

Day 1 6/18/2016 Final

## 10.000 meter Men , Time :12:38

Rank	ID	Name	Team	Area	Result	Info
1	100	Kabelo Melamu	RSA		31:12.76	
2	175	Lusungu Mbama	MAW		31:51.22	
3	138	Victor Chewe	ZMB		32:01.22	
4	25	Kangi Kebashwaretse	BOT		32:46.59	
5	141	Rodgers Phiri	ZMB		33:04.74	
6	170	Carnision Wenjere	ZIM		33:12.87	
7	24	Ndiye Nkungwa	BOT		33:52.07	
8	99	Kwanele Mthembu	RSA		35:06.50	
	66	Abubakar Mkwanda	MAW		DNF	
	65	Junior Chitembeya F	MAW		DNF	

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## Shot Put Men , Time :13:27

Rank	ID	Name	Team	Area	Result	Info
1	107	Jason Van Rooyen	RSA		19.50m	
2	108	Werner Visser	RSA		18.03m	
3	70	George Jana	MAW		11.95m	
4	135	Tembo Dickson	ZMB		10.84m	
5	172	Aaron Chazama	MAW		10.78m	
6	129	Mutale Arron	ZMB		9.72m	
7	71	Alick Rajab	MAW		8.90m	
	175	Lusungu Mbama	MAW		NR	

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**High Jump Women , Time :13:38**

Rank	ID	Name	Team	Area	Result	Info
1	112	Nienka Du Toit	RSA		1.66m	
2	165	Kayla Wells	ZIM		1.45m	

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**100 meter Women , Time :13:14**

**Heat : 1 Wind = 0.1**

Rank	ID	Name	Team	Area	Result	Info
1	81	Tamzin Thomas	RSA		11.70	
2	4	Oarabile Tshosha	BOT		12.16	
3	5	Rose Sinane	BOT		12.36	
4	133	Suwilaji Mpondela	ZMB		12.82	
5	144	Alice Agostino	ZIM		12.85	
	51	Ethel Mannyunya	MAW		NR	
	31	Mamakoli Senaouane	LES		NR	

**100 meter Women , Time :13:14**

**Heat : 2 Wind = -0.2**

Rank	ID	Name	Team	Area	Result	Info
1	82	Madia Ehlers	RSA		11.87	
2	139	Marjory Chisanga	ZMB		12.22	
3	3	Refilwe Murangi	BOT		12.33	
4	142	Lwiindi Ng'andu	ZMB		12.63	
5	32	Tuto Nkoetla	LES		14.64	
	52	Chikondi Manase	MAW		NR	

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**Long Jump Men , Time :13:13**

Rank	ID	Name	Team	Area	Result	Wind (m/s)	Info
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1	77	Austin Bryan Gilbert Tonta	MRI	6.76m 0.0
2	118	Mwenda Phiri	ZMB	6.56m 1.1
3	131	Peter Muzumara	ZMB	6.50m 2.0
4	28	Thabiso Monaiwa	BOT	6.48m -1.2
5	40	Kabelo Lesole	LES	6.48m 0.9
6	167	Tiniel Jnr Tanaka Tapfuma	ZIM	6.34m 1.0
7	29	Kabo Mphali	BOT	6.30m -1.5
	41	Molefi Kapi	LES	NR 0.0
	146	Chengetayi David Mapaya	ZIM	NR 0.0

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**Javelin Men , Time :13:39**

Rank	ID	Name	Team	Area	Result	Info
1	111	Johan Grobler	RSA		74.72m	
2	110	Erich Wiese	RSA		72.90m	
3	172	Aaron Chazama	MAW		51.07m	
4	157	Ryan Fourie	ZIM		48.38m	
	173	Nicholas Schomolker	ZIM		NR	

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**100 meter Men , Time :13:40**

