



## YELLOW PAGES INTERPROVINCIAL I GERMISTON STADIUM CITY OF EKURHULENI RESULTS

### 3 km Walk Sen Men Time :13:55

#### Heat:1

1	299	Pierre De Villiers	WALK	11:40.2
2	308	Grzegorz Sudol	WALK	11:42.7
3	307	Wayne Snyman	WALK	11:56.2
4	302	Sipho Mahlangu	WALK	13:10.3
5	338	Mdaduzi Mavundla	WALK	13:10.7
6	300	Jacques Faure	WALK	14:13.4
7	301	Reggie Hufkie	WALK	14:50.9
8	309	Pierre Vermaak	WALK	16:25.1
	310	Ruan Wessels	WALK	DNS
	306	Lebogang Shange	WALK	DIS
	305	Siyanda Plaatjes	WALK	DNS
	304	Lewis Mojalefa	WALK	DNS
	303	Mfana Mbatha	WALK	DNS

### 3 km Walk Sen Women Time :14:04

#### Heat:1

1	293	Michelle Hopkins	WALK	15:00.3
2	296	Rose Shabalala	WALK	16:03.7
3	294	Inge Kotze	WALK	16:19.0
	298	Jessica Van Wyl	WALK	DNS
	297	Chandri Van Heerden	WALK	DNS
	295	Suzanne Liebenberg	WALK	DNS
	292	Udelle De Winnaar	WALK	DNF

### 110m Hurdles 1,067m Sen Men Time :13:20

#### Heat:1 Wind : 2.7

1	232	Werner Pretorius	92	USSA	14.35
2	226	Le Roux Hamman		USSA	14.67
3	128	Louw Smit	88	BOLA	14.72
4	325	Andea de Beer		CGAI	15.12
	332	Elandre Kotzee		CGAI	DNS

### Shot Put 7,260kg Sen Men Time :14:44

#### Heat:1

1	73	Burger Lamprechts		AGN	20.12
2	69	Orazio Cremona	89	AGN	19.31
3	147	Jaco Engelbrecht	87	CGA	19.31
4	233	Donovan Snyman		USSA	18.28
5	21	Ross Jordaan		ACNW	18.11
6	29	Dean Watrus	89	ACNW	17.18
7	196	Righardt Kotze	82	KZNA	14.79

8	197 Johan Labuschagne	72	KZNA	14.44
9	47 Victor Hogan	89	AFS	12.56
	101 James Sinclair	86	AMPU	NM

**Hammer 4,000kg Sen Women Time :14:55**

**Heat:1**

1	16 Nanette Stapelberg	90	ACNW	52.81
2	115 Karin Le Roux	87	BOLA	52.02
3	240 Marilize Coetzee	76	WPA	49.40
4	162 Magdaleen Louw	92	EPA	49.01
5	167 Simone Viviers	92	EPA	47.14
6	19 Ronique Wepener	92	ACNW	46.30
7	38 Nadia Botha	91	AFS	43.23
8	31 Sunett Voigt	93	CNWR	40.66
	143 Tanya Treurnicht	84	CGA	NM

**Pole Vault Sen Women Time :14:29**

**Heat:1**

1	166 Jeannie Van Dyk	92	EPA	3.3
2	118 Mariska Smit	93	BOLA	3.2
	285 Iku Nishikori		US-I	NM

**Triple Jump Sen Men Time :14:21**

**Heat:1**

1	28 Tumelo Thagane	84	ACNW	16.57	1.1		
2	74 Charles Le Roux		AGN	16.28	1.1		
3	256 Jason Sewanyana	82	WPA	15.50	2.1	15.04m	1.1
4	100 Wandile Sibiyi	94	AMPU	14.06	0		
5	229 Maurice Mathabala	90	USR	13.70	1.1		
	328 Dylon Cotter		CGAI			NM	
	327 Apalele Rasdmeni		CGAI			NM	
	330 Roger Haitengi		CGAI			NM	
	329 Lezlo Bramwill		CGAI			NM	
	205 Adewale Adejumo	85	KZNR			NM	

