

Team

Results of all Finals

Ordered by Item types

Performance Scores: ASA_2020 table, Electronic Time, Height above sea=1400

Place Athlete,Birthdate Perf Points Score Medal Records

Item 264 20:04 FinalResults Girls 14 100m

| | | | | | | | |
|----|---------------------------|-------|-------|---|-----|---|--------|
| 1 | BOTJE ,Kaili, 1200 | RBG | 12.42 | 8 | 901 | G | TUKS10 |
| 2 | COETZEE,Timeke, 5 | AHMB | 12.50 | 7 | 889 | S | |
| 3 | VD BERG,Marissa, 761 | MPKDB | 12.81 | 6 | 844 | B | |
| 4 | VD BERG,Mineke, 762 | MPKDB | 12.94 | 5 | 826 | | |
| 5 | PRETORIUS,Emke, 258 | DEL | 13.01 | 4 | 817 | | |
| 6 | BUSHE,Keesha, 444 | HM | 13.06 | 3 | 810 | | |
| 7 | NEL,SALOME , 468 | HMKD | 13.07 | 2 | 809 | | |
| 8 | MALAJILA,Tanatswa, 232 | CURS | 13.16 | 1 | 797 | | |
| 9 | OAKES,Tamia, 351 | EHS | 13.31 | 0 | 780 | | |
| 10 | COLEMAN,Clare, 383 | FWH | 13.36 | 0 | 774 | | |
| 11 | OAKES,Tia, 350 | EHS | 13.48 | 0 | 760 | | |
| 12 | PRETORIUS,Klara, 837 | MER | 13.50 | 0 | 757 | | |
| 13 | LANDSBERG,Kyla, 1527 | WINB | 13.75 | 0 | 729 | | |
| 14 | VOLSCHENK,Dane, 140 | BRG | 13.76 | 0 | 728 | | |
| 15 | BUHLE,Kodisang, 290 | DJJ | 13.93 | 0 | 710 | | |
| 16 | LINDSAY,Kyra, 387 | FWH | 14.24 | 0 | 679 | | |
| 17 | KAU,Kearabetsoe, 125 | BEN | 14.39 | 0 | 664 | | |
| 18 | DEAN,Teagan, 219 | CURD | 14.83 | 0 | 624 | | |
| 19 | THERON,Chanelle, 1538 | WHC | 14.88 | 0 | 620 | | |
| 20 | MANZINI,Zoe, 111 | AMB | 14.89 | 0 | 619 | | |
| 21 | MUKARATIRWA,Blessing, 246 | DNF | 15.29 | 0 | 585 | | |
| 0 | NDLOVU,Ashley, 1092 | PRCI | DNS | 0 | 0 | | |
| 0 | WATKINS,Deidre, 235 | CURS | DNS | 0 | 0 | | |
| 0 | SHOKO,Puseletso, 1308 | SUTB | DNS | 0 | 0 | | |
| 0 | COETZER,Jessica, 706 | LYD | DNS | 0 | 0 | | |

Item 266 20:10 FinalResults Boys 14 100m

| | | | | | | | |
|----|-------------------------|-------|-------|---|-----|---|--------|
| 1 | MINNIES,Dwayne, 164 | BOL | 11.34 | 8 | 806 | G | TUKS10 |
| 2 | GROSSKOPFT,Rolandt, 776 | MPKSW | 11.59 | 7 | 760 | S | |
| 3 | RATHEBE,Omphile, 634 | KES | 11.67 | 6 | 746 | B | |
| 4 | NHLAPO,Nkosinathi, 631 | KES | 11.85 | 5 | 716 | | |
| 5 | MOKOTJO,Hloni, 440 | GDV | 11.91 | 4 | 707 | | |
| 6 | SAMUEL,Ibe, 300 | DJJ | 11.92 | 3 | 706 | | |
| 7 | NKUNA,Miyelani, 841 | MER | 11.95 | 2 | 701 | | |
| 8 | THERON,Johan, 95 | AHSB | 12.07 | 1 | 683 | | |
| 9 | LITTLE,Ronaldo, 1322 | TGH | 12.28 | 0 | 651 | | |
| 10 | MATLALA,Mahqoba, 132 | BEN | 12.30 | 0 | 648 | | |
| 10 | HERBERT,Maurizo, 1509 | WRG | 12.30 | 0 | 648 | | |
| 12 | JEKEM,Sandiso, 1060 | PRBB | 12.46 | 0 | 627 | | |
| 13 | SIKAKANE,Ubuhle, 121 | AMB | 12.50 | 0 | 621 | | |
| 14 | PIENAAR,Franco, 192 | BRS | 12.54 | 0 | 616 | | |
| 15 | STENEKAMP,Ignatius, 502 | HJV | 12.66 | 0 | 601 | | |
| 16 | DIEDERICKS,Ewald, 1247 | RHSU | 12.69 | 0 | 597 | | |
| 17 | MASOGA,Bohlale, 1543 | WHC | 12.74 | 0 | 590 | | |
| 18 | KHAN,Zaid, 390 | FWH | 12.90 | 0 | 570 | | |
| 19 | PILUSA,Phenyo, 1135 | PBHSB | 12.92 | 0 | 568 | | |
| 20 | TSANWANI,Ompfuna, 1162 | PBHSD | 13.07 | 0 | 550 | | |
| 21 | MABUNDA,Ntsako, 1266 | SDC | 13.44 | 0 | 507 | | |
| 22 | SEEMELA,Mpho, 1137 | PBHSB | 13.54 | 0 | 496 | | |
| 23 | DE BRUIN,Kwame, 118 | AMB | 13.66 | 0 | 484 | | |
| 24 | KIABILUA,Nathan, 1154 | PBHSD | 13.78 | 0 | 472 | | |
| 25 | MUDZUNGA,Zwivhuya, 1157 | PBHSD | 14.04 | 0 | 446 | | |
| 26 | MPHELA,Thapelo, 1190 | PBHSI | 14.41 | 0 | 410 | | |
| 27 | MADISENG,Kgosi, 1156 | PBHSD | 14.72 | 0 | 382 | | |

Meeting :2020/02/12: FITGEN TUKS TOP 10 (PRESTIGE COLLEGE) at BESTMED TUKS

| | | | | | |
|---|-------------------------------|-------|-----|---|---|
| 0 | VOS ,Nicolus, 323 | ELD | DNS | 0 | 0 |
| 0 | VAN DER BERGH,Christiaan, 648 | KHSA | DNS | 0 | 0 |
| 0 | NDLOVU,Chris, 253 | DNF | DNS | 0 | 0 |
| 0 | MAJEKE,Kungothando, 119 | AMB | DNS | 0 | 0 |
| 0 | KHARIBE,Wandile, 1130 | PBHSB | DNS | 0 | 0 |
| 0 | SAKATA,Elhanan, 1136 | PBHSB | DNS | 0 | 0 |
| 0 | LEBOPO,Khumo, 1155 | PBHSD | DNS | 0 | 0 |
| 0 | MSUTWANA,Bilal, 1191 | PBHSI | DNS | 0 | 0 |
| 0 | FOSU-AMOA,David, 1271 | STA | DNS | 0 | 0 |

Item 268 20:18 FinalResults Girls 15 100m

| | | | | | | |
|----|---------------------------------|------|-------|---|-----|---|
| 1 | MURRAY,Kayla, 1455 | WTKA | 12.62 | 8 | 855 | G |
| 2 | VAN HEERDEN,Deonne, 1565 | ZWKB | 12.73 | 7 | 841 | S |
| 3 | MAPAPANYANE,Ofentse, 1351 | TSPB | 12.87 | 6 | 821 | B |
| 4 | ADAMS,Lindsay, 891 | MNTB | 12.90 | 5 | 817 | |
| 5 | JANSE VAN RENSBURG,Landri, 1224 | RHSB | 13.07 | 4 | 796 | |
| 6 | WILLIAMS,Ashley, 849 | MSCA | 13.08 | 3 | 795 | |
| 7 | ZACA,Fabiola, 511 | HTMA | 13.10 | 2 | 792 | |
| 8 | NTULI,Princess, 1077 | PRCG | 13.30 | 1 | 768 | |
| 9 | DU PREEZ,Jean-mari, 521 | HTMB | 13.42 | 0 | 753 | |
| 10 | PIENAAR,Aleyneh, 352 | EHS | 13.64 | 0 | 729 | |
| 11 | BARKLEY,Chenante, 254 | DEL | 13.74 | 0 | 718 | |
| 12 | ZIKHALI,Owami, 364 | ERS | 13.94 | 0 | 697 | |
| 13 | MANGANYE,Lesedi, 554 | HTST | 14.02 | 0 | 689 | |
| 14 | JOUBERT,Stormie, 124 | BEN | 14.04 | 0 | 687 | |
| 15 | TSHISWAKA,Arielle, 1540 | WHC | 14.29 | 0 | 662 | |
| 16 | SOMHLAHO,Qhamani, 234 | CURS | 14.32 | 0 | 660 | |
| 17 | ESTERHUIZEN,Kayla, 385 | FWH | 14.41 | 0 | 651 | |
| 18 | DA SILVA,Kiana, 485 | HOL | 14.52 | 0 | 641 | |
| 19 | BOVE,Kiana, 481 | HOL | 14.56 | 0 | 638 | |
| 20 | KITENG,Belle-ange, 552 | HTST | 14.57 | 0 | 637 | |
| 21 | WOLMERANS,Juanell, 115 | AMB | 14.68 | 0 | 627 | |
| 0 | KETCHA,Shakirah, 1260 | SDC | DNS | 0 | 0 | |
| 0 | NEL,Jana, 993 | PP | DNS | 0 | 0 | |
| 0 | MUTHUBI,Arifunaho, 692 | LTT | DNS | 0 | 0 | |
| 0 | CHILANGO,Tongase, 230 | CURS | DNS | 0 | 0 | |
| 0 | VAN DER WALT,Mirniq, 600 | KPKB | DNS | 0 | 0 | |
| 0 | OZOIKE,Ada, 1317 | TGH | DNS | 0 | 0 | |
| 0 | SHANGASE,Uluthando, 1307 | SUTB | DNS | 0 | 0 | |

Item 270 20:25 FinalResults Boys 15 100m

| | | | | | | | |
|----|------------------------------|-------|-------|---|-----|---|--------|
| 1 | NKOANA,Bradley, 1348 | TSPA | 10.80 | 8 | 893 | G | TUKS10 |
| 2 | CONNOWAY,Breyten, 1459 | WTKA | 10.89 | 7 | 873 | S | TUKS10 |
| 3 | MOLLENTZE,Janco, 381 | FIC | 11.35 | 6 | 780 | B | |
| 4 | MQOKOLO,Aviwe, 1046 | PRCB | 11.57 | 5 | 741 | | |
| 5 | NDLOVU,Denzel, 1056 | PRCBA | 11.58 | 4 | 740 | | |
| 6 | MORUMUDI,Kwena, 404 | FM | 11.59 | 3 | 738 | | |
| 7 | SWARTS,Kewan, 392 | FWH | 11.63 | 2 | 731 | | |
| 8 | MAHLANGU,Endurance, 852 | MSCA | 11.75 | 1 | 711 | | |
| 9 | JANSEN VAN VUUREN,Aeden, 451 | HM | 11.92 | 0 | 684 | | |
| 10 | MOTHIBE,Mohau, 735 | MAR | 11.93 | 0 | 683 | | |
| 11 | BEDA,Nkosinathi, 1283 | STB | 11.95 | 0 | 680 | | |
| 12 | OLUWULE,Timi, 632 | KES | 11.98 | 0 | 675 | | |
| 13 | NAICKER,Liam, 722 | MVJ | 12.09 | 0 | 660 | | |
| 14 | NKABINDE,Nkululeko, 1546 | WHC | 12.10 | 0 | 658 | | |
| 15 | VAN TONDER,Anton, 1210 | RBG | 12.17 | 0 | 648 | | |
| 16 | NKOSI,Ntuthuko, 1312 | SUTB | 12.20 | 0 | 644 | | |
| 17 | MOGASWA,Kea, 1413 | UIT | 12.26 | 0 | 636 | | |
| 18 | MATLALA,Tshiamo, 1544 | WHC | 12.35 | 0 | 624 | | |
| 19 | NEL,Regard, 620 | KPKC | 12.38 | 0 | 620 | | |
| 20 | SNYMAN,Hardus, 689 | LICB | 12.42 | 0 | 614 | | |

Meeting :2020/02/12: FITGEN TUKS TOP 10 (PRESTIGE COLLEGE) at BESTMED TUKS

| | | | | | |
|----|--------------------------|-------|-------|---|-----|
| 21 | RETIEF,Johan, 1252 | RHSU | 12.62 | 0 | 587 |
| 22 | SEBOTHOMA,Bokamoso, 368 | ERS | 12.74 | 0 | 572 |
| 23 | LEBOGANG,Moleka, 296 | DJJ | 12.84 | 0 | 560 |
| 24 | TEMANE,Anthony, 122 | AMB | 12.97 | 0 | 544 |
| 25 | MAKONCO,Ave, 1184 | PBHSI | 13.30 | 0 | 507 |
| 26 | RABOTHATA,Kago, 1279 | STA | 13.42 | 0 | 494 |
| 27 | SHAVA,Samila, 1159 | PBHSD | 14.07 | 0 | 427 |
| 0 | VAN DER WALT,Armand, 466 | HMKA | DNS | 0 | 0 |
| 0 | HAMAYUN,Faraz, 250 | DNF | DNS | 0 | 0 |
| 0 | MOKONE,Moagi, 1148 | PBHSC | DNS | 0 | 0 |

Item 272 20:32 FinalResults Girls 16 100m

| | | | | | | |
|----|--------------------------|-------|-------|---|-----|---|
| 1 | LA GRANGE,Kayla, 1202 | RBG | 11.78 | 8 | 980 | G |
| 2 | BRONKHORST,Cara, 455 | HMKA | 12.28 | 7 | 893 | S |
| 2 | LACY,Cassidy, 1454 | WTKA | 12.28 | 7 | 893 | S |
| 4 | V ROOYEN,Heike, 758 | MPKDB | 12.57 | 5 | 850 | |
| 5 | NOTHNAGEL,Linamarie, 845 | MSCA | 12.63 | 4 | 841 | |
| 6 | CHENE,Edwards, 1441 | WAG | 12.96 | 3 | 797 | |
| 7 | VENTER,Lizell, 1595 | ZWKI | 13.05 | 2 | 786 | |
| 8 | FUHRI,Clarissa, 267 | DAN | 13.06 | 1 | 785 | |
| 9 | OOSTHUIZEN,Carien, 305 | EDU | 13.08 | 0 | 782 | |
| 10 | NORTJE,Suricka, 422 | GRFB | 13.17 | 0 | 771 | |
| 11 | KAISER,Christi, 348 | EHS | 13.39 | 0 | 746 | |
| 12 | ANDERSON,Shawne, 1464 | WTKB | 13.43 | 0 | 741 | |
| 13 | PIETERSE,Bianca, 719 | MVJ | 13.51 | 0 | 732 | |
| 14 | SWANEPOEL,Juanne, 614 | KPKC | 13.52 | 0 | 731 | |
| 15 | FERREIRA,Marizanne, 958 | OMB | 13.54 | 0 | 729 | |
| 16 | NATHAN,Nicole, 1537 | WHC | 13.67 | 0 | 715 | |
| 17 | KRUGER,Lene, 1443 | WAG | 13.79 | 0 | 702 | |
| 18 | PRINSLOO,JoanÉ, 1225 | RHSB | 13.83 | 0 | 698 | |
| 19 | NCONCO,Nonthando, 362 | ERS | 13.85 | 0 | 696 | |
| 20 | MOKGAHLANE,Oratile, 1505 | WRG | 14.21 | 0 | 660 | |
| 21 | OBENG-MIREKU,Hannah, 488 | HOL | 14.69 | 0 | 616 | |
| 22 | DA SILVA,Kayla, 218 | CURD | 14.80 | 0 | 607 | |
| 0 | VAN BREDA,Bianca, 908 | MNTU | DNS | 0 | 0 | |
| 0 | FOURIE,Lizelle, 175 | BRW | DNS | 0 | 0 | |
| 0 | KOMMER,Mickayla, 564 | HUG | DNS | 0 | 0 | |
| 0 | BELEBESI,Kamohelo, 479 | HOL | DNS | 0 | 0 | |

Item 274 20:39 FinalResults Boys 16 100m

| | | | | | | | |
|----|-------------------------------|-------|-------|---|-----|---|--------|
| 1 | TSHIFURA,Mukhethwa, 1363 | TSPB | 10.51 | 8 | 942 | G | TUKS10 |
| 2 | OLIPHANT,Dalan, 1500 | WVL | 10.66 | 7 | 902 | S | TUKS10 |
| 3 | MOLALE,Phemelo, 1018 | PGM | 10.97 | 6 | 834 | B | |
| 4 | TEKANE,Kabelo, 636 | KES | 11.02 | 5 | 824 | | |
| 5 | MATJILA,Lerato, 1053 | PRCBA | 11.03 | 4 | 822 | | |
| 6 | ENGELBRECHT,Divan, 1472 | WTKB | 11.16 | 3 | 796 | | |
| 7 | VOSLOO,Ruben, 358 | EHS | 11.20 | 2 | 789 | | |
| 8 | WILLIAMS,Christopher, 855 | MSCA | 11.25 | 1 | 780 | | |
| 9 | BOTHA,Marais, 474 | HMKD | 11.35 | 0 | 761 | | |
| 10 | TSHABALALA,Thando, 1290 | STB | 11.38 | 0 | 756 | | |
| 11 | MASHABELA,Karabo, 1298 | SUTA | 11.44 | 0 | 745 | | |
| 12 | ERASMUS,Ryk, 309 | EDU | 11.51 | 0 | 733 | | |
| 13 | MBATSHA,Diba, 867 | MSCB | 11.52 | 0 | 731 | | |
| 14 | JANSE VAN RENSBURG,Josh, 1480 | WES | 11.54 | 0 | 728 | | |
| 15 | TAMBOER,Jameal, 978 | OVK | 11.57 | 0 | 723 | | |
| 16 | VAN ZYL,DOLF, 954 | OMA | 11.58 | 0 | 721 | | |
| 17 | JOOSTE,Theuns, 1382 | TUKSU | 11.60 | 0 | 718 | | |
| 18 | VILJOEN,Kaletso, 955 | OMA | 11.63 | 0 | 713 | | |
| 19 | FEREIRRA,Shelton, 1601 | ZWKI | 11.67 | 0 | 706 | | |
| 20 | BAMPOE,Clive, 974 | OVK | 11.72 | 0 | 698 | | |
| 21 | OLIVIER,Jaydee, 621 | KPKC | 11.75 | 0 | 693 | | |

Meeting :2020/02/12: FITGEN TUKS TOP 10 (PRESTIGE COLLEGE) at BESTMED TUKS

| | | | | | |
|----|-------------------------|-------|-------|---|-----|
| 22 | RADLOFF,Alexander, 1123 | PBHSA | 11.82 | 0 | 683 |
| 23 | CROUS,Gerhard, 812 | MENU | 11.87 | 0 | 675 |
| 24 | MSOMI,Nikwa, 1133 | PBHSB | 11.90 | 0 | 671 |
| 25 | LUKE,Hugo, 581 | JEP | 11.91 | 0 | 670 |
| 26 | CHRISTIE,Emmanuel, 117 | AMB | 12.00 | 0 | 657 |
| 27 | PAEDI,Kitso, 1134 | PBHSB | 12.13 | 0 | 638 |
| 28 | SMUTS,Christiaan, 1138 | PBHSB | 12.20 | 0 | 628 |
| 29 | KHOZA,Omolemo, 655 | KGH | 12.31 | 0 | 613 |
| 30 | SITHOLE,Nkazimulo, 664 | KGH | 12.58 | 0 | 577 |
| 31 | KEKANA,Thabiso, 731 | MAR | 12.87 | 0 | 542 |
| 0 | PIENAAR,Dian, 1449 | WAG | DNS | 0 | 0 |
| 0 | VAN STADEN,Zane, 649 | KHSA | DNS | 0 | 0 |
| 0 | FOURIE,Sias, 497 | HJV | DNS | 0 | 0 |

Item 275 20:46 FinalResults Girls 17 100m

| | | | | | | |
|----|------------------------------|-------|-------|---|-----|---|
| 1 | MALINGA,Nosipho, 1024 | PRCA | 11.94 | 8 | 935 | G |
| 2 | GERBER,Joane, 8 | AHMB | 12.21 | 7 | 890 | S |
| 3 | MABUZA,Andile, 1341 | TSPA | 12.30 | 6 | 876 | B |
| 4 | LOTTER,Tiané, 924 | NHW | 12.32 | 5 | 873 | |
| 5 | LEFIFI,Wanita, 1070 | PRCG | 12.41 | 4 | 860 | |
| 6 | HILL,Michaela, 1238 | RHSU | 12.59 | 3 | 834 | |
| 7 | KOCH,Brigitte, 1467 | WTKB | 12.63 | 2 | 829 | |
| 8 | VAN DER WESTHUIZEN,Odel, 896 | MNTB | 12.79 | 1 | 808 | |
| 9 | LE ROUX,Jacolien, 185 | BRS | 12.82 | 0 | 804 | |
| 10 | DU TOIT,Amone, 792 | MENU | 12.92 | 0 | 791 | |
| 11 | MEYER,Sinead, 486 | HOL | 13.10 | 0 | 768 | |
| 12 | LATEGAN,Done, 798 | MENU | 13.11 | 0 | 767 | |
| 13 | VAN DEN BERG,Maroze, 1445 | WAG | 13.16 | 0 | 761 | |
| 14 | MADIDA,Mulalo, 540 | HTT | 13.27 | 0 | 748 | |
| 15 | DAVIES,Caitlyn, 610 | KPKC | 13.43 | 0 | 730 | |
| 16 | WINTER,Catherine, 1375 | TUKSU | 13.51 | 0 | 722 | |
| 17 | MATETE,Masego, 1403 | UIT | 13.71 | 0 | 700 | |
| 18 | MMAKO,Goitsimang, 1504 | WRG | 13.82 | 0 | 689 | |
| 19 | OHAJU,Ngozi, 1263 | SDC | 14.03 | 0 | 668 | |
| 20 | NOXOLO,Singanga, 293 | DJJ | 14.59 | 0 | 616 | |
| 21 | MLUNGWANA,Simminikwe, 107 | AMA | 15.56 | 0 | 537 | |
| 22 | MAREMANE,Tshegofatso, 106 | AMA | 17.32 | 0 | 419 | |
| 0 | VLOK,Kyla, 848 | MSCA | DNS | 0 | 0 | |
| 0 | DE JAGER,SunÉ, 171 | BRW | DNS | 0 | 0 | |
| 0 | PRINSLOO,Alyssa, 1226 | RHSB | DNS | 0 | 0 | |
| 0 | NSENDA,LIV, 1622 | ZWEP | DNS | 0 | 0 | |
| 0 | SEMPANE,LESEGO, 1625 | ZWEP | DNS | 0 | 0 | |
| 0 | BOOYSEN,Neline, 506 | HTMA | DNS | 0 | 0 | |
| 0 | MOLOI,Akuabata, 1305 | SUTB | DNS | 0 | 0 | |
| 0 | RAMOKHUBATHI,Rudzani, 1343 | TSPA | DNS | 0 | 0 | |

Item 277 20:50 FinalResults Boys 17 100m

| | | | | | | | |
|----|----------------------------|-------|-------|---|-----|---|--------|
| 1 | MABUNDA,Mbhoni, 1361 | TSPB | 10.48 | 8 | 922 | G | TUKS10 |
| 2 | OLIVIER,Henru, 646 | KHSA | 10.56 | 7 | 902 | S | TUKS10 |
| 3 | RICHARDSON,Benjamin, 1350 | TSPA | 10.62 | 6 | 888 | B | |
| 4 | BRAND,Luke, 76 | AHSA | 10.65 | 5 | 882 | | |
| 5 | SMITH,Dwayne, 783 | MPKSW | 10.84 | 4 | 840 | | |
| 6 | LESEDI,Moloto, 580 | JEP | 10.88 | 3 | 831 | | |
| 7 | MATHEBULA,Kenneth, 1052 | PRCBA | 10.95 | 2 | 816 | | |
| 8 | MOKOBUNG,Alpha, 263 | DEL | 10.96 | 1 | 814 | | |
| 8 | VAN DER MERWE,Juanco, 1218 | RHSA | 10.96 | 1 | 814 | | |
| 10 | GEYSER,Emile, 162 | BOL | 10.99 | 0 | 809 | | |
| 10 | VOSLOO,Martin, 943 | NYL | 10.99 | 0 | 809 | | |
| 12 | NETSHIOMBO,Tshilidzi, 1277 | STA | 11.05 | 0 | 798 | | |
| 13 | BANGUE,Jorim, 1116 | PBHSA | 11.20 | 0 | 769 | | |
| 14 | BREEDT,Victor, 1470 | WTKB | 11.22 | 0 | 765 | | |

Meeting :2020/02/12: FITGEN TUKS TOP 10 (PRESTIGE COLLEGE) at BESTMED TUKS

| | | | | | |
|----|---------------------------|-------|-------|---|-----|
| 15 | VAN WYK,Ian, 965 | OMB | 11.26 | 0 | 758 |
| 16 | SPENCE,Luke, 1208 | RBG | 11.29 | 0 | 753 |
| 16 | DU PLESSIS,Jordan, 626 | KES | 11.29 | 0 | 753 |
| 18 | GILBERT,Yusuf, 1508 | WRG | 11.30 | 0 | 751 |
| 19 | HERBST,Adam, 1205 | RBG | 11.31 | 0 | 750 |
| 20 | BOPAPE,Marutle, 1321 | TGH | 11.32 | 0 | 748 |
| 21 | LESMANN,Hanru, 571 | HUG | 11.33 | 0 | 746 |
| 22 | DU TOIT,Ruan, 886 | MNTA | 11.34 | 0 | 744 |
| 23 | PAMLA,Lethabo, 1066 | PRBB | 11.36 | 0 | 740 |
| 23 | SELOANE,Katlego, 1547 | WHC | 11.36 | 0 | 740 |
| 25 | ADRIAO,Miguel, 727 | MAR | 11.37 | 0 | 738 |
| 26 | MATLAILA,Andile, 1412 | UIT | 11.38 | 0 | 736 |
| 27 | TROMP,Christiaan, 145 | BRG | 11.40 | 0 | 733 |
| 27 | SMITH,Brendan, 1581 | ZWKC | 11.40 | 0 | 733 |
| 29 | NKUNA,Tebogo, 1511 | WRG | 11.48 | 0 | 720 |
| 30 | MAPHANGA,Koketso, 1267 | SDC | 11.50 | 0 | 716 |
| 31 | OLISA,Benedict, 1269 | SDC | 11.57 | 0 | 706 |
| 32 | ROSSOUW,Dilan, 702 | LTT | 11.58 | 0 | 704 |
| 33 | SAGRYS,Requan, 662 | KGH | 11.60 | 0 | 701 |
| 34 | SAM,Khanya, 1113 | PRCI | 11.65 | 0 | 693 |
| 35 | ANKER,Shayden, 673 | LICA | 11.72 | 0 | 681 |
| 35 | MASERU,Andries, 558 | HTST | 11.72 | 0 | 681 |
| 37 | SWART,Matthew, 453 | HM | 11.75 | 0 | 677 |
| 38 | RAATH,Raine, 310 | EDU | 11.76 | 0 | 675 |
| 39 | DE BRUYN,Marnus, 225 | CURD | 11.78 | 0 | 672 |
| 40 | MOREBUDI,Neo, 1121 | PBHSA | 11.90 | 0 | 655 |
| 41 | OOSTHUYSEN ,HENRICO, 1388 | TUKSU | 11.96 | 0 | 645 |
| 42 | MATHIBEDI,Naledi, 120 | AMB | 12.04 | 0 | 634 |
| 43 | KNOWLES,Josh, 1273 | STA | 12.21 | 0 | 611 |
| 44 | BALOYI,Ntsako, 1264 | SDC | 12.22 | 0 | 610 |
| 45 | LEGWALE,Patrick, 109 | AMA | 12.91 | 0 | 523 |
| 46 | OLIVIER,Henrique, 658 | KGH | 13.17 | 0 | 494 |
| 0 | SEREMANE,Moses, 561 | HTST | DNS | 0 | 0 |
| 0 | MUSHWANA,Shane, 549 | HTT | DNS | 0 | 0 |
| 0 | PON,Seth, 133 | BEN | DNS | 0 | 0 |
| 0 | MPUNGOSE,Londani, 1482 | WES | DNS | 0 | 0 |
| 0 | V D NEST,Wessel, 97 | AHSB | DNS | 0 | 0 |
| 0 | JARA,Lutho, 1153 | PBHSD | DNS | 0 | 0 |

Item 278 20:58 FinalResults Girls 19 100m

| | | | | | | |
|----|-----------------------------|-------|-------|---|-----|---|
| 1 | SHABANGU,Banele, 1028 | PRCA | 12.26 | 8 | 856 | G |
| 2 | VAN WYK,Odette, 972 | OVK | 12.29 | 7 | 851 | S |
| 3 | NEL,Bianca, 349 | EHS | 12.42 | 6 | 833 | B |
| 4 | BLIGNAUT,Janie, 751 | MPKDB | 12.46 | 5 | 828 | |
| 5 | JONKER,Mariska, 1562 | ZWKB | 12.56 | 4 | 814 | |
| 6 | LOUW,Jeanette, 1563 | ZWKB | 12.72 | 3 | 793 | |
| 7 | MMATLI,Tumisho, 1037 | PRCB | 12.86 | 2 | 775 | |
| 8 | BOTHA,Mandi, 832 | MER | 12.96 | 1 | 763 | |
| 9 | JANSE VAN VUUREN,Juany, 935 | NYL | 13.04 | 0 | 753 | |
| 10 | CLOETE,Nelize, 1236 | RHSU | 13.08 | 0 | 748 | |
| 11 | DE MEYERE,Morgan, 360 | ERS | 13.23 | 0 | 732 | |
| 12 | VILJOEN,Jenni, 1244 | RHSU | 13.70 | 0 | 681 | |
| 13 | LIVERDOS,Zoë, 654 | KGH | 13.74 | 0 | 677 | |
| 14 | ZIETSMAN,Erin, 1542 | WHC | 13.87 | 0 | 664 | |
| 15 | MASEKELA,Tebogo, 691 | LTT | 13.96 | 0 | 656 | |
| 16 | SHAMAINE,Saira, 294 | DJJ | 14.35 | 0 | 619 | |
| 17 | GBANDI,Viviene, 244 | DNF | 14.38 | 0 | 616 | |
| 0 | SWART,Lane, 683 | LICB | DNS | 0 | 0 | |
| 0 | WESSELS,Kirsten, 1541 | WHC | DNS | 0 | 0 | |
| 0 | VAN DER BERGH,Kayla, 641 | KHSA | DNS | 0 | 0 | |

| 0 | HONIBALL,Lisa, 420 | GRFB | DNS | 0 | 0 | |
|---|--------------------------|-------|-------|---|-----|---|
| Item 279 21:02 FinalResults Boys 19 100m | | | | | | |
| 1 | HLOHLOLO,Thabang, 1358 | TSPB | 10.37 | 8 | 910 | G |
| 2 | JOHNSON,Elviano, 1346 | TSPA | 10.45 | 7 | 890 | S |
| 3 | POTGIETER,Eckhart, 84 | AHSA | 10.48 | 6 | 882 | B |
| 4 | VAN WYK,Bjorn, 99 | AHSB | 10.72 | 5 | 830 | |
| 5 | THLAPI,Olebogeng, 919 | MON | 10.78 | 4 | 818 | |
| 6 | VENTER,Jaco, 430 | GRFB | 10.80 | 3 | 814 | |
| 7 | VAN WYK,Edwin, 1399 | TUKSU | 10.83 | 2 | 808 | |
| 8 | JEWASKIEWITZ,Zanru, 1006 | PHS | 10.84 | 1 | 806 | |
| 9 | MENZIES,Keegan, 1007 | PHS | 10.85 | 0 | 804 | |
| 10 | NEL,Joshua, 91 | AHSB | 10.86 | 0 | 802 | |
| 11 | FAURIE,Jd, 887 | MNTA | 10.90 | 0 | 794 | |
| 12 | COETZEE,Eduan, 885 | MNTA | 11.04 | 0 | 767 | |
| 13 | THERON,Konrad, 1524 | WINA | 11.05 | 0 | 765 | |
| 14 | SAPALO,Gino, 1124 | PBHSA | 11.08 | 0 | 760 | |
| 15 | MAILULA,Scott, 1045 | PRCB | 11.11 | 0 | 755 | |
| 16 | ROBERTO,Agrizzi, 583 | JEP | 11.17 | 0 | 744 | |
| 17 | MEYER,Pc, 674 | LICA | 11.18 | 0 | 742 | |
| 17 | LINDE,Marnus, 1120 | PBHSA | 11.18 | 0 | 742 | |
| 19 | WYLBACHT,Wendell, 217 | CENU | 11.19 | 0 | 740 | |
| 20 | PIETERSE,Hurbert, 264 | DEL | 11.20 | 0 | 738 | |
| 21 | MKHABELA,Junior, 402 | FM | 11.21 | 0 | 736 | |
| 22 | PAKADE,Asivile, 1301 | SUTA | 11.26 | 0 | 728 | |
| 23 | VAN BILJON,Jeandre, 574 | HUG | 11.33 | 0 | 716 | |
| 23 | NGUBANE,Bayanda, 1483 | WES | 11.33 | 0 | 716 | |
| 25 | TANDT,Keanu, 1548 | WHC | 11.36 | 0 | 711 | |
| 26 | NOTHNAGEL,Tian, 875 | MSCI | 11.40 | 0 | 705 | |
| 27 | NKONKI,Mbasa, 1484 | WES | 11.42 | 0 | 701 | |
| 28 | OOSTHUIZEN,Jp, 1448 | WAG | 11.48 | 0 | 692 | |
| 29 | BOTES,Hagin, 494 | HJV | 11.58 | 0 | 676 | |
| 30 | PRETORIUS,Francois, 1251 | RHSU | 11.60 | 0 | 673 | |
| 31 | TSEBANE,Mogale, 1282 | STA | 11.61 | 0 | 672 | |
| 32 | LUVHA,Mudodzwa, 699 | LTT | 11.63 | 0 | 669 | |
| 33 | DAVIS,Franco, 365 | ERS | 11.69 | 0 | 660 | |
| 34 | HEYWOOD,Jared, 129 | BEN | 11.72 | 0 | 655 | |
| 35 | LEGODI,Tumisho, 1274 | STA | 11.75 | 0 | 650 | |
| 36 | KHOZA,Keletso, 656 | KGH | 11.82 | 0 | 640 | |
| 37 | WILSON,Jonathan, 714 | LYD | 11.84 | 0 | 637 | |
| 38 | NELL,Marthinus, 1545 | WHC | 11.88 | 0 | 631 | |
| 39 | NTHANDO,Nkonyane, 298 | DJJ | 11.96 | 0 | 620 | |
| 40 | VENTER,Jp, 550 | HTT | 12.09 | 0 | 602 | |
| 41 | DEAN,Tristan, 1117 | PBHSA | 45.28 | 0 | 0 | |
| 0 | MOHALE,Rebotile, 628 | KES | DNS | 0 | 0 | |
| 0 | ERASMUS,Duncan, 850 | MSCA | DNS | 0 | 0 | |
| 0 | MOSS,Mvuyo, 1436 | VOR | DNS | 0 | 0 | |
| 0 | NEL,Sw, 1557 | ZWKA | DNS | 0 | 0 | |
| 0 | KEKANA,Katlego, 732 | MAR | DNS | 0 | 0 | |
| 0 | MHURA,Sean, 1187 | PBHSI | DNS | 0 | 0 | |

Item 254 19:24 FinalResults Girls 14 200m

| | | | | | | | |
|---|------------------------|-------|-------|---|-----|---|--------|
| 1 | BOTJE ,Kaili, 1200 | RBG | 25.15 | 8 | 935 | G | TUKS10 |
| 2 | SCHEEPERS,Colene, 768 | MPDW | 25.75 | 7 | 892 | S | |
| 3 | PRETORIUS,Emke, 258 | DEL | 25.89 | 6 | 882 | B | |
| 4 | VD BERG,Mineke, 762 | MPKDB | 26.33 | 5 | 854 | | |
| 5 | NAANE,Atang, 1354 | TSPB | 26.76 | 4 | 828 | | |
| 6 | VENTER,Charne, 1468 | WTKB | 27.02 | 3 | 813 | | |
| 7 | MALAJILA,Tanatswa, 232 | CURS | 27.04 | 2 | 812 | | |
| 8 | OAKES,Tia, 350 | EHS | 27.19 | 1 | 803 | | |
| 9 | OAKES,Tamia, 351 | EHS | 27.49 | 0 | 787 | | |

