:12

Heat:1

1	267 VAN RENSBURG RYNARD	BAK	01:19.4
2	212 WRIGHT DOUGAN	CGA	01:20.9
3	29 BEUKES NATHAN	CITR	01:21.4
4	220 ISAACS JODY	UWC	01:24.7
5	168 BURGER JOHAN	NMMU	01:32.9
	298 PERSENTS HILTON	UWC	DNS
	300 VISSER DIAN	IND	DNS
	210 MATTHEE MARCO	TUKS	DNS

150 meter Sen Women Time :17:20

Heat:1 Wind : 0.5

1	1 VAN DER MERWE SONJA	TNLK	17.89
2	6 PRETORIUS SAMANTHA	TNLK	18.18
3	226 ROMAN BERNICE	UWC	18.45
4	51 WOLHUTER MAREIKE	BAK	18.97
5	351 LOOTS SIOBHAN	TNLC	19.07
6	227 MAY COLLEEN	UWC	19.28
7	202 O'NEILL ROBYN	TUKS	19.53
	59 MOONSAMY KIM	UWC	DIS

150 meter Sen Men Time :17:24

Heat:1 Wind : 2.8

1	2 ENGEL ROSCOE	TNLK	15.59
2	86 MULLINS SERGIO	EPA	15.7
3	17 VAN NIEKERK WAYDE	HS G	15.96
4	20 MOTSAU ASHFORD	UFS	16.05
5	78 ALKANA ANTONIO	BAK	16.07
6	344 WOODROW WILSON	MATI	16.34
7	336 DE JAGER SHAUN	MATI	16.34
8	41 DE RU RUDI	TUK	16.48

3000 meter

Sen Men Time :17:40

Heat:1

1	229 NGXAZOZO MBONGENI	SSTR	08:23.3
2	21 PRETORIUS JACQUES	MATI	08:34.4
3	49 BAILEY MICHAEL	ASIC	08:36.4
4	22 DE JAGER RUAN	MATI	08:47.8
5	28 BOOYSEN ANGELO	PAAR	09:20.2
6	407 JAN NERO	MATI	09:23.5
7	189 MBANGATHA ODWA	SPAA	09:52.8
	165 COETZEE NICOL	FRAM	DNS

1000 meter

Sen Women Time :17:45

Heat:1

1	287 KALMER CHRISTINE	CGA	02:55.7
2	15 CONRAD NOLENE	UJ	02:57.1
3	299 KRUGER ZANI	BELL	02:58.5
	121 JACOBS SUNEL	MATI	DNS
	187 DLAMINI NIKITA	SPAA	DNS
	167 COETZEE ANNICA	NMMU	DNS

300 meter **Sen Women Time :17:54**
Heat:1

1	1 VAN DER MERWE SONJA	TNLK	38.97
2	7 VAN WYK ALET	TNLK	39.91
3	11 WICKSELL STEPHANIE	AGN	40.38
4	350 SLINGER LEAH	MATI	41.62
5	51 WOLHUTER MAREIKE	BAK	41.7
6	348 GODDARD MEGAN	MATI	42.44
	349 ROELOFSE JUNE	MATI	DNS

300 meter **Sen Men Time :17:57**
Heat:1

1	2 ENGEL ROSCOE	TNLK	33.53
2	336 DE JAGER SHAUN	MATI	33.66
3	217 NDLOVU RODWELL	UWC	33.97
4	88 GORRIES PAUL	EPA	34.05
5	223 BOCK LEROI	UWC	34.85
6	70 MEYER EUCLID	UWC	35.52
7	222 VISSER ANRICH	UWC	35.64
8	204 TRUTER PIERRE	TUKS	35.83

Mile **Sen Men Time :18:07**
Heat:1

1	19 CRONJE JOHAN	UFS	04:07.7
2	105 PIETERSE EMILE	MATI	04:23.3
3	44 FARO DURAN	TNLC	04:24.1
4	216 PHILANDER DWAYNE	UWC	04:24.6
	189 MBANGATHA ODWA	SPAA	DNS
	72 ANDREAS JEROMY	UWC	DNS
	224 BEUKES KALEB	UWC	DNS

Hammer 7,260kg **Sen Men Time :17:05**
Heat:1

1	332 HARMSE CHRIS	AVT	71.66
2	333 KRUGER JK	MATI	60.89
3	331 FRECHOU RENALDO	PAAR	60.67