**High Jump Sen Men Time :15:27**

**Heat:1**

1	80 Hubert De Beer		AGNR	2.16
2	52 Jva Steytler	92	AFS	2.13
3	121 Keagan Fourie	91	BOLA	2.05
4	51 Brandon Prinsloo	94	AFS	2.00
5	169 Garth Ellis	92	EPA	1.95
6	199 Nthandazo Mtshengu	95	KZNA	1.95
	180 Jacques Rossouw	89	EPAR	NM
	311 Luvo Mkewu	91	BOLR	NM
	260 Clyde Ruiters	94	WPAR	NM
	191 Jordan Alanthwaite	92	KZNA	NM

**100m Hurdles 0,84m Sen Women Time :13:38**

**Heat:1 Wind : 0.8**

1	138 Kayla Gilbert	93	CGA	13.81
2	218 Erika Kleinhans	88	USSA	14.14
3	223 Claudia Viljoen	89	USSA	14.16

4	117 Jean-Mare Senekal	92	BOLA	14.37
5	244 Tanya Van Den Berg	93	WPA	14.73
6	37 Liriska Botha	93	AFS	14.99
7	161 Jolanda Loubser	88	EPA	16.15

**800 meter Sen Men Time :14:56**

**Heat:1**

1	151 Tlou Seloba	85	CGA	01:49.16
2	195 Tebogo Khanye	88	KZNA	01:54.83
3	94 Elandre Botha	90	AMPU	01:55.01
4	109 Mluleki Vava		AMPU	02:00.56
	134 Emile Pieterse	93	BOLR	DNS
	206 Xolani Mabida	90	KZNR	DNS
	270 Samuel Sepeng		CNWI	DNS

**800 meter Sen Men Time :14:56**

**Heat:2**

1	149 Thapelo Madiba	93	CGA	01:48.64
2	55 Rynardt Van Rensburg	92	AFS	01:49.00
3	150 Molefe Molefe	86	CGA	01:50.50
4	49 William Mothosola	90	AFS	01:52.04
5	126 Jacques Pretorius	93	BOLA	01:54.34
	153 Peter Van Der Westhuizen	84	CGA	DNS
	108 Samson Ngoepe		MPUR	DNS

**800 meter Sen Women Time :14:07**

**Heat:1**

1	141 Mapaseka Makhanya		CGA	02:05.35
2	220 Anuschka Nice	91	USSA	02:05.57
3	216 Mandie Brandt	82	USSA	02:06.70
4	43 Danel Prinsloo	92	AFS	02:09.83
5	321 Lebo Phalula		CGAI	02:12.56
6	187 Gena Lofstrand	95	KZNA	02:16.10
7	112 Sunel Jacobs	93	BOLA	02:16.97
8	116 Heleen Malan	92	BOLA	02:17.72
	204 Lushano Smit	94	KZNR	DNS

**3000m steeple 0,914m Sen Men Time :14:22**

**Heat:1**

1	25 Edwin Molepo	87	ACNW	08:56.35
2	290 Tumelo Motlagale		US-I	09:09.35
3	291 Thuso Phaswane		US-I	09:14.65
4	22 Dikotsi Lekopa	88	ACNW	09:16.65
5	20 Lucas Bothobutle	91	ACNW	09:17.42
	331 Derocioua Makhubalo		CGAI	DNF

**Hammer 7,260kg Sen Men Time :16:10**

**Heat:1**

1	46 Chris Harmse	71	AFS	69.49
2	123 Johan Kruger	87	BOLA	63.79
3	334 Christiaan Bekker		CGAI	62.43
4	335 Donovan Stebbing		CGAI	60.53
5	122 Renaldo Frechou	92	BOLA	59.69

6 175 Stiaan Minnie 93 EPA 56.00

**Hammer 4,0kg Sen Women (International) Time :16:11**

**Heat:1**

1 266 Betty Heidler GER 72.29  
2 268 Mareike Nannen GER 60.48  
267 Kathrin Klaas GER NM