**Heat : 1 Wind = 2.1**

Rank	ID	Name	Team	Area	Result	Info
1	93	Gift Leotlela	RSA		10.37	
2	134	Sydney Siame	ZMB		10.39	
3	159	Tinotenda Innocent Matiyenga	ZIM		10.51	
4	18	Aobakwe Malay	BOT		10.80	
5	16	Xholani Talane	BOT		10.81	
6	1	Hermenegildo Leite	ANG		10.95	
	40	Kabelo Lesole	LES		DNS	

**100 meter Men , Time :13:40**

**Heat : 2 Wind = 0.4**

Rank	ID	Name	Team	Area	Result	Info
1	117	Brian Kasinda	ZMB		10.28	
2	123	Hazemba Chidamba	ZMB		10.46	
3	17	Mompoloki Powane	BOT		10.72	
4	113	Dylan Sicobo	SEY		10.86	
5	174	Donovan Tatenda Mutariswa	ZIM		11.18	

**100 meter Men , Time :13:40**

**Heat : 3 Wind = 1.3**

Rank	ID	Name	Team	Area	Result	Info
1	94	Clarence Munyai	RSA		10.69	
2	184	John Daniel	MRI		10.77	
3	168	Panashe Sunguro	ZIM		11.27	
4	179	Gift Kabale	MAW		11.56	
5	61	Innoncent Bashati	MAW		13.28	
	41	Molefi Kapi	LES		DNS	

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**Discus Women , Time :13:10**

Rank	ID	Name	Team	Area	Result	Info
1	91	Yolandi Stander	RSA		48.57m	
2	90	Leandri Geel	RSA		48.35m	
3	120	Enala Ndamikwa	ZMB		25.60m	
	158	Savannah Ager	ZIM		NR	

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**400 meter Women , Time :13:41**

**Heat : 1**

Rank	ID	Name	Team	Area	Result	Info
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1	83	Jeannelle Griesel	RSA	55.46
2	6	Tlhomphang Basele	BOT	56.99
3	115	Abigail Chongo	ZMB	57.70
4	153	Nomatter Kapfudzaruva	ZIM	58.32
5	80	Julia Milambo	MOZ	63.10
	34	Thakane Mapoho	LES	DNS

**400 meter Women , Time :13:41**

**Heat : 2**

Rank	ID	Name	Team	Area	Result	Info
	35	Ntsepiseng Sekopo	LES		NR	
1	84	Armoure Le Roux	RSA		56.24	
2	161	Vimbayi Maisvorewa	ZIM		58.23	
3	126	Marjory Bwalya	ZMB		60.06	
4	7	Thato Sajene	BOT		60.97	

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**400 meter Men , Time :13:43**

**Heat : 1**

Rank	ID	Name	Team	Area	Result	Info
1	96	Derrick Mokaleng	RSA		47.45	
2	119	Daniel Mbewe	ZMB		47.67	
3	20	Tumo Nkape	BOT		47.79	
4	125	Kennedy Luchembe	ZMB		48.76	
5	145	Chengetai Chandomba	ZIM		51.92	
6	63	Raymond Mphaka	MAW		53.80	
7	175	Lusungu Mbama	MAW		56.18	
	44	Bokang Morasenyane	LES		DNS	

**400 meter Men , Time :13:43**

**Heat : 2**

Rank	ID	Name	Team	Area	Result	Info
1	95	Niki Marich	RSA		48.23	
2	122	Godfrey Chama	ZMB		48.35	

3	150	Leon Tafirenyika	ZIM	48.42
4	19	Omphemetse Poo	BOT	49.01
5	30	Thabiso Sekgopi	BOT	49.80
	64	Junior Chitembeya F	MAW	NR
	64	Junior Chitembeya F	MAW	NR
	62	Ganizani Marko	MAW	NR

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**1500 meter Men , Time :14:45**

Rank	ID	Name	Team	Area	Result	Info
1	114	Aaron Hiyamwa	ZMB		3:53.64	
2	23	Allaster Bagopi	BOT		3:59.49	
3	22	Tshepitso Masalela	BOT		4:02.77	
4	116	Alex Ngosa	ZMB		4:04.79	
5	169	Titus Nyati	ZIM		4:09.54	
6	68	Juma Wilson	MAW		4:15.73	
7	67	Safiel Chitedze	MAW		4:26.73	
8	66	Abubakar Mkwanda	MAW		4:28.15	
9	251	Joseph Nkhata	MAW		4:41.78	
	45	Tanki Mechele	LES		DNS	
	47	Temo Maponopono	LES		DNS	