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| | | | | | |
|----|---------------------------|-------|-------|---|-----|
| 10 | JASS,Khanyi, 1291 | SUTA | 27.79 | 0 | 771 |
| 11 | ROSLEE,Tania, 1004 | PHS | 27.80 | 0 | 770 |
| 12 | DU PLESSIS,Charne, 753 | MPKDB | 27.91 | 0 | 765 |
| 13 | LAMBRECHT,Dane, 1416 | VOL | 28.12 | 0 | 754 |
| 14 | LANDSBERG,Kyla, 1527 | WINB | 28.21 | 0 | 750 |
| 15 | FARMER,Evan-dré, 302 | EDU | 29.18 | 0 | 704 |
| 16 | VAN RENSBURG,Revony, 1242 | RHSU | 29.30 | 0 | 698 |
| 17 | LINDSAY,Kyra, 387 | FWH | 29.36 | 0 | 696 |
| 18 | SILVER,Hermy, 1529 | WINB | 29.63 | 0 | 684 |
| 19 | ROY,Erin, 1369 | TUKSU | 30.06 | 0 | 666 |
| 20 | COMBRINK,Amuche, 980 | OVR | 30.70 | 0 | 640 |
| 21 | MUKARATIRWA,Blessing, 246 | DNF | 32.05 | 0 | 589 |
| 0 | BUSHE,Keesha, 444 | HM | DNS | 0 | 0 |
| 0 | WATKINS,Deidre, 235 | CURS | DNS | 0 | 0 |
| 0 | KRUGER,AnÉ, 1240 | RHSU | DNS | 0 | 0 |
| 0 | MMESONA,Shongwe, 291 | DJJ | DNS | 0 | 0 |
| 0 | COETZER,Jessica, 706 | LYD | DNS | 0 | 0 |

Item 88 12:39 FinalResults Boys 14 200m

| | | | | | | | |
|----|------------------------------|-------|-------|---|-----|---|--------|
| 1 | MINNIES,Dwayne, 164 | BOL | 22.78 | 8 | 817 | G | TUKS10 |
| 2 | NHLAPO,Nkosinathi, 631 | KES | 23.69 | 7 | 744 | S | |
| 3 | GROSSKOPFT,Rolandt, 776 | MPKSW | 23.70 | 6 | 743 | B | |
| 4 | MOKOTJO,Hloni, 440 | GDV | 23.88 | 5 | 730 | | |
| 5 | THERON,Johan, 95 | AHSB | 23.90 | 4 | 729 | | |
| 6 | MOLLER,Pieter, 464 | HMKA | 24.05 | 3 | 718 | | |
| 7 | GEORGE,Malcolm, 1473 | WTKB | 24.45 | 2 | 690 | | |
| 8 | RATHEBE,Omphile, 634 | KES | 24.68 | 1 | 675 | | |
| 9 | LITTLE,Ronaldo, 1322 | TGH | 24.70 | 0 | 674 | | |
| 10 | DIEDERICKS,Ewald, 1247 | RHSU | 24.78 | 0 | 669 | | |
| 11 | RAMAGE,Cayden, 723 | MVJ | 25.33 | 0 | 635 | | |
| 12 | SAMUEL,Ibe, 300 | DJJ | 25.35 | 0 | 633 | | |
| 13 | LEGODI,Tshepo, 698 | LTT | 25.53 | 0 | 623 | | |
| 14 | SIKAKANE,Ubuhle, 121 | AMB | 25.97 | 0 | 597 | | |
| 15 | STENEKAMP,Ignatius, 502 | HJV | 26.10 | 0 | 590 | | |
| 16 | KHAN,Zaid, 390 | FWH | 26.23 | 0 | 583 | | |
| 17 | DEYSEL,Juan, 495 | HJV | 26.39 | 0 | 575 | | |
| 18 | TSANWANI,Ompfunu, 1162 | PBHSD | 26.64 | 0 | 561 | | |
| 19 | PILUSA,Phenyo, 1135 | PBHSB | 26.85 | 0 | 550 | | |
| 20 | MAJEKE,Kungothando, 119 | AMB | 28.26 | 0 | 482 | | |
| 21 | KIABILUA,Nathan, 1154 | PBHSD | 30.27 | 0 | 398 | | |
| 22 | KEET,Hiro, 1177 | PBHSI | 34.67 | 0 | 249 | | |
| 0 | NEMUZHIVADZI,Londolani, 1192 | PBHSI | DNS | 0 | 0 | | |
| 0 | FOURIE,Ruben, 814 | MENU | DNS | 0 | 0 | | |
| 0 | MASOGA,Bohlale, 1543 | WHC | DNS | 0 | 0 | | |
| 0 | KHARIBE,Wandile, 1130 | PBHSB | DNS | 0 | 0 | | |
| 0 | KHARIBE,Andile, 1131 | PBHSB | DNS | 0 | 0 | | |
| 0 | SAKATA,Elhanan, 1136 | PBHSB | DNS | 0 | 0 | | |

Item 255 19:28 FinalResults Girls 15 200m

| | | | | | | | |
|----|----------------------------|------|-------|---|-----|---|--|
| 1 | MOLEPO,Precious, 1025 | PRCA | 24.88 | 8 | 940 | G | |
| 2 | JINGQI,Viwe, 1340 | TSPA | 25.30 | 7 | 910 | S | |
| 3 | LE ROUX,Mia, 1203 | RBG | 25.80 | 6 | 875 | B | |
| 4 | THOMSEN,Michaela, 1492 | WVL | 25.96 | 5 | 865 | | |
| 5 | WILLIAMS,Ashley, 849 | MSCA | 26.07 | 4 | 858 | | |
| 6 | VAN HEERDEN,Deonne, 1565 | ZWKB | 26.20 | 3 | 849 | | |
| 7 | MURRAY,Kayla, 1455 | WTKA | 26.39 | 2 | 838 | | |
| 8 | BOER,Erasel, 763 | MPDW | 26.41 | 1 | 836 | | |
| 9 | MAPAPANYANE,Ofentse, 1351 | TSPB | 26.47 | 0 | 833 | | |
| 10 | ADAMS,Lindsay, 891 | MNTB | 26.51 | 0 | 830 | | |
| 11 | VAN DER WALT,Mirnique, 600 | KPKB | 26.87 | 0 | 809 | | |
| 12 | VAN DER WALT,ElbÉ, 1494 | WVL | 27.04 | 0 | 800 | | |

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| | | | | | |
|----|--------------------------|------|-------|---|-----|
| 13 | BLACKBURN,Cay-cee, 443 | HM | 27.34 | 0 | 783 |
| 14 | MALINGA,Awande, 844 | MSCA | 27.44 | 0 | 778 |
| 15 | MOOLMAN,Desire, 1517 | WINA | 27.48 | 0 | 776 |
| 16 | NTULI,Princess, 1077 | PRCG | 27.65 | 0 | 767 |
| 17 | DU PREEZ,Jean-mari, 521 | HTMB | 28.07 | 0 | 746 |
| 18 | PIENAAR,Aleyneh, 352 | EHS | 28.15 | 0 | 742 |
| 19 | BARKLEY,Chenante, 254 | DEL | 28.37 | 0 | 731 |
| 20 | MANGANYE,Lesedi, 554 | HTST | 29.15 | 0 | 695 |
| 21 | SOMHLAHO,Qhamani, 234 | CURS | 29.68 | 0 | 672 |
| 22 | ESTERHUIZEN,Kayla, 385 | FWH | 29.95 | 0 | 660 |
| 23 | TSHISWAKA,Arielle, 1540 | WHC | 30.03 | 0 | 657 |
| 24 | SHANGASE,Uluthando, 1307 | SUTB | 30.54 | 0 | 636 |
| 25 | VELDMAN,Mieke, 696 | LTT | 31.01 | 0 | 618 |
| 26 | MUTHUBI,Arifunaho, 692 | LTT | 35.43 | 0 | 474 |
| 0 | CHILANGO,Tongase, 230 | CURS | DNS | 0 | 0 |
| 0 | DU PLESSIS,Kelly, 242 | DNF | DNS | 0 | 0 |
| 0 | OZOIKE,Ada, 1317 | TGH | DNS | 0 | 0 |

Item 256 19:32 FinalResults Boys 15 200m

| | | | | | | | |
|----|------------------------------|-------|-------|---|-----|---|--------|
| 1 | NKOANA,Bradley, 1348 | TSPA | 21.69 | 8 | 897 | G | TUKS10 |
| 2 | VAN DER WALT,Armand, 466 | HMKA | 21.82 | 7 | 884 | S | TUKS10 |
| 3 | CONNOWAY,Breyten, 1459 | WTKA | 22.26 | 6 | 841 | B | |
| 4 | NDLOVU,Denzel, 1056 | PRCBA | 22.94 | 5 | 782 | | |
| 5 | MARTIN,Dale, 163 | BOL | 23.25 | 4 | 758 | | |
| 6 | MQOKOLO,Aviwe, 1046 | PRCB | 23.59 | 3 | 732 | | |
| 7 | VILJOEN,Divan, 785 | MPKSW | 23.61 | 2 | 731 | | |
| 8 | MOGASWA,Kea, 1413 | UIT | 23.71 | 1 | 723 | | |
| 9 | JANSEN VAN VUUREN,Aeden, 451 | HM | 23.98 | 0 | 704 | | |
| 10 | BEDA,Nkosinathi, 1283 | STB | 24.17 | 0 | 691 | | |
| 11 | SCHRADER,Hendré, 1534 | WINB | 24.25 | 0 | 686 | | |
| 12 | THERON,Juandre, 1394 | TUKSU | 24.35 | 0 | 679 | | |
| 13 | PEARSON,Byron, 736 | MAR | 24.59 | 0 | 663 | | |
| 14 | MOTHIBE,Mohau, 735 | MAR | 24.69 | 0 | 657 | | |
| 15 | MANGENA,Gomolemo, 1385 | TUKSU | 24.73 | 0 | 655 | | |
| 16 | COETZEE,Ethan, 88 | AHSB | 24.85 | 0 | 647 | | |
| 17 | JANUARIE,Jaden, 1533 | WINB | 25.02 | 0 | 636 | | |
| 18 | BASI,Sakhile, 1168 | PBHSI | 25.08 | 0 | 633 | | |
| 19 | NKABINDE,Nkululeko, 1546 | WHC | 25.36 | 0 | 616 | | |
| 20 | VAN NIEKERK,Diwan, 1427 | VOL | 25.48 | 0 | 609 | | |
| 21 | RETIEF,Johan, 1252 | RHSU | 26.22 | 0 | 568 | | |
| 22 | TEMANE,Anthony, 122 | AMB | 26.47 | 0 | 555 | | |
| 23 | LEBOGANG,Moleka, 296 | DJJ | 27.10 | 0 | 523 | | |
| 24 | RABOTHATA,Kago, 1279 | STA | 28.98 | 0 | 437 | | |
| 0 | SNYMAN,Hardus, 689 | LICB | DNS | 0 | 0 | | |
| 0 | THOMAS,Hilton, 854 | MSCA | DNS | 0 | 0 | | |
| 0 | MOKGAWA,Selaelo, 548 | HTT | DNS | 0 | 0 | | |
| 0 | HAMAYUN,Faraz, 250 | DNF | DNS | 0 | 0 | | |

Item 257 19:36 FinalResults Girls 16 200m

| | | | | | | | |
|----|--------------------------|-------|-------|---|-----|---|--|
| 1 | LA GRANGE,Kayla, 1202 | RBG | 24.08 | 8 | 990 | G | |
| 2 | BOOYSEN,Mienke, 4 | AHMB | 25.21 | 7 | 902 | S | |
| 3 | LACY,Cassidy, 1454 | WTKA | 25.41 | 6 | 888 | B | |
| 4 | RIEKERT,Delaney, 767 | MPDW | 25.73 | 5 | 866 | | |
| 5 | V ROOYEN,Heike, 758 | MPKDB | 25.80 | 4 | 862 | | |
| 6 | VAN DER WALT,Annika, 846 | MSCA | 25.81 | 3 | 861 | | |
| 7 | NGONGO,Akonyi, 1027 | PRCA | 25.87 | 2 | 857 | | |
| 8 | NOTHNAGEL,Linamarie, 845 | MSCA | 25.96 | 1 | 851 | | |
| 9 | CHENE,Edwards, 1441 | WAG | 26.86 | 0 | 798 | | |
| 10 | KAISER,Christi, 348 | EHS | 27.09 | 0 | 785 | | |
| 11 | FUHRI,Clarissa, 267 | DAN | 27.36 | 0 | 771 | | |
| 12 | KOMMER,Mickayla, 564 | HUG | 27.44 | 0 | 766 | | |

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| | | | | | |
|----|--------------------------|-------|-------|---|-----|
| 13 | CARROLL,Lienkie, 668 | LICA | 27.50 | 0 | 763 |
| 14 | SWANEPOEL,Juanne, 614 | KPKC | 27.66 | 0 | 755 |
| 15 | THERON,Ane, 1539 | WHC | 27.80 | 0 | 748 |
| 16 | KRUGER,Lene, 1443 | WAG | 28.12 | 0 | 732 |
| 17 | PIETERSE,Bianca, 719 | MVJ | 28.25 | 0 | 726 |
| 18 | FERREIRA,Marizanne, 958 | OMB | 28.41 | 0 | 718 |
| 19 | VAN ZYL,Luandi, 695 | LTT | 29.14 | 0 | 685 |
| 20 | BORUVKA,Jenna, 480 | HOL | 29.16 | 0 | 684 |
| 21 | CHAUKE,Rivoningo, 483 | HOL | 29.38 | 0 | 674 |
| 22 | NCONCO,Nonthando, 362 | ERS | 29.60 | 0 | 665 |
| 23 | OBENG-MIREKU,Hannah, 488 | HOL | 30.85 | 0 | 615 |
| 24 | SMITH,Kayinne, 1370 | TUKSU | 31.62 | 0 | 587 |
| 0 | JAFTHA,Jaime, 1259 | SDC | DNS | 0 | 0 |
| 0 | FOURIE,Lizelle, 175 | BRW | DNS | 0 | 0 |

Item 258 19:40 FinalResults Boys 16 200m

| | | | | | | | |
|----|-------------------------------|-------|-------|---|-----|---|--------|
| 1 | TSHIFURA,Mukhethwa, 1363 | TSPB | 21.59 | 8 | 885 | G | TUKS10 |
| 2 | OLIPHANT,Dalan, 1500 | WVL | 21.84 | 7 | 860 | S | |
| 3 | VLOK,Diwan, 1610 | ZWKI | 22.01 | 6 | 844 | B | |
| 4 | NEL,Marx, 82 | AHSA | 22.41 | 5 | 808 | | |
| 5 | VOSLOO,Ruben, 358 | EHS | 22.42 | 4 | 807 | | |
| 6 | OOSTHUIZEN,Ruan, 781 | MPKSW | 22.72 | 3 | 782 | | |
| 7 | WILLIAMS,Christopher, 855 | MSCA | 22.80 | 2 | 776 | | |
| 8 | PRAG,Adriano, 166 | BOL | 22.81 | 1 | 775 | | |
| 9 | MATJILA,Lerato, 1053 | PRCBA | 22.82 | 0 | 774 | | |
| 10 | ENGELBRECHT,Divan, 1472 | WTKB | 22.95 | 0 | 764 | | |
| 11 | MASHABELA,Karabo, 1298 | SUTA | 22.97 | 0 | 762 | | |
| 12 | ERASMUS,Ryk, 309 | EDU | 23.01 | 0 | 759 | | |
| 13 | BOTHA,Marais, 474 | HMKD | 23.18 | 0 | 746 | | |
| 14 | TSHABALALA,Thando, 1290 | STB | 23.19 | 0 | 745 | | |
| 15 | ALBERTS,Heinrich, 721 | MVJ | 23.23 | 0 | 742 | | |
| 16 | VERMAAK,Theodore, 277 | DAN | 23.28 | 0 | 738 | | |
| 17 | JANSE VAN RENSBURG,Carl, 462 | HMKA | 23.29 | 0 | 737 | | |
| 18 | JANSE VAN RENSBURG,Josh, 1480 | WES | 23.34 | 0 | 734 | | |
| 19 | DU RANDT,Nico, 1471 | WTKB | 23.42 | 0 | 728 | | |
| 20 | RADLOFF,Alexander, 1123 | PBHSA | 23.61 | 0 | 714 | | |
| 21 | VAN HEERDEN,Ruan, 98 | AHSB | 23.74 | 0 | 705 | | |
| 21 | MCDUGALL,Ethan, 391 | FWH | 23.74 | 0 | 705 | | |
| 23 | OLIVIER,Jaydee, 621 | KPKC | 23.79 | 0 | 701 | | |
| 24 | GREYLING,Adin, 865 | MSCB | 23.94 | 0 | 691 | | |
| 25 | BAMPOE,Clive, 974 | OVK | 24.05 | 0 | 684 | | |
| 26 | LUKE,Hugo, 581 | JEP | 24.14 | 0 | 678 | | |
| 27 | PATHER,Liam, 1302 | SUTA | 24.17 | 0 | 676 | | |
| 28 | MATU,Junior, 559 | HTST | 24.45 | 0 | 657 | | |
| 29 | ROODT,Paul, 1450 | WAG | 24.52 | 0 | 653 | | |
| 30 | SIBEKO,Lungelo, 1325 | TGH | 24.53 | 0 | 652 | | |
| 31 | OLIVIER,Meyers, 688 | LICB | 24.63 | 0 | 646 | | |
| 32 | RAVINAND,Nivikar, 240 | CURS | 24.64 | 0 | 645 | | |
| 33 | CHRISTIE,Emmanuel, 117 | AMB | 24.71 | 0 | 641 | | |
| 34 | KHOZA,Omolemo, 655 | KGH | 25.22 | 0 | 610 | | |
| 35 | SITHOLE,Nkazimulo, 664 | KGH | 25.31 | 0 | 605 | | |
| 36 | PIENAAR,Dian, 1449 | WAG | 25.41 | 0 | 599 | | |
| 37 | NTOKOZO,Msipha, 299 | DJJ | 25.62 | 0 | 587 | | |
| 0 | DITHEBE,Thapelo, 1042 | PRCB | DNS | 0 | 0 | | |
| 0 | HLALEHE,Teboho, 1127 | PBHSB | DNS | 0 | 0 | | |
| 0 | JOHNSON-WILLIAMS,Brandon, 251 | DNF | DNS | 0 | 0 | | |
| 0 | MOLALE,Phemelo, 1018 | PGM | DNS | 0 | 0 | | |
| 0 | OLIVIER,Neill, 1278 | STA | DNS | 0 | 0 | | |

Item 260 19:52 FinalResults Girls 17 200m

| | | | | | | | |
|---|-------------------------|-----|-------|---|-----|---|--|
| 1 | VD WESTHUIZEN,Eike, 666 | LAR | 24.61 | 8 | 933 | G | |
|---|-------------------------|-----|-------|---|-----|---|--|

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| | | | | | | |
|----|---------------------------|-------|-------|---|-----|---|
| 2 | THORNBURN,Robinn, 770 | MPDW | 24.84 | 7 | 916 | S |
| 3 | COMPAAN,Mila, 764 | MPDW | 24.97 | 6 | 906 | B |
| 4 | MABUZA,Andile, 1341 | TSPA | 25.04 | 5 | 901 | |
| 5 | LOTTER,Tiané, 924 | NHW | 25.06 | 4 | 900 | |
| 6 | VLOK,Kyla, 848 | MSCA | 25.47 | 3 | 872 | |
| 7 | BOOYSEN,Neline, 506 | HTMA | 25.52 | 2 | 868 | |
| 8 | MALINGA,Nosipho, 1024 | PRCA | 25.63 | 1 | 861 | |
| 9 | PRINSLOO,Alyssa, 1226 | RHSB | 26.23 | 0 | 823 | |
| 10 | HILL,Michaela, 1238 | RHSU | 26.24 | 0 | 823 | |
| 11 | LE ROUX,Jacolien, 185 | BRS | 26.33 | 0 | 817 | |
| 12 | LEFIFI,Wanita, 1070 | PRCG | 26.35 | 0 | 816 | |
| 13 | DU TOIT,Amone, 792 | MENU | 26.85 | 0 | 788 | |
| 14 | LATEGAN,Done, 798 | MENU | 27.07 | 0 | 776 | |
| 15 | PRETORIUS,Eliz-mari, 693 | LTT | 27.18 | 0 | 770 | |
| 16 | VAN DEN BERG,Maroze, 1445 | WAG | 27.33 | 0 | 762 | |
| 17 | MADIDA,Mulalo, 540 | HTT | 27.70 | 0 | 743 | |
| 18 | WINTER,Catherine, 1375 | TUKSU | 28.18 | 0 | 720 | |
| 19 | MATETE,Masego, 1403 | UIT | 28.84 | 0 | 689 | |
| 20 | NOXOLO,Singanga, 293 | DJJ | 31.96 | 0 | 567 | |
| 21 | MLUNGWANA,Simminikwe, 107 | AMA | 34.77 | 0 | 478 | |
| 22 | MAREMANE,Tshegofatso, 106 | AMA | 39.20 | 0 | 364 | |
| 0 | VENTER,Chanelle, 1421 | VOL | DNS | 0 | 0 | |
| 0 | MOLOI,Akuabata, 1305 | SUTB | DNS | 0 | 0 | |

Item 259 19:48 FinalResults Boys 17 200m

| | | | | | | |
|----|----------------------------|-------|-------|---|-----|---|
| 1 | RICHARDSON,Benjamin, 1350 | TSPA | 21.31 | 8 | 894 | G |
| 2 | MABUNDA,Mbhoni, 1361 | TSPB | 21.46 | 7 | 879 | S |
| 3 | HLENGANE,Lungile, 627 | KES | 21.93 | 6 | 833 | B |
| 4 | BRAND,Luke, 76 | AHSA | 22.06 | 5 | 821 | |
| 5 | SMITH,Dwayne, 783 | MPKSW | 22.12 | 4 | 816 | |
| 6 | MOKOBUNG,Alpha, 263 | DEL | 22.32 | 3 | 799 | |
| 7 | VAN DER MERWE,Juanco, 1218 | RHSA | 22.33 | 2 | 798 | |
| 8 | VOSLOO,Martin, 943 | NYL | 22.35 | 1 | 796 | |
| 9 | BREEDT,Victor, 1470 | WTKB | 22.42 | 0 | 790 | |
| 10 | MATHEBULA,Kenneth, 1052 | PRCBA | 22.71 | 0 | 767 | |
| 11 | NETSHIOMBO,Tshilidzi, 1277 | STA | 22.75 | 0 | 764 | |
| 12 | HERBST,Adam, 1205 | RBG | 22.77 | 0 | 762 | |
| 13 | SPENCE,Luke, 1208 | RBG | 22.83 | 0 | 757 | |
| 14 | SELEBI,Michael, 1439 | VOR | 22.86 | 0 | 755 | |
| 15 | DU PLESSIS,Jan, 355 | EHS | 23.02 | 0 | 742 | |
| 16 | TROMP,Christiaan, 145 | BRG | 23.04 | 0 | 741 | |
| 17 | VAN WYK,Ian, 965 | OMB | 23.06 | 0 | 740 | |
| 18 | LESMANN,Hanru, 571 | HUG | 23.19 | 0 | 730 | |
| 19 | ROSSOUW,Dilan, 702 | LTT | 23.21 | 0 | 728 | |
| 20 | ADRIAO,Migual, 727 | MAR | 23.23 | 0 | 726 | |
| 21 | BOPAPE,Marutle, 1321 | TGH | 23.24 | 0 | 726 | |
| 22 | SELOANE,Katlego, 1547 | WHC | 23.35 | 0 | 717 | |
| 23 | SMITH,Brendan, 1581 | ZWKC | 23.52 | 0 | 705 | |
| 24 | MASEKO,Tebogo, 657 | KGH | 23.68 | 0 | 694 | |
| 25 | SAGRYS,Requan, 662 | KGH | 23.73 | 0 | 691 | |
| 26 | LERUTLA,Matiko, 712 | LYD | 23.82 | 0 | 685 | |
| 27 | LABUSCHAGNE,Quentin, 286 | DWG | 23.88 | 0 | 681 | |
| 28 | ANKER,Shayden, 673 | LICA | 23.91 | 0 | 679 | |
| 29 | KELLY,Taegan, 131 | BEN | 24.03 | 0 | 671 | |
| 30 | NKUNA,Tebogo, 1511 | WRG | 24.09 | 0 | 667 | |
| 31 | OOSTHUYSEN ,HENRICO, 1388 | TUKSU | 24.10 | 0 | 666 | |
| 32 | SWART,Matthew, 453 | HM | 24.29 | 0 | 654 | |
| 33 | HAVENGA,Wickus, 227 | CURD | 24.57 | 0 | 636 | |
| 34 | PAMLA,Lethabo, 1066 | PRBB | 24.70 | 0 | 628 | |
| 35 | JARA,Lutho, 1153 | PBHSD | 25.27 | 0 | 594 | |

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| | | | | | |
|----|------------------------------|-------|-------|---|-----|
| 36 | LEGWALE,Patrick, 109 | AMA | 28.07 | 0 | 454 |
| 0 | MAPHANGA,Koketso, 1267 | SDC | DNS | 0 | 0 |
| 0 | SAM,Khanya, 1113 | PRCI | DNS | 0 | 0 |
| 0 | OLIVIER,Henru, 646 | KHSA | DNS | 0 | 0 |
| 0 | MASERU,Andries, 558 | HTST | DNS | 0 | 0 |
| 0 | STEYN,Nathan, 1392 | TUKSU | DNS | 0 | 0 |
| 0 | VAN DER WESTHUIZEN,Cyle, 987 | OVR | DNS | 0 | 0 |
| 0 | V D NEST,Wessel, 97 | AHSB | DNS | 0 | 0 |
| 0 | OLIVIER,Henrique, 658 | KGH | DNS | 0 | 0 |
| 0 | GODWIN,Olivier, 1272 | STA | DNS | 0 | 0 |

Item 261 19:56 FinalResults Girls 19 200m

| | | | | | | |
|----|-----------------------------|-------|-------|---|-----|---|
| 1 | EILERD,Chalize, 7 | AHMB | 24.44 | 8 | 920 | G |
| 2 | SHABANGU,Banele, 1028 | PRCA | 24.90 | 7 | 887 | S |
| 3 | BROWN,Chinique, 1000 | PHS | 24.92 | 6 | 885 | B |
| 4 | NEL,Bianca, 349 | EHS | 25.07 | 5 | 875 | |
| 5 | VAN WYK,Odette, 972 | OVK | 25.26 | 4 | 862 | |
| 6 | BLIGNAUT,Janie, 751 | MPKDB | 25.29 | 3 | 860 | |
| 7 | JOOSTE,Mishke, 857 | MSCB | 25.95 | 2 | 819 | |
| 8 | JANSE VAN VUUREN,Juany, 935 | NYL | 26.90 | 1 | 765 | |
| 9 | BOTHA,Mandi, 832 | MER | 27.34 | 0 | 742 | |
| 10 | MMATLI,Tumisho, 1037 | PRCB | 27.64 | 0 | 727 | |
| 11 | DE MEYERE,Morgan, 360 | ERS | 27.67 | 0 | 726 | |
| 12 | BOOIS,Ethel, 1513 | WINA | 28.31 | 0 | 695 | |
| 13 | LIVERDOS,Zoë, 654 | KGH | 28.44 | 0 | 690 | |
| 14 | ZIETSMAN,Erin, 1542 | WHC | 29.04 | 0 | 663 | |
| 15 | NTULI,Ntokozo, 1316 | TGH | 29.40 | 0 | 648 | |
| 16 | SHAMAINE,Saira, 294 | DJJ | 29.78 | 0 | 632 | |
| 0 | WESSELS,Kirsten, 1541 | WHC | DNR | 0 | 0 | |
| 0 | DE JAGER,Georgia, 508 | HTMA | DNS | 0 | 0 | |
| 0 | ROUX,Carla, 894 | MNTB | DNS | 0 | 0 | |
| 0 | GBANDI,Viviene, 244 | DNF | DNS | 0 | 0 | |
| 0 | HONIBALL,Lisa, 420 | GRFB | DNS | 0 | 0 | |
| 0 | VENTER,Jeanette, 808 | MENU | DNS | 0 | 0 | |

Item 262 20:00 FinalResults Boys 19 200m

| | | | | | | |
|----|------------------------------|-------|-------|---|-----|---|
| 1 | POTGIETER,Eckhart, 84 | AHSA | 20.92 | 8 | 902 | G |
| 2 | JOHNSON,Elviano, 1346 | TSPA | 21.00 | 7 | 893 | S |
| 3 | GELDENHUYIS,Ivan Danny, 1380 | TUKSU | 21.27 | 6 | 866 | B |
| 4 | THLAPI,Olebogeng, 919 | MON | 21.33 | 5 | 860 | |
| 5 | NORTJE,Matt, 417 | GRFA | 21.40 | 4 | 853 | |
| 6 | HLOHLOLO,Thabang, 1358 | TSPB | 21.41 | 3 | 852 | |
| 7 | MOSS,Mvuyo, 1436 | VOR | 21.75 | 2 | 820 | |
| 8 | VAN WYK,Edwin, 1399 | TUKSU | 21.88 | 1 | 808 | |
| 9 | FAURIE,Jd, 887 | MNTA | 21.93 | 0 | 803 | |
| 10 | VAN WYK,Bjorn, 99 | AHSB | 22.01 | 0 | 796 | |
| 11 | NIEMANN,Dewald, 441 | GDV | 22.04 | 0 | 794 | |
| 11 | NTHANDO,Nkonyane, 298 | DJJ | 22.04 | 0 | 794 | |
| 13 | JEWASKIEWITZ,Zanru, 1006 | PHS | 22.19 | 0 | 781 | |
| 14 | BOTHA,Shaheed, 377 | FIC | 22.30 | 0 | 772 | |
| 15 | COETZEE,Dylan, 775 | MPKSW | 22.48 | 0 | 757 | |
| 16 | CLAYTON,Ruan, 1568 | ZWKB | 22.56 | 0 | 751 | |
| 17 | BOTHA,Shandon, 1475 | WTKU | 22.59 | 0 | 749 | |
| 18 | MENZIES,Keegan, 1007 | PHS | 22.63 | 0 | 746 | |
| 19 | NEL,Joshua, 91 | AHSB | 22.68 | 0 | 742 | |
| 20 | WYLBACHT,Wendell, 217 | GENU | 22.72 | 0 | 739 | |
| 21 | LINDE,Marnus, 1120 | PBHSA | 22.78 | 0 | 734 | |
| 22 | TANDT,Keanu, 1548 | WHC | 22.90 | 0 | 725 | |
| 22 | VAN BILJON,Jeandre, 574 | HUG | 22.90 | 0 | 725 | |
| 24 | KOTZE,Dirk, 536 | HTMU | 22.93 | 0 | 723 | |
| 25 | GROBLER,Nico, 570 | HUG | 22.99 | 0 | 718 | |

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| | | | | | |
|----|---------------------------|-------|-------|---|-----|
| 26 | THERON,Konrad, 1524 | WINA | 23.02 | 0 | 716 |
| 27 | NOTHNAGEL,Tian, 875 | MSCI | 23.15 | 0 | 707 |
| 28 | NKONKI,Mbasa, 1484 | WES | 23.28 | 0 | 697 |
| 29 | KEKANA,Katlego, 732 | MAR | 23.33 | 0 | 694 |
| 30 | BOTES,Hagin, 494 | HJV | 23.39 | 0 | 690 |
| 30 | MOTHA,Mduduzi, 1424 | VOL | 23.39 | 0 | 690 |
| 32 | KYLE,Farnham, 579 | JEP | 23.40 | 0 | 689 |
| 33 | NELL,Marthinus, 1545 | WHC | 23.53 | 0 | 680 |
| 34 | TSEBANE,Mogale, 1282 | STA | 23.64 | 0 | 673 |
| 35 | LUVHA,Mudodzwa, 699 | LTT | 23.86 | 0 | 658 |
| 36 | LOMBARD,Kowie, 940 | NYL | 23.95 | 0 | 652 |
| 37 | SILUMA,Bongamenzi, 663 | KGH | 24.01 | 0 | 648 |
| 38 | PRETORIUS,Francois, 1251 | RHSU | 24.07 | 0 | 644 |
| 39 | AHIBA,JEAN, 1115 | PBHSA | 24.08 | 0 | 644 |
| 40 | HEYWOOD,Jared, 129 | BEN | 24.14 | 0 | 640 |
| 40 | CHINKHUNTHA,Paul, 389 | FWH | 24.14 | 0 | 640 |
| 42 | KHOZA,Keletso, 656 | KGH | 24.16 | 0 | 638 |
| 0 | MEYER,Pc, 674 | LICA | DNS | 0 | 0 |
| 0 | ERASMUS,Duncan, 850 | MSCA | DNS | 0 | 0 |
| 0 | DE VILLIERS,Niel, 897 | MNTB | DNS | 0 | 0 |
| 0 | VAN DER MERWE,Ulrich, 182 | BRW | DNS | 0 | 0 |
| 0 | MKHABELA,Junior, 402 | FM | DNS | 0 | 0 |
| 0 | VENTER,Jaco, 430 | GRFB | DNS | 0 | 0 |
| 0 | LEGODI,Tumisho, 1274 | STA | DNS | 0 | 0 |
| 0 | PAKADE,Asivile, 1301 | SUTA | DNS | 0 | 0 |

Item 230 18:00 FinalResults Girls 14 400m

| | | | | | | |
|----|----------------------------|-------|---------|---|-----|---|
| 1 | SCHEEPERS,Colene, 768 | MPDW | 0:57.75 | 8 | 904 | G |
| 2 | BOOYSEN,Jenna, 1255 | SAN | 0:59.21 | 7 | 867 | S |
| 3 | ENGELBRECHT,Klarissa, 1551 | ZWKA | 1:00.56 | 6 | 833 | B |
| 4 | GRABE,Niazell, 881 | MNTA | 1:00.96 | 5 | 823 | |
| 5 | BREEDT,Luchelle, 586 | KPKA | 1:01.72 | 4 | 806 | |
| 6 | ROSLER,Tania, 1004 | PHS | 1:02.26 | 3 | 794 | |
| 7 | VENTER,Charne, 1468 | WTKB | 1:02.87 | 2 | 782 | |
| 8 | DE BEER,Mia, 184 | BRS | 1:02.94 | 1 | 781 | |
| 9 | MOKKEN,Jayde, 70 | AHMW | 1:03.23 | 0 | 775 | |
| 10 | CLAASSENS,Lize-marie, 1001 | PHS | 1:03.41 | 0 | 771 | |
| 11 | DE JAGER,Gitte, 312 | ELD | 1:04.06 | 0 | 758 | |
| 12 | KOELEMAN,Gabby, 197 | CEN | 1:04.57 | 0 | 748 | |
| 13 | KELLERMAN,Clarissa, 446 | HM | 1:05.21 | 0 | 736 | |
| 14 | COLEMAN,Clare, 383 | FWH | 1:05.68 | 0 | 727 | |
| 15 | GREEF,Sune, 588 | KPKA | 1:06.07 | 0 | 720 | |
| 16 | VAN RENSBURG,Revony, 1242 | RHSU | 1:07.59 | 0 | 693 | |
| 17 | SILVER,Hermy, 1529 | WINB | 1:08.39 | 0 | 680 | |
| 18 | ROY,Erin, 1369 | TUKSU | 1:10.76 | 0 | 641 | |
| 0 | SHOKO,Puseletso, 1308 | SUTB | DNS | 0 | 0 | |

Item 231 18:04 FinalResults Boys 14 400m

| | | | | | | |
|----|------------------------------|-------|---------|---|-----|---|
| 1 | FOUCHE,Vaughn, 606 | KPKB | 0:56.67 | 8 | 675 | G |
| 2 | GEORGE,Malcolm, 1473 | WTKB | 0:57.94 | 7 | 644 | S |
| 3 | SMITH,Ryan, 608 | KPKB | 0:58.01 | 6 | 642 | B |
| 4 | KHUMALO,Zulu, 1249 | RHSU | 1:00.04 | 5 | 596 | |
| 5 | NHLAPO,Sibangkonke, 1111 | PRCI | 1:00.53 | 4 | 585 | |
| 6 | DEYSEL,Juan, 495 | HJV | 1:01.49 | 3 | 565 | |
| 7 | NDHLOVU,Ntsako, 1122 | PBHSA | 1:01.85 | 2 | 557 | |
| 8 | NEMUZHIVADZI,Londolani, 1192 | PBHSA | 1:02.31 | 1 | 548 | |
| 9 | SHEBU,Katlego, 1194 | PBHSA | 1:05.41 | 0 | 490 | |
| 10 | KEET,Hiro, 1177 | PBHSA | 1:19.83 | 0 | 280 | |
| 0 | FOURIE,Ruben, 814 | MENU | DNS | 0 | 0 | |
| 0 | GUERERA,Anashe, 1174 | PBHSA | DNS | 0 | 0 | |