**Triple Jump Sen Women Time :15:29**

**Heat:1**

1 64 Charlene Potgieter AGN 13.61 1 RSA Rec  
2 15 Patience Ntshingila 89 ACNW 13.34 1.2  
3 323 Matsi Dikotla AGNI 13.27 1.6  
4 217 Kelly Kingwell 91 USSA 12.57 1.1  
104 Dineo Mgwenya AMPU NM 0

**100 meter EADS Sen Men Time :15:16**

**Heat:1 Wind : 1.7**

1 314 Arnu Fourie SAPD 11.18  
2 315 Jonathan Ntutu SAPD 11.29  
3 312 Dyan Buis SAPD 11.40  
4 317 Zivan Smith SAPD 11.48  
5 316 Samkelo Radebe SAPD 11.48  
6 313 Fanie van der Merwe SAPD 11.52 WR  
7 318 Tsepo Bhebe SAPD 12.22  
8 319 Teboho Mokgalagadi SAPD 13.42

**100 meter Sen Men Time :15:12**

**Heat:1 Wind : 0.4**

1 282 Tshegofatso Meshoe NWN I 10.44  
2 250 Antonio Alkana 90 WPA 10.71  
3 174 Glenwill Lewis 92 EPA 10.95  
4 168 Antonio Blom 87 EPA 11.11  
5 170 Shenzin Gordon 86 EPA 15.83  
172 Che Harmse 87 EPA DIS

**100 meter Sen Men Time :15:12**

**Heat:2 Wind : 0.8**

1 228 Waide Jooste 91 USSA 10.45  
2 193 Brendon Joubert 90 KZNA 10.62  
3 82 Heino Van Den Berg AGN 10.67  
4 57 Ashford Motshau 90 AFSR 10.73  
5 56 Sean De Klerk 92 AFS 10.81  
6 192 Quintin Hitge 93 KZNA 10.89  
7 125 Roelf Pienaar 93 BOLA 11.01

**100 meter Sen Men Time :15:12**

**Heat:3 Wind : 2.0**

1 48 Kagiso Kumbane 88 AFS 10.27  
2 53 Gideon Trotter 92 AFS 10.29  
3 252 Roscoe Engel 89 WPA 10.34  
4 50 Thuso Mpuang 85 AFS 10.35  
5 176 Sergio Mullins 80 EPA 10.45

6	173 Leigh Julius	85	EPA	10.48
7	24 Lebogang Moeng		ANWN	10.49
8	257 Brent Stevens	90	WPA	10.61

**100 meter Sen Women Time :15:21**

**Heat:1 Wind : 1.4**

1	218 Erika Kleinhans	88	USSA	12.53
2	110 Maryke Brits	94	BOLA	12.64
3	244 Tanya Van Den Berg	93	WPA	12.84
4	185 Nontobeko Gumede	89	KZNA	12.90
5	184 Claudia Griessel	95	KZNA	12.92
6	44 Nicole Sharrock	93	AFS	12.99
7	103 Melinda Meiring		AMPU	13.00
	279 Amanda Nagel		AGNI	DNS
	155 Christin Thomas	95	CGA	DNS
	202 Sibusiswe Gavu	85	KZNR	DNS

**100 meter Sen Women Time :15:21**

**Heat:2 Wind : 0.3**

1	243 Bernice Roman	90	WPA	12.13
2	241 Sioban Loots	92	WPA	12.18
3	58 Elzette Buys	92	AGN	12.19
4	247 Stacey Welsch	94	WPA	12.25
5	287 Bevin Smith		US-I	12.34
6	188 Shanice Marnice	95	KZNA	12.37
7	86 Celeste Joubert	95	AMPU	12.70
8	235 Kimberley Ash	90	USR	12.87
	144 Lana Van Niekerk	86	CGA	DNS
	79 Welme Van Zyl	88	AGNR	DNS

**100 meter Sen Women Time :15:21**

**Heat:3 Wind : -0.5**

1	61 Cherese Jones	85	AGN	11.79
2	60 Carina Horn		AGN	11.81
3	13 Melissa Hewitt	91	ACNW	11.85
4	165 Cindy Stewart	85	EPA	12.02
5	288 Chante Van Tonder		US-I	12.05
6	242 Samantha Pretorius	92	WPA	12.10
7	42 Ansulet Potgieter	91	AFS	12.24
8	67 Zanri Van Der Merwe		AGN	12.25
9	223 Claudia Viljoen	89	USSA	12.34
	113 Janice Josephs	92	BOLA	DNS