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**800 meter Women , Time :14:31**

Rank	ID	Name	Team	Area	Result	Info
1	86	Simone Weitsz	RSA		2:08.03	
2	85	Liza Kellerman	RSA		2:12.12	
3	9	Oratile Noah	BOT		2:16.27	
4	56	Ethrida Ganizani	MAW		2:19.62	
5	163	Mary-joy Mudyiravanji	ZIM		2:23.61	

6	8	Politeness Siane	BOT	2:28.52
7	161	Vimbayi Maisvorewa	ZIM	2:30.82
8	53	Okafor Chioma	MAW	2:41.95

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**400m Hurdles Women , Time :15:45**

Rank	ID	Name	Team	Area	Result	Info
1	88	Gezelle Magerman	RSA		59.18	
2	89	Belindie Van Der Merwe	RSA		60.66	
3	12	Lebitso Mokolofu	BOT		69.39	
4	152	Motsi Yvette	ZIM		75.49	

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**Long Jump Women , Time :18:14**

Rank	ID	Name	Team	Area	Result	Wind (m/s)	Info
1	166	Vimbiso Majoni	ZIM		5.46m	0.0	
2	112	Nienka Du Toit	RSA		5.43m	0.0	
3	136	Agness Mazala	ZMB		5.18m	0.0	
4	76	Potiron Liliane	MRI		5.16m	0.0	
5	155	Precious Kuzakwahwo	ZIM		5.05m	0.0	
6	14	Gonewamang Masheleng	BOT		5.05m	0.0	
7	13	Tshegofatso Morotsi	BOT		5.03m	0.0	
8	140	Josephine Phiri	ZMB		4.66m	0.0	

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## 400m Hurdles Men , Time :17:23

Rank	ID	Name	Team	Area	Result	Info
1	103	Refilwe Mogawane	RSA		51.87	
2	19	Omphemetse Poo	BOT		52.56	
3	104	Masego Sesele	RSA		54.12	
4	79	Badrudin Come	MOZ		57.34	
	179	Gift Kabale	MAW		DNS	

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## Hammer Men , Time :10:34

Rank	ID	Name	Team	Area	Result	Info
1	109	Carel Haasbroek	RSA		67.40m	
2	160	Victor Mulolo	ZIM		27.35m	

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## 100 meter Women , Time :16:27

Wind = 3.0

Rank	ID	Name	Team	Area	Result	Info
1	81	Tamzin Thomas	RSA		11.37	
2	82	Madia Ehlers	RSA		11.58	
3	4	Oarabile Tshosha	BOT		12.03	
4	139	Marjory Chisanga	ZMB		12.04	
5	3	Refilwe Murangi	BOT		12.09	
6	5	Rose Sinane	BOT		12.14	
7	142	Lwiindi Ng'andu	ZMB		12.55	
8	133	Suwilaji Mpondela	ZMB		12.76	

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## 100 meter Men , Time :11:52

Wind = 1.2

Rank	ID	Name	Team	Area	Result	Info
1	93	Gift Leotlela	RSA		10.47	
2	134	Sydney Siame	ZMB		10.49	
3	117	Brian Kasinda	ZMB		10.50	
4	94	Clarence Munyai	RSA		10.59	
5	159	Tinotenda Innocent Matiyenga	ZIM		10.66	
6	123	Hazemba Chidamba	ZMB		10.68	
7	17	Mompoloki Powane	BOT		11.11	
8	184	John Daniel	MRI		11.70	

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## Shot Put Women , Time :18:07

Rank	ID	Name	Team	Area	Result	Info
1	91	Yolandi Stander	RSA		13.00m	
2	112	Nienka Du Toit	RSA		12.77m	
3	127	Mary Fwambo	ZMB		12.50m	
4	90	Leandri Geel	RSA		12.43m	
5	120	Enala Ndamikwa	ZMB		8.20m	
6	158	Savannah Ager	ZIM		7.96m	