Item 232 18:12 FinalResults Girls 15 400m

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| | | | | | | | |
|----|----------------------------|-------|---------|---|-----|---|--------|
| 1 | MOLEPO,Precious, 1025 | PRCA | 0:55.27 | 8 | 984 | G | TUKS10 |
| 2 | JINGQI,Viwe, 1340 | TSPA | 0:57.02 | 7 | 930 | S | |
| 3 | VAN NIEKERK,Hannah, 460 | HMKA | 0:57.11 | 6 | 927 | B | |
| 4 | LE ROUX,Mia, 1203 | RBG | 0:59.67 | 5 | 858 | | |
| 5 | THOMSEN,Michaela, 1492 | WVL | 0:59.70 | 4 | 857 | | |
| 6 | HOMAN,Talita, 882 | MNTA | 1:00.13 | 3 | 846 | | |
| 7 | NIENABER,Petri, 316 | ELD | 1:00.39 | 2 | 840 | | |
| 8 | MCDONALD,Carli, 69 | AHMW | 1:00.55 | 1 | 836 | | |
| 9 | VAN VUUREN,Micha, 1243 | RHSU | 1:00.86 | 0 | 829 | | |
| 10 | COETZEE,Daniell, 135 | BRG | 1:01.11 | 0 | 823 | | |
| 11 | BOTHA,Charissa, 1549 | ZWKA | 1:01.24 | 0 | 820 | | |
| 12 | VAN DER LINDE,Marlene, 198 | CEN | 1:01.87 | 0 | 806 | | |
| 13 | ACKERMAN,Lize, 371 | FIC | 1:02.10 | 0 | 801 | | |
| 14 | MOOLMAN,Desire, 1517 | WINA | 1:03.71 | 0 | 767 | | |
| 15 | SMIT,Megan, 947 | OMA | 1:03.95 | 0 | 763 | | |
| 16 | VALENTIN,Johanne, 1331 | TRV | 1:04.35 | 0 | 755 | | |
| 17 | MCCABE,Sune, 590 | KPKA | 1:04.39 | 0 | 754 | | |
| 18 | STEYNBERG,Desere, 1593 | ZWKI | 1:04.90 | 0 | 744 | | |
| 19 | GROBLER,Anmari, 1368 | TUKSU | 1:06.07 | 0 | 722 | | |
| 0 | SWART,Hanmari, 672 | LICA | DNS | 0 | 0 | | |
| 0 | SCHEEPERS,Leane, 612 | KPKC | DNS | 0 | 0 | | |

Item 233 18:16 FinalResults Boys 15 400m

| | | | | | | | |
|----|--------------------------|-------|---------|---|-----|---|--|
| 1 | VAN DER LITH,Zander, 596 | KPKA | 0:50.91 | 8 | 831 | G | |
| 2 | THOMAS,Hilton, 854 | MSCA | 0:51.20 | 7 | 821 | S | |
| 3 | GELDENHUYS,Wihan, 527 | HTMB | 0:51.93 | 6 | 796 | B | |
| 4 | PRETORIUS,De Wet, 478 | HMKD | 0:52.27 | 5 | 785 | | |
| 5 | LEGODI,Thaluki, 1050 | PRCBA | 0:52.54 | 4 | 776 | | |
| 6 | MORUMUDI,Kwena, 404 | FM | 0:53.15 | 3 | 757 | | |
| 7 | VAN TONDER,Anton, 1210 | RBG | 0:53.36 | 2 | 751 | | |
| 8 | MARTIN,Dale, 163 | BOL | 0:54.01 | 1 | 732 | | |
| 9 | THERON,Juandre, 1394 | TUKSU | 0:54.82 | 0 | 709 | | |
| 9 | MAMETSA,Ofentse, 239 | CURS | 0:54.82 | 0 | 709 | | |
| 11 | BRAND,Janneman, 1520 | WINA | 0:54.94 | 0 | 706 | | |
| 12 | JANUARIE,Jaden, 1533 | WINB | 0:55.28 | 0 | 696 | | |
| 13 | MOKGAWA,Selaelo, 548 | HTT | 0:55.58 | 0 | 688 | | |
| 14 | PEARSON,Byron, 736 | MAR | 0:58.47 | 0 | 617 | | |
| 15 | BAMPOE,Neo, 973 | OVK | 1:19.68 | 0 | 272 | | |
| 0 | BASI,Sakhile, 1168 | PBHSI | DNS | 0 | 0 | | |

Item 234 18:20 FinalResults Girls 16 400m

| | | | | | | | |
|----|--------------------------------|------|---------|---|-----|---|--|
| 1 | BOOYSEN,Mienke, 4 | AHMB | 0:57.84 | 8 | 878 | G | |
| 2 | NGONGO,Akonyi, 1027 | PRCA | 0:58.84 | 7 | 853 | S | |
| 3 | RIEKERT,Delenay, 767 | MPDW | 0:58.87 | 6 | 853 | B | |
| 4 | V WYK,Carla, 774 | MPDW | 0:59.35 | 5 | 841 | | |
| 5 | BOOYENS,IsonÉ, 1490 | WVL | 0:59.71 | 4 | 832 | | |
| 6 | MATTHYSEN,Nike, 565 | HUG | 1:00.26 | 3 | 818 | | |
| 7 | VILJOEN,Nia, 1228 | RHSB | 1:02.14 | 2 | 777 | | |
| 8 | JANSEN VAN VUUREN,Lelanie, 137 | BRG | 1:02.91 | 1 | 761 | | |
| 9 | BOSMAN,Tayla, 123 | BEN | 1:04.67 | 0 | 727 | | |
| 10 | GREEF,Annika, 598 | KPKB | 1:05.53 | 0 | 712 | | |
| 11 | VAN ZYL,Luandi, 695 | LTT | 1:06.94 | 0 | 687 | | |
| 12 | SHOKO,Rudo, 1295 | SUTA | 1:08.08 | 0 | 668 | | |
| 13 | BANDA,Precious, 1502 | WRG | 1:12.96 | 0 | 594 | | |
| 14 | CHAUKE,Rivoningo, 483 | HOL | 1:13.05 | 0 | 593 | | |
| 0 | VD WALT,Kristie, 336 | ELDU | DNS | 0 | 0 | | |

Item 235 18:24 FinalResults Boys 16 400m

| | | | | | | | |
|---|-----------------------|-------|---------|---|-----|---|--|
| 1 | VLOK,Diwan, 1610 | ZWKI | 0:49.44 | 8 | 868 | G | |
| 2 | NEL,Marx, 82 | AHSA | 0:51.09 | 7 | 807 | S | |
| 3 | VERMAAK,Theodore, 277 | DAN | 0:51.34 | 6 | 799 | B | |
| 4 | OOSTHUIZEN,Ruan, 781 | MPKSW | 0:51.43 | 5 | 796 | | |

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| | | | | | |
|----|--------------------------|-------|---------|---|-----|
| 5 | ALBERTS,Heinrich, 721 | MVJ | 0:52.51 | 4 | 761 |
| 6 | PRAG,Adriano, 166 | BOL | 0:52.79 | 3 | 753 |
| 7 | JACOBS,Heinrich, 476 | HMKD | 0:52.89 | 2 | 750 |
| 8 | POSILE,Mihlali, 1324 | TGH | 0:53.28 | 1 | 738 |
| 9 | SIBEKO,Lungelo, 1325 | TGH | 0:53.53 | 0 | 731 |
| 10 | LEKUNKU,Joshua, 1044 | PRCB | 0:53.61 | 0 | 728 |
| 11 | MCDUGALL,Ethan, 391 | FWH | 0:54.02 | 0 | 716 |
| 12 | PIETERSE,Shareed, 1231 | RHSB | 0:54.65 | 0 | 699 |
| 13 | MAMABOLO,Tia, 547 | HTT | 0:55.28 | 0 | 682 |
| 14 | VAN DER NEST,Hj, 999 | PP | 0:55.29 | 0 | 681 |
| 15 | VAN STADEN,Slayden, 1397 | TUKSU | 0:55.32 | 0 | 681 |
| 16 | RAVINAND,Nivikar, 240 | CURS | 0:55.51 | 0 | 676 |
| 17 | OLIVIER,Neill, 1278 | STA | 0:55.58 | 0 | 674 |
| 18 | ZANDBERG,Derik, 194 | BRS | 0:55.67 | 0 | 672 |
| 19 | CROUS,Gerhard, 812 | MENU | 0:55.81 | 0 | 668 |
| 20 | PATHER,Liam, 1302 | SUTA | 0:57.59 | 0 | 624 |
| 21 | BEKKER,Tyreece, 1507 | WRG | 0:58.71 | 0 | 598 |
| 22 | MASILO,Amogelang, 734 | MAR | 1:00.25 | 0 | 565 |
| 0 | SNYMAN,Erich, 678 | LICA | DNS | 0 | 0 |
| 0 | SMITH,Ian, 782 | MPKSW | DNS | 0 | 0 |
| 0 | VAN HEERDEN,Ruan, 98 | AHSB | DNS | 0 | 0 |

Item 236 18:28 FinalResults Girls 17 400m

| | | | | | | |
|----|--------------------------|------|---------|---|-----|---|
| 1 | THORNBURN,Robinn, 770 | MPDW | 0:55.43 | 8 | 952 | G |
| 2 | VD WESTHUIZEN,Elke, 666 | LAR | 0:57.05 | 7 | 904 | S |
| 3 | ANNANDALE,Anushka, 1489 | WVL | 0:59.28 | 6 | 845 | B |
| 4 | CLAASSENS,Michelle, 1002 | PHS | 1:00.02 | 5 | 828 | |
| 5 | KEYSER,Imkw, 669 | LICA | 1:00.20 | 4 | 823 | |
| 6 | BEETGE,Nachelle, 2 | AHMB | 1:00.54 | 3 | 815 | |
| 7 | VAN DER WALT,Jeanri, 615 | KPKC | 1:01.11 | 2 | 803 | |
| 8 | FICK,Suze, 147 | BVT | 1:01.27 | 1 | 799 | |
| 9 | WILKEN,Mieke, 603 | KPKB | 1:03.35 | 0 | 756 | |
| 10 | PRETORIUS,Eliz-mari, 693 | LTT | 1:04.21 | 0 | 739 | |
| 0 | KRUGER,Izelle, 868 | MSCI | DNS | 0 | 0 | |
| 0 | BOTHA,Cyla, 407 | GRFA | DNS | 0 | 0 | |
| 0 | VOOGT,Eryn, 490 | HOL | DNS | 0 | 0 | |
| 0 | VENTER,Chanelle, 1421 | VOL | DNS | 0 | 0 | |

Item 238 18:32 FinalResults Boys 17 400m

| | | | | | | | |
|----|-----------------------------|-------|---------|---|-----|---|--------|
| 1 | PILLAY,Lythe, 633 | KES | 0:47.10 | 8 | 950 | G | TUKS10 |
| 2 | GELDENHUYS,Wilco, 513 | HTMA | 0:49.26 | 7 | 858 | S | |
| 3 | GEYSER,Emile, 162 | BOL | 0:49.62 | 6 | 844 | B | |
| 4 | MULLER,Cor, 1008 | PHS | 0:49.99 | 5 | 830 | | |
| 5 | STIPP,Reinhardt, 1463 | WTKA | 0:50.15 | 4 | 825 | | |
| 6 | NORTJE,Quiwen, 102 | AHSU | 0:50.45 | 3 | 814 | | |
| 7 | LOOTS,Marcelle, 101 | AHSU | 0:50.81 | 2 | 802 | | |
| 8 | DU PLESSIS,Jan, 355 | EHS | 0:51.23 | 1 | 788 | | |
| 9 | SWANEPOEL,Fanie, 405 | FM | 0:52.44 | 0 | 749 | | |
| 10 | BOOYSEN,Reuben, 1257 | SAN | 0:52.46 | 0 | 748 | | |
| 11 | BORCHERDS,Christiaan, 525 | HTMB | 0:52.53 | 0 | 746 | | |
| 12 | MASEKO,Tebogo, 657 | KGH | 0:52.55 | 0 | 746 | | |
| 13 | VAN DER LINDEN,Franco, 1396 | TUKSU | 0:52.67 | 0 | 742 | | |
| 14 | GORRIE,Tiaan, 1248 | RHSU | 0:52.87 | 0 | 736 | | |
| 15 | VENTER,Henk, 878 | MSCI | 0:53.03 | 0 | 731 | | |
| 16 | GEDULD,Joggie, 545 | HTT | 0:53.41 | 0 | 720 | | |
| 17 | LABUSCHAGNE,Quentin, 286 | DWG | 0:53.48 | 0 | 718 | | |
| 18 | OBERHOLZER,Christiaan, 340 | ELDU | 0:54.62 | 0 | 687 | | |
| 19 | HAVENGA,Wickus, 227 | CURD | 0:54.90 | 0 | 679 | | |
| 20 | NTSHANGASE,Kwanele, 1485 | WES | 0:55.12 | 0 | 673 | | |
| 21 | MUCHANGA.,ISAAC, 1387 | TUKSU | 0:55.32 | 0 | 668 | | |
| 22 | HORACIO,Danny, 130 | BEN | 0:55.96 | 0 | 652 | | |

| | | | | | |
|----|----------------------|-------|---------|---|-----|
| 23 | KNOWLES,Josh, 1273 | STA | 0:59.02 | 0 | 580 |
| 0 | PAXTON,Michael, 1158 | PBHSD | DNS | 0 | 0 |
| 0 | GODWIN,Olivier, 1272 | STA | DNS | 0 | 0 |

Item 239 18:36 FinalResults Girls 19 400m

| | | | | | | |
|----|--------------------------|------|---------|---|-----|---|
| 1 | BROWN,Chinique, 1000 | PHS | 0:56.44 | 8 | 899 | G |
| 2 | SEKGODISO,Prudence, 1344 | TSPA | 0:56.53 | 7 | 897 | S |
| 3 | SWART,Charne, 769 | MPDW | 0:58.13 | 6 | 854 | B |
| 4 | STRYDOM,Angelique, 49 | AHMU | 0:58.73 | 5 | 839 | |
| 5 | JOOSTE,Mishke, 857 | MSCB | 0:59.96 | 4 | 810 | |
| 6 | CLOETE,Nelize, 1236 | RHSU | 1:00.18 | 3 | 805 | |
| 6 | VISSER,Michelle, 424 | GRFB | 1:00.18 | 3 | 805 | |
| 8 | GOUWS,Igne, 522 | HTMB | 1:01.60 | 1 | 774 | |
| 9 | VILJOEN,Jenni, 1244 | RHSU | 1:01.65 | 0 | 773 | |
| 10 | KIET,Sarah, 268 | DAN | 1:01.97 | 0 | 766 | |
| 11 | STEYNBERG,Nadia, 1577 | ZWKC | 1:02.88 | 0 | 748 | |
| 12 | PERELAER,Danika, 1338 | TRVU | 1:03.05 | 0 | 744 | |
| 13 | TALJAARD,Lizaan, 317 | ELD | 1:04.25 | 0 | 721 | |
| 14 | POTGIETER,Karli, 363 | ERS | 1:05.73 | 0 | 694 | |
| 15 | BOOIS,Ethel, 1513 | WINA | 1:06.48 | 0 | 681 | |
| 16 | SEPTEMBER,Clarissa, 1320 | TGH | 1:09.06 | 0 | 639 | |
| 17 | MASHABA,Jeany, 989 | PP | 1:09.51 | 0 | 632 | |
| 18 | NTULI,Ntokozo, 1316 | TGH | 1:12.25 | 0 | 591 | |
| 0 | BLUNDEN,Danae, 1328 | TRV | DNS | 0 | 0 | |
| 0 | VENTER,Jeanette, 808 | MENU | DNS | 0 | 0 | |

Item 240 18:40 FinalResults Boys 19 400m

| | | | | | | | |
|----|---------------------------|-------|---------|---|-----|---|--------|
| 1 | MAHLANGU,Ntando, 81 | AHSA | 0:45.89 | 8 | 975 | G | TUKS10 |
| 2 | NORTJE,Matt, 417 | GRFA | 0:47.20 | 7 | 913 | S | |
| 3 | JUDDS,JACK, 1638 | TUKSU | 0:47.42 | 6 | 903 | B | |
| 4 | ERASMUS,Andre, 79 | AHSA | 0:47.93 | 5 | 881 | | |
| 5 | SWANEPOEL,Rynard, 1209 | RBG | 0:48.96 | 4 | 841 | | |
| 6 | REHLAMFU,MUSA, 1390 | TUKSU | 0:49.49 | 3 | 821 | | |
| 7 | BOTHA,Shaheed, 377 | FIC | 0:49.94 | 2 | 805 | | |
| 8 | PIETERSE,Hurbert, 264 | DEL | 0:51.26 | 1 | 761 | | |
| 9 | STOPFORTH,Michael, 1393 | TUKSU | 0:51.28 | 0 | 760 | | |
| 10 | OOSTHUIZEN,Jp, 1448 | WAG | 0:51.45 | 0 | 755 | | |
| 11 | KOTZE,Dirk, 536 | HTMU | 0:51.75 | 0 | 746 | | |
| 12 | NIEMANN,Dewald, 441 | GDV | 0:51.91 | 0 | 741 | | |
| 13 | VAN DER MERWE,Ulrich, 182 | BRW | 0:52.37 | 0 | 727 | | |
| 14 | LOMBARD,Kowie, 940 | NYL | 0:52.44 | 0 | 725 | | |
| 15 | GROBBELAAR,Christo, 260 | DEL | 0:52.63 | 0 | 719 | | |
| 16 | WIUSSELKERKE,Marcus, 1584 | ZWKC | 0:52.88 | 0 | 712 | | |
| 17 | KYLE,Farnham, 579 | JEP | 0:52.94 | 0 | 710 | | |
| 18 | MAKWENA,Mariba, 546 | HTT | 0:52.98 | 0 | 709 | | |
| 19 | GAULD,Nathan, 1139 | PBHSC | 0:53.25 | 0 | 702 | | |
| 20 | SCHOEMAN,Kyle, 1253 | RHSU | 0:53.74 | 0 | 688 | | |
| 21 | KHOZA,Amos, 1043 | PRCB | 0:53.78 | 0 | 687 | | |
| 22 | DAVIS,Franco, 365 | ERS | 0:54.00 | 0 | 681 | | |
| 23 | CHINKHUNTHA,Paul, 389 | FWH | 0:54.59 | 0 | 665 | | |
| 24 | SILUMA,Bongameni, 663 | KGH | 0:55.55 | 0 | 641 | | |
| 25 | TLOUBATLA,Tshepo, 738 | MAR | 0:56.48 | 0 | 618 | | |
| 26 | KALIL,Ronan, 730 | MAR | 0:56.95 | 0 | 607 | | |
| 27 | KHANYI,Bungumusa, 252 | DNF | 1:05.10 | 0 | 445 | | |
| 0 | TWALA,Pheonix, 1125 | PBHSA | DNR | 0 | 0 | | |
| 0 | KOORTS,Erik, 650 | KHSB | DNS | 0 | 0 | | |
| 0 | DE VILLIERS,Niel, 897 | MNTB | DNS | 0 | 0 | | |
| 0 | DAVIES,Dylan, 593 | KPKA | DNS | 0 | 0 | | |

Item 241 18:44 FinalResults Girls 14 800m

| | | | | | | |
|---|----------------------------|------|---------|---|-----|---|
| 1 | JACOBS,Izandri, 883 | MNTA | 2:15.86 | 8 | 927 | G |
| 2 | ENGELBRECHT,Klarissa, 1551 | ZWKA | 2:17.22 | 7 | 909 | S |

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| | | | | | | |
|----|----------------------------|-------|---------|---|-----|---|
| 3 | OLIVIER,Lika, 509 | HTMA | 2:18.76 | 6 | 891 | B |
| 4 | V STADEN,Amy, 773 | MPDW | 2:19.25 | 5 | 885 | |
| 5 | BOOYSEN,Jenna, 1255 | SAN | 2:23.89 | 4 | 833 | |
| 6 | DE MEYER,Camryn, 173 | BRW | 2:24.54 | 3 | 826 | |
| 7 | COCKERAN,HELEEN, 1639 | TUKSU | 2:26.30 | 2 | 809 | |
| 7 | GRABE,Niazell, 881 | MNTA | 2:26.30 | 2 | 809 | |
| 9 | DE JAGER,Gitte, 312 | ELD | 2:27.30 | 0 | 799 | |
| 10 | VENTER,JOANE, 60 | AHMU | 2:28.70 | 0 | 786 | |
| 11 | THELEJANE,Nthlohleng, 1080 | PRCG | 2:29.92 | 0 | 774 | |
| 12 | VERSCHOOR,Stefanie, 75 | AHMW | 2:30.90 | 0 | 765 | |
| 13 | DE WET,Janneke, 1237 | RHSU | 2:32.35 | 0 | 752 | |
| 14 | MAWELA,Keneilwe, 936 | NYL | 2:34.56 | 0 | 734 | |
| 15 | BOOYSEN,Heidi, 1256 | SAN | 2:35.06 | 0 | 730 | |
| 16 | O'DONOGHUE,Casey, 176 | BRW | 2:35.85 | 0 | 723 | |
| 17 | RAMPOU,Reagile, 1093 | PRCI | 2:36.27 | 0 | 720 | |
| 18 | MONDUNGWA,Lebogang, 1038 | PRCB | 2:36.46 | 0 | 718 | |
| 19 | PHETLA,Lebohang, 1294 | SUTA | 2:37.51 | 0 | 710 | |
| 20 | MYBURG,Michelle, 256 | DEL | 2:48.46 | 0 | 630 | |
| 0 | NEL,Amelia, 331 | ELDU | DNS | 0 | 0 | |
| 0 | WYLIE,Nicole, 337 | ELDU | DNS | 0 | 0 | |
| 0 | KOELEMAN,Gabby, 197 | CEN | DNS | 0 | 0 | |

Item 244 18:48 FinalResults Boys 14 800m

| | | | | | | |
|----|---------------------------|-------|---------|---|-----|---|
| 1 | NGENYA,Khayelihle, 630 | KES | 2:08.24 | 8 | 640 | G |
| 2 | BRONKHORST,Luandre, 1579 | ZWKC | 2:09.31 | 7 | 621 | S |
| 3 | BRONKHORST,Hanlu, 1580 | ZWKC | 2:09.74 | 6 | 614 | B |
| 4 | LESEGO,Thapane, 1103 | PRCI | 2:11.47 | 5 | 585 | |
| 5 | FOUCHE,Vaughn, 606 | KPKB | 2:11.59 | 4 | 583 | |
| 6 | VIMBA,Andile, 1254 | RHSU | 2:12.49 | 3 | 568 | |
| 7 | NEL,Reynard, 819 | MENU | 2:13.79 | 2 | 548 | |
| 8 | GOUWS,Henning, 815 | MENU | 2:14.54 | 1 | 536 | |
| 9 | MUSHI,Kamogelo, 356 | EHS | 2:15.53 | 0 | 522 | |
| 10 | VAN DRIEL,Eduard, 1126 | PBHSA | 2:17.94 | 0 | 487 | |
| 11 | VAN DER LEEK,Xavier, 877 | MSCI | 2:18.07 | 0 | 485 | |
| 12 | VAN WYK,Stefan, 1398 | TUKSU | 2:18.23 | 0 | 483 | |
| 13 | VAN DER MERWE,Ceanue, 537 | HTMU | 2:18.75 | 0 | 476 | |
| 14 | STASSEN,ANTON, 1641 | CENU | 2:19.52 | 0 | 465 | |
| 15 | HUGO,JERON, 1128 | PBHSA | 2:22.40 | 0 | 427 | |
| 16 | KHUNOU,Ronald, 817 | MENU | 2:24.69 | 0 | 398 | |
| 17 | PICKETT,Gregory, 659 | KGH | 2:29.14 | 0 | 346 | |
| 18 | DOS SANTOS,Emileo, 1333 | TRV | 2:38.90 | 0 | 244 | |
| 19 | SEKATANA,Kgalalelo, 1280 | STA | 2:40.83 | 0 | 226 | |
| 20 | MATSHITISO,Kabelo, 1108 | PRCI | 2:40.97 | 0 | 224 | |
| 0 | MALAN,Stefan, 338 | ELDU | DNS | 0 | 0 | |
| 0 | LANGA,Reagile, 1179 | PBHSA | DNS | 0 | 0 | |

Item 245 18:52 FinalResults Girls 15 800m

| | | | | | | |
|----|-------------------------|-------|---------|---|-----|---|
| 1 | BOTHA,Charissa, 1549 | ZWKA | 2:15.23 | 8 | 918 | G |
| 2 | NDALA,Tinyiko, 1026 | PRCA | 2:15.79 | 7 | 911 | S |
| 3 | HOMAN,Talita, 882 | MNTA | 2:16.54 | 6 | 902 | B |
| 4 | RADEBE,Paballo, 1078 | PRCG | 2:17.44 | 5 | 891 | |
| 5 | SWART,Hanmari, 672 | LICA | 2:18.91 | 4 | 873 | |
| 6 | SEDIMO,Segomotsi, 1432 | VOR | 2:19.38 | 3 | 868 | |
| 7 | MCCABE,Sune, 590 | KPKA | 2:19.44 | 2 | 867 | |
| 8 | VALENTIN,Johanne, 1331 | TRV | 2:22.59 | 1 | 832 | |
| 9 | BLUNDEN,Tenike, 1326 | TRV | 2:22.98 | 0 | 828 | |
| 10 | SCHOLTZ,Lara, 757 | MPKDB | 2:23.25 | 0 | 826 | |
| 11 | NIENABER,Petri, 316 | ELD | 2:24.42 | 0 | 814 | |
| 12 | ROSSOUW,Chenique, 1330 | TRV | 2:24.80 | 0 | 810 | |
| 13 | VAN NIEKERK,MELISSA, 74 | AHMW | 2:25.94 | 0 | 798 | |
| 14 | MCDONALD,Carli, 69 | AHMW | 2:27.73 | 0 | 781 | |

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| | | | | | |
|----|----------------------------|------|---------|---|-----|
| 15 | KRUGEL,J-dene, 1239 | RHSU | 2:28.83 | 0 | 771 |
| 16 | VAN DER LINDE,Marlene, 198 | CEN | 2:31.54 | 0 | 747 |
| 17 | V NIEKERK,Natasha, 807 | MENU | 2:33.98 | 0 | 726 |
| 18 | VAN DER VEEN,Mia, 1296 | SUTA | 2:34.15 | 0 | 725 |
| 19 | ACKERMAN,Lize, 371 | FIC | 2:36.15 | 0 | 709 |
| 20 | SEDIBENG,Nompumelelo, 1095 | PRCI | 2:37.59 | 0 | 697 |
| 21 | STEYNBERG,Desere, 1593 | ZWKI | 2:39.61 | 0 | 682 |
| 0 | DE JONGH,Georgia, 326 | ELDU | DNS | 0 | 0 |
| 0 | MAKGATHA,Naledi, 1428 | VOR | DNS | 0 | 0 |
| 0 | VAN VUUREN,Micha, 1243 | RHSU | DNS | 0 | 0 |
| 0 | MOLOTO,Koketso, 1353 | TSPB | DNS | 0 | 0 |
| 0 | RIEMANN,Jeanne, 489 | HOL | DNS | 0 | 0 |
| 0 | MATSHABA,Phemelo, 1352 | TSPB | DNS | 0 | 0 |

Item 246 18:56 Final Boys 15 800m

| | | | | | | |
|----|----------------------------|-------|---------|---|-----|---|
| 1 | MOREPE,Johannes, 1435 | VOR | 1:55.59 | 8 | 896 | G |
| 2 | MOTLHABEDI,Karabelo, 1347 | TSPA | 1:56.22 | 7 | 878 | S |
| 3 | NDALA,JOSEPH, 1032 | PRCA | 1:59.38 | 6 | 796 | B |
| 4 | MARAI,Alwyn, 1462 | WTKA | 1:59.69 | 5 | 788 | |
| 5 | BURNETT,Matthew, 951 | OMA | 2:00.90 | 4 | 760 | |
| 6 | PIETERS,Andre, 1559 | ZWKA | 2:04.16 | 3 | 691 | |
| 7 | SMIT,Migael, 94 | AHSB | 2:05.26 | 2 | 670 | |
| 8 | DU PLESSIS,Ivan, 909 | MNTU | 2:06.47 | 1 | 647 | |
| 9 | GELDENHUY, Wihan, 527 | HTMB | 2:08.38 | 0 | 613 | |
| 10 | VAN DER MERWE,Keegan, 1607 | ZWKI | 2:10.29 | 0 | 581 | |
| 11 | LEGODI,Thaluki, 1050 | PRCBA | 2:12.13 | 0 | 551 | |
| 12 | NEL,Divan, 1603 | ZWKI | 2:15.07 | 0 | 506 | |
| 13 | THWANE,Tshepiso, 1313 | SUTB | 2:28.64 | 0 | 333 | |
| 14 | JOHNSON,Luke, 1142 | PBHSC | 2:28.75 | 0 | 332 | |
| 15 | FEINSTEIN,Dillon, 729 | MAR | 2:33.87 | 0 | 277 | |

Item 247 19:00 Final Girls 16 800m

| | | | | | | |
|----|--------------------------------|-------|---------|---|-----|---|
| 1 | BIESEMAN,Emma, 3 | AHMB | 2:18.04 | 8 | 874 | G |
| 2 | MAVUSO,Mathapelo, 1072 | PRCG | 2:20.34 | 7 | 848 | S |
| 3 | NGWENYA,Mahlatsi, 1342 | TSPA | 2:22.56 | 6 | 824 | B |
| 4 | TSHABALALA,Amogelang, 1356 | TSPB | 2:24.62 | 5 | 803 | |
| 5 | JOUBERT,Annika, 1588 | ZWKI | 2:25.84 | 4 | 791 | |
| 6 | BESTER,Caitlin, 266 | DAN | 2:26.60 | 3 | 784 | |
| 7 | DE BEER,Vera, 957 | OMB | 2:27.24 | 2 | 778 | |
| 8 | SMIT,Michelle, 72 | AHMW | 2:27.74 | 1 | 773 | |
| 9 | BLUNDEN,Ciara, 1327 | TRV | 2:28.17 | 0 | 769 | |
| 10 | JEZILE,Zimasa, 1339 | TSPA | 2:34.34 | 0 | 716 | |
| 11 | OLIVIER,Joret, 682 | LICB | 2:34.92 | 0 | 711 | |
| 12 | JANSEN VAN VUUREN,Lelanie, 137 | BRG | 2:39.14 | 0 | 678 | |
| 13 | FORD,Jessica, 1303 | SUTB | 2:42.37 | 0 | 654 | |
| 0 | BOOYENS,IsonÉ, 1490 | WVL | DNS | 0 | 0 | |
| 0 | SMIT,Michelle, 47 | AHMU | DNS | 0 | 0 | |
| 0 | MIENIE,Elme, 329 | ELDU | DNS | 0 | 0 | |
| 0 | COCKERAN,ISABELLA, 1640 | TUKSU | DNS | 0 | 0 | |
| 0 | GREYLING,Walecska, 982 | OVR | DNS | 0 | 0 | |
| 0 | V WYK,Carla, 774 | MPDW | DNS | 0 | 0 | |
| 0 | SHOKO,Rudo, 1295 | SUTA | DNS | 0 | 0 | |

Item 249 19:04 Final Boys 16 800m

| | | | | | | |
|---|------------------------|-------|---------|---|-----|---|
| 1 | REES,Garrick, 1389 | TUKSU | 1:54.62 | 8 | 888 | G |
| 2 | J V VUUREN,Johan, 745 | MENA | 1:56.07 | 7 | 847 | S |
| 3 | SNYMAN,Erich, 678 | LICA | 2:00.83 | 6 | 733 | B |
| 4 | RASILE,Tshepo, 1067 | PRBB | 2:01.58 | 5 | 717 | |
| 5 | POSILE,Mihlali, 1324 | TGH | 2:03.20 | 4 | 684 | |
| 6 | DICK,Claudeo, 1569 | ZWKB | 2:03.55 | 3 | 677 | |
| 7 | PIETERSE,Shareed, 1231 | RHSB | 2:03.58 | 2 | 676 | |
| 8 | RYBNIKAR,Ronin, 206 | CEN | 2:04.30 | 1 | 662 | |

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| | | | | | |
|----|-----------------------|------|---------|---|-----|
| 9 | WILKINSON,Johnny, 902 | MNTB | 2:06.02 | 0 | 630 |
| 10 | SMIT,Gustaf, 143 | BRG | 2:07.64 | 0 | 602 |
| 11 | DAVID,Williams, 575 | JEP | 2:13.82 | 0 | 503 |

Item 250 19:08 Final Girls 17 800m

| | | | | | | |
|----|------------------------------|------|---------|---|-----|---|
| 1 | BOTHA,Cyla, 407 | GRFA | 2:12.81 | 8 | 933 | G |
| 2 | ANNANDALE,Anushka, 1489 | WVL | 2:13.05 | 7 | 930 | S |
| 3 | CRONJE,Marianke, 1452 | WTKA | 2:17.19 | 6 | 878 | B |
| 4 | POTGIETER,Nadia, 411 | GRFA | 2:17.68 | 5 | 872 | |
| 5 | BOTHA,Shannon, 1199 | RBG | 2:17.93 | 4 | 869 | |
| 6 | FICK,Suze, 147 | BVT | 2:18.97 | 3 | 857 | |
| 7 | CRONJE,Juanike, 1453 | WTKA | 2:19.96 | 2 | 846 | |
| 8 | VAN DER PLAATS,Terizia, 1493 | WVL | 2:21.82 | 1 | 826 | |
| 9 | KRUGER,Izelle, 868 | MSCI | 2:22.84 | 0 | 815 | |
| 10 | THWALA,Nandipha, 1040 | PRCB | 2:24.40 | 0 | 800 | |
| 11 | SWART,Suzanne, 51 | AHMU | 2:25.23 | 0 | 792 | |
| 12 | VILJOEN,Danell, 211 | CENU | 2:29.60 | 0 | 751 | |
| 13 | GEYSER,Rene, 65 | AHMW | 2:30.10 | 0 | 747 | |
| 13 | LABUSCHAGNE,Jeanni, 797 | MENU | 2:30.10 | 0 | 747 | |
| 15 | OBERHOLZER,Chante, 566 | HUG | 2:34.04 | 0 | 713 | |
| 0 | CRAFFORD,Line, 324 | ELDU | DNS | 0 | 0 | |
| 0 | LIGTHELM,Alexis, 1589 | ZWKI | DNS | 0 | 0 | |

Item 251 19:12 FinalResults Boys 17 800m

| | | | | | | |
|----|-----------------------------|-------|---------|---|-----|---|
| 1 | FARMER,Jaycobus, 1357 | TSPB | 1:57.37 | 8 | 783 | G |
| 2 | DE BRUIN,Juandre, 916 | MON | 1:57.89 | 7 | 771 | S |
| 3 | HUNTER,Keagan, 320 | ELD | 1:57.96 | 6 | 769 | B |
| 4 | DU TOIT,GIDEON, 1476 | WTKU | 1:58.37 | 5 | 759 | |
| 5 | BORCHERDS,Christiaan, 525 | HTMB | 1:59.73 | 4 | 729 | |
| 6 | BOOYSEN,Reuben, 1257 | SAN | 1:59.85 | 3 | 726 | |
| 7 | OBERHOLZER,Christiaan, 340 | ELDU | 2:00.24 | 2 | 718 | |
| 8 | PELSER,Jandrè, 528 | HTMB | 2:00.59 | 1 | 711 | |
| 9 | NTOLOANE,Fusi, 1437 | VOR | 2:00.63 | 0 | 710 | |
| 10 | DU TOIT,Wouter, 1599 | ZWKI | 2:01.42 | 0 | 693 | |
| 11 | GORRIE,Tiaan, 1248 | RHSU | 2:01.61 | 0 | 690 | |
| 12 | TRUTER,Christiaan, 322 | ELD | 2:01.72 | 0 | 687 | |
| 13 | MODISELLE,Tshegofatso, 1299 | SUTA | 2:02.34 | 0 | 675 | |
| 14 | MUNNIK,Andy, 853 | MSCA | 2:03.21 | 0 | 658 | |
| 15 | VAN STADEN,Gary, 393 | FWH | 2:03.74 | 0 | 648 | |
| 16 | MKHWANAZI,Sicelo, 1064 | PRBB | 2:05.04 | 0 | 624 | |
| 17 | HUART,Micheal, 500 | HJV | 2:05.35 | 0 | 618 | |
| 18 | BOTHA,Heinrich, 964 | OMB | 2:06.30 | 0 | 602 | |
| 19 | VUMA,Tom, 1314 | SUTB | 2:06.40 | 0 | 600 | |
| 20 | NEL,Wandre, 1604 | ZWKI | 2:06.48 | 0 | 598 | |
| 21 | PUTTER,Ulrich, 205 | CEN | 2:07.65 | 0 | 578 | |
| 22 | STEYN,Keegan, 623 | KPKC | 2:07.92 | 0 | 574 | |
| 23 | V DYK,Christiaan, 830 | MENU | 2:09.16 | 0 | 554 | |
| 24 | PRETORIUS,Willem, 998 | PP | 2:18.58 | 0 | 417 | |
| 25 | MAJAKE,Lesedi, 733 | MAR | 2:21.04 | 0 | 386 | |
| 26 | KGARIMETSA,Nathi, 1178 | PBHSI | 2:23.10 | 0 | 361 | |
| 27 | MAGWEVANE,Qhawe, 1144 | PBHSC | 2:23.24 | 0 | 359 | |
| 28 | LEPOTA,Kefentse, 1143 | PBHSC | 2:24.20 | 0 | 348 | |
| 29 | BAJOMO,Jonathan, 1270 | STA | 2:27.51 | 0 | 310 | |
| 0 | MASHABELA,Kamogelo, 1268 | SDC | DNS | 0 | 0 | |
| 0 | GEDULD,Joggie, 545 | HTT | DNS | 0 | 0 | |
| 0 | BESTER,Lourens, 1229 | RHSB | DNS | 0 | 0 | |
| 0 | PAXTON,Michael, 1158 | PBHSD | DNS | 0 | 0 | |
| 0 | ANDREW,Byron, 1165 | PBHSI | DNS | 0 | 0 | |