**Shot Put 4,000kg Sen Women Time :15:58**

**Heat:1**

1	78 Sonia Smuts	91	AGNR	14.79
2	219 Sonika Knoetze	87	USSA	14.15
3	333 Bianca Van Rooyen		CGAI	13.87
4	164 Ischke Senekal	93	EPA	13.05
5	41 Eunice Olevano	92	AFS	12.50
6	240 Marilize Coetzee	76	WPA	10.64
7	88 Collete Malherbe	94	AMPU	10.64
8	115 Karin Le Roux	87	BOLA	10.21

**3000m steeple 0,762m Sen Women Time :17:48****Heat:1**

1	140 Christine Kalmer	86	CGA	11:12.62
2	286 Ashleigh Schnetler		US-I	11:23.31
3	215 Thembi Baloyi	89	USSA	11:35.06
4	39 Anneke Gildenhuys	92	AFS	12:32.00
	136 Nolene Conrad	85	CGA	DNS
	222 Thitshaamba Ravhandalala	89	USSA	DNS

**400m Hurdles 0,914m Sen Men Time :16:21****Heat:1**

1	227 Muntingh Hamman		USSA	52.28
2	97 Andre Oosthuizen	90	AMPU	53.37
3	231 Bernard Pretorius	93	USSA	53.61
4	194 Thabiso Kekana	90	KZNA	59.46
	251 Leroy Bock	88	WPA	DIS

**Pole Vault Sen Men Time :18:12****Heat:1**

	289 Eben Beukes		US-I	NM
	158 Cheyne Rahme	91	CGA	NM
	129 Ruaan Van Wyk	91	BOLA	NM

**Discus 2,000kg Sen Men Time :17:52****Heat:1**

1	47 Victor Hogan	89	AFS	56.02
2	29 Dean Watrus	89	ACNW	55.24
3	234 Russel Tucker	90	USSA	53.58
4	233 Donovan Snyman		USSA	53.03
5	147 Jaco Engelbrecht	87	CGA	52.76
6	26 Dewald Moolman	88	ACNW	51.99
7	239 Dewald Van Heerden		USR	49.02
8	101 James Sinclair	86	AMPU	48.62
9	196 Righardt Kotze	82	KZNA	43.04
	238 Wynand Coetzee		USR	NM
	46 Chris Harmse	71	AFS	NM

**Javelin 600g Sen Women Time :16:13****Heat:1**

1	10 Gerlize De Klerk	89	ACNW	51.92
2	219 Sonika Knoetze	87	USSA	44.98
3	11 Liesl De Swart	92	ACNW	44.01
4	89 Jana Maritz	95	AMPU	34.60
5	190 Nicolene Van Der Merwe	96	KZNA	30.25

**Long Jump Sen Men Time :17:21****Heat:1**

1	154 Zarck Visser	89	CGA	7.96	-1.2
2	125 Roelf Pienaar	93	BOLA	7.61	-1.2
3	259 Keenan Watson	88	WPA	7.60	-1.2

4	336 Eddie Madibo		USSA	7.15	-1.2
5	28 Tumelo Thagane	84	ACNW	7.02	-1.2
6	107 Nhlanhla Masemola		AMPU	6.79	0
7	191 Jordan Alanthwaite	92	KZNA	6.51	-1.2
	229 Maurice Mathabala	90	USR NM		0
	124 Luvo Manyonga	91	BOLA NM		0
	205 Adewale Adejumo	85	KZNR NM		0
	169 Garth Ellis	92	EPA NM		0

### High Jump

Sen Women Time :18:29

#### Heat:1

1	12 Bianca Erwee	90	ACNW	1.73	
2	137 Julia De Plessis	84	CGA	1.73	
3	36 Leandri Botha	91	AFS	1.70	
4	45 Janet Siebert	89	AFS	1.70	
5	111 Karla Bronn	96	BOLA	1.55	
5	181 Morita Botha	92	KZNA	1.55	
	130 Marcelle Du Plessis	93	BOLR NM		