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## 400 meter Women , Time :16:40

Rank	ID	Name	Team	Area	Result	Info
1	83	Jeannelle Griesel	RSA		54.45	
2	84	Armoure Le Roux	RSA		55.59	
3	115	Abigail Chongo	ZMB		57.06	

4	6	Tlhomphang Basele	BOT	58.58
5	161	Vimbayi Maisvorewa	ZIM	58.84
6	153	Nomatter Kapfudzaruva	ZIM	59.44
7	126	Marjory Bwalya	ZMB	61.08
8	7	Thato Sajene	BOT	61.49

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**400 meter Men , Time :16:49**

Rank	ID	Name	Team	Area	Result	Info
1	96	Derrick Mokaleng	RSA		47.17	
2	20	Tumo Nkape	BOT		47.50	
3	119	Daniel Mbewe	ZMB		47.60	
4	95	Niki Marich	RSA		47.64	
5	122	Godfrey Chama	ZMB		48.06	
6	150	Leon Tafirenyika	ZIM		48.67	
7	125	Kennedy Luchembe	ZMB		49.15	
	19	Omphemetse Poo	BOT		DNS	

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**100m Hurdles Women , Time :17:14**

**Wind = 1.6**

Rank	ID	Name	Team	Area	Result	Info
1	87	Taylon Bieldt	RSA		13.70	
2	112	Nienka Du Toit	RSA		15.07	
3	11	Kgalalelo Tlalanyane	BOT		15.36	
4	152	Motsi Yvette	ZIM		18.46	

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## 110m Hurdles Men , Time :17:20

Wind = -1.6

Rank	ID	Name	Team	Area	Result	Info
1	102	Mpho Tladi	RSA		13.89	989 P
2	101	Kwanele Maganyele	RSA		14.26	941 P
3	77	Austin Bryan Gilbert Tonta	MRI		14.38	926 P
4	154	Panashe Andy Majuru	ZIM		14.55	905 P

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## 800 meter Men , Time :13:49

Rank	ID	Name	Team	Area	Result	Info
1	21	Gorata Gabankitse	BOT		1:49.11	
2	97	George Kuschke	RSA		1:49.36	
3	143	Takunda Alfred Chawonza	ZIM		1:49.67	
4	98	Theuns Ehlers	RSA		1:49.81	
5	23	Allaster Bagopi	BOT		1:52.37	
6	122	Godfrey Chama	ZMB		1:53.18	
7	22	Tshepitso Masalela	BOT		1:56.80	
8	75	Junior Chitembeya F.	MAW		2:02.34	
9	78	ACACIO Acirio Guezane	MOZ		2:02.48	
10	63	Raymond Mphaka	MAW		2:05.24	
11	175	Lusungu Mbama	MAW		2:20.85	
	46	Bokang Motseking	LES		DNS	
	45	Tanki Mechele	LES		DNS	

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## 3000m steeple chase Men , Time :09:41

Rank	ID	Name	Team	Area	Result	Info
1	105	Ikageng Gaorekwe	RSA		9:22.85	
2	114	Aaron Hiyamwa	ZMB		9:32.70	

3	24	Ndiye Nkungwa	BOT	9:37.50
4	138	Victor Chewe	ZMB	9:41.67
5	169	Titus Nyati	ZIM	9:57.00

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**200 meter Women , Time :10:10**

**Heat : 1 Wind = 0.3**

Rank	ID	Name	Team	Area	Result	Info
1	81	Tamzin Thomas	RSA		24.95	
2	115	Abigail Chongo	ZMB		25.00	
3	4	Oarabile Tshosha	BOT		25.17	
4	142	Lwiindi Ng'andu	ZMB		25.34	
5	80	Julia Milambo	MOZ		25.50	
6	52	Chikondi Manase	MAW		25.91	