Item 252 19:16 FinalResults Girls 19 800m

| | | | | | | |
|---|----------------------|-------|---------|---|-----|---|
| 1 | PRINSLOO,Carmie, 884 | MNTA | 2:08.74 | 8 | 986 | G |
| 2 | BLAKE,Lee-anne, 1644 | TUKSU | 2:10.71 | 7 | 958 | S |

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| | | | | | | |
|----|----------------------------|------|---------|---|-----|---|
| 3 | COETZEE,GenÃ©, 467 | HMKD | 2:12.39 | 6 | 934 | B |
| 4 | DU PLESSIS,Chanel, 880 | MNTA | 2:15.04 | 5 | 900 | |
| 5 | WIJTENBURG,Sandra, 927 | NHW | 2:15.08 | 4 | 899 | |
| 6 | SWART,Charne, 769 | MPDW | 2:16.50 | 3 | 882 | |
| 7 | DIXON,Chante, 587 | KPKA | 2:16.90 | 2 | 877 | |
| 8 | BELL,Kirsti, 739 | MENA | 2:19.15 | 1 | 851 | |
| 9 | TALJAARD,Lizaan, 317 | ELD | 2:20.91 | 0 | 832 | |
| 10 | VISSER,Michelle, 424 | GRFB | 2:21.26 | 0 | 828 | |
| 11 | CONRADIE,Elne, 789 | MENU | 2:21.52 | 0 | 826 | |
| 12 | KIET,Sarah, 268 | DAN | 2:22.20 | 0 | 819 | |
| 13 | STEYNBERG,Nadia, 1577 | ZWKC | 2:23.59 | 0 | 804 | |
| 14 | BREYTENBACH,BURNEDETTE, 16 | AHMU | 2:28.21 | 0 | 760 | |
| 15 | PERELAER,Danika, 1338 | TRVU | 2:30.91 | 0 | 737 | |
| 16 | DU PLOOY,Elizma, 532 | HTMU | 2:41.70 | 0 | 652 | |
| 0 | HUGO,Mia, 67 | AHMW | DNS | 0 | 0 | |
| 0 | POONSAMY,Kaylan, 332 | ELDU | DNS | 0 | 0 | |

Item 253 19:20 FinalResults Boys 19 800m

| | | | | | | | |
|----|---------------------------|-------|---------|---|------|---|--------|
| 1 | MAHLANGU,Ntando, 81 | AHSA | 1:46.09 | 8 | 1060 | G | TUKS10 |
| 2 | NWAGU,Tshegofatso, 1349 | TSPA | 1:52.18 | 7 | 856 | S | |
| 3 | DU PLESSIS,Edmund, 78 | AHSA | 1:52.56 | 6 | 845 | B | |
| 4 | BLIGNAUT,Juwan, 1458 | WTKA | 1:53.42 | 5 | 822 | | |
| 5 | LOUBSER,Migael, 889 | MNTA | 1:54.89 | 4 | 784 | | |
| 6 | HOPEWELL,Nkosi, 576 | JEP | 1:56.35 | 3 | 750 | | |
| 7 | MOLOKOMME,Tetello, 1030 | PRCA | 1:57.26 | 2 | 729 | | |
| 8 | MOKGOTHU,Siyabonga, 1362 | TSPB | 1:58.56 | 1 | 701 | | |
| 9 | PRETORUIS,Armin, 204 | CEN | 1:59.60 | 0 | 679 | | |
| 10 | LEWIS,Eckhardt, 572 | HUG | 1:59.84 | 0 | 675 | | |
| 11 | LEKGORO,Rebaone, 1309 | SUTB | 2:01.20 | 0 | 648 | | |
| 12 | KOORTS,Erik, 650 | KHSB | 2:01.88 | 0 | 635 | | |
| 13 | VAN DER SPUY,Jm, 1426 | VOL | 2:03.02 | 0 | 614 | | |
| 14 | KHOZA,Amos, 1043 | PRCB | 2:04.14 | 0 | 594 | | |
| 15 | MULLER,Almero, 214 | CENU | 2:04.49 | 0 | 587 | | |
| 16 | LOTTERING,Tyreece, 287 | DWG | 2:04.73 | 0 | 583 | | |
| 17 | GROBBELAAR,Christo, 260 | DEL | 2:05.41 | 0 | 572 | | |
| 18 | SCHOEMAN,Kyle, 1253 | RHSU | 2:05.76 | 0 | 566 | | |
| 19 | VAN DER WALT,Franco, 1608 | ZWKI | 2:06.76 | 0 | 549 | | |
| 20 | MARAIS,Weidrich, 1602 | ZWKI | 2:07.80 | 0 | 532 | | |
| 21 | DU PLESSIS,Tjaart, 939 | NYL | 2:08.64 | 0 | 519 | | |
| 22 | TLOUBATLA,Tshepo, 738 | MAR | 2:10.04 | 0 | 498 | | |
| 23 | BELL,Jansen, 524 | HTMB | 2:10.36 | 0 | 493 | | |
| 24 | REDDY,Shreyen, 737 | MAR | 2:16.95 | 0 | 401 | | |
| 25 | MINNIE,Ryan, 1481 | WES | 2:17.31 | 0 | 397 | | |
| 26 | ERASMUS,Riekert, 1378 | TUKSU | 2:20.62 | 0 | 355 | | |
| 0 | MAKWENA,Mariba, 546 | HTT | DNS | 0 | 0 | | |
| 0 | KHANYI,Bungumusa, 252 | DNF | DNS | 0 | 0 | | |
| 0 | GAIT-SMITH,Micheal, 249 | DNF | DNS | 0 | 0 | | |
| 0 | RAUTENBACH,Aldo, 167 | BOL | DNS | 0 | 0 | | |
| 0 | CHOBAN,Abednico, 1345 | TSPA | DNS | 0 | 0 | | |

Item 78 12:27 Final Girls 14 1500m

| | | | | | | |
|----|--------------------------|-------|----------|---|-----|---|
| 1 | SMITH,Liane, 742 | MENA | 04:47.80 | 8 | 863 | G |
| 2 | V STADEN,Amy, 773 | MPDW | 04:49.03 | 7 | 856 | S |
| 3 | OLIVIER,Lika, 509 | HTMA | 04:51.58 | 6 | 843 | B |
| 4 | COCKERAN,HELEEN, 1639 | TUKSU | 04:57.10 | 5 | 815 | |
| 5 | MONDUNGWA,Lebogang, 1038 | PRCB | 04:59.28 | 4 | 804 | |
| 6 | VERSCHOOR,Stefanie, 75 | AHMW | 04:59.58 | 3 | 803 | |
| 7 | SCHOEMAN,Wiepke, 1552 | ZWKA | 05:01.43 | 2 | 794 | |
| 8 | DE MEYER,Camryn, 173 | BRW | 05:02.89 | 1 | 787 | |
| 9 | STRYDOM,Lika, 472 | HMKD | 05:04.42 | 0 | 780 | |
| 10 | MOTLOHI,Refiloe, 1075 | PRCG | 05:05.73 | 0 | 774 | |

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| | | | | | |
|----|-----------------------------|-------|----------|---|-----|
| 11 | THELEJANE,Nthlohleng, 1080 | PRCG | 05:12.68 | 0 | 744 |
| 12 | JORDAAN,Mart - Mari, 755 | MPKDB | 05:13.08 | 0 | 742 |
| 13 | VON WESTERHAGEN,Zabine, 861 | MSCB | 05:13.60 | 0 | 740 |
| 14 | O'DONOGHUE,Casey, 176 | BRW | 05:20.19 | 0 | 714 |
| 15 | VENTER,JOANE, 60 | AHMU | 05:20.52 | 0 | 712 |
| 16 | DE WET,Janneke, 1237 | RHSU | 05:23.33 | 0 | 702 |
| 17 | MAWELA,Keneilwe, 936 | NYL | 05:24.72 | 0 | 696 |
| 18 | HAVENGA,Abbigail, 136 | BRG | 05:35.31 | 0 | 658 |
| 19 | DU PREEZ,Nakita, 384 | FWH | 06:11.02 | 0 | 548 |
| 0 | GELDENHUYS,Maryke, 196 | CEN | DNS | 0 | 0 |
| 0 | MULLER,Megan, 330 | ELDU | DNS | 0 | 0 |
| 0 | DAYSON,Nicole, 325 | ELDU | DNS | 0 | 0 |
| 0 | PHETLA,Lebohang, 1294 | SUTA | DNS | 0 | 0 |

Item 77 12:20 Final Boys 14 1500m

| | | | | | | |
|----|--------------------------|-------|----------|---|-----|---|
| 1 | NGENYA,Khayelihle, 630 | KES | 04:25.20 | 8 | 802 | G |
| 2 | BRONKHORST,Hanlu, 1580 | ZWKC | 04:32.00 | 7 | 760 | S |
| 3 | MUSHI,Kamogelo, 356 | EHS | 04:32.95 | 6 | 755 | B |
| 4 | GOUWS,Henning, 815 | MENU | 04:35.64 | 5 | 739 | |
| 5 | LESEGO,Thapane, 1103 | PRCI | 04:36.80 | 4 | 733 | |
| 6 | BREYTENBACH,Juan, 863 | MSCB | 04:37.48 | 3 | 729 | |
| 7 | VAN WYK,Stefan, 1398 | TUKSU | 04:38.67 | 2 | 723 | |
| 8 | VAN DER LEEK,Xavier, 877 | MSCI | 04:39.33 | 1 | 719 | |
| 9 | VIMBA,Andile, 1254 | RHSU | 04:41.81 | 0 | 706 | |
| 10 | VAN DRIEL,Eduard, 1126 | PBHSA | 04:42.16 | 0 | 704 | |
| 11 | BRONKHORST,Luandre, 1579 | ZWKC | 04:42.75 | 0 | 701 | |
| 12 | NEL,Reynard, 819 | MENU | 05:12.43 | 0 | 568 | |
| 13 | PICKETT,Gregory, 659 | KGH | 05:38.58 | 0 | 474 | |
| 14 | MATSHITISO,Kabelo, 1108 | PRCI | 06:07.11 | 0 | 388 | |
| 15 | DOS SANTOS,Emileo, 1333 | TRV | 06:10.13 | 0 | 379 | |
| 16 | SEKATANA,Kgalalelo, 1280 | STA | 06:11.12 | 0 | 376 | |
| 0 | MEADS,Dihan, 339 | ELDU | DNS | 0 | 0 | |
| 0 | MOKOENA,Tebogo, 1189 | PBHSA | DNS | 0 | 0 | |

Item 76 12:13 Final Girls 15 1500m

| | | | | | | |
|----|----------------------------|-------|----------|---|-----|---|
| 1 | SEDIMO,Segomotsi, 1432 | VOR | 04:38.25 | 8 | 893 | G |
| 2 | RADEBE,Paballo, 1078 | PRCG | 04:46.74 | 7 | 845 | S |
| 3 | SCHOLTZ,Lara, 757 | MPKDB | 04:47.57 | 6 | 840 | B |
| 4 | MATSHABA,Phemelo, 1352 | TSPB | 04:50.19 | 5 | 827 | |
| 5 | MASHISHI,Khunedí, 1429 | VOR | 04:52.44 | 4 | 815 | |
| 6 | PIENAAR,Chloe, 766 | MPDW | 05:01.91 | 3 | 770 | |
| 7 | MOLOTO,Koketso, 1353 | TSPB | 05:06.29 | 2 | 751 | |
| 8 | BREYTENBACH,Zanike, 15 | AHMU | 05:06.98 | 1 | 748 | |
| 9 | V NIEKERK,Chantal, 772 | MPDW | 05:12.39 | 0 | 725 | |
| 10 | BRITS,Micyla, 507 | HTMA | 05:18.76 | 0 | 700 | |
| 11 | KRUGEL,J-dene, 1239 | RHSU | 05:24.49 | 0 | 678 | |
| 12 | VAN DER VEEN,Mia, 1296 | SUTA | 05:32.12 | 0 | 651 | |
| 13 | RIEMANN,Jeanne, 489 | HOL | 05:53.83 | 0 | 581 | |
| 14 | MONICA,Atu-okoye, 292 | DJJ | 05:57.47 | 0 | 570 | |
| 0 | J V RENSBURG,Janika, 328 | ELDU | DNS | 0 | 0 | |
| 0 | SEDIBENG,Nompumelelo, 1095 | PRCI | DNS | 0 | 0 | |
| 0 | ZWAHLEN,Danika, 152 | BVT | DNS | 0 | 0 | |

Item 75 12:06 Final Boys 15 1500m

| | | | | | | | |
|---|----------------------------|------|----------|---|-----|---|--------|
| 1 | MOREPE,Johannes, 1435 | VOR | 03:58.99 | 8 | 984 | G | TUKS10 |
| 2 | MOTLHABEDI,Karabelo, 1347 | TSPA | 04:08.22 | 7 | 903 | S | |
| 3 | MARAIS,Alwyn, 1462 | WTKA | 04:13.86 | 6 | 860 | B | |
| 4 | NDALA,JOSEPH, 1032 | PRCA | 04:13.88 | 5 | 859 | | |
| 5 | VAN DEVENTER,Dihan, 597 | KPKA | 04:22.13 | 4 | 803 | | |
| 6 | PIETERS,Andre, 1559 | ZWKA | 04:25.20 | 3 | 783 | | |
| 7 | VAN DER MERWE,Keegan, 1607 | ZWKI | 04:27.39 | 2 | 770 | | |
| 8 | DU PLESSIS,Ivan, 909 | MNTU | 04:28.35 | 1 | 764 | | |

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| | | | | | |
|----|--------------------------|-------|----------|---|-----|
| 9 | DE WIT,Eben, 871 | MSCI | 04:37.02 | 0 | 715 |
| 10 | DELPORT,Johan, 1555 | ZWKA | 04:37.66 | 0 | 712 |
| 11 | CLOETE,Alisandro, 1376 | TUKSU | 04:40.61 | 0 | 696 |
| 12 | SMIT,Migael, 94 | AHSB | 04:41.04 | 0 | 694 |
| 13 | MAKOLOMAKWA,Sifiso, 1062 | PRBB | 04:41.93 | 0 | 690 |
| 14 | ACKERMANN,Nicholas, 1164 | PBHSI | 04:53.85 | 0 | 632 |
| 15 | NAIDOO,Tyrese, 1311 | SUTB | 05:12.75 | 0 | 553 |
| 16 | BRACCO,Daniel, 236 | CURS | 06:29.89 | 0 | 317 |
| 0 | ROOTHMAN,Rinus, 342 | ELDU | DNS | 0 | 0 |
| 0 | DONKIN,Joel, 1171 | PBHSI | DNS | 0 | 0 |

Item 72 11:59 Final Girls 16 1500m

| | | | | | | |
|----|----------------------------|-------|----------|---|-----|---|
| 1 | BIESEMAN,Emma, 3 | AHMB | 04:47.82 | 8 | 825 | G |
| 2 | DE BEER,Nerize, 903 | MNTU | 04:49.73 | 7 | 815 | S |
| 3 | DINWOODIE,Danita, 408 | GRFA | 04:54.04 | 6 | 794 | B |
| 4 | MAVUSO,Mathapelo, 1072 | PRCG | 04:55.52 | 5 | 787 | |
| 5 | JOUBERT,Annika, 1588 | ZWKI | 04:55.94 | 4 | 785 | |
| 6 | TSHABALALA,Amogelang, 1356 | TSPB | 05:01.90 | 3 | 757 | |
| 7 | NGWENYA,Mahlatsi, 1342 | TSPA | 05:02.36 | 2 | 755 | |
| 8 | BESTER,Caitlin, 266 | DAN | 05:02.58 | 1 | 754 | |
| 9 | PRINSLOO,Izanne, 37 | AHMU | 05:03.84 | 0 | 749 | |
| 10 | JEZILE,Zimasa, 1339 | TSPA | 05:06.18 | 0 | 739 | |
| 11 | STICKELLS,Jennifer, 907 | MNTU | 05:10.32 | 0 | 721 | |
| 12 | COCKERAN,ISABELLA, 1640 | TUKSU | 05:27.39 | 0 | 656 | |
| 13 | OLIVIER,Joret, 682 | LICB | 05:41.77 | 0 | 608 | |
| 0 | MIENIE,Elme, 329 | ELDU | DNS | 0 | 0 | |
| 0 | COOK,Tyrah, 484 | HOL | DNS | 0 | 0 | |

Item 71 11:52 Final Boys 16 1500m

| | | | | | | |
|----|-------------------------|-------|----------|---|-----|---|
| 1 | REES,Garrick, 1389 | TUKSU | 04:04.45 | 8 | 912 | G |
| 2 | J V VUUREN,Johan, 745 | MENA | 04:05.05 | 7 | 907 | S |
| 3 | VAN ZYL,Dp, 933 | NHW | 04:13.70 | 6 | 841 | B |
| 4 | LOUW,Hannes, 748 | MENA | 04:15.34 | 5 | 829 | |
| 5 | RYBNIKAR,Ronin, 206 | CEN | 04:17.53 | 4 | 815 | |
| 6 | LOUW,Willie, 779 | MPKSW | 04:17.89 | 3 | 812 | |
| 7 | WILKINSON,Johnny, 902 | MNTB | 04:18.17 | 2 | 810 | |
| 8 | THWALA,Sibonkuhle, 1058 | PRCBA | 04:19.44 | 1 | 802 | |
| 9 | JACK,Mpho, 1048 | PRCBA | 04:22.04 | 0 | 785 | |
| 10 | BANYARD,James, 1167 | PBHSI | 04:22.67 | 0 | 781 | |
| 11 | SMIT,Gustaf, 143 | BRG | 04:24.51 | 0 | 770 | |
| 12 | DICK,Claudeo, 1569 | ZWKB | 04:24.53 | 0 | 770 | |
| 13 | KRUGER,Reece, 1100 | PRCI | 04:27.30 | 0 | 753 | |
| 14 | SWART,Wessel, 144 | BRG | 04:28.47 | 0 | 746 | |
| 15 | VAN WYK,Etienne, 1451 | WAG | 04:28.97 | 0 | 744 | |
| 16 | ZANDBERG,Derik, 194 | BRS | 04:35.04 | 0 | 710 | |
| 17 | RAATH,Johan, 622 | KPKC | 04:35.80 | 0 | 706 | |
| 18 | DORFLING,Tiaan, 1597 | ZWKI | 04:45.47 | 0 | 657 | |
| 19 | LUNGELA,Nkunkuna, 1410 | UIT | 04:51.45 | 0 | 629 | |
| 20 | DEMANA,Mulalo, 1170 | PBHSI | 05:09.08 | 0 | 554 | |
| 21 | BARNARD,Brett, 1152 | PBHSD | 05:11.72 | 0 | 544 | |
| 22 | SPIWAK,Manfred, 1160 | PBHSD | 05:13.06 | 0 | 539 | |
| 0 | TENNANT,Kevin, 344 | ELDU | DNS | 0 | 0 | |
| 0 | RANGANE,Katlego, 1112 | PRCI | DNS | 0 | 0 | |
| 0 | RASILE,Tshepo, 1067 | PRBB | DNS | 0 | 0 | |

Item 68 11:45 Final Girls 17 1500m

| | | | | | | |
|---|------------------------------|------|----------|---|-----|---|
| 1 | VERSTER,Danielle, 1016 | PGM | 04:34.54 | 8 | 889 | G |
| 2 | CRONJE,Juanike, 1453 | WTKA | 04:37.27 | 7 | 873 | S |
| 3 | POTGIETER,Nadia, 411 | GRFA | 04:37.95 | 6 | 869 | B |
| 4 | CRONJE,Marianke, 1452 | WTKA | 04:54.72 | 5 | 782 | |
| 5 | VAN DER PLAATS,Terizia, 1493 | WVL | 04:55.62 | 4 | 778 | |
| 6 | MOETSENG,Karabo, 1073 | PRCG | 04:59.00 | 3 | 762 | |

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| | | | | | |
|----|--------------------------|-------|----------|---|-----|
| 7 | DE MEYER,ChanÉ, 174 | BRW | 04:59.22 | 2 | 761 |
| 8 | KRUGER,Chanelle, 858 | MSCB | 04:59.77 | 1 | 759 |
| 9 | SWART,Suzanne, 51 | AHMU | 05:05.61 | 0 | 733 |
| 10 | THWALA,Nandipha, 1040 | PRCB | 05:15.18 | 0 | 695 |
| 11 | CLOETE,Jaylene, 1365 | TUKSU | 05:15.36 | 0 | 694 |
| 12 | STOLARCZYK,Nadya, 388 | FWH | 05:20.15 | 0 | 676 |
| 13 | LIGTHELM,Alexis, 1589 | ZWKI | 05:30.56 | 0 | 638 |
| 14 | SIMANGALISO,Phakati, 233 | CURS | 06:33.38 | 0 | 460 |
| 0 | BOTHA,Shannon, 1199 | RBG | DNS | 0 | 0 |
| 0 | GEYSER,Rene, 27 | AHMU | DNS | 0 | 0 |
| 0 | VAN HEERDEN,Nika, 335 | ELDU | DNS | 0 | 0 |
| 0 | GAIT-SMITH,Gaby, 243 | DNF | DNS | 0 | 0 |

Item 67 11:38 Final Boys 17 1500m

| | | | | | | |
|----|-----------------------------|-------|----------|---|-----|---|
| 1 | BOKABA,Ofentse, 1434 | VOR | 04:02.81 | 8 | 904 | G |
| 2 | NTOLOANE,Fusi, 1437 | VOR | 04:03.41 | 7 | 899 | S |
| 3 | DE BRUIN,Juandre, 916 | MON | 04:03.46 | 6 | 899 | B |
| 4 | VERMEULEN,Jason, 637 | KES | 04:04.27 | 5 | 892 | |
| 5 | FARMER,Jaycobus, 1357 | TSPB | 04:10.16 | 4 | 847 | |
| 6 | LEBOHO,Willie, 1061 | PRBB | 04:14.49 | 3 | 817 | |
| 7 | DU TOIT,Wouter, 1599 | ZWKI | 04:15.06 | 2 | 813 | |
| 8 | DU TOIT,GIDEON, 1476 | WTKU | 04:15.74 | 1 | 808 | |
| 9 | MUNNIK,Andy, 853 | MSCA | 04:16.00 | 0 | 806 | |
| 10 | MAJA,Kabelo, 1051 | PRCBA | 04:16.54 | 0 | 803 | |
| 11 | HUNTER,Keagan, 320 | ELD | 04:16.76 | 0 | 801 | |
| 12 | MODISELLE,Tshegofatso, 1299 | SUTA | 04:19.58 | 0 | 783 | |
| 13 | PELSE,Andr , 528 | HTMB | 04:19.64 | 0 | 783 | |
| 14 | TRUTER,Christiaan, 322 | ELD | 04:20.31 | 0 | 779 | |
| 15 | MKHWANAZI,Sicelo, 1064 | PRBB | 04:22.59 | 0 | 765 | |
| 16 | VERMAAK,Marnu, 726 | MVJ | 04:22.71 | 0 | 764 | |
| 17 | V DYK,Christiaan, 830 | MENU | 04:23.83 | 0 | 757 | |
| 18 | VUMA,Tom, 1314 | SUTB | 04:24.54 | 0 | 753 | |
| 19 | VD MERWE,Niel, 784 | MPKSW | 04:24.70 | 0 | 752 | |
| 20 | NEL,Wandre, 1604 | ZWKI | 04:27.15 | 0 | 738 | |
| 21 | STEYN,Keegan, 623 | KPKC | 04:27.72 | 0 | 734 | |
| 22 | PUTTER,Ulrich, 205 | CEN | 04:27.79 | 0 | 734 | |
| 23 | LAZARUS,Matt, 874 | MSCI | 04:33.38 | 0 | 703 | |
| 24 | SWANEPOEL,Fanie, 405 | FM | 04:34.33 | 0 | 698 | |
| 25 | VD BYL,Hanro, 504 | HJV | 04:45.84 | 0 | 640 | |
| 26 | MAJAKE,Lesedi, 733 | MAR | 04:51.68 | 0 | 614 | |
| 27 | MASHABELA,Kamogelo, 1268 | SDC | 04:52.46 | 0 | 610 | |
| 28 | MAKWELA,Lethabo, 1145 | PBHSC | 04:52.74 | 0 | 609 | |
| 29 | GROBLER,Samuel, 261 | DEL | 05:01.56 | 0 | 571 | |
| 30 | BAJOMO,Jonathan, 1270 | STA | 05:02.07 | 0 | 569 | |
| 31 | PRETORIUS,Willem, 998 | PP | 05:02.09 | 0 | 569 | |
| 32 | KEATON,Stansfeld, 578 | JEP | 05:08.15 | 0 | 545 | |
| 33 | ANDREW,Byron, 1165 | PBHSI | 05:26.67 | 0 | 477 | |
| 0 | BESTER,Lourens, 1229 | RHSB | DNS | 0 | 0 | |
| 0 | WATT,Elijah, 1488 | WES | DNS | 0 | 0 | |

Item 66 11:31 Final Girls 19 1500m

| | | | | | | | |
|----|--------------------------|-------|----------|---|-----|---|--------|
| 1 | SEKGODISO,Prudence, 1344 | TSPA | 04:22.08 | 8 | 960 | G | TUKS10 |
| 2 | PRINSLOO,Carmie, 884 | MNTA | 04:23.35 | 7 | 951 | S | TUKS10 |
| 3 | COETZEE,Gen , 467 | HMKD | 04:37.75 | 6 | 861 | B | |
| 4 | DIXON,Chante, 587 | KPKA | 04:45.61 | 5 | 818 | | |
| 5 | DU PLESSIS,Chanel, 880 | MNTA | 04:52.59 | 4 | 784 | | |
| 6 | CONRADIE,Elne, 789 | MENU | 05:01.95 | 3 | 741 | | |
| 7 | COPELAND,Sarah, 1366 | TUKSU | 05:05.61 | 2 | 726 | | |
| 8 | NJUBANE,Makgotso, 1076 | PRCG | 05:08.60 | 1 | 713 | | |
| 9 | HUGO,Mia, 67 | AHMW | 05:09.19 | 0 | 711 | | |
| 10 | FOURIE,Carina, 533 | HTMU | 05:55.79 | 0 | 553 | | |

| | | | | | | |
|----|----------------------------|------|----------|---|-----|--|
| 11 | SEPTEMBER,Clarissa, 1320 | TGH | 05:57.01 | 0 | 549 | |
| 0 | HUGO,Mia, 30 | AHMU | DNS | 0 | 0 | |
| 0 | VAN DER SCHYFF,Monique, 55 | AHMU | DNS | 0 | 0 | |
| 0 | LOUW,Chante, 905 | MNTU | DNS | 0 | 0 | |

Item 61 11:24 Final Boys 19 Mile

| | | | | | | |
|----|--------------------------|-------|----------|---|-----|---|
| 1 | NWAGU,Tshegofatso, 1349 | TSPA | 04:15.29 | 8 | 931 | G |
| 2 | NTUNTWANA,Tsepo, 1438 | VOR | 04:15.41 | 7 | 929 | S |
| 3 | BLIGNAUT,Juwan, 1458 | WTKA | 04:15.66 | 6 | 926 | B |
| 4 | MOLOKOMME,Tetello, 1030 | PRCA | 04:19.09 | 5 | 890 | |
| 5 | SWANEPOEL,Rynard, 1209 | RBG | 04:21.29 | 4 | 867 | |
| 6 | DU PLESSIS,Edmund, 78 | AHSA | 04:25.73 | 3 | 822 | |
| 7 | MOKGOTHU,Siyabonga, 1362 | TSPB | 04:28.37 | 2 | 796 | |
| 8 | PRETORUIS,Armin, 204 | CEN | 04:33.12 | 1 | 751 | |
| 9 | MONYEBODI,Kgadi, 1055 | PRCBA | 04:39.65 | 0 | 693 | |
| 10 | VAN DER SPUY,Jm, 1426 | VOL | 04:40.15 | 0 | 688 | |
| 11 | CRONJE,Hanco, 526 | HTMB | 04:40.31 | 0 | 687 | |
| 12 | RAUTENBACH,Aldo, 167 | BOL | 04:42.23 | 0 | 670 | |
| 13 | LEKGORO,Rebaone, 1309 | SUTB | 04:42.55 | 0 | 667 | |
| 14 | GAIT-SMITH,Micheal, 249 | DNF | 04:48.55 | 0 | 617 | |
| 15 | MZWAKE,Mashaba, 582 | JEP | 04:49.48 | 0 | 610 | |
| 16 | DU PLESSIS,Tjaart, 939 | NYL | 04:52.02 | 0 | 590 | |
| 17 | BELL,Jansen, 524 | HTMB | 05:11.59 | 0 | 445 | |
| 18 | KALIL,Ronan, 730 | MAR | 05:14.30 | 0 | 426 | |
| 19 | MINNIE,Ryan, 1481 | WES | 05:14.61 | 0 | 424 | |
| 20 | PICKETT,Abdulah, 660 | KGH | 05:17.65 | 0 | 403 | |
| 21 | ERASMUS,Riekert, 1378 | TUKSU | 05:19.84 | 0 | 389 | |
| 22 | REDDY,Shreyen, 737 | MAR | 05:43.42 | 0 | 244 | |
| 0 | LOTTERING,Tyreece, 287 | DWG | DNS | 0 | 0 | |
| 0 | LOUBSER,Migael, 889 | MNTA | DNS | 0 | 0 | |

Item 22 09:30 Final Girls 14 3000m

| | | | | | | |
|---|-----------------------------|-------|----------|---|-----|---|
| 1 | SMITH,Liane, 742 | MENA | 10:14.22 | 8 | 945 | G |
| 2 | JACOBS,Izandri, 883 | MNTA | 10:28.52 | 7 | 920 | S |
| 3 | SCHOEMAN,Wiepke, 1552 | ZWKA | 10:29.68 | 6 | 918 | B |
| 4 | MOTLOHI,Refiloe, 1075 | PRCG | 10:56.94 | 5 | 875 | |
| 5 | GELDENHUYS,Maryke, 196 | CEN | 11:00.61 | 4 | 870 | |
| 6 | VON WESTERHAGEN,Zabine, 861 | MSCB | 11:02.90 | 3 | 866 | |
| 7 | JORDAAN,Mart - Mari, 755 | MPKDB | 11:07.75 | 2 | 859 | |
| 8 | MYBURG,Michelle, 256 | DEL | 12:54.94 | 1 | 732 | |

Item 19 09:15 Final Boys 14 3000m

| | | | | | | | |
|---|-----------------------|-------|----------|---|-----|---|--------|
| 1 | BREYTENBACH,Juan, 863 | MSCB | 09:40.48 | 8 | 833 | G | TUKS10 |
| 0 | ARENDSE,Caleb, 1166 | PBHSI | DNS | 0 | 0 | | |

Item 23 09:30 Final Girls 15 3000m

| | | | | | | |
|---|-------------------------|------|----------|---|-----|---|
| 1 | VAN NIEKERK,MELISSA, 74 | AHMW | 10:38.62 | 8 | 888 | G |
| 2 | PIENAAR,Chloe, 766 | MPDW | 11:00.65 | 7 | 855 | S |
| 3 | KNOESEN,Christine, 1576 | ZWKC | 11:02.02 | 6 | 853 | B |
| 4 | BOOYSEN,Mika, 892 | MNTB | 11:11.04 | 5 | 840 | |
| 5 | BRITS,Micyla, 507 | HTMA | 11:22.29 | 4 | 825 | |
| 0 | MAKGATHA,Naledi, 1428 | VOR | DNS | 0 | 0 | |
| 0 | DEKKER,Li-marie, 1585 | ZWKI | DNS | 0 | 0 | |

Item 20 09:15 Final Boys 15 3000m

| | | | | | | |
|---|--------------------------|-------|----------|---|-----|---|
| 1 | CLOETE,Alisandro, 1376 | TUKSU | 09:32.09 | 8 | 838 | G |
| 2 | DELPORT,Johan, 1555 | ZWKA | 09:33.65 | 7 | 835 | S |
| 3 | MAKOLOMAKWA,Sifiso, 1062 | PRBB | 09:47.30 | 6 | 803 | B |
| 4 | ROOS,Marco, 822 | MENU | 10:02.64 | 5 | 771 | |
| 5 | VAN ROOYEN,Diwan, 1609 | ZWKI | 10:19.22 | 4 | 738 | |
| 6 | DONKIN,Joel, 1171 | PBHSI | 11:27.52 | 3 | 625 | |
| 7 | KABELO,Moskili, 108 | AMA | 12:05.64 | 2 | 573 | |
| 8 | BRACCO,Daniel, 236 | CURS | 12:45.20 | 1 | 524 | |

Item 24 09:30 Final Girls 16 3000m

| | | | | | | |
|---|-----------------------|------|----------|---|-----|---|
| 1 | DINWOODIE,Danita, 408 | GRFA | 10:33.05 | 8 | 887 | G |
|---|-----------------------|------|----------|---|-----|---|

Item 21 09:15 Final Boys 16 3000m

| | | | | | | |
|----|-------------------------|-------|----------|---|-----|---|
| 1 | LOUW,Hannes, 748 | MENA | 08:58.20 | 8 | 911 | G |
| 2 | LOUW,Willie, 779 | MPKSW | 09:22.12 | 7 | 847 | S |
| 3 | SWART,Wessel, 144 | BRG | 09:27.70 | 6 | 834 | B |
| 4 | VAN WYK,Etienne, 1451 | WAG | 09:28.86 | 5 | 831 | |
| 5 | RAATH,Johan, 622 | KPKC | 09:32.43 | 4 | 823 | |
| 6 | KRUGER,Reece, 1100 | PRCI | 09:38.64 | 3 | 809 | |
| 7 | VAN NIEKERK,Dillan, 216 | CENU | 09:56.67 | 2 | 770 | |
| 8 | BANYARD,James, 1167 | PBHSI | 10:42.92 | 1 | 684 | |
| 9 | RANGANE,Katlego, 1112 | PRCI | 10:44.88 | 0 | 681 | |
| 10 | DAVID,Williams, 575 | JEP | 11:03.01 | 0 | 651 | |

Item 29 10:00 Final Girls 17 3000m

| | | | | | | |
|---|---------------------------|-------|----------|---|-----|---|
| 1 | GAIT-SMITH,Gaby, 243 | DNF | 10:18.36 | 8 | 904 | G |
| 2 | MOETSENG,Karabo, 1073 | PRCG | 10:19.34 | 7 | 903 | S |
| 3 | STOLARCZYK,Nadya, 388 | FWH | 10:41.80 | 6 | 867 | B |
| 4 | DE MEYER,ChanÉ, 174 | BRW | 10:46.69 | 5 | 860 | |
| 5 | CLOETE,Jaylene, 1365 | TUKSU | 10:55.28 | 4 | 848 | |
| 6 | HAVENGA,Abbigail, 136 | BRG | 11:17.62 | 3 | 817 | |
| 7 | SWIEGGELAAR,Trinity, 1372 | TUKSU | 12:14.07 | 2 | 750 | |
| 8 | ROUX,Roux-che, 1591 | ZWKI | 12:38.66 | 1 | 724 | |
| 9 | SIMANGALISO,Phakati, 233 | CURS | 14:36.33 | 0 | 621 | |

Item 33 10:14 Final Boys 17 3000m

| | | | | | | |
|----|-----------------------|-------|----------|---|-----|---|
| 1 | VD MERWE,Niel, 784 | MPKSW | 08:58.38 | 8 | 894 | G |
| 2 | VERMAAK,Marnu, 726 | MVJ | 09:03.96 | 7 | 879 | S |
| 3 | LEBOHO,Willie, 1061 | PRBB | 09:10.35 | 6 | 862 | B |
| 4 | MAJA,Kabelo, 1051 | PRCBA | 09:11.77 | 5 | 858 | |
| 5 | PRINSLOO,Hein, 821 | MENU | 09:50.47 | 4 | 770 | |
| 6 | VD BYL,Hanro, 504 | HJV | 09:53.34 | 3 | 764 | |
| 7 | WENHOLD,Reece, 1151 | PBHSC | 09:53.84 | 2 | 763 | |
| 8 | DE WAAL,Joshua, 1596 | ZWKI | 10:12.05 | 1 | 727 | |
| 9 | GREER,Calym, 1173 | PBHSI | 10:39.57 | 0 | 678 | |
| 10 | GROBLER,Samuel, 261 | DEL | 10:53.53 | 0 | 655 | |
| 11 | KEATON,Stansfeld, 578 | JEP | 11:09.67 | 0 | 630 | |

Item 30 10:00 Final Girls 19 3000m

| | | | | | | |
|---|----------------------------|-------|----------|---|-----|---|
| 1 | COPELAND,Sarah, 1366 | TUKSU | 10:33.74 | 8 | 874 | G |
| 2 | KAFFKA,Mira, 795 | MENU | 10:59.68 | 7 | 836 | S |
| 3 | NJUBANE,Makgotso, 1076 | PRCG | 11:25.02 | 6 | 803 | B |
| 4 | VAN DER SCHYFF,Monique, 55 | AHMU | 11:37.24 | 5 | 788 | |
| 5 | VAN NIEKERK,Isabelle, 199 | CEN | 11:45.37 | 4 | 778 | |
| 6 | DU PLOOY,Elizma, 532 | HTMU | 12:06.28 | 3 | 754 | |
| 7 | FOURIE,Carina, 533 | HTMU | 12:17.59 | 2 | 742 | |
| 8 | LOUW,Chante, 905 | MNTU | 12:19.61 | 1 | 739 | |
| 0 | PRETORIUS,Carina, 333 | ELDU | DNS | 0 | 0 | |