### 400m Hurdles 0,762m Sen Women Time :16:26

#### Heat:1

1	66 Wenda Theron	88	AGN	57.74	
2	59 Anneri Ebersohn		AGN	59.39	
3	117 Jean-Mare Senekal	92	BOLA	60.18	
4	119 Marina Swanepoel	94	BOLA	62.78	
5	30 Claudeen Els	90	ACNW	63.15	
6	37 Liriska Botha	93	AFS	64.37	
7	92 Tania Rheeder		AMPU	68.62	
	132 Helene Swanepoel	96	BOLR DNS		

### 200 meter

Sen Men Time :16:45

#### Heat:1 Wind : -0.5

1	193 Brendon Joubert	90	KZNA	21.37	
2	82 Heino Van Den Berg		AGN	21.73	
3	35 Rapula Sefanyetsu	88	ACNW	21.77	
4	174 Glenwill Lewis	92	EPA	22.03	
5	192 Quintin Hitge	93	KZNA	22.48	
6	172 Che Harmse	87	EPA	22.67	
7	168 Antonio Blom	87	EPA	44.60	
	208 Sonwabiso Skhosana	95	KZNR DNS		

### 200 meter

Sen Men Time :16:45

#### Heat:2 Wind : 2.0

1	34 Tshefatsu Meshoe		ANWN	20.92	
2	250 Antonio Alkana	90	WPA	21.28	
3	72 Jacques Harris		AGN	21.63	
4	68 Pieter Conradie		AGN	21.73	
5	120 Shaun De Jager	91	BOLA	21.77	
6	271 Oscar Pistorius		SAPD	22.03	
	272 Talkmore Nyongani		ZIM DNS		
	170 Shenzin Gordon	86	EPA DNS		

### 200 meter

Sen Men Time :16:45

**Heat:3 Wind : 2.0**

1	53 Gideon Trotter	92	AFS	21.02
2	173 Leigh Julius	85	EPA	21.18
3	176 Sergio Mullins	80	EPA	21.30
4	228 Waide Jooste	91	USSA	21.45
5	127 Sibusiso Sishi	85	BOLA	21.60
6	157 Prince Makgato	84	CGA	21.96
	27 Jacob Ramakoka		ANWN	DNS
	81 Jacques De Swardt	92	AGNR	DNS

**200 meter Sen Men Time :16:45****Heat:4 Wind : 1.4**

1	50 Thuso Mpuang	85	AFS	20.84
2	24 Lebogang Moeng		ANWN	20.94
3	48 Kagiso Kumbane	88	AFS	20.97
4	252 Roscoe Engel	89	WPA	21.15
5	257 Brent Stevens	90	WPA	21.85
6	145 Richard Breukel	87	CGA	21.86
7	56 Sean De Klerk	92	AFS	22.20
	156 Rudi Erasmus	93	CGAR	DNS

**200 meter Sen Women Time :16:57****Heat:1 Wind : 1.3**

1	13 Melissa Hewitt	91	ACNW	24.39
2	114 Janet Lawless	85	BOLA	25.35
3	119 Marina Swanepoel	94	BOLA	25.39
4	184 Claudia Griessel	95	KZNA	26.82
5	44 Nicole Sharrock	93	AFS	26.96
6	160 Claudia Coetzee		EPA	27.92
	202 Sibusiswe Gavu	85	KZNR	DNS

**200 meter Sen Women Time :16:57****Heat:2 Wind : 2.0**

1	243 Bernice Roman	90	WPA	24.79
2	241 Sioban Loots	92	WPA	24.91
3	246 Alet Van Wyk	85	WPA	25.13
4	247 Stacey Welsch	94	WPA	25.39
5	17 Rijane Swart	92	ACNW	25.77
	235 Kimberley Ash	90	USR	DNS
	18 Jana Theron	89	CNWR	DNS