**200 meter Women , Time :10:10**

**Heat : 2 Wind = -0.4**

Rank	ID	Name	Team	Area	Result	Info
1	87	Taylon Bieldt	RSA		24.83	
2	82	Madia Ehlers	RSA		25.05	
3	139	Marjory Chisanga	ZMB		25.92	
4	5	Rose Sinane	BOT		25.95	
5	3	Refilwe Murangi	BOT		26.14	
6	144	Alice Agostino	ZIM		28.18	
	51	Ethel Mannyunya	MAW		DNS	

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**200 meter Men , Time :10:18**

**Heat : 1 Wind = 0.1**

Rank	ID	Name	Team	Area	Result	Info
1	93	Gift Leotlela	RSA		21.01	
2	117	Brian Kasinda	ZMB		21.46	

3	18	Aobakwe Malay	BOT	22.39
4	174	Donovan Tatenda Mutariswa	ZIM	23.24

**200 meter Men , Time :10:18**

**Heat : 2 Wind = 0.0**

Rank	ID	Name	Team	Area	Result	Info
1	94	Clarence Munyai	RSA		20.45	
2	134	Sydney Siame	ZMB		20.55	
3	16	Xholani Talane	BOT		21.20	
4	149	Justice Dodzo	ZIM		21.82	
5	79	Badrudin Come	MOZ		22.33	
6	179	Gift Kabale	MAW		23.09	

**200 meter Men , Time :10:18**

**Heat : 3 Wind = -0.1**

Rank	ID	Name	Team	Area	Result	Info
1	159	Tinotenda Innocent Matiyenga	ZIM		21.16	
2	17	Mompoloki Powane	BOT		21.46	
3	123	Hazemba Chidamba	ZMB		21.52	
4	1	Hermenegildo Leite	ANG		23.17	
5	62	Ganizani Marko	MAW		26.35	
6	72	Innoncent Bashti	MAW		26.88	

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**Javelin Women , Time :13:07**

Rank	ID	Name	Team	Area	Result	Info
1	92	Jo-ane Van Dyk	RSA		54.03m	
2	127	Mary Fwambo	ZMB		39.60m	
3	15	Tumelo Daniel	BOT		37.39m	
4	120	Enala Ndamikwa	ZMB		30.45m	
	112	Nienka Du Toit	RSA		NR	

**Day 2 6/18/2016 Final**

**Triple Jump Women , Time :15:40**

Rank	ID	Name	Team	Area	Result	Wind (m/s)	Info
1	76	Potiron Liliane	MRI		11.88m	0.0	
2	166	Vimbiso Majoni	ZIM		11.81m	0.0	
3	13	Tshegofatso Morotsi	BOT		11.39m	0.0	
4	155	Precious Kuzakwahwo	ZIM		10.25m	0.0	
5	14	Gonewamang Masheleng	BOT		10.20m	0.0	
6	136	Agness Mazala	ZMB		9.90m	0.0	
7	140	Josephine Phiri	ZMB		9.46m	0.0	

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**Triple Jump Men , Time :16:54**

Rank	ID	Name	Team	Area	Result	Wind (m/s)	Info
1	146	Chengetayi David Mapaya	ZIM		15.65m	0.0	
2	28	Thabiso Monaiwa	BOT		13.80m	0.0	
3	131	Peter Muzumara	ZMB		13.10m	0.0	
4	167	Tiniel Jnr Tanaka Tapfuma	ZIM		12.45m	0.0	
5	29	Kabo Mphali	BOT		12.26m	0.0	
6	118	Mwenda Phiri	ZMB		12.08m	0.0	

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**5000 meter Women , Time :11:31**

Rank	ID	Name	Team	Area	Result	Info
1	137	Trouble Muchindu	ZMB		18:22.45	
2	57	Nalicy Chirwa	MAW		18:46.31	
3	56	Ethrida Ganizani	MAW		21:06.19	

	163	Mary-joy Mudyiravanji	ZIM	DNS
	38	Moleboheng Nkesi	LES	DNS
	201	Cecilia Mhango	MAW	DNS
	86	Simone Weitsz	RSA	DNS
	8	Politeness Siane	BOT	DNS
	9	Oratile Noah	BOT	DNS
	10	Keletso Lerothodi	BOT	DNS