Item 34 10:14 Final Boys 19 3000m

| | | | | | | |
|---|-----------------------|-------|----------|---|-----|---|
| 1 | MONYEBODI,Kgadi, 1055 | PRCBA | 08:46.19 | 8 | 897 | G |
| 2 | MZWAKE,Mashaba, 582 | JEP | 09:00.96 | 7 | 857 | S |
| 3 | CRONJE,Hanco, 526 | HTMB | 09:15.81 | 6 | 820 | B |
| 4 | SMITH,Gareth, 215 | CENU | 09:37.80 | 5 | 771 | |
| 5 | PICKETT,Abdulah, 660 | KGH | 10:50.00 | 4 | 639 | |
| 6 | KGATAKI,Chidi, 237 | CURS | 14:07.49 | 3 | 403 | |
| 0 | JOHN,Emile, 1176 | PBHSI | DNS | 0 | 0 | |

Item 6 08:00 Final Girls 15 1500m SteepleChase

| | | | | | | |
|---|-----------------------------|------|----------|---|-----|---|
| 1 | MASHISHI,Khuned, 1429 | VOR | 05:07.18 | 8 | 956 | G |
| 2 | SHOKANE,Kaopotso, 1433 | VOR | 05:20.03 | 7 | 897 | S |
| 3 | VAN JAARSVELD,Charlene, 602 | KPKB | 05:32.15 | 6 | 848 | B |
| 4 | V NIEKERK,Chantal, 772 | MPDW | 05:34.09 | 5 | 841 | |
| 5 | BLUNDEN,Tenike, 1326 | TRV | 05:37.12 | 4 | 830 | |
| 6 | ROSSOUW,Chenique, 1330 | TRV | 06:04.61 | 3 | 741 | |

| | | | | | | |
|---|----------------------------------|-------|----------|---|--------|----------|
| 0 | ZWAHLEN,Danika, 152 | BVT | DNS | 0 | 0 | |
| Item 7 08:10 Final Boys 15 1500m SteepleChase | | | | | | |
| 1 | KOCH,HANRU, 1632 | MSCI | 05:11.10 | 8 | 819 | G |
| 2 | BOTHA,Wian, 153 | BVT | 05:23.06 | 7 | 775 | S |
| Item 8 08:18 Final Girls 16 2000m SteepleChase | | | | | | |
| 1 | DE BEER,Nerize, 903 | MNTU | 07:32.60 | 8 | 833 | G |
| 2 | STICKELLS,Jennifer, 907 | MNTU | 07:46.99 | 7 | 796 | S |
| 3 | BLUNDEN,Ciara, 1327 | TRV | 08:11.66 | 6 | 738 | B |
| 4 | BOSMAN,Tayla, 123 | BEN | 08:21.09 | 5 | 719 | |
| Item 10 08:30 Final Boys 16 2000m SteepleChase | | | | | | |
| 1 | THWALA,Sibonkuhle, 1058 | PRCBA | 06:37.54 | 8 | 841 | G TUKS10 |
| Item 9 08:18 Final Girls 17 2000m SteepleChase | | | | | | |
| 1 | KRUGER,Chanelle, 858 | MSCB | 07:30.04 | 8 | 835 | G TUKS10 |
| 2 | OOSTHUIZEN,Anri, 611 | KPKC | 07:43.42 | 7 | 800 | S |
| 0 | VISSER,NICOLE, 1374 | TUKSU | DNR | 0 | 0 | |
| Item 11 08:30 Final Boys 17 2000m SteepleChase | | | | | | |
| | | | | | 91.4cm | |
| 1 | BOKABA,Ofentse, 1434 | VOR | 06:09.14 | 8 | 921 | G |
| 2 | CORNELIUS,Danie, 1377 | TUKSU | 06:42.19 | 7 | 810 | S |
| 3 | NKUNKUNA,Lungela, 1414 | UIT | 07:12.14 | 6 | 730 | B |
| 4 | ESTERHUYSE,Wj, 535 | HTMU | 07:38.08 | 5 | 671 | |
| Item 12 08:43 Final Girls 19 3000m SteepleChase | | | | | | |
| 1 | BELL,Kirsti, 739 | MENA | 10:41.90 | 8 | 923 | G |
| 2 | CURLEWIS,Leshan, 1466 | WTKB | 12:14.73 | 7 | 801 | S |
| Item 18 09:00 Final Boys 19 3000m SteepleChase | | | | | | |
| 1 | NTUNTWANA,Tsepo, 1438 | VOR | 09:22.48 | 8 | 921 | G |
| 2 | HOPEWELL,Nkosi, 576 | JEP | 10:06.83 | 7 | 874 | S |
| 3 | VAN ROOYEN,Ingatius, 158 | BVT | 12:11.47 | 6 | 772 | B |
| 0 | SOLOMONS,Justin, 1150 | PBHSC | DNS | 0 | 0 | |
| Item 156 14:42 FinalResults Girls 14 90m Hurdles | | | | | | |
| | | | | | 76.2cm | |
| 1 | NEL,SALOME, 468 | HMKD | 13.22 | 8 | 978 | G |
| 2 | DE BEER,Mignon, 456 | HMKA | 13.34 | 7 | 966 | S |
| 3 | VD BERG,Marissa, 761 | MPKDB | 13.62 | 6 | 938 | B |
| 4 | SHIPLANA,Pennelope, 1029 | PRCA | 13.74 | 5 | 926 | |
| 5 | VAN DEN BERG,Riane, 1456 | WTKA | 13.80 | 4 | 920 | |
| 5 | JACOBS - HATTINGH,Versuchka, 754 | MPKDB | 13.80 | 4 | 920 | |
| 7 | DE CLERK,Carla, 879 | MNTA | 13.84 | 2 | 917 | |
| 8 | LAMBRECHT,Dane, 1416 | VOL | 14.04 | 1 | 899 | |
| 9 | DU PLESSIS,Charne, 753 | MPKDB | 14.25 | 0 | 880 | |
| 10 | PRETORIUS,Klara, 837 | MER | 14.46 | 0 | 864 | |
| 11 | BEKKER,Jessy, 922 | NHW | 14.50 | 0 | 860 | |
| 12 | VAN DEVENTER,Kayley, 423 | GRFB | 14.52 | 0 | 859 | |
| 13 | LE ROUX,Anika, 859 | MSCB | 14.54 | 0 | 857 | |
| 14 | DE BEER,Mia, 184 | BRS | 14.59 | 0 | 853 | |
| 15 | BEZUIDENHOUDT,Bianca, 64 | AHMW | 14.62 | 0 | 850 | |
| 16 | SMITH,Caithlyn, 186 | BRS | 14.67 | 0 | 846 | |
| 17 | FARMER,Evan-dré, 302 | EDU | 15.29 | 0 | 802 | |
| 18 | DU PLESSIS,Deonè, 520 | HTMB | 15.43 | 0 | 792 | |
| 19 | CALITZ,Teanique, 1573 | ZWKC | 15.63 | 0 | 779 | |
| 20 | COMBRINK,Amuche, 980 | OVR | 15.89 | 0 | 763 | |
| 21 | MANGENA,Kholofelo, 717 | MVJ | 16.03 | 0 | 754 | |
| 22 | JORDAAN,Zoe, 445 | HM | 16.56 | 0 | 723 | |
| 0 | NDLOVU,Ashley, 1092 | PRCI | DNS | 0 | 0 | |
| 0 | HURTER,Nelia, 1586 | ZWKI | DNS | 0 | 0 | |
| Item 151 14:34 FinalResults Girls 15 90m Hurdles | | | | | | |
| | | | | | 76.2cm | |
| 1 | DU TOIT,Zylia Marie, 6 | AHMB | 12.98 | 8 | 963 | G |
| 2 | WILLIAMS,Anika, 1554 | ZWKA | 13.13 | 7 | 948 | S |
| 3 | BOER,Erasel, 763 | MPDW | 13.16 | 6 | 945 | B |
| 4 | RIEKERT,Jean-marie, 1564 | ZWKB | 13.57 | 5 | 905 | |
| 5 | DE JAGER,Angelique, 923 | NHW | 13.66 | 4 | 897 | |

| | | | | | |
|----|----------------------------------|-------|-------|---|-----|
| 6 | GLIMOUR,Liani, 327 | ELDU | 14.25 | 3 | 847 |
| 6 | JANSE VAN RENSBURG, Landri, 1224 | RHSB | 14.25 | 3 | 847 |
| 8 | VAN DER WALT, ElbÉ, 1494 | WVL | 14.31 | 1 | 842 |
| 9 | KELLY, Larischa, 707 | LYD | 14.67 | 0 | 815 |
| 10 | THERON, Lize, 1578 | ZWKC | 14.77 | 0 | 808 |
| 10 | HEYNS, Anke, 148 | BVT | 14.77 | 0 | 808 |
| 12 | TALJAARD, Marika, 895 | MNTB | 14.86 | 0 | 801 |
| 13 | ZACA, Fabiola, 511 | HTMA | 15.19 | 0 | 779 |
| 14 | STRYDOM, Monique, 187 | BRS | 15.32 | 0 | 770 |
| 15 | OLIVIER, Christin, 1241 | RHSU | 16.00 | 0 | 728 |
| 16 | MUDZANANI, Adore, 1039 | PRCB | 16.51 | 0 | 699 |
| 17 | MASUKU, Tlotlo, 1085 | PRCI | 17.19 | 0 | 663 |
| 18 | MALOKANE, REFILWE, 1615 | ZWEP | 17.53 | 0 | 647 |
| 0 | GLIMOUR, Liani, 1367 | TUKSU | DNS | 0 | 0 |
| 0 | GERTENBACH, Natasha, 373 | FIC | DNS | 0 | 0 |

Item 148 14:26 Final Results Boys 14 100m Hurdles

84cm

| | | | | | | |
|----|--------------------------------|-------|-------|---|-----|---|
| 1 | MAREE, Handre, 426 | GRFB | 13.90 | 8 | 860 | G |
| 2 | GOLDSWAIN, Jordan, 514 | HTMA | 14.06 | 7 | 844 | S |
| 3 | LEGODI, Tshepo, 698 | LTT | 14.09 | 6 | 841 | B |
| 4 | RAMAGE, Cayden, 723 | MVJ | 14.17 | 5 | 833 | |
| 5 | CHAUKE, Rifume, 1047 | PRCBA | 14.22 | 4 | 828 | |
| 6 | MOLLER, Pieter, 464 | HMKA | 14.23 | 3 | 827 | |
| 7 | MOROPYANE, Bokang, 427 | GRFB | 14.28 | 2 | 822 | |
| 8 | BEYERS, Reinhardt, 1567 | ZWKB | 14.59 | 1 | 793 | |
| 9 | PIENAAR, Franco, 192 | BRS | 14.88 | 0 | 769 | |
| 10 | NDLOVU, Calvin, 1510 | WRG | 15.35 | 0 | 731 | |
| 11 | JANSE VAN RENSBURG, Lean, 450 | HM | 15.41 | 0 | 726 | |
| 12 | MODISELLE, NEO, 1386 | TUKSU | 16.53 | 0 | 648 | |
| 13 | MSUTWANA, Bilal, 1191 | PBHSI | 16.55 | 0 | 647 | |
| 14 | ERASMUS, Jano, 308 | EDU | 16.66 | 0 | 640 | |
| 15 | JOUBERT, Jason, 274 | DAN | 17.96 | 0 | 565 | |
| 16 | SEEMELA, Mpho, 1137 | PBHSB | 20.22 | 0 | 458 | |
| 0 | BEZUIDENHOUT, Werner, 810 | MENU | DNS | 0 | 0 | |
| 0 | VAN DER BERGH, Christiaan, 648 | KHSA | DNS | 0 | 0 | |
| 0 | LOUW, Keanan, 1384 | TUKSU | DNS | 0 | 0 | |
| 0 | SCHOEMAN, Hein, 823 | MENU | DNS | 0 | 0 | |
| 0 | MUDZUNGA, Zwivhuya, 1157 | PBHSD | DNS | 0 | 0 | |

Item 141 14:06 Final Results Boys 15 100m Hurdles

84cm

| | | | | | | | |
|----|----------------------------|-------|-------|---|-----|---|--------|
| 1 | KEMP, Wian, 416 | GRFA | 12.80 | 8 | 961 | G | TUKS10 |
| 2 | PARSONS, Trityne, 477 | HMKD | 13.48 | 7 | 878 | S | |
| 3 | MALULEKE, Papino, 651 | KHSB | 13.56 | 6 | 870 | B | |
| 4 | DE VILLIERS, Dewald, 159 | BOL | 13.71 | 5 | 854 | | |
| 5 | CLAASSEN, Reece, 475 | HMKD | 13.92 | 4 | 833 | | |
| 6 | NAICKER, Liam, 722 | MVJ | 14.18 | 3 | 807 | | |
| 7 | PIETERSE, Henco, 1230 | RHSB | 14.20 | 2 | 805 | | |
| 8 | VILJOEN, Divan, 785 | MPKSW | 14.27 | 1 | 799 | | |
| 9 | BRITS, STEPHAN, 100 | AHSU | 14.28 | 0 | 798 | | |
| 10 | DANKURU, Tsepang, 354 | EHS | 14.50 | 0 | 779 | | |
| 11 | DU PLESSIS, Nicholis, 1530 | WINB | 14.51 | 0 | 778 | | |
| 12 | SMIT, Hendru, 265 | DEL | 14.78 | 0 | 755 | | |
| 13 | TERBLANCHE, Edward, 406 | FM | 14.79 | 0 | 754 | | |
| 14 | SEBOTHOMA, Bokamoso, 368 | ERS | 14.80 | 0 | 753 | | |
| 14 | FAKUDE, Siya, 709 | LYD | 14.80 | 0 | 753 | | |
| 16 | VAJSEL, Antonio, 690 | LICB | 14.85 | 0 | 749 | | |
| 17 | PERREIRA, Collin, 676 | LICA | 14.90 | 0 | 745 | | |
| 18 | NKOSI, Syanda, 1425 | VOL | 15.02 | 0 | 736 | | |
| 19 | STEENKAMP, Liam, 1582 | ZWKC | 15.14 | 0 | 726 | | |
| 20 | PRETORIUS, Righardt, 366 | ERS | 15.59 | 0 | 692 | | |
| 21 | SIVHADA, Neo, 1149 | PBHSC | 15.91 | 0 | 670 | | |

| | | | | | |
|----|--------------------------|-------|-------|---|-----|
| 22 | FERREIRA,Willem, 285 | DWG | 16.05 | 0 | 661 |
| 23 | VAN DEN BERG,Anton, 288 | DWG | 16.97 | 0 | 603 |
| 24 | EJIKE,Uche, 1284 | STB | 18.34 | 0 | 529 |
| 25 | SHAVA,Samila, 1159 | PBHSD | 19.06 | 0 | 494 |
| 0 | MABUSELA,Kgalalelo, 1105 | PRCI | DNS | 0 | 0 |
| 0 | VAN RENSBURG,Rigard, 901 | MNTB | DNS | 0 | 0 |

Item 145 14:21 FinalResults Girls 16 100m Hurdles 76.2cm

| | | | | | | |
|---|--------------------------|------|-------|---|-----|---|
| 1 | KOK,Chane, 409 | GRFA | 13.93 | 8 | 950 | G |
| 2 | BRONKHORST,Cara, 455 | HMKA | 14.14 | 7 | 930 | S |
| 3 | SWANEPOEL,Jani, 188 | BRS | 15.52 | 6 | 820 | B |
| 4 | GARBERS,Mioné, 1516 | WINA | 15.90 | 5 | 795 | |
| 5 | OOSTHUIZEN,Carien, 305 | EDU | 16.47 | 4 | 759 | |
| 6 | VENTER,Lizell, 1595 | ZWKI | 16.71 | 3 | 745 | |
| 7 | MULLER,Miane, 991 | PP | 17.59 | 2 | 697 | |
| 8 | BOTHA,Jolize, 207 | CENU | 17.87 | 1 | 683 | |
| 9 | ILLUNGA,Mbuyi, 1258 | SDC | 17.98 | 0 | 678 | |
| 0 | LAMBRECHTS,Marnika, 1417 | VOL | DNS | 0 | 0 | |

Item 143 14:16 FinalResults Girls 17 100m Hurdles 76.2cm

| | | | | | | |
|----|--------------------------------|-------|-------|---|-----|---|
| 1 | VAN STADEN,Jada, 1373 | TUKSU | 14.28 | 8 | 886 | G |
| 2 | COMPAAAN,Mila, 764 | MPDW | 14.32 | 7 | 882 | S |
| 3 | VAN DER WESTHUIZEN,Odel, 896 | MNTB | 14.45 | 6 | 872 | B |
| 4 | VAN GREUNEN,El-marie, 601 | KPKB | 15.54 | 5 | 792 | |
| 5 | BISSCHOFF,Rita, 1465 | WTKB | 15.57 | 4 | 790 | |
| 6 | RHEEDER,Kobie, 259 | DEL | 16.27 | 3 | 746 | |
| 7 | SWANEPOEL,Bochule, 720 | MVJ | 16.44 | 2 | 736 | |
| 7 | BRAND,Mia, 1514 | WINA | 16.44 | 2 | 736 | |
| 9 | GREYLING,Mieke, 988 | PP | 16.85 | 0 | 713 | |
| 10 | KLEIN-NIENABER,Christlene, 304 | EDU | 16.86 | 0 | 712 | |
| 10 | LAWERENCE,Jade, 523 | HTMB | 16.86 | 0 | 712 | |
| 12 | BOTHA,SunÉ, 1235 | RHSU | 19.32 | 0 | 596 | |
| 13 | THLOBORO,Atlegang, 1506 | WRG | 20.04 | 0 | 568 | |

Item 137 14:03 Final Girls 19 100m Hurdles +1.7 84cm

| | | | | | | |
|---|--------------------------|------|-------|---|-----|---|
| 1 | VAN DER BERGH,Kayla, 641 | KHSA | 14.09 | 8 | 920 | G |
| 2 | VAN ZYL,Diana, 926 | NHW | 14.96 | 7 | 849 | S |
| 3 | DE JAGER,Georgia, 508 | HTMA | 15.04 | 6 | 843 | B |
| 4 | UYS,Alea, 1420 | VOL | 16.40 | 5 | 752 | |
| 5 | VAN ZYL,Cherien, 435 | GDV | 17.32 | 4 | 701 | |
| 6 | SEBELEBELE,BRIDGET, 1623 | ZWEP | 24.24 | 3 | 441 | |
| 0 | ROUX,Carla, 894 | MNTB | DNS | 0 | 0 | |
| 0 | UYS,Inaldi, 771 | MPDW | DNS | 0 | 0 | |

Item 133 13:56 FinalResults Boys 16 110m Hurdles 84cm**Item 130 13:48 FinalResults Boys 17 110m Hurdles** 91.4cm

| | | | | | | |
|----|-------------------------|-------|-------|---|-----|---|
| 1 | VAN REENEN,Kruger, 87 | AHSA | 13.99 | 8 | 908 | G |
| 2 | BANGUE,Jorim, 1116 | PBHSA | 14.03 | 7 | 904 | S |
| 3 | ROBERTSON,Duncan, 85 | AHSA | 14.41 | 6 | 864 | B |
| 4 | HLENGANE,Lungile, 627 | KES | 14.57 | 5 | 848 | |
| 4 | DU TOIT,Ruan, 886 | MNTA | 14.57 | 5 | 848 | |
| 4 | POTGIETER,Leon, 1009 | PHS | 14.57 | 5 | 848 | |
| 7 | VAN TONDER,Edrick, 1221 | RHSA | 14.69 | 2 | 837 | |
| 8 | DERCKSEN,Julius, 605 | KPKB | 14.72 | 1 | 834 | |
| 9 | MOREHEN,Keegan, 1556 | ZWKA | 14.82 | 0 | 824 | |
| 10 | LE ROUX,Luan, 931 | NHW | 14.83 | 0 | 823 | |
| 11 | BOONZAAIER,Franco, 862 | MSCB | 15.20 | 0 | 791 | |
| 12 | KOLOANE,Dimpho, 1049 | PRCBA | 15.58 | 0 | 760 | |
| 13 | EVENLEIGH,Hein, 189 | BRS | 15.81 | 0 | 743 | |
| 14 | HORACIO,Danny, 130 | BEN | 15.88 | 0 | 737 | |
| 15 | MOREBUDI,Neo, 1121 | PBHSA | 17.24 | 0 | 645 | |
| 16 | DU PREEZ,Jonathan, 284 | DWG | 17.92 | 0 | 606 | |

| | | | | | | |
|---|-----------------------------------|-------|-------|---|-----|--------|
| 0 | GILBERT, Yusuf, 1508 | WRG | DNS | 0 | 0 | |
| Item 126 13:42 FinalResults Boys 19 110m Hurdles | | | | | | 99.5cm |
| 1 | FLOOKS, Heine, 1379 | TUKSU | 14.01 | 8 | 924 | G |
| 2 | RAMOKGOPA, Nolo, 1033 | PRCA | 14.23 | 7 | 900 | S |
| 3 | NEL, Sw, 1557 | ZWKA | 14.24 | 6 | 898 | B |
| 4 | COETZEE, Dylan, 775 | MPKSW | 14.28 | 5 | 894 | |
| 5 | COETZEE, Eduan, 885 | MNTA | 14.56 | 4 | 866 | |
| 6 | ROBERTO, Agrizzi, 583 | JEP | 14.57 | 3 | 865 | |
| 7 | WILDERS, Zander, 105 | AHSU | 15.05 | 2 | 819 | |
| 8 | VAN ZYL, Corne, 370 | ERS | 15.40 | 1 | 789 | |
| 9 | MONYOYI, Lebone, 675 | LICA | 15.45 | 0 | 785 | |
| 10 | LEHUMO, Mokoena, 297 | DJJ | 15.83 | 0 | 754 | |
| 11 | WILSON, Jonathan, 714 | LYD | 16.28 | 0 | 721 | |
| 12 | HOLMAN, Kewan, 1140 | PBHSC | 18.61 | 0 | 580 | |
| 13 | VERMEULEN, Marco, 289 | DWG | 22.64 | 0 | 406 | |
| 0 | MOHLALOGA, William, 997 | PP | DNS | 0 | 0 | |
| Item 58 11:14 FinalResults Girls 14 300m Hurdles | | | | | | 76.2cm |
| 1 | SHIPLANA, Pernelope, 1029 | PRCA | 45.87 | 8 | 873 | G |
| 2 | BREEDT, Luchelle, 586 | KPKA | 46.47 | 7 | 859 | S |
| 3 | BEKKER, Jessie, 922 | NHW | 47.45 | 6 | 837 | B |
| 4 | VAN DEN BERG, Riane, 1456 | WTKA | 47.53 | 5 | 835 | |
| 5 | JACOBS - HATTINGH, Versuchka, 754 | MPKDB | 47.72 | 4 | 831 | |
| 6 | MATFIELD, Jaime, 68 | AHMW | 47.92 | 3 | 827 | |
| 7 | MOKKEN, Jayde, 70 | AHMW | 48.10 | 2 | 823 | |
| 8 | VAN DEVENTER, Kayley, 423 | GRFB | 48.74 | 1 | 810 | |
| 9 | SMITH, Caithlyn, 186 | BRS | 49.47 | 0 | 795 | |
| 10 | CLAASSENS, Lize-marie, 1001 | PHS | 49.48 | 0 | 795 | |
| 11 | JASS, Khanyi, 1291 | SUTA | 49.78 | 0 | 789 | |
| 12 | DE CLERK, Carla, 879 | MNTA | 49.82 | 0 | 788 | |
| 13 | DU PLESSIS, Deonè, 520 | HTMB | 50.95 | 0 | 767 | |
| 14 | MANGENA, Kholofelo, 717 | MVJ | 51.41 | 0 | 759 | |
| 15 | LE ROUX, Anika, 859 | MSCB | 51.44 | 0 | 758 | |
| 16 | HURTER, Nelia, 1586 | ZWKI | 52.63 | 0 | 738 | |
| 0 | SUSSENS, Tanya, 128 | BEN | DNS | 0 | 0 | |
| Item 52 11:01 FinalResults Boys 14 300m Hurdles | | | | | | 76.2cm |
| 1 | MAREE, Handre, 426 | GRFB | 41.82 | 8 | 680 | G |
| 2 | GOLDSWAIN, Jordan, 514 | HTMA | 42.41 | 7 | 656 | S |
| 3 | CHAUKE, Rifume, 1047 | PRCBA | 42.89 | 6 | 636 | B |
| 4 | THEMA, Tumelo, 1068 | PRBB | 44.64 | 5 | 571 | |
| 5 | NHLAPO, Sibangkonke, 1111 | PRCI | 44.88 | 4 | 562 | |
| 6 | NDHLOVU, Ntsako, 1122 | PBHSA | 46.99 | 3 | 493 | |
| 7 | JOUBERT, Jason, 274 | DAN | 47.42 | 2 | 480 | |
| 8 | MODISELLE, NEO, 1386 | TUKSU | 49.47 | 1 | 421 | |
| 9 | GUERERA, Anashe, 1174 | PBHSI | 55.20 | 0 | 283 | |
| 0 | BEZUIDENHOUT, Werner, 810 | MENU | DNS | 0 | 0 | |
| Item 55 11:06 FinalResults Girls 15 300m Hurdles | | | | | | 76.2cm |
| 1 | VAN NIEKERK, Hannah, 460 | HMKA | 42.66 | 8 | 948 | G |
| 2 | WILLIAMS, Anika, 1554 | ZWKA | 44.02 | 7 | 910 | S |
| 3 | RIEKERT, Jean-marie, 1564 | ZWKB | 46.11 | 6 | 858 | B |
| 4 | DU TOIT, Zylia Marie, 6 | AHMB | 46.14 | 5 | 857 | |
| 5 | COETZEE, Daniell, 135 | BRG | 46.85 | 4 | 841 | |
| 6 | GLIMOUR, Liani, 327 | ELDU | 47.79 | 3 | 821 | |
| 6 | DE JAGER, Angelique, 923 | NHW | 47.79 | 3 | 821 | |
| 8 | STRUWEG, Cristine, 959 | OMB | 47.94 | 1 | 817 | |
| 9 | SHOKANE, Kaopotso, 1433 | VOR | 48.26 | 0 | 811 | |
| 10 | HEYNS, Anke, 148 | BVT | 49.05 | 0 | 795 | |
| 11 | UYS, Louise, 805 | MENU | 49.08 | 0 | 794 | |
| 12 | HOLTZHAUZEN, Elandri, 209 | CENU | 49.11 | 0 | 794 | |
| 13 | KELLY, Larischa, 707 | LYD | 49.16 | 0 | 793 | |

Meeting :2020/02/12: FITGEN TUKS TOP 10 (PRESTIGE COLLEGE) at BESTMED TUKS

| | | | | | |
|----|------------------------|------|-------|---|-----|
| 14 | TALJAARD,Marika, 895 | MNTB | 50.32 | 0 | 771 |
| 15 | SCHEEPERS,Leane, 612 | KPKC | 50.37 | 0 | 770 |
| 16 | OLIVIER,Christin, 1241 | RHSU | 50.46 | 0 | 768 |
| 17 | DE WET,Cira, 1526 | WINB | 51.63 | 0 | 747 |
| 18 | STRYDOM,Monique, 187 | BRS | 52.45 | 0 | 733 |
| 19 | MASUKU,Tlotlo, 1085 | PRCI | 54.42 | 0 | 701 |

Item 45 10:45 FinalResults Boys 15 300m Hurdles

84cm

| | | | | | | | |
|----|---------------------------|------|-------|---|-----|---|--------|
| 1 | KEMP,Wian, 416 | GRFA | 38.22 | 8 | 878 | G | TUKS10 |
| 2 | VAN DER LITH,Zander, 596 | KPKA | 38.40 | 7 | 867 | S | TUKS10 |
| 3 | DE VILLIERS,Dewald, 159 | BOL | 40.87 | 6 | 733 | B | |
| 4 | MALULEKE,Papino, 651 | KHSB | 41.12 | 5 | 721 | | |
| 5 | STEENKAMP,Liam, 1582 | ZWKC | 41.54 | 4 | 702 | | |
| 6 | PERREIRA,Collin, 676 | LICA | 41.75 | 3 | 693 | | |
| 6 | DU PLESSIS,Nicholis, 1530 | WINB | 41.75 | 3 | 693 | | |
| 8 | VAN RENSBURG,Rigard, 901 | MNTB | 42.51 | 1 | 660 | | |
| 9 | CLAASSEN,Reece, 475 | HMKD | 42.56 | 0 | 658 | | |
| 10 | ROOTMAN,Loutjie, 652 | KHSB | 43.57 | 0 | 618 | | |
| 11 | FAKUDE,Siya, 709 | LYD | 44.87 | 0 | 570 | | |
| 12 | NKOSI,Syanda, 1425 | VOL | 44.99 | 0 | 566 | | |
| 13 | PRETORIUS,Righardt, 366 | ERS | 45.57 | 0 | 546 | | |
| 0 | MAGORO,Moketla, 1107 | PRCI | DNS | 0 | 0 | | |
| 0 | KGATLE,Lehlogonolo, 1099 | PRCI | DNS | 0 | 0 | | |
| 0 | PIETERSE,Henco, 1230 | RHSB | DNS | 0 | 0 | | |

Item 50 10:56 FinalResults Girls 16 400m Hurdles

76.2cm

| | | | | | | |
|----|--------------------------|------|---------|---|-----|---|
| 1 | KOK,Chane, 409 | GRFA | 1:01.81 | 8 | 939 | G |
| 2 | NEL,Anje, 9 | AHMB | 1:02.18 | 7 | 932 | S |
| 3 | MATTHYSEN,Nike, 565 | HUG | 1:05.26 | 6 | 876 | B |
| 4 | VAN DER WALT,Annika, 846 | MSCA | 1:06.68 | 5 | 852 | |
| 5 | CARROLL,Lienkie, 668 | LICA | 1:07.81 | 4 | 835 | |
| 6 | PRINSLOO,JoanÉ, 1225 | RHSB | 1:09.63 | 3 | 808 | |
| 7 | GARBERS,Mioné, 1516 | WINA | 1:10.38 | 2 | 797 | |
| 8 | MULLER,Miane, 991 | PP | 1:10.53 | 1 | 795 | |
| 9 | STRYDOM,Megan, 1594 | ZWKI | 1:10.61 | 0 | 794 | |
| 10 | VILJOEN,Nia, 1228 | RHSB | 1:11.81 | 0 | 778 | |
| 10 | SWANEPOEL,Jani, 188 | BRS | 1:11.81 | 0 | 778 | |
| 12 | ILLUNGA,Mbuyi, 1258 | SDC | 1:30.88 | 0 | 584 | |
| 0 | VD WALT,Kristie, 336 | ELDU | DNS | 0 | 0 | |

Item 43 10:39 FinalResults Boys 16 400m Hurdles

84cm

| | | | | | | |
|----|--------------------------------|-------|---------|---|-----|---|
| 1 | DE WET,Tiaan, 90 | AHSB | 0:55.31 | 8 | 821 | G |
| 2 | DE BEER,Michael, 995 | PP | 0:56.70 | 7 | 768 | S |
| 3 | BOUWER,Euan, 1469 | WTKB | 0:56.99 | 6 | 758 | B |
| 4 | JACOBS,Heinrich, 476 | HMKD | 0:57.18 | 5 | 751 | |
| 5 | VAN TONDER,Jc, 1560 | ZWKA | 0:57.20 | 4 | 751 | |
| 6 | DREYER,Freddie, 161 | BOL | 0:58.68 | 3 | 701 | |
| 7 | LATEGAN,Leo, 778 | MPKSW | 0:59.16 | 2 | 687 | |
| 8 | VAN DEN BERG,Stean, 1583 | ZWKC | 0:59.20 | 1 | 685 | |
| 9 | PRETORIUS,Franco, 842 | MER | 0:59.26 | 0 | 684 | |
| 10 | BOTES,Johan, 212 | CENU | 1:00.04 | 0 | 660 | |
| 11 | MMOTONG,Tshegofatso, 713 | LYD | 1:01.47 | 0 | 620 | |
| 12 | JANSE V RENSBURG,Gerhard, 1532 | WINB | 1:02.93 | 0 | 581 | |
| 13 | SEBONEGO,Tshimega, 941 | NYL | 1:02.99 | 0 | 580 | |
| 0 | LEKUNKU,Joshua, 1044 | PRCB | DNS | 0 | 0 | |

Item 48 10:51 FinalResults Girls 17 400m Hurdles

76.2cm

| | | | | | | |
|---|--------------------------|-------|---------|---|-----|---|
| 1 | VAN STADEN,Jada, 1373 | TUKSU | 1:01.74 | 8 | 932 | G |
| 2 | VENTER,Cara, 847 | MSCA | 1:03.67 | 7 | 896 | S |
| 2 | CLAASSENS,Michelle, 1002 | PHS | 1:03.67 | 7 | 896 | S |
| 4 | BEETGE,Nachelle, 2 | AHMB | 1:04.22 | 5 | 886 | |
| 5 | DEGENAAR,Martine, 968 | OVK | 1:04.37 | 4 | 883 | |
| 6 | KEYSER,Imkw, 669 | LICA | 1:06.12 | 3 | 854 | |

Meeting :2020/02/12: FITGEN TUKS TOP 10 (PRESTIGE COLLEGE) at BESTMED TUKS

| | | | | | |
|----|-------------------------------|------|---------|---|-----|
| 7 | VAN GREUNEN,EI-marie, 601 | KPKB | 1:06.16 | 2 | 853 |
| 8 | WILKEN,Mieke, 603 | KPKB | 1:07.51 | 1 | 832 |
| 9 | BRAND,Mia, 1514 | WINA | 1:08.30 | 0 | 820 |
| 10 | SWANEPOEL,Bochule, 720 | MVJ | 1:09.63 | 0 | 801 |
| 11 | JANSE VAN VUUREN,Nicole, 1587 | ZWKI | 1:10.25 | 0 | 793 |
| 12 | MOKOLOANE,Reabetseoe, 1074 | PRCG | 1:10.35 | 0 | 791 |
| 13 | OBERHOLZER,Chante, 566 | HUG | 1:10.98 | 0 | 783 |
| 14 | BOTHA,SunÉ, 1235 | RHSU | 1:11.31 | 0 | 778 |
| 15 | LUBBE,Benita, 282 | DWG | 1:19.62 | 0 | 681 |

Item 41 10:34 FinalResults Boys 17 400m Hurdles

84cm

| | | | | | | |
|----|------------------------------|-------|---------|---|-----|---|
| 1 | VAN REENEN,Kruger, 87 | AHSA | 0:53.28 | 8 | 889 | G |
| 2 | GELDENHUYS,Wilco, 513 | HTMA | 0:53.56 | 7 | 876 | S |
| 3 | MOREHEN,Keegan, 1556 | ZWKA | 0:54.66 | 6 | 828 | B |
| 4 | MULLER,Cor, 1008 | PHS | 0:55.37 | 5 | 800 | |
| 5 | POTGIETER,Leon, 1009 | PHS | 0:56.26 | 4 | 767 | |
| 6 | VAN TONDER,Edrick, 1221 | RHSA | 0:56.60 | 3 | 755 | |
| 7 | BOONZAAIER,Franco, 862 | MSCB | 0:56.82 | 2 | 747 | |
| 8 | VENTER,Henk, 878 | MSCI | 0:57.63 | 1 | 719 | |
| 9 | MUCHANGA.,ISAAC, 1387 | TUKSU | 0:59.36 | 0 | 665 | |
| 10 | MCDONNALD,Jacon, 1422 | VOL | 1:00.74 | 0 | 625 | |
| 11 | VAN DER WESTHUIZEN,Cyle, 987 | OVR | 1:00.97 | 0 | 619 | |
| 12 | MOLTOJA,Selaelo, 1054 | PRCBA | 1:02.36 | 0 | 582 | |
| 13 | KOLOANE,Dimpho, 1049 | PRCBA | 1:03.28 | 0 | 559 | |
| 14 | EVENLEIGH,Hein, 189 | BRS | 1:04.10 | 0 | 539 | |
| 0 | NEL,Heinrich, 321 | ELD | DNS | 0 | 0 | |

Item 46 10:48 Final Girls 19 400m Hurdles

76.2cm

| | | | | | | |
|---|----------------------|------|---------|---|-----|---|
| 1 | EILERD,Chalize, 7 | AHMB | 1:03.40 | 8 | 887 | G |
| 2 | UYS,Inaldi, 771 | MPDW | 1:04.47 | 7 | 869 | S |
| 3 | VAN ZYL,Diana, 926 | NHW | 1:05.49 | 6 | 851 | B |
| 4 | UYS,Alea, 1420 | VOL | 1:07.40 | 5 | 822 | |
| 5 | VAN ZYL,Cherien, 435 | GDV | 1:08.21 | 4 | 810 | |
| 6 | GOUWS,Igne, 522 | HTMB | 1:09.41 | 3 | 793 | |
| 7 | POTGIETER,Karli, 363 | ERS | 1:09.42 | 2 | 793 | |