**200 meter Sen Women Time :16:57****Heat:3 Wind : 1.0**

1	189 Justine Palframan	93	KZN	23.66
2	245 Sonja Van Der Merwe	92	WPA	24.03
3	60 Carina Horn		AGN	24.14
4	61 Cherese Jones	85	AGN	24.43
5	58 Elzette Buys	92	AGN	24.76
6	42 Ansulet Potgieter	91	AFS	25.00
7	165 Cindy Stewart	85	EPA	25.02
8	142 Carina Swiegers	95	CGA	25.75

**1500 meter Sen Men Time :17:11**



**Heat:1**

1	75 Stephen Makoka	85	AGN	03:48.72
2	32 Dean Brummer	88	ACNW	03:49.83
3	326 Abraham Kumalo		CGAI	03:50.21
4	275 Jerry Motsau		CNWI	03:51.04
5	146 Marco Bucarizza	88	CGA	03:52.66
6	99 Folavio Sehohle	90	AMPU	03:55.69
7	278 Mauritz Tuit		CNWI	03:57.16
8	320 Jeromy Andreas	92	CGAI	03:59.96
9	283 Jacob Rodzane		NWNI	04:00.27
10	195 Tebogo Khanye	88	KZNA	04:00.35
11	276 Theo Nothling		CNWI	04:02.47
12	126 Jacques Pretorius	93	BOLA	04:03.29
13	96 Abenigo Mashaba	90	AMPU	04:03.33
14	55 Rynardt Van Rensburg	92	AFS	04:04.00
15	49 William Mothosola	90	AFS	04:13.20
16	177 Amos Nyongo	86	EPA	04:17.71
	340 Warren Frey		CGA1	DNS

**Discus 1,000kg Sen Women Time :18:35****Heat:1**

1	62 Elizna Naude	78	AGN	55.69
2	221 Maryke Oberholzer		USSA	49.74
3	164 Ischke Senekal	93	EPA	47.43
4	337 Simone Meyer		AGNI	45.45
5	41 Eunice Olevano	92	AFS	39.28
6	182 Bianca Conradie	96	KZNA	38.82
7	83 Belinda Boer	94	AMPU	37.49
8	212 Chenelle Van Zyl		SAPD	24.29

**Javelin 800g Sen Men Time :17:52****Heat:1**

1	258 Rocco Van Rooyen	92	WPA	69.04
2	277 Malan Snyman		CNWI	64.44
3	273 Jason Henning		CNWI	63.89
4	274 Dean Goosen		CNWI	63.86
5	98 Petie Peacock	94	AMPU	51.35
	179 Chad Herman	92	EPAR	NM
	207 Wesley Poole	92	KZNR	NM

**Long Jump Sen Women Time :18:10****Heat:1**

1	113 Janice Josephs	92	BOLA	6.06	-0.2
2	242 Samantha Pretorius	92	WPA	5.92	-2
3	12 Bianca Erwee	90	ACNW	5.87	1.3
4	91 Nicholeen McLaren	90	AMPU	5.82	0.5
5	209 Ilse Hayes		SAPD	5.81	-0.5
6	67 Zanri Van Der Merwe		AGN	5.78	-0.2
7	110 Maryke Brits	94	BOLA	5.42	-1.3
8	186 Gabrielle Kahts	96	KZNA	5.26	-0.8
9	161 Jolanda Loubser	88	EPA	5.03	0.8
10	87 Basetsana Kekana		AMPU	5.01	0.3
11	190 Nicolene Van Der Merwe	96	KZNA	4.75	-1.1

12	118	Mariska Smit	93	BOLA	4.61	0.8
13	166	Jeannie Van Dyk	92	EPA	4.58	1.1
	217	Kelly Kingwell	91	USSA	NM	0
	15	Patience Ntshingila	89	ACNW	NM	0
	138	Kayla Gilbert	93	CGA	NM	0
	201	Celine Donnelly	94	KZNR	NM	0