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**Discus Men , Time :13:14**

Rank	ID	Name	Team	Area	Result	Info
1	71	Alick Rajab	MAW		71.00m	
2	108	Werner Visser	RSA		57.42m	
3	107	Jason Van Rooyen	RSA		53.66m	
4	160	Victor Mulolo	ZIM		35.11m	
5	70	George Jana	MAW		28.03m	
6	135	Tembo Dickson	ZMB		25.79m	
7	129	Mutale Arron	ZMB		21.79m	

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**5000 meter Men , Time :16:12**

Rank	ID	Name	Team	Area	Result	Info
1	100	Kabelo Melamu	RSA		14:59.93	
2	105	Ikageng Gaorekwe	RSA		15:07.91	
3	138	Victor Chewe	ZMB		15:10.95	
4	148	Jobson Chidamba	ZIM		15:14.37	
5	141	Rodgers Phiri	ZMB		15:22.41	
6	25	Kangi Kebashwaretse	BOT		15:24.28	
7	69	Abina Chinga	MAW		15:35.23	
8	250	Leo Chikwaza	MAW		15:56.72	

9	99	Kwanele Mthembu	RSA	16:05.96
10	68	Juma Wilson	MAW	16:08.00
	116	Alex Ngosa	ZMB	DNF
	170	Carnision Wenjere	ZIM	DNS
	200	Tsepo Ramashamole	LES	DNF
	67	Safiel Chitedze	MAW	DNS

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**200 meter Women , Time :11:48**

**Wind = 1.5**

Rank	ID	Name	Team	Area	Result	Info
1	81	Tamzin Thomas	RSA		23.84	
2	82	Madia Ehlers	RSA		24.03	
3	87	Taylon Bieldt	RSA		24.08	
4	139	Marjory Chisanga	ZMB		24.96	
5	115	Abigail Chongo	ZMB		25.24	
6	80	Julia Milambo	MOZ		27.16	
7	52	Chikondi Manase	MAW		29.65	
	4	Oarabile Tshosha	BOT		DNS	

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**200 meter Men , Time :11:52**

**Wind = 0.5**

Rank	ID	Name	Team	Area	Result	Info
1	93	Gift Leotlela	RSA		20.47	
2	134	Sydney Siame	ZMB		20.55	
3	117	Brian Kasinda	ZMB		20.75	
4	159	Tinotenda Innocent Matiyenga	ZIM		21.02	
5	16	Xholani Talane	BOT		21.50	
6	17	Mompoloki Powane	BOT		21.74	
	94	Clarence Munyai	RSA		DIS	
	123	Hazemba Chidamba	ZMB		DNS	

**Day 2 6/18/2016 Final**

**1500 meter Women , Time :15:07**

Rank	ID	Name	Team	Area	Result	Info
1	86	Simone Weitsz	RSA		4:33.56	
2	137	Trouble Muchindu	ZMB		4:44.31	
3	201	Cecilia Mhango	MAW		4:49.51	
4	8	Politeness Siane	BOT		4:59.31	
5	163	Mary-joy Mudyiravanji	ZIM		5:01.33	
6	9	Oratile Noah	BOT		5:03.05	
7	10	Keletso Lerothodi	BOT		5:06.27	
8	38	Moleboheng Nkesi	LES		5:07.88	
	56	Ethrida Ganizani	MAW		DNS	
	57	Nalicy Chirwa	MAW		DNS	

**Day 2 6/18/2016 Final**

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Rank	ID	Name	Team	Area	Result	Info
1	106	Chris Moleya	RSA		2.23m	
2	26	Aobakwe Nkobela	BOT		2.10m	
3	27	Logic Motshwaredi	BOT		1.96m	
4	128	Musambu Libikani	ZMB		1.81m	
	49	Relebohile Matsepe	LES		NR	
	41	Molefi Kapi	LES		NR	