Item 39 10:29 FinalResults Boys 19 400m Hurdles

91.4cm

| | | | | | | |
|----|-----------------------------|-------|---------|---|-----|---|
| 1 | GELDENHUYS,Ivan Danny, 1380 | TUKSU | 0:52.79 | 8 | 943 | G |
| 2 | DAVIES,Dylan, 593 | KPKA | 0:53.09 | 7 | 928 | S |
| 3 | ERASMUS,Andre, 79 | AHSA | 0:53.40 | 6 | 913 | B |
| 4 | ERASMUS,Steyl, 851 | MSCA | 0:53.82 | 5 | 893 | |
| 5 | WEYER,JAN-HENDRIK, 1402 | TUKSU | 0:54.46 | 4 | 864 | |
| 6 | BOTHA,Shandon, 1475 | WTKU | 0:54.49 | 3 | 862 | |
| 7 | CLAYTON,Ruan, 1568 | ZWKB | 0:54.81 | 2 | 849 | |
| 8 | GROBLER,Nico, 570 | HUG | 0:56.17 | 1 | 794 | |
| 9 | MONYOYI,Lebone, 675 | LICA | 0:56.45 | 0 | 784 | |
| 10 | VAN ZYL,Corne, 370 | ERS | 0:56.58 | 0 | 779 | |
| 0 | MOHLALOGA,William, 997 | PP | DNS | 0 | 0 | |

Item 134 14:00 Final Girls 14 HighJump

| | | | | | | |
|----|--------------------------|------|------|---|-----|---|
| 1 | MATFIELD,Jaimie, 68 | AHMW | 1.60 | 8 | 820 | G |
| 1 | NKOSI,Tariro, 938 | NYL | 1.60 | 8 | 820 | G |
| 3 | BEZUIDENHOUDT,Bianca, 64 | AHMW | 1.55 | 6 | 760 | B |
| 4 | J.V. RENSBURG,Mia, 421 | GRFB | 1.55 | 5 | 760 | |
| 5 | CALITZ,Teanique, 1573 | ZWKC | 1.50 | 4 | 700 | |
| 6 | MOLWANTWA,Monthati, 971 | OVK | 1.45 | 3 | 630 | |
| 7 | LLOYD,Abigail, 447 | HM | 1.45 | 2 | 630 | |
| 8 | LUYT,Tamlyn, 138 | BRG | 1.45 | 1 | 630 | |
| 9 | LESSING,Keya, 1261 | SDC | 1.40 | 0 | 570 | |
| 10 | SEEKOE,Lemeese, 1319 | TGH | 1.35 | 0 | 500 | |
| 11 | SENOOANE,BONOLO, 1626 | ZWEP | 1.30 | 0 | 440 | |
| 12 | KHUBURA,Abubakar, 539 | HTT | 1.30 | 0 | 440 | |
| 0 | TROMP,Inneke, 139 | BRG | NM | 0 | 0 | |

| | | | | | | |
|---|-------------------------|------|----|---|---|--|
| 0 | THERON,Chanelle, 1538 | WHC | NM | 0 | 0 | |
| 0 | HEIGAN,Minette, 551 | HTST | NM | 0 | 0 | |
| 0 | MHLONGO,Ntandokazi, 555 | HTST | NM | 0 | 0 | |
| 0 | SENEKANE,Montoa, 113 | AMB | NM | 0 | 0 | |

Item 135 14:00 Final Boys 14 HighJump

| | | | | | | |
|----|-----------------------------|-------|------|---|-----|---|
| 1 | HOUY,Jason, 1474 | WTKB | 1.70 | 8 | 700 | G |
| 2 | JANCOVIC,Luca, 873 | MSCI | 1.65 | 7 | 640 | S |
| 3 | HONIBALL,Andreas, 839 | MER | 1.60 | 6 | 590 | B |
| 3 | THERON,Theo, 96 | AHSB | 1.60 | 6 | 590 | B |
| 5 | SEBOLAO,Kgosi, 142 | BRG | 1.55 | 4 | 530 | |
| 5 | SMIT,Viljee, 825 | MENU | 1.55 | 4 | 530 | |
| 7 | FRANCOIS,Pelser, 975 | OVK | 1.55 | 2 | 530 | |
| 8 | SCHAEFER,JuandrÉ, 181 | BRW | 1.50 | 1 | 470 | |
| 9 | DU PLESSIS,Alex, 813 | MENU | 1.45 | 0 | 410 | |
| 10 | LA GRANGE,Eon, 1335 | TRV | 1.40 | 0 | 360 | |
| 11 | THEMA,Tumelo, 1068 | PRBB | 1.40 | 0 | 360 | |
| 11 | MALUNGA,Lambone, 1411 | UIT | 1.40 | 0 | 360 | |
| 13 | MEARNS,Joshua, 452 | HM | 1.40 | 0 | 360 | |
| 13 | VAN DER ENDE,Reuben, 1197 | PBHSI | 1.40 | 0 | 360 | |
| 0 | SHIKIBANA,Tshepiso, 1195 | PBHSI | DNR | 0 | 0 | |
| 0 | SIMON,Asley, 562 | HTST | DNR | 0 | 0 | |
| 0 | NDLOVU,Chris, 253 | DNF | DNR | 0 | 0 | |
| 0 | VENTER,Seth, 1198 | PBHSI | DNR | 0 | 0 | |
| 0 | BADENHORST,Hanro, 306 | EDU | NM | 0 | 0 | |
| 0 | NGA OSWA ESSOMBA,Glen, 1323 | TGH | NM | 0 | 0 | |

Item 73 12:00 Final Girls 15 HighJump

| | | | | | | |
|----|------------------------------|-------|------|---|-----|---|
| 1 | BOTHA,MICAYLA, 944 | OMA | 1.65 | 8 | 850 | G |
| 2 | VAN DER WESTHUIZEN,Lilo, 459 | HMKA | 1.60 | 7 | 790 | S |
| 3 | NAUDE,Kayleigh, 448 | HM | 1.60 | 6 | 790 | B |
| 4 | THERON,Lize, 1578 | ZWKC | 1.50 | 5 | 660 | |
| 5 | VISAGIE,Suhane, 643 | KHSA | 1.45 | 4 | 600 | |
| 5 | MUDZANANI,Adore, 1039 | PRCB | 1.45 | 4 | 600 | |
| 7 | SWIEGERS,Keigh-lee, 334 | ELDU | 1.45 | 2 | 600 | |
| 8 | VAN DER BERGH,Lechane, 640 | KHSA | 1.45 | 1 | 600 | |
| 9 | LEBESE,Sanele, 1036 | PRCB | 1.40 | 0 | 540 | |
| 10 | DE BRUIN,Ané, 1525 | WINB | 1.40 | 0 | 540 | |
| 11 | CARPENTER,Tyla, 482 | HOL | 1.35 | 0 | 470 | |
| 12 | MUSIAMO,Ndaedzo, 1091 | PRCI | 1.35 | 0 | 470 | |
| 0 | MANDONYE,Alisa, 553 | HTST | DNR | 0 | 0 | |
| 0 | DE MEYER,Carla, 531 | HTMU | DNR | 0 | 0 | |
| 0 | SWIEGERS,Keigh-lee, 1371 | TUKSU | DNS | 0 | 0 | |
| 0 | MAGIDA,Zinhle, 1083 | PRCI | NM | 0 | 0 | |
| 0 | KITENG,Belle-ange, 552 | HTST | NM | 0 | 0 | |
| 0 | TJEJE,Mmakoma, 543 | HTT | NM | 0 | 0 | |
| 0 | VUKELA,Nyeleti, 114 | AMB | NM | 0 | 0 | |
| 0 | HIGGINS,Kiara, 1304 | SUTB | NM | 0 | 0 | |

Item 74 12:00 Final Boys 15 HighJump

| | | | | | | |
|---|-----------------------|-------|------|---|-----|---|
| 1 | DANKURU,Tsepang, 354 | EHS | 1.80 | 8 | 760 | G |
| 2 | PRETORIUS,Thinus, 367 | ERS | 1.70 | 7 | 650 | S |
| 3 | VAN BLERK,Jadrin, 357 | EHS | 1.65 | 6 | 600 | B |
| 4 | GOBEY,DEVN, 1381 | TUKSU | 1.65 | 5 | 600 | |
| 4 | VAN ZYL,Tiaan, 1020 | PGM | 1.65 | 5 | 600 | |
| 6 | PHAKEDI,Plotlo, 1019 | PGM | 1.65 | 3 | 600 | |
| 7 | MOLLENTZE,Janco, 381 | FIC | 1.60 | 2 | 540 | |
| 8 | HASSIM,Raymond, 1285 | STB | 1.55 | 1 | 480 | |
| 9 | COETZER,Alex, 449 | HM | 1.55 | 0 | 480 | |
| 0 | NEL,Sw, 900 | MNTB | DNR | 0 | 0 | |
| 0 | NELL,Hanru, 820 | MENU | DNR | 0 | 0 | |
| 0 | PARSONS,Trityne, 477 | HMKD | NM | 0 | 0 | |

| | | | | | |
|---|-----------------------|-------|----|---|---|
| 0 | DU VENAGE,Peter, 864 | MSCB | NM | 0 | 0 |
| 0 | MATLALA,Tshiamo, 1544 | WHC | NM | 0 | 0 |
| 0 | LINDULA,Enoch, 1181 | PBHSI | NM | 0 | 0 |

Item 25 10:00 Final Girls 16 HighJump

| | | | | | | |
|----|------------------------|------|------|---|-----|---|
| 1 | NEL,Anje, 9 | AHMB | 1.65 | 8 | 810 | G |
| 2 | VAN STADEN,Karla, 591 | KPKA | 1.60 | 7 | 750 | S |
| 3 | BURGER,Mignon, 945 | OMA | 1.60 | 6 | 750 | B |
| 4 | KEUN,Luca, 796 | MENU | 1.55 | 5 | 690 | |
| 5 | GERBER,DENE, 26 | AHMU | 1.55 | 4 | 690 | |
| 6 | ANNANDALE,Jessica, 703 | LYD | 1.55 | 3 | 690 | |
| 7 | SIBIYA,Akani, 1079 | PRCG | 1.50 | 2 | 630 | |
| 8 | CAMPBELL,Carmen, 1440 | WAG | 1.50 | 1 | 630 | |
| 8 | MKHONZA,Swazi, 1262 | SDC | 1.50 | 1 | 630 | |
| 10 | GREEF,Annika, 598 | KPKB | 1.50 | 0 | 630 | |
| 11 | MACK,Jade, 799 | MENU | 1.50 | 0 | 630 | |
| 12 | NORTJE,Suricka, 422 | GRFB | 1.45 | 0 | 570 | |
| 12 | HEYDENRYCH,Leane, 833 | MER | 1.45 | 0 | 570 | |
| 14 | BAKKER,Rachelle, 956 | OMB | 1.45 | 0 | 570 | |
| 15 | SNYMAN,Izaan, 48 | AHMU | 1.40 | 0 | 500 | |
| 16 | MOGORO,Bonolo, 1087 | PRCI | 1.40 | 0 | 500 | |
| 0 | THERON,Ane, 1539 | WHC | NM | 0 | 0 | |
| 0 | XALA,Uthando, 1041 | PRCB | NM | 0 | 0 | |
| 0 | BANDA,Precious, 1502 | WRG | NM | 0 | 0 | |
| 0 | NAKE,Khanya, 112 | AMB | NM | 0 | 0 | |
| 0 | MAVANYISA,Vutomi, 1404 | UIT | NM | 0 | 0 | |
| 0 | DA SILVA,Kayla, 218 | CURD | NM | 0 | 0 | |

Item 26 10:00 Final Boys 16 HighJump

| | | | | | | |
|----|--------------------------------|-------|------|---|-----|---|
| 1 | TAKUNDWA,Blessing, 1057 | PRCBA | 1.85 | 8 | 760 | G |
| 2 | JACOBS,Simeon, 154 | BVT | 1.80 | 7 | 710 | S |
| 3 | DE WET,Devan, 1297 | SUTA | 1.75 | 6 | 660 | B |
| 4 | KRUGER,Wihan, 425 | GRFB | 1.75 | 5 | 660 | |
| 5 | MAKUNIKE,Tino, 1276 | STA | 1.75 | 4 | 660 | |
| 6 | JOANNOU,Joel, 201 | CEN | 1.70 | 3 | 600 | |
| 6 | ANNANDALE,Connor, 473 | HMKD | 1.70 | 3 | 600 | |
| 8 | PELSER,Tristan, 180 | BRW | 1.70 | 1 | 600 | |
| 9 | MAKWELA,Mogau, 557 | HTST | 1.65 | 0 | 550 | |
| 9 | JANSE V RENSBURG,Gerhard, 1532 | WINB | 1.65 | 0 | 550 | |
| 11 | SITHOLE,Rhula, 1196 | PBHSI | 1.65 | 0 | 550 | |
| 12 | ERASMUS,Igmar, 1447 | WAG | 1.65 | 0 | 550 | |
| 13 | JASON,Barnard, 295 | DJJ | 1.50 | 0 | 380 | |
| 0 | FAURIE,Willem, 686 | LICB | NM | 0 | 0 | |

Item 224 17:30 Final Girls 17 HighJump

| | | | | | | |
|----|--------------------------------|------|------|---|-----|---|
| 1 | VISSER,Jeane, 1017 | PGM | 1.70 | 8 | 850 | G |
| 2 | FOUCHE,Karmen, 1013 | PGM | 1.65 | 7 | 790 | S |
| 3 | KLEIN-NIENABER,Christlene, 304 | EDU | 1.60 | 6 | 730 | B |
| 4 | COETZEE,Caelin, 18 | AHMU | 1.60 | 5 | 730 | |
| 4 | BISSCHOFF,Rita, 1465 | WTKB | 1.60 | 5 | 730 | |
| 6 | BASSON,Mickayla, 787 | MENU | 1.60 | 3 | 730 | |
| 7 | BEZUIDENHOUT,Anchen, 530 | HTMU | 1.55 | 2 | 670 | |
| 8 | DE JAGER,SunÉ, 171 | BRW | 1.50 | 1 | 610 | |
| 9 | GREYLING,Mieke, 988 | PP | 1.45 | 0 | 550 | |
| 10 | MOKGAWA,Moloko, 542 | HTT | 1.45 | 0 | 550 | |
| 11 | SPENCER-YOUNG,Megan, 247 | DNF | 1.40 | 0 | 480 | |
| 0 | MUDZANANI,Eloi, 1090 | PRCI | DNR | 0 | 0 | |
| 0 | SEMPANE,LESEGO, 1625 | ZWEP | DNR | 0 | 0 | |
| 0 | PRINS,Bonita, 1318 | TGH | NM | 0 | 0 | |

Item 225 17:30 Final Boys 17 HighJump

| | | | | | | |
|---|----------------------------|-------|------|---|-----|---|
| 1 | WENHOLD,Edrich, 1401 | TUKSU | 1.85 | 8 | 720 | G |
| 2 | VAN DEN HEEVER,Daniel, 146 | BRG | 1.85 | 7 | 720 | S |

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| | | | | | | |
|----|------------------------|-------|------|---|-----|---|
| 3 | JAXA,ASEKHO, 1359 | TSPB | 1.80 | 6 | 670 | B |
| 4 | SMIT,Mj, 826 | MENU | 1.75 | 5 | 620 | |
| 5 | DU TOIT,Helgard, 1600 | ZWKI | 1.75 | 4 | 620 | |
| 5 | HICKLEY,Justin, 594 | KPKA | 1.75 | 4 | 620 | |
| 7 | TIMOTHY,Colby, 585 | JEP | 1.75 | 2 | 620 | |
| 8 | LERUTLA,Matiko, 712 | LYD | 1.70 | 1 | 570 | |
| 9 | MODUBA,Oratile, 229 | CURD | 1.65 | 0 | 510 | |
| 10 | MOGOATLE,Thato, 1109 | PRCI | 1.60 | 0 | 460 | |
| 10 | MATHIBEDI,Naledi, 120 | AMB | 1.60 | 0 | 460 | |
| 12 | RAMAHALA,Tambani, 701 | LTT | 1.60 | 0 | 460 | |
| 13 | LEGODI,Tanaka, 1102 | PRCI | 1.60 | 0 | 460 | |
| 0 | COETZEE,Hanru, 177 | BRW | DNR | 0 | 0 | |
| 0 | WARD,Tristan, 1337 | TRV | DNR | 0 | 0 | |
| 0 | HOLDER,Jordan, 499 | HJV | NM | 0 | 0 | |
| 0 | SCHIETEKAT,Armand, 311 | EDU | NM | 0 | 0 | |
| 0 | MCGILL,Connor, 1185 | PBHSI | NM | 0 | 0 | |

Item 190 16:00 Final Girls 19 HighJump

| | | | | | | |
|---|-----------------------|------|------|---|-----|---|
| 1 | MAKAMBA,Zihle, 1292 | SUTA | 1.60 | 8 | 690 | G |
| 2 | BURGER,Karla, 17 | AHMU | 1.55 | 7 | 630 | S |
| 3 | VAN NIEKERK,Kayla, 57 | AHMU | 1.45 | 6 | 510 | B |
| 4 | ERAMUS,Bernice, 23 | AHMU | 1.40 | 5 | 450 | |
| 0 | MOTAUNG,Katleho, 1089 | PRCI | NM | 0 | 0 | |
| 0 | LOKATA,Nejma, 1503 | WRG | NM | 0 | 0 | |
| 0 | SITHOLE,Mbali, 1408 | UIT | NM | 0 | 0 | |

Item 191 16:00 Final Boys 19 HighJump

| | | | | | | |
|---|----------------------------|-------|------|---|-----|---|
| 1 | NZOMBE,TANAKA, 1300 | SUTA | 1.85 | 8 | 660 | G |
| 2 | LEHMAN,Michael, 866 | MSCB | 1.80 | 7 | 610 | S |
| 3 | VAN DER COLFF,Keanu, 665 | KGH | 1.80 | 6 | 610 | B |
| 4 | STRYDOM,Jarred, 1161 | PBHSD | 1.75 | 5 | 560 | |
| 5 | GRUNDLINGH,Martin, 498 | HJV | 1.75 | 4 | 560 | |
| 6 | VISAGIE,ROLAN, 1634 | TUKSU | 1.70 | 3 | 510 | |
| 7 | MABUSELA,Tshegofatso, 1104 | PRCI | 1.65 | 2 | 450 | |
| 0 | BALOYI,Omphile, 1096 | PRCI | NM | 0 | 0 | |
| 0 | BALOYI,Pitso, 1097 | PRCI | NM | 0 | 0 | |
| 0 | KABWE,Lucien, 1098 | PRCI | NM | 0 | 0 | |

Item 27 10:00 Final Girls 14 LongJump

| | | | | | | |
|----|-------------------------|------|------|---|-----|--------|
| 1 | COETZEE,Timeke, 5 | AHMB | 5.40 | 8 | 873 | G +0.1 |
| 2 | DE BEER,Mignon, 456 | HMKA | 5.35 | 7 | 855 | S +1.2 |
| 3 | NKOSI,Tariro, 938 | NYL | 5.07 | 6 | 750 | B -1.5 |
| 4 | GREEF,Sune, 588 | KPKA | 4.86 | 5 | 668 | -1.2 |
| 5 | MULLE,Heike, 31 | AHMU | 4.66 | 4 | 590 | +0.3 |
| 6 | KAU,Kearabetsoe, 125 | BEN | 4.65 | 3 | 586 | -1.9 |
| 7 | VOLSCHENK,Dane, 140 | BRG | 4.47 | 2 | 516 | +0.5 |
| 8 | LLOYD,Abigail, 447 | HM | 4.30 | 1 | 448 | +1.4 |
| 9 | MMOTLANA,Naledo, 1086 | PRCI | 4.29 | 0 | 444 | -1.4 |
| 10 | DE JONG,Megan, 20 | AHMU | 4.28 | 0 | 440 | +1.3 |
| 11 | MANIKAS,Lea, 870 | MSCI | 4.26 | 0 | 432 | -0.5 |
| 12 | JORDAAN,Zoe, 445 | HM | 4.24 | 0 | 424 | +0.8 |
| 13 | KHUBURA,Abubakar, 539 | HTT | 4.17 | 0 | 396 | -1.6 |
| 14 | DYKSTRA,Mila, 22 | AHMU | 4.11 | 0 | 372 | +1.0 |
| 15 | MANZINI,Zoe, 111 | AMB | 4.04 | 0 | 343 | +0.8 |
| 16 | TROMP,Inneke, 139 | BRG | 4.02 | 0 | 335 | -1.9 |
| 17 | TSEBE,Keabetswe, 556 | HTST | 3.87 | 0 | 272 | +0.9 |
| 18 | SENOOANE,BONOLO, 1626 | ZWEP | 3.57 | 0 | 145 | -0.9 |
| 19 | MHLONGO,Ntandokazi, 555 | HTST | 3.00 | 0 | 0 | +1.3 |
| 0 | SEBELEBELE,Nicole, 1094 | PRCI | DNR | 0 | 0 | |

Item 153 14:40 Final Boys 14 LongJump

| | | | | | | |
|---|---------------------|------|------|---|-----|--------|
| 1 | SABINO,Steven, 635 | KES | 5.81 | 8 | 733 | G +1.1 |
| 2 | JEKEM,Sandiso, 1060 | PRBB | 5.77 | 7 | 720 | S +1.4 |

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| | | | | | | | |
|----|------------------------------|-------|------|---|-----|---|------|
| 3 | NKUNA,Miyelani, 841 | MER | 5.73 | 6 | 706 | B | +1.0 |
| 4 | DU PLESSIS,Alex, 813 | MENU | 5.71 | 5 | 700 | | +1.5 |
| 5 | VOS ,Nicolus, 323 | ELD | 5.69 | 4 | 693 | | +0.1 |
| 6 | KHUMALO,Zulu, 1249 | RHSU | 5.61 | 3 | 666 | | +0.0 |
| 7 | NGA OSWA ESSOMBA,Glen, 1323 | TGH | 5.57 | 2 | 653 | | +0.5 |
| 8 | NDLOVU,Calvin, 1510 | WRG | 5.23 | 1 | 536 | | +1.3 |
| 9 | SMITH,Ryan, 608 | KPKB | 5.22 | 0 | 533 | | +1.8 |
| 10 | JANCOVIC,Luca, 873 | MSCI | 5.18 | 0 | 520 | | +1.4 |
| 11 | SEBOLAO,Kgosi, 142 | BRG | 5.17 | 0 | 516 | | +0.8 |
| 12 | HERBERT,Maurizo, 1509 | WRG | 5.13 | 0 | 503 | | +0.5 |
| 13 | MOKALAOOTSE,Caleb, 840 | MER | 5.10 | 0 | 493 | | +1.7 |
| 14 | JANSE VAN RENSBURG,Lean, 450 | HM | 5.08 | 0 | 486 | | +1.6 |
| 15 | MABUNDA,Ntsako, 1266 | SDC | 5.05 | 0 | 476 | | -1.3 |
| 16 | THERON,Theo, 96 | AHSB | 5.04 | 0 | 473 | | +2.2 |
| 17 | RAMMABI,Thabang, 876 | MSCI | 5.02 | 0 | 466 | | +1.6 |
| 18 | DE BRUIN,Kwame, 118 | AMB | 4.85 | 0 | 406 | | +1.4 |
| 19 | FOSU-AMOAHA,David, 1271 | STA | 4.65 | 0 | 336 | | +1.4 |
| 20 | MPHELA,Thapelo, 1190 | PBHSI | 4.52 | 0 | 290 | | +1.3 |
| 21 | MEARNS,Joshua, 452 | HM | 4.35 | 0 | 228 | | +0.6 |
| 22 | BEKKER,Slater, 116 | AMB | 4.24 | 0 | 188 | | +1.5 |
| 23 | BERNARD,Tjaart, 141 | BRG | 3.27 | 0 | 0 | | +1.8 |
| 0 | MOLOKO,Lisiba, 560 | HTST | DNR | 0 | 0 | | |
| 0 | SIMON,Asley, 562 | HTST | DNR | 0 | 0 | | |
| 0 | MOROPYANE,Bokang, 427 | GRFB | DNR | 0 | 0 | | |

Item 152 14:40 Final Girls 15 LongJump

| | | | | | | | |
|----|----------------------------|------|------|---|-----|---|------|
| 1 | ANDERSON,Megan, 967 | OVK | 5.29 | 8 | 772 | G | -1.4 |
| 2 | ENSLIN,Rene, 419 | GRFB | 5.18 | 7 | 730 | S | -0.6 |
| 3 | BOTHA,MICAYLA, 944 | OMA | 5.16 | 6 | 723 | B | -1.5 |
| 4 | VAN DER BERGH,Lechane, 640 | KHSA | 5.12 | 5 | 708 | | -1.2 |
| 5 | NEL,Jana, 993 | PP | 5.11 | 4 | 704 | | -0.5 |
| 6 | VISAGIE,Suhane, 643 | KHSA | 4.97 | 3 | 653 | | -2.5 |
| 7 | UYS,Mia, 806 | MENU | 4.91 | 2 | 630 | | -1.8 |
| 8 | KETCHA,Shakirah, 1260 | SDC | 4.83 | 1 | 600 | | -1.6 |
| 9 | MALINGA,Awande, 844 | MSCA | 4.82 | 0 | 596 | | -0.5 |
| 10 | VAN DER MERWE,Dineke, 53 | AHMU | 4.80 | 0 | 590 | | -3.1 |
| 11 | BLACKBURN,Cay-cee, 443 | HM | 4.79 | 0 | 585 | | -1.1 |
| 12 | DE KLERK,Annika, 791 | MENU | 4.70 | 0 | 550 | | -3.5 |
| 12 | BLOEM,Niencke, 788 | MENU | 4.70 | 0 | 550 | | -1.8 |
| 14 | LEBESE,Sanele, 1036 | PRCB | 4.59 | 0 | 508 | | -1.9 |
| 15 | SMIT,Megan, 947 | OMA | 4.46 | 0 | 456 | | |
| 16 | MAGIDA,Zinhle, 1083 | PRCI | 4.28 | 0 | 388 | | -1.7 |
| 17 | BOVE,Kiana, 481 | HOL | 4.20 | 0 | 356 | | -1.5 |
| 18 | NAUDE,Kayleigh, 448 | HM | 4.02 | 0 | 284 | | -1.0 |
| 19 | WOLMERANS,Juanell, 115 | AMB | 3.73 | 0 | 164 | | -4.2 |
| 20 | TJEJE,Mmakoma, 543 | HTT | 3.67 | 0 | 140 | | -1.3 |
| 21 | VUKELA,Nyeleti, 114 | AMB | 3.45 | 0 | 45 | | -0.9 |
| 0 | DU PLESSIS,Kelly, 242 | DNF | DNR | 0 | 0 | | |
| 0 | EGHAN,Lelethu, 110 | AMB | DNR | 0 | 0 | | |
| 0 | MANDONYE,Alisa, 553 | HTST | DNS | 0 | 0 | | |

Item 107 13:05 Final Boys 15 LongJump

| | | | | | | | |
|---|--------------------------|-------|------|---|-----|---|------|
| 1 | MANGENA,Gomolemo, 1385 | TUKSU | 6.10 | 8 | 750 | G | -1.3 |
| 2 | ROOTMAN,Loutjie, 652 | KHSB | 5.96 | 7 | 706 | S | -4.0 |
| 2 | HASSIM,Raymond, 1285 | STB | 5.96 | 7 | 706 | S | -0.5 |
| 4 | BOUWER,Divan, 604 | KPKB | 5.95 | 5 | 703 | | +0.1 |
| 5 | MAHLANGU,Endurance, 852 | MSCA | 5.90 | 4 | 686 | | +1.3 |
| 6 | MABUSELA,Kgalalelo, 1105 | PRCI | 5.88 | 3 | 680 | | +0.4 |
| 7 | THULANI,Shabalala, 584 | JEP | 5.74 | 2 | 636 | | +0.2 |
| 8 | COETZEE,Ethan, 88 | AHSB | 5.65 | 1 | 606 | | |
| 9 | SCHRADER,Hendré, 1534 | WINB | 5.62 | 0 | 596 | | -0.9 |

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| | | | | | | |
|----|-----------------------|-------|------|---|-----|------|
| 10 | COETZEE,Jaryd, 1477 | WES | 5.45 | 0 | 543 | -1.0 |
| 11 | SMIT,Hendru, 265 | DEL | 5.44 | 0 | 540 | +1.1 |
| 11 | PHAKEDI,Tlotlo, 1019 | PGM | 5.44 | 0 | 540 | -2.8 |
| 13 | BOSHOFF ,Wikus, 950 | OMA | 5.42 | 0 | 533 | +0.2 |
| 14 | COETZER,Alex, 449 | HM | 5.39 | 0 | 523 | +0.7 |
| 15 | RIBA,Oreobetse, 241 | CURS | 5.34 | 0 | 506 | -1.2 |
| 16 | NEL,Regard, 620 | KPKC | 5.32 | 0 | 500 | +0.9 |
| 17 | VAJSEL,Antonio, 690 | LICB | 5.16 | 0 | 446 | -0.9 |
| 18 | BAMPOE,Neo, 973 | OVK | 5.12 | 0 | 433 | -1.0 |
| 19 | ANDRIANI,Matthew, 728 | MAR | 5.09 | 0 | 423 | +1.4 |
| 20 | NKOSI,Ntuthuko, 1312 | SUTB | 5.06 | 0 | 413 | +0.4 |
| 21 | STEYN,Nathan, 369 | ERS | 5.03 | 0 | 403 | -1.0 |
| 22 | MOKOENA,David, 403 | FM | 4.85 | 0 | 340 | +1.5 |
| 23 | MAKONCO,Ave, 1184 | PBHSI | 4.35 | 0 | 166 | -0.5 |
| 0 | NEL,Sw, 900 | MNTB | DNR | 0 | 0 | |
| 0 | MAGORO,Moketla, 1107 | PRCI | DNR | 0 | 0 | |
| 0 | EJIKE,Uche, 1284 | STB | DNR | 0 | 0 | |

Item 106 13:05 Final Girls 16 LongJump

| | | | | | | |
|----|--------------------------|------|------|---|-----|--------|
| 1 | SMITH,Tenika, 470 | HMKD | 5.12 | 8 | 660 | G -1.7 |
| 2 | MANGAVA,Keisha, 1071 | PRCG | 4.99 | 7 | 612 | S -2.0 |
| 3 | ANDERSON,Shawne, 1464 | WTKB | 4.90 | 6 | 576 | B -1.9 |
| 4 | POST,Tyla, 35 | AHMU | 4.81 | 5 | 544 | -1.6 |
| 5 | KEUN,Luca, 796 | MENU | 4.77 | 4 | 530 | -0.4 |
| 6 | CRONJE,Hermelee, 19 | AHMU | 4.74 | 3 | 520 | -1.9 |
| 6 | LOUW,Mine, 970 | OVK | 4.74 | 3 | 520 | -2.1 |
| 8 | TERBLANCH,Deninke, 52 | AHMU | 4.71 | 1 | 508 | -0.5 |
| 9 | BISCHOFF,Milan, 13 | AHMU | 4.68 | 0 | 496 | -2.1 |
| 10 | GREYLING,Walecska, 982 | OVR | 4.52 | 0 | 436 | -1.7 |
| 11 | JAFTHA,Jaime, 1259 | SDC | 4.43 | 0 | 400 | -2.0 |
| 11 | HOLTZHAUSEN,Anika, 934 | NYL | 4.43 | 0 | 400 | -1.0 |
| 13 | VAN DAM,Fiona, 599 | KPKB | 4.38 | 0 | 383 | -1.4 |
| 14 | MIYA,Olwethu, 487 | HOL | 4.34 | 0 | 368 | -1.8 |
| 15 | LAMBRECHTS,Marnika, 1417 | VOL | 4.32 | 0 | 360 | -3.0 |
| 16 | MKHONZA,Swazi, 1262 | SDC | 4.17 | 0 | 300 | -1.3 |
| 17 | CAMPBELL,Carmen, 1440 | WAG | 4.04 | 0 | 250 | -1.8 |
| 18 | MOKGAHLANE,Oratile, 1505 | WRG | 4.03 | 0 | 245 | -2.2 |
| 19 | NATHAN,Nicole, 1537 | WHC | 3.70 | 0 | 112 | -1.3 |
| 20 | NAKE,Khanya, 112 | AMB | 3.60 | 0 | 70 | -2.3 |
| 0 | BELEBESI,Kamohelo, 479 | HOL | DNR | 0 | 0 | |

Item 64 11:30 Final Boys 16 LongJump

| | | | | | | |
|----|-------------------------|-------|------|---|-----|--------|
| 1 | MTHEMBU,Asande, 1031 | PRCA | 6.88 | 8 | 926 | G +1.0 |
| 2 | SHABANGU,Tikana, 1034 | PRCA | 6.74 | 7 | 885 | S -1.8 |
| 3 | MPHAFI,Thabang, 629 | KES | 6.62 | 6 | 847 | B +2.3 |
| 4 | JOOSTE,Theuns, 1382 | TUKSU | 6.41 | 5 | 783 | +0.9 |
| 5 | KANANELO,Moshe, 577 | JEP | 6.36 | 4 | 768 | +0.6 |
| 6 | UNDERHILL,Levalle, 1536 | WINB | 6.18 | 3 | 713 | -0.3 |
| 7 | MBATSHA,Diba, 867 | MSCB | 6.09 | 2 | 685 | +0.9 |
| 8 | COETZEE,Grant, 1495 | WVL | 5.85 | 1 | 610 | +0.1 |
| 9 | MAILA,Siyabonga, 262 | DEL | 5.84 | 0 | 606 | -1.2 |
| 10 | SWANEPOEL,Emile, 595 | KPKA | 5.78 | 0 | 590 | +0.7 |
| 11 | SMUTS,Christiaan, 1138 | PBHSB | 5.77 | 0 | 586 | +0.9 |
| 12 | MATU,Junior, 559 | HTST | 5.74 | 0 | 576 | +0.6 |
| 13 | GREYLING,Adin, 865 | MSCB | 5.62 | 0 | 537 | +2.1 |
| 14 | MAMABOLO,Tia, 547 | HTT | 5.60 | 0 | 532 | -0.5 |
| 15 | MSOMI,Nikwa, 1133 | PBHSB | 5.30 | 0 | 436 | -0.6 |
| 16 | ROODT,Paul, 1450 | WAG | 5.18 | 0 | 396 | -2.8 |
| 17 | NTOKOZO,Msipha, 299 | DJJ | 4.91 | 0 | 306 | +1.5 |
| 18 | IDOWU,Samuel, 1118 | PBHSA | 4.55 | 0 | 186 | +1.2 |
| 19 | FOSTER,David, 1479 | WES | 3.21 | 0 | 0 | +0.6 |

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| | | | | | |
|---|----------------------|------|-----|---|---|
| 0 | VILJOEN,Kaletso, 955 | OMA | DNR | 0 | 0 |
| 0 | VAN ZYL,DOLF, 954 | OMA | DNR | 0 | 0 |
| 0 | SITHOLE,Khaya, 1288 | STB | DNR | 0 | 0 |
| 0 | DE WET,Devan, 1297 | SUTA | DNR | 0 | 0 |
| 0 | TAMBOER,Jameal, 978 | OVK | DNR | 0 | 0 |

Item 62 11:30 Final Girls 17 LongJump

| | | | | | | | | |
|----|----------------------------|-------|------|---|-----|---|------|--------|
| 1 | FOUCHE,Karmen, 1013 | PGM | 5.87 | 8 | 880 | G | -0.8 | TUKS10 |
| 2 | GERBER,Joane, 8 | AHMB | 5.77 | 7 | 843 | S | +0.7 | TUKS10 |
| 3 | MEYER,Sinead, 486 | HOL | 5.22 | 6 | 650 | B | | |
| 4 | DREYER,Marnie, 372 | FIC | 5.09 | 5 | 603 | | -0.1 | |
| 5 | DEGENAAR,Martine, 968 | OVK | 5.05 | 4 | 590 | | -1.2 | |
| 6 | POTGIETER,Ibke, 36 | AHMU | 4.92 | 3 | 543 | | | |
| 7 | FERREIRA,Carla, 24 | AHMU | 4.83 | 2 | 510 | | +0.3 | |
| 8 | WRIGHT,Zoë, 63 | AHMU | 4.75 | 1 | 480 | | | |
| 9 | V ROOYEN,Emma, 759 | MPKDB | 4.60 | 0 | 424 | | -0.6 | |
| 10 | MASEMOLA,Agisang, 1315 | TGH | 4.54 | 0 | 403 | | -2.2 | |
| 11 | DAVIES,Caitlyn, 610 | KPKC | 4.45 | 0 | 368 | | -1.2 | |
| 12 | MOKOLOANE,Reabetseoe, 1074 | PRCG | 4.36 | 0 | 336 | | -2.3 | |
| 13 | MOLEFE,Palesa, 1088 | PRCI | 4.27 | 0 | 300 | | -0.8 | |
| 14 | MURPHY,Carisna, 860 | MSCB | 4.23 | 0 | 284 | | -0.2 | |
| 14 | THLOBORO,Atlegang, 1506 | WRG | 4.23 | 0 | 284 | | -0.7 | |
| 16 | OHAJU,Ngozi, 1263 | SDC | 4.15 | 0 | 255 | | | |
| 17 | MMAKO,Goitsimang, 1504 | WRG | 3.95 | 0 | 176 | | | |
| 0 | MOKGAWA,Moloko, 542 | HTT | DNS | 0 | 0 | | | |
| 0 | SPENCER-YOUNG,Megan, 247 | DNF | DNS | 0 | 0 | | | |