**1500 meter  
Heat:1**

**Sen Women Time :17:16**

1	139	Maxine Heine-Wacker	90	CGA	04:24.77
2	322	Lebogang Phalula		CGAI	04:25.18
3	136	Nolene Conrad	85	CGA	04:33.01
4	216	Mandie Brandt	82	USSA	04:33.72
5	65	Violet Raseboya	86	AGN	04:35.30
6	43	Danel Prinsloo	92	AFS	04:41.19
7	14	Marlize Jordaan	92	ACNW	04:46.65
8	140	Christine Kalmer	86	CGA	04:55.02
9	159	Annica Coetzee	92	EPA	04:56.14
10	187	Gena Lofstrand	95	KZNA	05:02.82
	105	Glenrose Xaba		MPUR	NM
	204	Lushano Smit	94	KZNR	NM
	112	Sunel Jacobs	93	BOLA	NM
	39	Anneke Gildenhuis	92	AFS	NM
	236	Liziwe Mabona	88	USR	NM

**400 meter  
Heat:1**

**Sen Men Time :17:31**

1	225	Ruan Greyling	93	USSA	48.49
2	94	Elandre Botha	90	AMPU	50.63
3	57	Ashford Motshau	90	AFSR	52.81
4	214	Marius Stander		SAPD	53.15
	178	David De Villiers	92	EPAR	DNS
	106	Jan Cornelius		MPUR	DNS

**400 meter  
Heat:2**

**Sen Men Time :17:31**

1	95	Donovan Gissing	94	AMPU	48.91
2	251	Leroy Bock	88	WPA	49.29
3	253	Bronique Karolus	93	WPA	49.85
4	213	Hilton Langenhoven		SAPD	51.04
	81	Jacques De Swardt	92	AGNR	DNS
	208	Sonwabiso Skhosana	95	KZNR	DNS

**400 meter  
Heat:3**

**Sen Men Time :17:31**

1	255	Rodwell Ndlovu	91	WPA	47.97
2	76	Donald Matlala		AGN	48.34
3	72	Jacques Harris		AGN	49.26
4	35	Rapula Sefanyetsu	88	ACNW	49.29
	133	Jannie Briers-Louw	93	BOLR	DNS
	27	Jacob Ramakoka		ANWN	DNS

**400 meter  
Heat:4**

**Sen Men Time :17:31**

1	120 Shaun De Jager	91	BOLA	46.29
2	200 Shane Victor	88	KZNA	46.45
3	68 Pieter Conradie		AGN	46.89
4	127 Sibusiso Sishi	85	BOLA	46.90
5	145 Richard Breukel	87	CGA	47.10
6	71 Ranti Dikgale		AGN	47.70
7	171 Paul Gorries	81	EPA	48.41

**400 meter  
Heat:1**

**Sen Women Time :17:46**

1	281 Tsholofelo Thipe		ANWN	52.75
2	280 Rorisang Rammony		ANWN	53.01
3	284 Soandri Meyer		USR	58.25
4	85 Gerianne Hammersma	94	AMPU	62.95
	284 Soandri Meyer		USR	DNS
	131 Lize Steyn	93	BOLR	DNS
	92 Tania Rheeder		AMPU	DNS

**400 meter  
Heat:2**

**Sen Women Time :17:46**

1	114 Janet Lawless	85	BOLA	55.85
2	142 Carina Swiegers	95	CGA	57.33
3	188 Shanice Marnice	95	KZNA	57.84
4	248 Mareike Wolhuter	94	WPA	57.98
5	210 Anrune Liebenberg		SAPD	59.13
6	17 Rijane Swart	92	ACNW	59.47
7	30 Claudeen Els	90	ACNW	59.98

**400 meter  
Heat:3**

**Sen Women Time :17:46**

1	66 Wenda Theron	88	AGN	54.18
2	224 Eugenie Wicksell	89	USSA	54.58
3	59 Anneri Ebersohn		AGN	54.70
4	245 Sonja Van Der Merwe	92	WPA	55.10
5	189 Justine Palframan	93	KZN	55.42
6	246 Alet Van Wyk	85	WPA	56.67
	18 Jana Theron	89	CNWR	DNS

**5000 meter  
Heat:1**

**Sen Men Time :17:59**

1	77 Gladwin Mzazi	88	AGN	14:01.81
2	230 Isaac Mboyasi	87	USSA	14:04.63
3	23 Olebogang Masire	82	ACNW	14:14.05
4	339 Mbongeni Ngxazozo		CGAI	14:25.67
5	254 Nkosinathi Madyo	88	WPA	15:11.60
6	198 Nkosikona Mhlakwana	93	KZNA	16:32.58
	152 Tshamano Setone	87	CGA	DNS
	320 Jeromy Andreas	92	CGAI	DNS

**5000 meter  
Heat:1**

**Sen Women Time :18:05**

1	249 Zintle Xiniwe	86	WPA	17:19.10
2	324 Sylvia Tshetlanyae	93	CGAI	17:25.67
3	163 Ntombi Mfunzi	81	EPA	17:30.59
4	40 Anna Moeketsi	85	AFS	17:38.02
5	63 Portia Ngwenya	88	AGN	17:42.81
6	183 Pusuletso Dladla	91	KZNA	18:56.30
	236 Liziwe Mabona	88	USR	DNS
	203 Nontokozo Mkhize	92	KZNR	DNS

**4 x 100 meter**

**Heat:1**

**Sen Men Time :18:40**

1		FREE STATE		40.31
	50 Thuso Mpuang	85	AFS	
	53 Gideon Trotter	92	AFS	
	57 Ashford Motshau	90	AFSR	
	48 Kagiso Kumbane	88	AFS	
2		EASTERN PROVINCE		41.50
	171 Paul Gorries	81	EPA	
	172 Che Harmse	87	EPA	
	173 Leigh Julius	85	EPA	
	176 Sergio Mullins	80	EPA	
3		USSA		41.83
	228 Waide Jooste	91		
	227 Muntingh Hamman	0		
	232 Werner Pretorius	92		
	226 Le Roux Hamman	0		
4		KWAZULU NATAL		42.01
	192 Quintin Hitge	93	KZNA	
	193 Brendon Joubert	90	KZNA	
	194 Thabiso Kekana	90	KZNA	
	200 Shane Victor	88	KZNA	
5		GAUTENG NORTH		42.03
	68 Pieter Conradie	AGN		
	72 Jacques Harris	0	AGN	
	76 Donald Matlala	0	AGN	
	82 Heino Van Den Berg	0	AGN	
6		BOLAND IND		42.18
	0			
	0	0		
	0	0		
	0	0		
7		SASAPD		42.50
	0			
	0	0		
	0	0		
	0	0		
		WESTERN PROVINCE	DNF	
	250 Antonio Alkana	90	WPA	
	252 Roscoe Engel	89	WPA	
	257 Brent Stevens	90	WPA	
	259 Keenan Watson	88	WPA	

**4 x 100 meter**

**Sen Women Time :18:23**

**Heat:1**

1		WESTERN PROVINCE	47.60
242	Samantha Pretorius	92 WPA	
241	Sioban Loots	92 WPA	
247	Stacey Welsch	94 WPA	
243	Bernice Roman	90 WPA	
2		ACNW	47.89
12	Bianca Erwee	90	
13	Melissa Hewitt	91	
15	Patience Ntshingila	89	
17	Rijane Swart	92	
3		BOLAND IND	48.47
0			
0		0	
0		0	
0		0	
4		USSA	48.57
218	Erika Kleinhans	88	
223	Claudia Viljoen	89	
224	Eugenie Wicksell	89	
217	Kelly Kingwell	91	
5		KWAZULU NATAL	49.44
185	Nontobeko Gumede	89 KZNA	
188	Shanice Marnice	95 KZNA	
184	Claudia Griessel	95 KZNA	
189	Justine Palframan	93 KZN	
6		FREE STATE	51.28
42	Ansulet Potgieter	91 AFS	
43	Danel Prinsloo	92 AFS	
44	Nicole Sharrock	93 AFS	
37	Liriska Botha	93 AFS	
7		EASTERN PROVINCE	51.50
159	Annica Coetzee	92 EPA	
161	Jolanda Loubser	88 EPA	
165	Cindy Stewart	85 EPA	
166	Jeannie Van Dyk	92 EPA	
		GAUTENG NORTH	DNS
58	Elzette Buys	92 AGN	
60	Carina Horn	0 AGN	
61	Cherese Jones	85 AGN	
67	Zanri Van Der Merwe	0 AGN	