Item 180 15:50 Final Boys 17 LongJump

| | | | | | | | | |
|----|----------------------------|-------|------|---|-----|---|------|--|
| 1 | SELEBI,Michael, 1439 | VOR | 6.92 | 8 | 880 | G | -0.5 | |
| 2 | SHOBA,Sanele, 1035 | PRCA | 6.89 | 7 | 871 | S | -0.9 | |
| 3 | ZLATEV,Lubo, 394 | FWH | 6.73 | 6 | 822 | B | | |
| 4 | LESEDI,Moloto, 580 | JEP | 6.69 | 5 | 811 | | -0.9 | |
| 5 | MOLTOJA,Selaelo, 1054 | PRCBA | 6.58 | 4 | 777 | | +2.0 | |
| 6 | DE BRUYN,Marnus, 225 | CURD | 6.47 | 3 | 745 | | +1.3 | |
| 7 | PRETORIUS,Franz, 1207 | RBG | 6.39 | 2 | 722 | | -0.5 | |
| 8 | KHUMALO,Lesedo, 1383 | TUKSU | 6.26 | 1 | 682 | | +0.4 | |
| 9 | DU PREEZ,Sean, 1598 | ZWKI | 6.08 | 0 | 628 | | +1.4 | |
| 10 | NTSARA,Ofentse, 1512 | WRG | 5.79 | 0 | 540 | | +1.5 | |
| 11 | RAATH,Raine, 310 | EDU | 5.75 | 0 | 526 | | +2.1 | |
| 12 | LEGODI,Tanaka, 1102 | PRCI | 5.73 | 0 | 520 | | +1.5 | |
| 13 | SEREMANE,Moses, 561 | HTST | 5.72 | 0 | 517 | | +0.7 | |
| 14 | MATLAILA,Andile, 1412 | UIT | 5.63 | 0 | 490 | | +0.4 | |
| 15 | DE WAAL,Benjamin, 697 | LTT | 5.60 | 0 | 480 | | +0.4 | |
| 16 | BALOYI,Ntsako, 1264 | SDC | 5.53 | 0 | 460 | | +0.1 | |
| 17 | SCHIETEKAT,Armand, 311 | EDU | 5.35 | 0 | 403 | | +0.0 | |
| 18 | HOLDER,Jordan, 499 | HJV | 5.29 | 0 | 383 | | +1.5 | |
| 18 | NTSHANGASE,Kwanele, 1485 | WES | 5.29 | 0 | 383 | | -0.1 | |
| 20 | MPUNGOSE,Londani, 1482 | WES | 5.17 | 0 | 345 | | -1.7 | |
| 21 | MODISANE,Ofentse, 1132 | PBHSB | 4.98 | 0 | 283 | | +0.0 | |
| 0 | VAN DEN HEEVER,Daniel, 146 | BRG | DNR | 0 | 0 | | | |
| 0 | MUSHWANA,Shane, 549 | HTT | DNR | 0 | 0 | | | |
| 0 | PON,Seth, 133 | BEN | DNR | 0 | 0 | | | |
| 0 | MODUBA,Oratile, 229 | CURD | DNR | 0 | 0 | | | |

Item 63 11:30 Final Girls 19 LongJump

| | | | | | | | | |
|---|----------------------------|------|------|---|-----|---|------|--|
| 1 | NOLTE,Danielle, 1355 | TSPB | 5.73 | 8 | 755 | G | +0.0 | |
| 2 | MAKAMBA,Zihle, 1292 | SUTA | 5.30 | 7 | 608 | S | -2.2 | |
| 3 | BOTHA,Bianca, 14 | AHMU | 5.28 | 6 | 600 | B | -0.9 | |
| 4 | BREYTENBACH,BURNEDETTE, 16 | AHMU | 5.06 | 5 | 523 | | -1.8 | |
| 5 | SMIDT,Euliske, 46 | AHMU | 5.02 | 4 | 510 | | +0.6 | |
| 6 | LOUIS,Amber, 1418 | VOL | 4.60 | 3 | 360 | | -1.1 | |
| 7 | LEMKUS,Kayla, 386 | FWH | 4.59 | 2 | 356 | | -0.8 | |

| | | | | | | |
|----|--------------------------|------|------|---|-----|------|
| 8 | SITHOLE,Mbali, 1408 | UIT | 4.43 | 1 | 300 | |
| 9 | PRETORIUS,Wendy, 493 | HJV | 3.97 | 0 | 124 | -2.1 |
| 10 | LOKATA,Nejma, 1503 | WRG | 3.90 | 0 | 96 | +0.1 |
| 11 | MOLAMU,Oniele, 990 | PP | 3.57 | 0 | 0 | -2.3 |
| 0 | SWART,Lane, 683 | LICB | DNR | 0 | 0 | |
| 0 | ASHIPALA,Josephine, 1501 | WRG | DNR | 0 | 0 | |

Item 28 10:00 Final Boys 19 LongJump

| | | | | | | |
|---|-------------------------|-------|------|---|-----|--------|
| 1 | MABUZA,Nyiko, 1275 | STA | 6.34 | 8 | 622 | G -0.9 |
| 2 | KANDORO,Elshammah, 1119 | PBHSA | 6.15 | 7 | 568 | S -4.1 |
| 3 | KGOMO,Kgabo, 1409 | UIT | 6.14 | 6 | 565 | B +0.1 |
| 4 | MATEYISI,Philisa, 1146 | PBHSC | 5.66 | 5 | 422 | -5.0 |
| 5 | GRUNDLINGH,Martin, 498 | HJV | 5.61 | 4 | 406 | -2.9 |
| 6 | MOABI,Refentse, 1250 | RHSU | 5.59 | 3 | 400 | -5.4 |
| 7 | NGUBANE,Bayanda, 1483 | WES | 5.57 | 2 | 394 | -4.7 |
| 8 | LEGODI,Duma, 1180 | PBHSI | 5.42 | 1 | 350 | -3.9 |
| 0 | RAMOKGOPA,Nolo, 1033 | PRCA | DNR | 0 | 0 | |
| 0 | MAILULA,Scott, 1045 | PRCB | DNR | 0 | 0 | |

Item 181 15:50 Final Girls 15 TripleJump

| | | | | | | |
|---|--------------------|------|-------|---|-----|--------|
| 1 | DE BRUIN,Ané, 1525 | WINB | 08.73 | 8 | 403 | G -2.6 |
| 2 | VELDMAN,Mieke, 696 | LTT | 08.71 | 7 | 400 | S -1.1 |

Item 228 17:30 Final Boys 15 TripleJump

| | | | | | | |
|---|------------------------|-----|-------|---|-----|--------|
| 1 | THULANI,Shabalala, 584 | JEP | 13.03 | 8 | 735 | G +0.0 |
| 2 | TERBLANCHE,Edward, 406 | FM | 11.33 | 7 | 480 | S +1.1 |

Item 182 15:50 Final Girls 16 TripleJump

| | | | | | | |
|---|----------------------|------|-------|---|-----|--------|
| 1 | SMITH,Tenika, 470 | HMKD | 11.25 | 8 | 815 | G -2.5 |
| 2 | MANGAVA,Keisha, 1071 | PRCG | 10.53 | 7 | 687 | S -2.1 |
| 3 | SIBIYA,Akani, 1079 | PRCG | 09.91 | 6 | 574 | B -1.7 |
| 4 | VAN DAM,Fiona, 599 | KPKB | 09.72 | 5 | 540 | -2.2 |

Item 229 17:30 Final Boys 16 TripleJump

| | | | | | | |
|---|-------------------------|-------|-------|---|-----|--------|
| 1 | MTHEMBU,Asande, 1031 | PRCA | 13.38 | 8 | 744 | G -0.3 |
| 2 | MPHAFI,Thabang, 629 | KES | 13.35 | 7 | 740 | S -0.1 |
| 3 | TAKUNDWA,Blessing, 1057 | PRCBA | 13.17 | 6 | 714 | B +1.6 |
| 4 | SHABANGU,Tikana, 1034 | PRCA | 13.16 | 5 | 712 | +1.6 |
| 5 | SITHOLE,Khaya, 1288 | STB | 12.34 | 4 | 592 | +1.2 |
| 6 | SWANEPOEL,Emile, 595 | KPKA | 12.19 | 3 | 570 | -1.2 |
| 7 | CORNELESEN,Miguel, 1496 | WVL | 11.98 | 2 | 540 | +0.8 |

Item 226 17:30 Final Girls 17 TripleJump

| | | | | | | |
|---|----------------------|------|-------|---|-----|--------|
| 1 | VENTER,Cara, 847 | MSCA | 11.17 | 8 | 753 | G -0.9 |
| 2 | DREYER,Marnie, 372 | FIC | 10.34 | 7 | 607 | S -1.1 |
| 3 | MOLEFE,Palesa, 1088 | PRCI | 09.90 | 6 | 530 | B -1.1 |
| 4 | RAIKANE,Lesedi, 1406 | UIT | 09.33 | 5 | 425 | -1.0 |

Item 242 18:45 Final Boys 17 TripleJump

| | | | | | | |
|---|-------------------------|-------|-------|---|-----|--------|
| 1 | MCDONNALD,Jacon, 1422 | VOL | 13.10 | 8 | 668 | G +0.8 |
| 2 | SHOBA,Sanele, 1035 | PRCA | 12.96 | 7 | 648 | S +2.4 |
| 3 | NTSARA,Ofentse, 1512 | WRG | 12.86 | 6 | 633 | B +0.9 |
| 4 | KHUMALO,Lesedo, 1383 | TUKSU | 12.78 | 5 | 621 | +1.8 |
| 5 | LE ROUX,Jean-louis, 213 | CENU | 12.46 | 4 | 575 | +1.0 |
| 6 | DE WAAL,Benjamin, 697 | LTT | 12.24 | 3 | 544 | +1.8 |
| 7 | RAMAHALA,Tambani, 701 | LTT | 12.03 | 2 | 512 | +0.5 |
| 0 | PRETORIUS,Franz, 1207 | RBG | DNR | 0 | 0 | |
| 0 | WARD,Tristan, 1337 | TRV | DNR | 0 | 0 | |
| 0 | MODISANE,Ofentse, 1132 | PBHSB | DNR | 0 | 0 | |

Item 227 17:30 Final Girls 19 TripleJump

| | | | | | | |
|---|--------------------------|------|-------|---|-----|--------|
| 1 | NOLTE,Danielle, 1355 | TSPB | 11.45 | 8 | 725 | G -1.0 |
| 2 | LOUIS,Amber, 1418 | VOL | 10.47 | 7 | 560 | S +0.6 |
| 3 | MASEKELA,Tebogo, 691 | LTT | 09.62 | 6 | 411 | B -0.5 |
| 0 | MOLAMU,Oniele, 990 | PP | DNR | 0 | 0 | |
| 0 | PRETORIUS,Wendy, 493 | HJV | DNR | 0 | 0 | |
| 0 | ASHIPALA,Josephine, 1501 | WRG | DNR | 0 | 0 | |

Item 243 18:45 Final Boys 19 TripleJump

Meeting :2020/02/12: FITGEN TUKS TOP 10 (PRESTIGE COLLEGE) at BESTMED TUKS

| | | | | | | | |
|---|-------------------------|-------|-------|---|-----|---|------|
| 1 | KANDORO,Elshammah, 1119 | PBHSA | 13.15 | 8 | 617 | G | +0.8 |
| 2 | KGOMO,Kgabo, 1409 | UIT | 12.56 | 7 | 534 | S | -1.0 |
| 0 | MOABI,Refentse, 1250 | RHSU | DNR | 0 | 0 | | |
| 0 | MABUZA,Nyiko, 1275 | STA | DNR | 0 | 0 | | |
| 0 | MATEYISI,Philisa, 1146 | PBHSC | NM | 0 | 0 | | |

Item 157 14:45 Final Girls 14 Shotput

| | | | | | | | 3kg | |
|----|-----------------------------|------|-------|---|-----|---|--------|--|
| 1 | VISSER,Savannah, 744 | MENA | 14.63 | 8 | 962 | G | TUKS10 | |
| 2 | LA GRANGE,Mignonne, 1201 | RBG | 13.89 | 7 | 932 | S | | |
| 3 | VD BERG,Cellonika, 743 | MENA | 13.47 | 6 | 916 | B | | |
| 4 | DE WET,Liandri, 1212 | RHSA | 12.35 | 5 | 872 | | | |
| 5 | VAN DEN BERG,Zahne, 914 | MON | 12.13 | 4 | 863 | | | |
| 6 | DU PLESSIS,Zane, 946 | OMA | 11.83 | 3 | 851 | | | |
| 7 | VAN DEN BERG,MIA, 1457 | WTKA | 11.68 | 2 | 845 | | | |
| 8 | BOSHOFF,Leané, 301 | EDU | 11.13 | 1 | 821 | | | |
| 9 | BOTHA,MarnÉ, 1223 | RHSB | 11.03 | 0 | 817 | | | |
| 10 | RITCHIE,Taylor, 39 | AHMU | 10.63 | 0 | 799 | | | |
| 11 | VAN ROOYEN,Mischa, 58 | AHMU | 10.30 | 0 | 784 | | | |
| 12 | VAN VUUREN,Leane, 684 | LICB | 10.17 | 0 | 778 | | | |
| 13 | PACHONICK,Chante, 568 | HUG | 09.87 | 0 | 764 | | | |
| 14 | WASMOED,Tyla, 436 | GDV | 09.85 | 0 | 763 | | | |
| 15 | HIGGO,Emelia, 347 | EHS | 09.60 | 0 | 751 | | | |
| 16 | OKOYE,Gabi, 126 | BEN | 09.55 | 0 | 749 | | | |
| 17 | BOOYSEN,Heidi, 1256 | SAN | 09.53 | 0 | 748 | | | |
| 18 | PIETERSE,CHARNE, 984 | OVR | 09.40 | 0 | 742 | | | |
| 19 | COLLARD,Mienke, 1515 | WINA | 09.36 | 0 | 740 | | | |
| 20 | BADENHORST,Tinette, 183 | BRS | 09.05 | 0 | 725 | | | |
| 21 | KRUGER,Zila, 836 | MER | 08.92 | 0 | 718 | | | |
| 22 | STRYDOM,Nataly, 270 | DAN | 08.84 | 0 | 714 | | | |
| 23 | ROHRS,Niche, 398 | FM | 08.82 | 0 | 713 | | | |
| 24 | PIETERSE,Laume, 983 | OVR | 08.78 | 0 | 711 | | | |
| 25 | COETZEE,Annabelle, 705 | LYD | 08.64 | 0 | 704 | | | |
| 26 | SELEKA,BONOLO, 1624 | ZWEP | 08.25 | 0 | 683 | | | |
| 27 | DU PLESSIS,Jacqueline, 1442 | WAG | 07.96 | 0 | 667 | | | |
| 28 | MANGANYE,NSOVO, 1616 | ZWEP | 07.82 | 0 | 660 | | | |
| 29 | DLAMINI,ZINHLE, 1611 | ZWEP | 07.27 | 0 | 628 | | | |
| 30 | DEAN,Teagan, 219 | CURD | 06.71 | 0 | 595 | | | |
| 31 | SENEKANE,Montoa, 113 | AMB | 06.61 | 0 | 588 | | | |

Item 105 13:00 Final Boys 14 Shotput

| | | | | | | | 4kg | |
|----|----------------------------------|------|-------|---|-----|---|-----|--|
| 1 | CORREIA DO RIBEIRO,Miguel, 461 | HMKA | 16.00 | 8 | 889 | G | | |
| 2 | OOSTHUIZEN,Jc, 516 | HTMA | 14.45 | 7 | 819 | S | | |
| 3 | LAMBERTS,Hencu, 80 | AHSA | 14.36 | 6 | 815 | B | | |
| 4 | BOTHA,Elardua, 644 | KHSA | 14.29 | 5 | 812 | | | |
| 5 | OOSTHUIZEN,Thinus, 1558 | ZWKA | 13.80 | 4 | 789 | | | |
| 6 | BASSON,Owen, 809 | MENU | 13.68 | 3 | 783 | | | |
| 7 | POTGIETER,Erich, 1232 | RHSB | 13.15 | 2 | 757 | | | |
| 8 | BADENHORST,Wesley, 512 | HTMA | 12.76 | 1 | 738 | | | |
| 9 | SMITH,Preston, 607 | KPKB | 12.61 | 0 | 731 | | | |
| 10 | JANSE VAN NIEUWENHUIZEN,Quinton, | WTKA | 12.54 | 0 | 727 | | | |
| 11 | VAN DER COLFF,Nicholas, 920 | MON | 12.51 | 0 | 726 | | | |
| 12 | HLALELWA,Mapetla, 1059 | PRBB | 12.31 | 0 | 715 | | | |
| 13 | VAN ANTWERPEN,Ruan, 647 | KHSA | 11.69 | 0 | 683 | | | |
| 14 | V LOGGENBERG,Tiaan, 503 | HJV | 11.39 | 0 | 667 | | | |
| 14 | KRUGER,Vian, 986 | OVR | 11.39 | 0 | 667 | | | |
| 16 | KOTZE,Waldré, 1522 | WINA | 11.38 | 0 | 667 | | | |
| 17 | STRAUSS,Nellis, 828 | MENU | 11.23 | 0 | 659 | | | |
| 18 | LINDEQUE,Willie, 1206 | RBG | 11.18 | 0 | 656 | | | |
| 19 | BERNARD,Tjaart, 141 | BRG | 11.16 | 0 | 655 | | | |
| 20 | BEKKER,Slater, 116 | AMB | 10.49 | 0 | 618 | | | |
| 21 | VENTER,Fanu, 505 | HJV | 09.82 | 0 | 580 | | | |

Meeting :2020/02/12: FITGEN TUKS TOP 10 (PRESTIGE COLLEGE) at BESTMED TUKS

| | | | | | |
|----|------------------------|-------|-------|---|-----|
| 22 | MAFADZA,HADJI, 1106 | PRCI | 09.13 | 0 | 538 |
| 23 | MNDONNALD,Mathew, 1423 | VOL | 08.73 | 0 | 512 |
| 0 | SHEBU,Katlego, 1194 | PBHSI | DNR | 0 | 0 |
| 0 | MOKOENA,Tebogo, 1189 | PBHSI | DNR | 0 | 0 |

Item 36 10:15 Final Girls 15 Shotput

| | | | | | 3kg | |
|----|--------------------------------|------|-------|---|-----|---|
| 1 | VAN NIEKERK,Amari, 915 | MON | 13.88 | 8 | 916 | G |
| 2 | V NIEKERK,Karli, 151 | BVT | 13.71 | 7 | 910 | S |
| 3 | SWANEPOEL,Simone, 458 | HMKA | 12.93 | 6 | 880 | B |
| 4 | SWART,Roche, 73 | AHMW | 12.19 | 5 | 851 | |
| 5 | SCHOONBEE,Chanel, 671 | LICA | 12.10 | 4 | 848 | |
| 6 | PRINSLOO,Winette, 1003 | PHS | 11.76 | 3 | 834 | |
| 7 | JULIES,Cilithe, 374 | FIC | 11.74 | 2 | 833 | |
| 8 | VENTER,Marle, 1566 | ZWKB | 11.30 | 1 | 814 | |
| 9 | DE KLERK,Ilike, 431 | GDV | 10.88 | 0 | 796 | |
| 10 | JV RENSBURG,Samantha, 969 | OVK | 10.75 | 0 | 791 | |
| 11 | BINNEMAN,Danè, 519 | HTMB | 10.55 | 0 | 782 | |
| 12 | KRUGER,Simone, 410 | GRFA | 10.39 | 0 | 775 | |
| 13 | DE KOCK,Caleigh, 715 | MVJ | 10.31 | 0 | 771 | |
| 14 | VAN DER SCHYFF,Christelle, 54 | AHMU | 10.29 | 0 | 770 | |
| 15 | ODENDAAL,Cara, 681 | LICB | 10.28 | 0 | 770 | |
| 16 | ZIKHALI,Owami, 364 | ERS | 10.23 | 0 | 768 | |
| 16 | JAGER,Clarissa, 563 | HUG | 10.23 | 0 | 768 | |
| 18 | REYNEKE,Finn-lee, 1215 | RHSA | 10.16 | 0 | 765 | |
| 19 | DE BRUYN,Janica, 790 | MENU | 10.15 | 0 | 764 | |
| 20 | DE WET,Cira, 1526 | WINB | 10.02 | 0 | 758 | |
| 21 | VAN DER COLFF,Annie, 642 | KHSA | 09.75 | 0 | 745 | |
| 21 | FOUCHE,Chenell, 395 | FM | 09.75 | 0 | 745 | |
| 23 | JACOBS,Estie, 281 | DWG | 09.62 | 0 | 740 | |
| 24 | VAN HEERDEN,Sulize, 271 | DAN | 09.52 | 0 | 735 | |
| 25 | HUGO,Karmien, 303 | EDU | 09.47 | 0 | 732 | |
| 26 | STRESO,Mone, 804 | MENU | 09.19 | 0 | 719 | |
| 27 | SCOTT,Gaby, 44 | AHMU | 09.18 | 0 | 718 | |
| 28 | VAN DER WESTHUIZEN,Zuanel, 694 | LTT | 08.93 | 0 | 706 | |
| 29 | POTGIETER,Anja, 257 | DEL | 08.74 | 0 | 696 | |
| 30 | VAN DER MERWE,Danette, 222 | CURD | 08.45 | 0 | 681 | |
| 31 | BRAND,Teresa, 278 | DWG | 08.22 | 0 | 669 | |
| 32 | KRIEL,Anel, 269 | DAN | 07.97 | 0 | 656 | |
| 33 | MOROLO,AOBAKWE, 1620 | ZWEP | 07.68 | 0 | 640 | |
| 34 | BROODRYK,Mia, 704 | LYD | 07.65 | 0 | 638 | |
| 35 | MALANGA,NALEDI, 1614 | ZWEP | 07.58 | 0 | 634 | |

Item 37 10:15 Final Boys 15 Shotput

| | | | | | 4kg | |
|----|-------------------------------|------|-------|---|-----|---|
| 1 | STOLTZ,Tian, 977 | OVK | 17.64 | 8 | 955 | G |
| 2 | HERBST,Owen, 415 | GRFA | 16.70 | 7 | 913 | S |
| 3 | SCHUBERT,Dieter, 86 | AHSA | 16.60 | 6 | 909 | B |
| 4 | POTGIETER,Hanru, 749 | MENA | 15.85 | 5 | 876 | |
| 5 | NEL,Keegen, 918 | MON | 15.81 | 4 | 874 | |
| 6 | LABUSCHAGNE,JandrÃ©, 463 | HMKA | 15.18 | 3 | 846 | |
| 7 | HANSEN,Niel, 515 | HTMA | 14.83 | 2 | 831 | |
| 8 | VENTER,Morne, 921 | MON | 14.31 | 1 | 807 | |
| 9 | HORAK,Duane, 929 | NHW | 13.94 | 0 | 790 | |
| 10 | VAN DEVENTER,Stephan, 725 | MVJ | 13.84 | 0 | 785 | |
| 11 | DU PLESSIS,Bernu, 617 | KPKC | 13.76 | 0 | 781 | |
| 12 | DE VILLIERS,Dihan, 272 | DAN | 13.64 | 0 | 775 | |
| 12 | STEYN,Nathan, 369 | ERS | 13.64 | 0 | 775 | |
| 14 | STOCKTON,Bryce, 1486 | WES | 13.56 | 0 | 771 | |
| 15 | VENTER,Ryan, 538 | HTMU | 13.39 | 0 | 763 | |
| 16 | PIENAAR,Hanru, 276 | DAN | 13.38 | 0 | 763 | |
| 17 | JANSE VAN RENSBURG,Ruan, 1570 | ZWKB | 13.37 | 0 | 762 | |
| 18 | SLABBERT,Jayden, 573 | HUG | 13.33 | 0 | 760 | |

Meeting :2020/02/12: FITGEN TUKS TOP 10 (PRESTIGE COLLEGE) at BESTMED TUKS

| | | | | | |
|----|-----------------------------|------|-------|---|-----|
| 19 | VAN DER WESTHUIZEN,Je, 1233 | RHSB | 13.28 | 0 | 758 |
| 20 | MALAN,Luan, 191 | BRS | 12.98 | 0 | 744 |
| 21 | BADENHORST,Tjaart, 1446 | WAG | 12.90 | 0 | 740 |
| 22 | GILDENHUYIS,Stefan, 1521 | WINA | 12.89 | 0 | 739 |
| 23 | MALAN,Paul, 898 | MNTB | 12.70 | 0 | 730 |
| 24 | NEL,Divan, 890 | MNTA | 12.69 | 0 | 729 |
| 25 | KIRSTEIN,Ewald, 976 | OVK | 12.68 | 0 | 729 |
| 26 | CRAUCAMP,Nardo, 353 | EHS | 12.53 | 0 | 721 |
| 27 | HENERY,Shane, 319 | ELD | 12.46 | 0 | 718 |
| 28 | GODFREY,Jeandre, 687 | LICB | 12.40 | 0 | 715 |
| 29 | VAN NIEKERK,Diwan, 1427 | VOL | 12.39 | 0 | 714 |
| 30 | NIEUWENHUIZEN,Zanku, 1498 | WVL | 12.27 | 0 | 708 |
| 31 | YOUNG,Adriaan, 1234 | RHSB | 11.86 | 0 | 687 |
| 32 | MOKOENA,David, 403 | FM | 11.83 | 0 | 685 |
| 33 | BARNARD,Jacques, 962 | OMB | 11.77 | 0 | 682 |
| 34 | GELDENHUYIS,Heinrich, 1531 | WINB | 11.40 | 0 | 663 |
| 35 | PHILLIPSON,Willem-john, 700 | LTT | 11.17 | 0 | 651 |
| 36 | KHUMALO,Owami, 228 | CURD | 10.87 | 0 | 634 |
| 37 | MALULEKA,Reabetswe, 1063 | PRBB | 10.48 | 0 | 612 |

Item 69 11:45 Final Girls 16 Shotput

| | | | | | 3kg | | |
|----|--------------------------------|-------|-------|---|-----|---|--------|
| 1 | LINDEQUE,Zonica, 1204 | RBG | 15.42 | 8 | 960 | G | TUKS10 |
| 2 | JANSE VAN RENSBURG,Celia, 457 | HMKA | 14.70 | 7 | 933 | S | |
| 3 | SILVER,Tuané, 1518 | WINA | 13.31 | 6 | 881 | B | |
| 4 | V ZYL,Cathelene, 760 | MPKDB | 12.95 | 5 | 868 | | |
| 5 | VAN DER WESTHUIZEN,Marli, 1216 | RHSA | 12.90 | 4 | 866 | | |
| 6 | MULLER,Mariska, 434 | GDV | 12.50 | 3 | 850 | | |
| 7 | HATTINGH,Lana, 66 | AHMW | 11.90 | 2 | 826 | | |
| 8 | OLIVIER,Christi, 801 | MENU | 11.85 | 1 | 824 | | |
| 9 | KHUNOU,Lesedi, 741 | MENA | 11.69 | 0 | 818 | | |
| 10 | SCHEEPERS,Milandi, 71 | AHMW | 11.40 | 0 | 806 | | |
| 11 | DE WAAL,Ximmone, 255 | DEL | 11.35 | 0 | 804 | | |
| 12 | KOMANE,Lethabo, 1069 | PRCG | 11.26 | 0 | 800 | | |
| 13 | VON BRANDIS,Mischa, 412 | GRFA | 11.16 | 0 | 796 | | |
| 14 | RAATH,Gaby, 38 | AHMU | 10.99 | 0 | 788 | | |
| 14 | PIETERSE,Cara, 397 | FM | 10.99 | 0 | 788 | | |
| 16 | ROBINSON,Melanie, 127 | BEN | 10.91 | 0 | 785 | | |
| 17 | BOSMAN,Riane, 195 | CEN | 10.89 | 0 | 784 | | |
| 18 | MYBURGH,Marjuly, 150 | BVT | 10.85 | 0 | 782 | | |
| 19 | BOTHA,RiandrÉ, 1211 | RHSA | 10.76 | 0 | 779 | | |
| 20 | JORDAAN,Gazelle, 1575 | ZWKC | 10.72 | 0 | 777 | | |
| 21 | KAPLAN,Eden, 913 | MON | 10.64 | 0 | 773 | | |
| 22 | ERASMUS,Androne, 679 | LICB | 10.52 | 0 | 768 | | |
| 23 | GROBLER,Nerize, 361 | ERS | 10.40 | 0 | 763 | | |
| 24 | JONKER,Anika, 716 | MVJ | 10.38 | 0 | 762 | | |
| 25 | POTGIETER,Clarisa, 906 | MNTU | 09.85 | 0 | 738 | | |
| 26 | JANSE V VUUREN,Catrien, 149 | BVT | 09.83 | 0 | 737 | | |
| 27 | VILJOEN,Sunet, 544 | HTT | 09.58 | 0 | 725 | | |
| 28 | VAN TONDER,Zane, 960 | OMB | 09.39 | 0 | 716 | | |
| 29 | LE ROUX,Rochelle, 869 | MSCI | 09.31 | 0 | 712 | | |
| 30 | XALA,Uthando, 1041 | PRCB | 09.01 | 0 | 698 | | |
| 31 | SWART,IONE, 985 | OVR | 08.39 | 0 | 666 | | |
| 32 | NKUMELENI,Tsiamo, 1405 | UIT | 08.30 | 0 | 662 | | |
| 33 | MALULEKA,Niyiko, 1084 | PRCI | 08.02 | 0 | 646 | | |
| 33 | RAKOW,Andrea, 1528 | WINB | 08.02 | 0 | 646 | | |
| 35 | SEWRAJ,KARMEN, 231 | CURS | 07.98 | 0 | 644 | | |
| 36 | BRUWER,Iljeandri, 279 | DWG | 07.65 | 0 | 626 | | |
| 0 | SCHEEPERS,Milandi, 43 | AHMU | DNS | 0 | 0 | | |
| 0 | HATTING,Lana, 29 | AHMU | DNS | 0 | 0 | | |
| 0 | NEL,Cherize, 534 | HTMU | DNS | 0 | 0 | | |

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| | | | | | | | |
|--|-----------------------------|-------|-------|---|-----|---|------------|
| 0 | MASEMOLA,ZANELE, 1618 | ZWEP | DNS | 0 | 0 | | |
| 0 | NTHANE,PHINDILE, 1650 | ZWEP | DNS | 0 | 0 | | |
| Item 70 11:45 Final Boys 16 Shotput | | | | | | | 5kg |
| 1 | DE VILLIERS,Cian, 917 | MON | 18.69 | 8 | 979 | G | TUKS10 |
| 2 | SMITH,Aiden, 750 | MENA | 18.10 | 7 | 953 | S | |
| 3 | JOUBERT,Nantus, 273 | DAN | 15.65 | 6 | 848 | B | |
| 4 | SCOTT,Celven, 429 | GRFB | 15.47 | 5 | 840 | | |
| 5 | VAN NIEKERK,Stephan, 1220 | RHSA | 15.31 | 4 | 833 | | |
| 6 | SMITH,Hendrik, 517 | HTMA | 14.40 | 3 | 792 | | |
| 7 | LABUSCHAGNE,Wiehan, 202 | CEN | 14.37 | 2 | 791 | | |
| 8 | ROOS,Waldo, 103 | AHSU | 14.15 | 1 | 781 | | |
| 9 | VERMAAK,Cj, 1400 | TUKSU | 13.68 | 0 | 759 | | |
| 10 | DU PLESSIS,Luan, 685 | LICB | 13.44 | 0 | 748 | | |
| 11 | ERASMUS,Sarel, 618 | KPKC | 13.12 | 0 | 732 | | |
| 12 | OLIVIER,Armand, 275 | DAN | 12.94 | 0 | 723 | | |
| 13 | PRETORIUS,Marco, 1336 | TRV | 12.70 | 0 | 712 | | |
| 14 | PHILANDER,Naeem, 1415 | UIT | 12.27 | 0 | 691 | | |
| 15 | VAN HEERDEN,Dylan, 1572 | ZWKB | 12.06 | 0 | 680 | | |
| 16 | GROBLER,Tiaan, 619 | KPKC | 11.33 | 0 | 642 | | |
| 17 | ROUSSOT,Alexander, 1193 | PBHSI | 06.73 | 0 | 353 | | |
| 0 | VAN ANTWERPEN,Lenro, 653 | KHSB | DNS | 0 | 0 | | |
| 0 | KRUGER,Kevin, 501 | HJV | DNS | 0 | 0 | | |
| 0 | MASEMOLA,MUHLE, 1627 | ZWEP | DNS | 0 | 0 | | |
| 0 | MHLAMBI,JIYANE, 1628 | ZWEP | DNS | 0 | 0 | | |
| 0 | VAN DEN BERG,Kevin, 1487 | WES | DNS | 0 | 0 | | |
| 0 | MATSHILIZA,Lilitha, 1147 | PBHSC | DNS | 0 | 0 | | |
| 0 | OBOS,Kamogelo, 1287 | STB | DNS | 0 | 0 | | |
| 0 | STEFFEN,Heinrich, 942 | NYL | DNS | 0 | 0 | | |
| Item 103 13:00 Final Girls 17 Shotput | | | | | | | 3kg |
| 1 | DE KLERK,Mine, 432 | GDV | 16.72 | 8 | 994 | G | TUKS10 |
| 2 | BAM,Buhle, 1 | AHMB | 14.61 | 7 | 916 | S | |
| 3 | VAN DER LINDE,Rinelda, 1005 | PHS | 13.65 | 6 | 881 | B | |
| 4 | GROVE,Aneskah, 912 | MON | 13.62 | 5 | 880 | | |
| 5 | MOSTERT,Desere, 1213 | RHSA | 13.22 | 4 | 865 | | |
| 6 | GELDENHUIS,Ruzel, 911 | MON | 13.19 | 3 | 864 | | |
| 7 | KELLERMAN,Bianca, 433 | GDV | 12.66 | 2 | 844 | | |
| 8 | WESSELS,Helen, 12 | AHMB | 12.65 | 1 | 844 | | |
| 9 | MOCKE,Danette, 718 | MVJ | 12.37 | 0 | 833 | | |
| 10 | ALBERTS,Karen, 856 | MSCB | 12.12 | 0 | 823 | | |
| 11 | WESSELS,Febe, 949 | OMA | 12.11 | 0 | 823 | | |
| 12 | JORDAAN,Carmen, 469 | HMKD | 11.85 | 0 | 812 | | |
| 13 | WEBBER,Donne-lize, 200 | CEN | 11.24 | 0 | 787 | | |
| 14 | PRETORIUS,Adriska, 1444 | WAG | 11.14 | 0 | 783 | | |
| 15 | CALITZ,Wilmari, 752 | MPKDB | 11.11 | 0 | 782 | | |
| 16 | PACHONICK,Nikita, 567 | HUG | 10.98 | 0 | 776 | | |
| 17 | BECKER,Alnike, 518 | HTMB | 10.96 | 0 | 775 | | |
| 18 | VAN WYNGAARD,Annelize, 961 | OMB | 10.92 | 0 | 774 | | |
| 19 | BOTHA,Benise, 1491 | WVL | 10.85 | 0 | 771 | | |
| 20 | ROUX,Shazelle, 802 | MENU | 10.75 | 0 | 766 | | |
| 21 | RHEEDER,Kobie, 259 | DEL | 10.18 | 0 | 741 | | |
| 22 | PRETORIUS,Elaine, 375 | FIC | 10.01 | 0 | 734 | | |
| 23 | MAKWELA,Maggie, 541 | HTT | 09.73 | 0 | 721 | | |
| 24 | IMMEMAN,Lindi, 313 | ELD | 09.69 | 0 | 719 | | |
| 25 | PIETERSE,Tharina, 670 | LICA | 09.59 | 0 | 714 | | |
| 26 | DU TOIT,Mari, 280 | DWG | 09.40 | 0 | 705 | | |
| 27 | KOTZE,Inge, 835 | MER | 09.38 | 0 | 704 | | |
| 28 | MULLER,Marinel, 992 | PP | 09.05 | 0 | 688 | | |
| 29 | VAN DEN BERG,Charne, 399 | FM | 08.96 | 0 | 684 | | |
| 30 | VAN ROOYEN,Kiarra, 223 | CURD | 08.25 | 0 | 648 | | |

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| | | | | | |
|----|-----------------------|------|-------|---|-----|
| 31 | PHAHLANE,Kela, 221 | CURD | 08.01 | 0 | 635 |
| 32 | MTHOMBENI,Khanyi, 220 | CURD | 07.78 | 0 | 623 |
| 33 | MULLER,Melandi, 283 | DWG | 07.45 | 0 | 604 |
| 0 | MOGAMME,MOTHEO, 1619 | ZWEP | NM | 0 | 0 |

Item 158 14:45 Final Boys 17 Shotput

| | | | | | | 5kg |
|----|-------------------------------|-------|-------|---|-----|-----|
| 1 | OOSTHUIZEN,Damian, 83 | AHSA | 17.06 | 8 | 903 | G |
| 2 | LOCK,Kevin, 747 | MENA | 16.88 | 7 | 895 | S |
| 3 | BRINK,Carlo, 77 | AHSA | 16.75 | 6 | 890 | B |
| 4 | CLAASSEN,Juan, 592 | KPKA | 16.34 | 5 | 873 | |
| 5 | TURNER,Rianiel, 724 | MVJ | 15.70 | 4 | 845 | |
| 6 | VAN SCHALKWYK,Schalk, 170 | BOL | 15.52 | 3 | 837 | |
| 7 | BOTHA,Jean, 413 | GRFA | 15.48 | 2 | 836 | |
| 8 | JULIES,Nicholas, 380 | FIC | 15.40 | 1 | 832 | |
| 9 | NIEUWOUDT,Gert, 1499 | WVL | 14.21 | 0 | 779 | |
| 10 | JANSE VAN RENSBURG,Hanno, 996 | PP | 14.07 | 0 | 773 | |
| 11 | DU TOIT ,Franco, 872 | MSCI | 13.84 | 0 | 762 | |
| 12 | SLEMENT,Cameron, 952 | OMA | 13.68 | 0 | 755 | |
| 13 | BREED,Franco, 811 | MENU | 13.46 | 0 | 744 | |
| 14 | DE WET,Johan, 1217 | RHSA | 13.35 | 0 | 739 | |
| 15 | SCHOONBEE,Marco, 677 | LICA | 13.14 | 0 | 729 | |
| 16 | SWANEPOEL,Armand, 529 | HTMB | 12.83 | 0 | 714 | |
| 17 | JACOBS,Henco, 777 | MPKSW | 12.76 | 0 | 710 | |
| 18 | JANSE V RENSBURG,Nathan, 439 | GDV | 12.53 | 0 | 699 | |
| 19 | COULSON,Rocco, 1246 | RHSU | 12.43 | 0 | 694 | |
| 20 | DU PREEZ,Eon, 496 | HJV | 12.12 | 0 | 678 | |
| 20 | KOTZE,Francois, 1523 | WINA | 12.12 | 0 | 678 | |
| 22 | HEUNIS,Estiaan, 190 | BRS | 11.93 | 0 | 669 | |
| 23 | STONE,Justin, 134 | BEN | 11.71 | 0 | 657 | |
| 24 | SMITH,Graham, 193 | BRS | 11.52 | 0 | 648 | |
| 25 | BOSHOFF,Jurie, 569 | HUG | 11.38 | 0 | 641 | |
| 26 | OOSTHUIZEN,Renzo, 179 | BRW | 11.28 | 0 | 635 | |
| 27 | EVERSON,Robert, 1478 | WES | 10.93 | 0 | 616 | |
| 28 | DYASI,Siyakha, 1172 | PBHSI | 08.67 | 0 | 484 | |
| 29 | MFEHE,Siphesihle, 1186 | PBHSI | 07.89 | 0 | 433 | |
| 0 | UITENWEERDE,Eugene, 157 | BVT | DNS | 0 | 0 | |
| 0 | KAPP,Divan, 1334 | TRV | DNS | 0 | 0 | |
| 0 | KLEYN,Heinrich, 238 | CURS | DNS | 0 | 0 | |
| 0 | PRETORIUS,Reinhardt, 428 | GRFB | DNS | 0 | 0 | |
| 0 | VAN ZYL,Tian, 104 | AHSU | DNS | 0 | 0 | |
| 0 | GOOSEN,Carel, 710 | LYD | DNS | 0 | 0 | |

Item 104 13:00 Final Girls 19 Shotput

| | | | | | | 4kg | |
|----|----------------------------------|------|-------|---|-----|-----|--------|
| 1 | ROETS,Dané, 925 | NHW | 14.85 | 8 | 977 | G | TUKS10 |
| 2 | DEGLI - BERTI,Bodine, 740 | MENA | 12.78 | 7 | 894 | S | |
| 3 | RITCHIE,Britnny, 11 | AHMB | 12.49 | 6 | 883 | B | |
| 4 | NIEMANN,Danél, 937 | NYL | 12.03 | 5 | 864 | | |
| 5 | PONT,Ilandre, 10 | AHMB | 11.80 | 4 | 855 | | |
| 6 | J V RENSBURG,Belinda, 765 | MPDW | 11.35 | 3 | 836 | | |
| 7 | VAN ZYL,Chane, 948 | OMA | 11.29 | 2 | 833 | | |
| 8 | BADENHORST,Rone, 667 | LICA | 11.27 | 1 | 832 | | |
| 9 | RAATHS,Marguerite, 1214 | RHSA | 10.34 | 0 | 791 | | |
| 10 | VAN DER MERWE,Kayla, 400 | FM | 10.20 | 0 | 785 | | |
| 11 | VISAGIE,Saskia, 510 | HTMA | 09.99 | 0 | 775 | | |
| 12 | VAN DER WESTHUIZEN,Jessica, 1227 | RHSB | 09.79 | 0 | 766 | | |
| 13 | GORENS,Zanie, 208 | CENU | 09.23 | 0 | 739 | | |
| 14 | DE LANGE,Jade, 172 | BRW | 09.20 | 0 | 737 | | |
| 15 | CLOETE,Juanita, 359 | ERS | 09.08 | 0 | 731 | | |
| 16 | TRUTER,Andrea, 1419 | VOL | 07.99 | 0 | 674 | | |
| 17 | MULAUDZI,Ronewa, 1293 | SUTA | 07.41 | 0 | 641 | | |
| 18 | HLATHI,Cahtrine, 1081 | PRCI | 06.83 | 0 | 606 | | |

| 0 | BOTHA,Claudine, 1329 | TRV | DNS | 0 | 0 | | |
|---|----------------------------------|-------|-------|---|------|-----|--------|
| Item 159 14:45 Final Boys 19 Shotput | | | | | | | |
| | | | | | | 6kg | |
| 1 | COERTZEN,Willem, 1332 | TRV | 16.80 | 8 | 890 | G | |
| 2 | OOSTHUIZEN,Juan, 465 | HMKA | 16.62 | 7 | 883 | S | |
| 3 | KOTZEE,Markus, 746 | MENA | 16.20 | 6 | 865 | B | |
| 4 | VAN ZYL,TIAN, | AHSU | 16.08 | 5 | 860 | | |
| 5 | SWANEPOEL,Wynand, 156 | BVT | 15.88 | 4 | 852 | | |
| 6 | MARITZ,Stefan, 780 | MPKSW | 15.75 | 3 | 846 | | |
| 7 | DREYER,Walt, 928 | NHW | 15.66 | 2 | 842 | | |
| 8 | VAN GRAAN,Stephan, 1219 | RHSA | 15.25 | 1 | 824 | | |
| 9 | VENTER,Nicko, 609 | KPKB | 14.82 | 0 | 805 | | |
| 10 | VAN ROOYEN,Adriaan, 454 | HM | 14.02 | 0 | 769 | | |
| 11 | BREYTENBACH,Leeor-el, 307 | EDU | 13.87 | 0 | 762 | | |
| 12 | HATTINGH,Jan-adriaan, 1497 | WVL | 13.70 | 0 | 754 | | |
| 13 | BASSON,Anrich, 401 | FM | 12.87 | 0 | 714 | | |
| 14 | HARMSE,Neil, 438 | GDV | 12.54 | 0 | 698 | | |
| 15 | BASSON,Roux-hann, 1519 | WINA | 11.49 | 0 | 645 | | |
| 16 | LABUSCHAGNE,Christiaan, 711 | LYD | 10.99 | 0 | 618 | | |
| 17 | WENTZEL,Japie, 1011 | PHS | 10.40 | 0 | 586 | | |
| 0 | DOUMAN,Neil, 178 | BRW | DNR | 0 | 0 | | |
| 0 | LEGOABE,Valentino, 1101 | PRCI | DNR | 0 | 0 | | |
| 0 | IGZOBUZWIKE,Zipho, 1175 | PBHSI | DNR | 0 | 0 | | |
| 0 | THEORN,Jacques, 1289 | STB | DNR | 0 | 0 | | |
| 0 | DE BEER,Nathan, 224 | CURD | DNR | 0 | 0 | | |
| 0 | FERREIRA,Rudolph, 226 | CURD | DNR | 0 | 0 | | |
| Item 65 11:30 Final Girls 14 Discus | | | | | | | |
| | | | | | | 1kg | |
| 1 | DE WET,Liandri, 1212 | RHSA | 44.49 | 8 | 1021 | G | TUKS10 |
| 2 | VD BERG,Cellonika, 743 | MENA | 42.88 | 7 | 994 | S | TUKS10 |
| 3 | LA GRANGE,Mignonne, 1201 | RBG | 39.44 | 6 | 938 | B | TUKS10 |
| 4 | VISSER,Savannah, 744 | MENA | 38.75 | 5 | 927 | | TUKS10 |
| 5 | VAN DEN BERG,MIA, 1457 | WTKA | 37.92 | 4 | 914 | | |
| 6 | BOSHOFF,Leané, 301 | EDU | 36.00 | 3 | 884 | | |
| 7 | HIGGO,Emelia, 347 | EHS | 35.60 | 2 | 877 | | |
| 8 | JACOBS,Marine, 1014 | PGM | 33.60 | 1 | 845 | | |
| 9 | KHUNOU,Alicia, 756 | MPKDB | 32.82 | 0 | 832 | | |
| 10 | COLLARD,Mienke, 1515 | WINA | 32.08 | 0 | 820 | | |
| 11 | WASMOED,Tyla, 436 | GDV | 31.60 | 0 | 811 | | |
| 12 | DU PLESSIS,Zane, 946 | OMA | 29.75 | 0 | 779 | | |
| 13 | NEL,ZanrÈ, 315 | ELD | 29.32 | 0 | 771 | | |
| 14 | BADENHORST,Tinette, 183 | BRS | 29.30 | 0 | 771 | | |
| 15 | SCHEEPERS,Cara, 42 | AHMU | 27.49 | 0 | 738 | | |
| 16 | VAN ROOYEN,Mischa, 58 | AHMU | 26.93 | 0 | 727 | | |
| 17 | VAN VUUREN,Leane, 684 | LICB | 25.70 | 0 | 703 | | |
| 18 | MEIRING,Amone, 491 | HJV | 23.80 | 0 | 664 | | |
| 19 | PACHONICK,Chante, 568 | HUG | 22.08 | 0 | 627 | | |
| 20 | DU PLESSIS,Jacqueline, 1442 | WAG | 21.70 | 0 | 619 | | |
| 21 | COETZEE,Annabelle, 705 | LYD | 17.80 | 0 | 526 | | |
| 0 | MANGANYE,NSOVO, 1616 | ZWEP | DNR | 0 | 0 | | |
| Item 31 10:00 Final Boys 14 Discus | | | | | | | |
| | | | | | | 1kg | |
| 1 | BOTHA,Elardua, 644 | KHSA | 52.72 | 8 | 884 | G | |
| 2 | LAMBERTS,Hencu, 80 | AHSA | 47.83 | 7 | 824 | S | |
| 3 | LA GRANGE,Eon, 1335 | TRV | 45.77 | 6 | 798 | B | |
| 4 | BADENHORST,Wesley, 512 | HTMA | 45.70 | 5 | 797 | | |
| 5 | VAN TONDER,Ulrich, 418 | GRFA | 43.67 | 4 | 770 | | |
| 6 | JANSE VAN NIEUWENHUIZEN,Quinton, | WTKA | 43.25 | 3 | 765 | | |
| 7 | OOSTHUIZEN,Jc, 516 | HTMA | 42.76 | 2 | 758 | | |
| 8 | KOTZE,Waldré, 1522 | WINA | 41.85 | 1 | 746 | | |
| 9 | POTGIETER,Erich, 1232 | RHSB | 40.92 | 0 | 733 | | |
| 10 | STEYN,Waldo, 1571 | ZWKB | 40.73 | 0 | 730 | | |

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|----|--------------------------------|------|-------|---|-----|
| 11 | STOLK,Steve, 827 | MENU | 40.70 | 0 | 730 |
| 12 | LINDEQUE,Willie, 1206 | RBG | 40.03 | 0 | 720 |
| 13 | VAN ANTWERPEN,Ruan, 647 | KHSA | 38.85 | 0 | 704 |
| 14 | SMITH,Preston, 607 | KPKB | 38.50 | 0 | 698 |
| 15 | VAN DER COLFF,Nicholas, 920 | MON | 38.17 | 0 | 694 |
| 16 | STRAUSS,Nellis, 828 | MENU | 38.05 | 0 | 692 |
| 17 | KHUNOU,Ronald, 817 | MENU | 36.96 | 0 | 676 |
| 18 | HLALELWA,Mapetla, 1059 | PRBB | 36.81 | 0 | 673 |
| 19 | OOSTHUIZEN,Thinus, 1558 | ZWKA | 34.29 | 0 | 635 |
| 20 | CORREIA DO RIBEIRO,Miguel, 461 | HMKA | 33.14 | 0 | 617 |
| 21 | KRUGER,Vian, 986 | OVR | 31.96 | 0 | 598 |
| 22 | BASSON,Owen, 809 | MENU | 31.31 | 0 | 587 |
| 23 | MNDONNALD,Mathew, 1423 | VOL | 27.43 | 0 | 519 |
| 24 | THOKA,Molatelo, 843 | MER | 26.90 | 0 | 509 |
| 25 | MAFADZA,HADJI, 1106 | PRCI | 24.65 | 0 | 466 |
| 26 | VENTER,Fanu, 505 | HJV | 24.16 | 0 | 456 |

Item 124 13:30 Final Girls 15 Discus

| | | | | | 1kg | | |
|----|---------------------------------|------|-------|---|-----|---|--------|
| 1 | VAN NIEKERK,Amari, 915 | MON | 43.61 | 8 | 985 | G | TUKS10 |
| 2 | V NIEKERK,Karli, 151 | BVT | 41.15 | 7 | 946 | S | |
| 3 | SCHOONBEE,Chanel, 671 | LICA | 38.65 | 6 | 908 | B | |
| 4 | VENTER,Marle, 1566 | ZWKB | 35.37 | 5 | 857 | | |
| 5 | REYNEKE,Finn-lee, 1215 | RHSA | 35.26 | 4 | 855 | | |
| 6 | FOUCHE,Chenell, 395 | FM | 34.32 | 3 | 840 | | |
| 7 | KRUGER,Simone, 410 | GRFA | 33.20 | 2 | 822 | | |
| 8 | DE KLERK,Ilke, 431 | GDV | 32.67 | 1 | 813 | | |
| 9 | JV RENSBURG,Samantha, 969 | OVK | 31.81 | 0 | 799 | | |
| 10 | DE BRUYN,Janica, 790 | MENU | 31.07 | 0 | 786 | | |
| 11 | SWANEPOEL,Simone, 458 | HMKA | 30.19 | 0 | 771 | | |
| 12 | SWART,Roche, 73 | AHMW | 29.61 | 0 | 761 | | |
| 13 | DE BRUYN,Danielle, 904 | MNTU | 29.39 | 0 | 757 | | |
| 14 | STRESO,Mone, 804 | MENU | 29.29 | 0 | 755 | | |
| 15 | HUGO,Karmien, 303 | EDU | 26.92 | 0 | 711 | | |
| 16 | VAN DER SCHYFF,Christelle, 54 | AHMU | 24.80 | 0 | 670 | | |
| 17 | PRINSLOO,Winette, 1003 | PHS | 23.55 | 0 | 645 | | |
| 18 | JAGER,Clarissa, 563 | HUG | 22.76 | 0 | 628 | | |
| 19 | ODENDAAL,Cara, 681 | LICB | 22.05 | 0 | 612 | | |
| 20 | DE KOCK,Caleigh, 715 | MVJ | 17.96 | 0 | 516 | | |
| 21 | BROODRYK,Mia, 704 | LYD | 17.79 | 0 | 512 | | |
| 22 | MALANGA,NALEDI, 1614 | ZWEP | 15.67 | 0 | 455 | | |
| 23 | MOROLO,AOBAKWE, 1620 | ZWEP | 15.26 | 0 | 443 | | |
| 0 | OLWAGE,Zaylee-ann, 492 | HJV | DNS | 0 | 0 | | |
| 0 | JANSE VAN RENSBURG,Elandri, 834 | MER | DNS | 0 | 0 | | |

Item 79 12:30 Final Boys 15 Discus

| | | | | | 1kg | | |
|----|---------------------------|------|-------|---|------|---|--------|
| 1 | STOLTZ,Tian, 977 | OVK | 68.90 | 8 | 1070 | G | TUKS10 |
| 2 | VENTER,Morne, 921 | MON | 58.34 | 7 | 938 | S | |
| 3 | SCHUBERT,Dieter, 86 | AHSA | 56.74 | 6 | 919 | B | |
| 4 | VD MERWE,Richter, 1021 | PGM | 53.85 | 5 | 886 | | |
| 5 | POTGIETER,Hanru, 749 | MENA | 53.04 | 4 | 876 | | |
| 6 | HARTSLIEF,Stefan, 1460 | WTKA | 49.43 | 3 | 833 | | |
| 7 | SMIT,Niel, 1010 | PHS | 49.03 | 2 | 828 | | |
| 8 | LABUSCHAGNE,Jandr  , 463 | HMKA | 47.60 | 1 | 810 | | |
| 9 | PIENAAR,Johandre, 92 | AHSB | 46.10 | 0 | 791 | | |
| 10 | BRAND,Janneman, 1520 | WINA | 45.94 | 0 | 789 | | |
| 11 | NEL,Keegen, 918 | MON | 45.82 | 0 | 788 | | |
| 12 | GROBBELAAR,Jaco, 379 | FIC | 45.18 | 0 | 779 | | |
| 13 | DINGELSTAD,Lance, 318 | ELD | 44.33 | 0 | 768 | | |
| 14 | MOLELE,Rorisang, 1065 | PRBB | 41.74 | 0 | 734 | | |
| 15 | MALAN,Paul, 898 | MNTB | 41.72 | 0 | 733 | | |
| 16 | VAN DEVENTER,Stephan, 725 | MVJ | 40.12 | 0 | 711 | | |

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| | | | | | |
|----|-----------------------------|------|-------|---|-----|
| 17 | SLABBERT,Jayden, 573 | HUG | 39.97 | 0 | 709 |
| 18 | CRAUCAMP,Nardo, 353 | EHS | 39.78 | 0 | 706 |
| 19 | DE VILLIERS,Dihan, 272 | DAN | 37.17 | 0 | 669 |
| 20 | BARNARD,Jacques, 962 | OMB | 36.64 | 0 | 661 |
| 21 | PHILLIPSON,Willem-john, 700 | LTT | 34.81 | 0 | 633 |
| 22 | HORAK,Duane, 929 | NHW | 34.71 | 0 | 632 |
| 23 | BADENHORST,Tjaart, 1446 | WAG | 34.24 | 0 | 624 |
| 24 | PRETORIUS,Tiaan, 382 | FIC | 31.59 | 0 | 582 |
| 25 | NIEUWENHUIZEN,Zanku, 1498 | WVL | 31.45 | 0 | 579 |
| 26 | NEL,Divan, 890 | MNTA | 30.70 | 0 | 567 |
| 27 | MALULEKA,Reabetswe, 1063 | PRBB | 28.67 | 0 | 532 |
| 28 | GODFREY,Jeandre, 687 | LICB | 28.45 | 0 | 528 |
| 29 | STOCKTON,Bryce, 1486 | WES | 28.21 | 0 | 523 |
| 30 | KIRSTEIN,Ewald, 976 | OVK | 27.60 | 0 | 512 |
| 31 | BOUCHARD,Aidan, 248 | DNF | 21.92 | 0 | 400 |
| 0 | VAN DER WESTHUIZEN,Je, 1233 | RHSB | DNR | 0 | 0 |
| 0 | HANSEN,Niel, 515 | HTMA | DNR | 0 | 0 |

Item 212 17:00 Final Girls 16 Discus

| | | | | | | |
|----|-------------------------------|-------|-------|---|-----|---|
| | | | | | 1kg | |
| 1 | KHUNOU,Lesedi, 741 | MENA | 43.35 | 8 | 961 | G |
| 2 | LINDEQUE,Zonica, 1204 | RBG | 42.18 | 7 | 943 | S |
| 3 | DE SOUSA,Leoni, 1550 | ZWKA | 39.67 | 6 | 906 | B |
| 4 | JANSE VAN RENSBURG,Celia, 457 | HMKA | 39.04 | 5 | 897 | |
| 5 | BOSHOF,Riandi, 1012 | PGM | 38.65 | 4 | 891 | |
| 6 | MYBURGH,Marjuly, 150 | BVT | 38.00 | 3 | 881 | |
| 7 | BOTHA,Riandr , 1211 | RHSA | 37.53 | 2 | 874 | |
| 8 | MULLER,Mariska, 434 | GDV | 37.49 | 1 | 874 | |
| 9 | DE WAAL,Ximmone, 255 | DEL | 34.75 | 0 | 831 | |
| 10 | KAPLAN,Eden, 913 | MON | 34.28 | 0 | 824 | |
| 11 | KOMANE,Lethabo, 1069 | PRCG | 32.97 | 0 | 803 | |
| 12 | V ZYL,Cathelene, 760 | MPKDB | 32.53 | 0 | 796 | |
| 13 | PIETERSE,Cara, 397 | FM | 32.32 | 0 | 792 | |
| 14 | LE ROUX,Rochelle, 869 | MSCI | 31.00 | 0 | 770 | |
| 15 | SILVER,Tuan , 1518 | WINA | 30.20 | 0 | 756 | |
| 16 | POTGIETER,Clarisa, 906 | MNTU | 29.33 | 0 | 741 | |
| 17 | NELL,Anke, 32 | AHMU | 29.20 | 0 | 738 | |
| 18 | BOSMAN,Riane, 195 | CEN | 28.65 | 0 | 729 | |
| 19 | VAN TONDER,Zane, 960 | OMB | 28.40 | 0 | 724 | |
| 20 | JORDAAN,Gazelle, 1575 | ZWKC | 27.62 | 0 | 710 | |
| 21 | JACOBS,Sune, 680 | LICB | 27.30 | 0 | 704 | |
| 22 | VILJOEN,Sunet, 544 | HTT | 27.17 | 0 | 702 | |
| 23 | RAKOW,Andrea, 1528 | WINB | 26.70 | 0 | 693 | |
| 24 | SCHEEPERS,Milandi, 71 | AHMW | 26.60 | 0 | 691 | |
| 25 | ERASMUS,Androne, 679 | LICB | 26.04 | 0 | 680 | |
| 26 | NKUMELENI,Tsiam, 1405 | UIT | 24.13 | 0 | 642 | |
| 27 | VON BRANDIS,Mischa, 412 | GRFA | 22.37 | 0 | 605 | |
| 28 | GROBLER,Nerize, 361 | ERS | 19.73 | 0 | 546 | |
| 29 | BRUWER,Iljeandri, 279 | DWG | 19.30 | 0 | 536 | |
| 30 | MALULEKA,Niyiko, 1084 | PRCI | 16.80 | 0 | 473 | |
| 0 | SCHEEPERS,Milandi, 43 | AHMU | DNS | 0 | 0 | |
| 0 | NEL,Cherize, 534 | HTMU | DNS | 0 | 0 | |
| 0 | KGOPA,KEARABETSWE, 1612 | ZWEP | DNS | 0 | 0 | |
| 0 | MASEMOLA,ZANELE, 1618 | ZWEP | DNS | 0 | 0 | |
| 0 | JONKER,Anika, 716 | MVJ | DNS | 0 | 0 | |

Item 172 15:30 Final Boys 16 Discus

| | | | | | | |
|---|---------------------------|------|-------|---|-------|---|
| | | | | | 1.5kg | |
| 1 | PRETORIUS,Marco, 1336 | TRV | 54.60 | 8 | 924 | G |
| 2 | DE VILLIERS,Cian, 917 | MON | 52.94 | 7 | 904 | S |
| 3 | VAN NIEKERK,Stephan, 1220 | RHSA | 47.44 | 6 | 836 | B |
| 4 | SMITH,Aiden, 750 | MENA | 46.25 | 5 | 820 | |
| 5 | VAN ANTWERPEN,Lenro, 653 | KHSB | 45.94 | 4 | 816 | |

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| | | | | | |
|----|-------------------------|-------|-------|---|-----|
| 6 | ROOS,Waldo, 103 | AHSU | 45.42 | 3 | 810 |
| 7 | VISSER,Nielen, 786 | MPKSW | 44.72 | 2 | 800 |
| 8 | JOUBERT,Nantus, 273 | DAN | 44.52 | 1 | 798 |
| 9 | COETZEE,Jeanre, 378 | FIC | 43.96 | 0 | 790 |
| 10 | LABUSCHAGNE,Wiehan, 202 | CEN | 43.65 | 0 | 786 |
| 11 | SCOTT,Celven, 429 | GRFB | 42.47 | 0 | 770 |
| 12 | DU PLESSIS,Luan, 685 | LICB | 37.46 | 0 | 698 |
| 13 | ERASMUS,Sarel, 618 | KPKC | 36.30 | 0 | 681 |
| 14 | VERMAAK,Cj, 1400 | TUKSU | 34.85 | 0 | 658 |
| 15 | GROBLER,Tiaan, 619 | KPKC | 34.80 | 0 | 658 |
| 16 | STEFFEN,Heinrich, 942 | NYL | 34.73 | 0 | 657 |
| 17 | COETZEE,Reese, 838 | MER | 33.33 | 0 | 634 |
| 18 | SMITH,Hendrik, 517 | HTMA | 30.73 | 0 | 591 |
| 19 | PHILANDER,Naeem, 1415 | UIT | 30.45 | 0 | 586 |
| 20 | JASON,Barnard, 295 | DJJ | 21.49 | 0 | 412 |

Item 35 10:15 Final Girls 17 Discus

| | | | | | 1kg | |
|----|-----------------------------|-------|-------|---|-----|---|
| 1 | DE KLERK,Mine, 432 | GDV | 43.79 | 8 | 950 | G |
| 2 | GELDENHUIS,Ruzel, 911 | MON | 38.50 | 7 | 873 | S |
| 3 | WESSELS,Helen, 12 | AHMB | 37.50 | 6 | 858 | B |
| 4 | WESSELS,Febe, 949 | OMA | 36.88 | 5 | 849 | |
| 5 | MOSTERT,Desere, 1213 | RHSA | 36.87 | 4 | 849 | |
| 6 | JORDAAN,Carmen, 469 | HMKD | 36.70 | 3 | 846 | |
| 7 | VAN DER LINDE,Rinelda, 1005 | PHS | 35.83 | 2 | 833 | |
| 8 | PIETERSE,Tharina, 670 | LICA | 35.70 | 1 | 831 | |
| 9 | IMMEMAN,Lindi, 313 | ELD | 35.36 | 0 | 826 | |
| 10 | RITCHIE,Claire, 40 | AHMU | 34.40 | 0 | 811 | |
| 11 | KELLERMAN,Bianca, 433 | GDV | 33.88 | 0 | 803 | |
| 12 | MALAN,Liennekke, 893 | MNTB | 33.30 | 0 | 793 | |
| 13 | PRETORIUS,Adriksa, 1444 | WAG | 32.37 | 0 | 778 | |
| 14 | GROVE,Aneskah, 912 | MON | 31.53 | 0 | 764 | |
| 15 | MOCKE,Danette, 718 | MVJ | 31.40 | 0 | 762 | |
| 16 | CALITZ,Wilmari, 752 | MPKDB | 31.28 | 0 | 760 | |
| 17 | MULLER,Melandi, 283 | DWG | 29.24 | 0 | 725 | |
| 18 | BECKER,Alnike, 518 | HTMB | 27.30 | 0 | 690 | |
| 19 | MAKWELA,Maggie, 541 | HTT | 27.04 | 0 | 685 | |
| 20 | MOJALEFA,Lorraine, 708 | LYD | 25.37 | 0 | 653 | |
| 21 | DU TOIT,Mari, 280 | DWG | 25.23 | 0 | 651 | |
| 22 | VAN WYNGAARD,Annelize, 961 | OMB | 21.40 | 0 | 571 | |
| 23 | MOGAMME,MOTHEO, 1619 | ZWEP | 20.93 | 0 | 561 | |
| 24 | MTHOMBENI,Khanyi, 220 | CURD | 19.00 | 0 | 516 | |
| 0 | MULLER,Marinel, 992 | PP | DNS | 0 | 0 | |
| 0 | MARUMULE,TSHIAMO, 1617 | ZWEP | DNS | 0 | 0 | |

Item 136 14:00 Final Boys 17 Discus

| | | | | | 1.5kg | |
|----|---------------------------|------|-------|---|-------|---|
| 1 | LOCK,Kevin, 747 | MENA | 56.03 | 8 | 929 | G |
| 2 | BOTHA,Jean, 413 | GRFA | 53.33 | 7 | 897 | S |
| 3 | BRINK,Carlo, 77 | AHSA | 51.72 | 6 | 878 | B |
| 4 | TURNER,Rianiel, 724 | MVJ | 48.34 | 5 | 836 | |
| 5 | PRETORIUS,Reinhardt, 428 | GRFB | 47.66 | 4 | 828 | |
| 6 | NORTJé,Hardus, 932 | NHW | 47.32 | 3 | 823 | |
| 7 | DE WET,Johan, 1217 | RHSA | 47.06 | 2 | 820 | |
| 8 | BREED,Franco, 811 | MENU | 46.29 | 1 | 810 | |
| 9 | VAN SCHALKWYK,Schalk, 170 | BOL | 45.49 | 0 | 800 | |
| 10 | MOKOENA,AZANIA, 1637 | ZWEP | 45.07 | 0 | 794 | |
| 11 | CLAASSEN,Juan, 592 | KPKA | 44.44 | 0 | 786 | |
| 12 | OOSTHUIZEN,Damian, 83 | AHSA | 43.75 | 0 | 777 | |
| 13 | DU TOIT ,Franco, 872 | MSCI | 42.45 | 0 | 759 | |
| 14 | KOTZE,Francois, 1523 | WINA | 41.38 | 0 | 745 | |
| 15 | VON PLASTER,Storm, 1222 | RHSA | 40.80 | 0 | 736 | |
| 16 | COULSON,Rocco, 1246 | RHSU | 40.77 | 0 | 736 | |

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| | | | | | |
|----|-------------------------------|-------|-------|---|-----|
| 17 | SLEMENT,Cameron, 952 | OMA | 40.64 | 0 | 734 |
| 18 | SMITH,Graham, 193 | BRS | 40.22 | 0 | 728 |
| 19 | SCHOONBEE,Marco, 677 | LICA | 39.60 | 0 | 719 |
| 20 | NIEUWOUDT,Gert, 1499 | WVL | 39.59 | 0 | 719 |
| 21 | JANSE VAN RENSBURG,Hanno, 996 | PP | 38.78 | 0 | 708 |
| 22 | EVERSON,Robert, 1478 | WES | 37.45 | 0 | 688 |
| 23 | DU PREEZ,Eon, 496 | HJV | 34.34 | 0 | 641 |
| 24 | JACOBS,Henco, 777 | MPKSW | 31.00 | 0 | 586 |
| 25 | BOSHOFF,Jurie, 569 | HUG | 30.96 | 0 | 586 |
| 26 | MODISE,Lesego, 1310 | SUTB | 29.54 | 0 | 561 |
| 0 | VISSER,Ricardo, 966 | OMB | DNS | 0 | 0 |
| 0 | VAN ZYL,Tian, 104 | AHSU | DNS | 0 | 0 |
| 0 | GOOSEN,Carel, 710 | LYD | DNS | 0 | 0 |

Item 248 19:00 Final Girls 19 Discus

| | | | | | |
|-----|---------------------------|------|-------|---|-------|
| 1kg | | | | | |
| 1 | ROETS,Dané, 925 | NHW | 45.33 | 8 | 939 G |
| 2 | VISAGIE,Saskia, 510 | HTMA | 42.83 | 7 | 904 S |
| 3 | J V RENSBURG,Belinda, 765 | MPDW | 41.07 | 6 | 880 B |
| 4 | RITCHIE,Britnny, 11 | AHMB | 39.52 | 5 | 859 |
| 5 | PONT,Ilandre, 10 | AHMB | 39.25 | 4 | 855 |
| 6 | RAATHS,Marguerite, 1214 | RHSA | 39.23 | 3 | 855 |
| 7 | NIEMANN,Dané, 937 | NYL | 31.43 | 2 | 736 |
| 8 | CLOETE,Juanita, 359 | ERS | 29.81 | 1 | 708 |
| 9 | TRUTER,Andrea, 1419 | VOL | 27.28 | 0 | 664 |
| 10 | MOTAUNG,Katleho, 1089 | PRCI | 24.74 | 0 | 616 |
| 11 | DEYZEL,Carika, 981 | OVR | 23.15 | 0 | 584 |
| 12 | MAHLALELA,Bandisa, 245 | DNF | 18.22 | 0 | 474 |
| 0 | BADENHORST,Rone, 667 | LICA | DNR | 0 | 0 |
| 0 | VAN DER MERWE,Kayla, 400 | FM | DNR | 0 | 0 |
| 0 | DE LANGE,Jade, 172 | BRW | DNS | 0 | 0 |

Item 59 11:15 Final Boys 19 Discus

| | | | | | |
|--------|-----------------------------|-------|-------|---|-------|
| 1.75kg | | | | | |
| 1 | SWANEPOEL,Wynand, 156 | BVT | 55.36 | 8 | 980 G |
| 2 | OOSTHUIZEN,Juan, 465 | HMKA | 54.72 | 7 | 971 S |
| 3 | BREYTENBACH,Leeor-el, 307 | EDU | 54.56 | 6 | 969 B |
| 4 | KOTZEE,Markus, 746 | MENA | 54.36 | 5 | 966 |
| 5 | DREYER,Walt, 928 | NHW | 48.24 | 4 | 885 |
| 6 | VAN ZYL,Tian, 104 | AHSU | 47.19 | 3 | 871 |
| 7 | MARITZ,Stefan, 780 | MPKSW | 46.61 | 2 | 864 |
| 8 | COERTZEN,Willem, 1332 | TRV | 46.09 | 1 | 857 |
| 9 | BASSON,Anrich, 401 | FM | 45.73 | 0 | 852 |
| 10 | VENTER,Nicko, 609 | KPKB | 42.68 | 0 | 810 |
| 11 | STEYN,Luhan, 168 | BOL | 42.23 | 0 | 804 |
| 12 | CLOETE,Ashley, 616 | KPKC | 42.18 | 0 | 803 |
| 13 | NEL,Jooste, 899 | MNTB | 41.80 | 0 | 798 |
| 14 | HATTINGH,Jan-adriaan, 1497 | WVL | 41.73 | 0 | 797 |
| 15 | WENTZEL,Japie, 1011 | PHS | 41.42 | 0 | 793 |
| 16 | DOUMAN,Neil, 178 | BRW | 39.32 | 0 | 762 |
| 17 | HARMSE,Neil, 438 | GDV | 38.22 | 0 | 746 |
| 18 | VAN ROOYEN,Adriaan, 454 | HM | 37.15 | 0 | 729 |
| 19 | VAN GRAAN,Stephan, 1219 | RHSA | 35.92 | 0 | 710 |
| 20 | LABUSCHAGNE,Christiaan, 711 | LYD | 34.77 | 0 | 692 |
| 21 | BASSON,Roux-hann, 1519 | WINA | 33.22 | 0 | 667 |
| 22 | VENTER,Jp, 550 | HTT | 30.31 | 0 | 617 |
| 0 | DE BEER,Nathan, 224 | CURD | DNS | 0 | 0 |
| 0 | FERREIRA,Rudolph, 226 | CURD | DNS | 0 | 0 |

Item 13 09:00 Final Girls 14 Hammer

3kg

Item 1 08:00 Final Boys 14 Hammer

4kg

Item 14 09:00 Final Girls 15 Hammer

3kg

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| | | | | | | | | |
|--|---------------------------------|-------|-------|---|-----|---|--------|--|
| 1 | DE BRUYN,Danielle, 904 | MNTU | 39.14 | 8 | 814 | G | | |
| 2 | VAN DER WALT,Mickyla, 376 | FIC | 37.57 | 7 | 797 | S | | |
| 3 | JULIES,Cililthe, 374 | FIC | 32.82 | 6 | 743 | B | | |
| Item 2 08:00 Final Boys 15 Hammer | | | | | | | 4kg | |
| 1 | PRETORIUS,Tiaan, 382 | FIC | 52.20 | 8 | 933 | G | TUKS10 | |
| 2 | GROBBELAAR,Jaco, 379 | FIC | 48.87 | 7 | 904 | S | | |
| Item 15 09:00 Final Girls 16 Hammer | | | | | | | 3kg | |
| 1 | JANSE V VUUREN,Catrien, 149 | BVT | 52.63 | 8 | 938 | G | TUKS10 | |
| 2 | BESTER,Nicole, 979 | OVR | 33.72 | 7 | 750 | S | | |
| Item 3 08:00 Final Boys 16 Hammer | | | | | | | 5kg | |
| 1 | NIEUWOUDT,Connie, 165 | BOL | 46.36 | 8 | 815 | G | | |
| 2 | COETZEE,Jeanre, 378 | FIC | 45.79 | 7 | 810 | S | | |
| 3 | TRUTER,Andries, 169 | BOL | 44.69 | 6 | 801 | B | | |
| 4 | SMITS,Izaan, 1391 | TUKSU | 37.95 | 5 | 737 | | | |
| Item 16 09:00 Final Girls 17 Hammer | | | | | | | 3kg | |
| 1 | PRETORIUS,Elaine, 375 | FIC | 58.90 | 8 | 990 | G | TUKS10 | |
| 2 | ESTERHUIZEN,Chandre, 794 | MENU | 41.69 | 7 | 832 | S | | |
| Item 4 08:00 Final Boys 17 Hammer | | | | | | | 5kg | |
| 1 | JULIES,Nicholas, 380 | FIC | 62.02 | 8 | 935 | G | | |
| 2 | CLAASEN,JUAN, 624 | KPKU | 44.28 | 7 | 794 | S | | |
| 3 | JANSE V RENSBURG,Nathan, 439 | GDV | 41.21 | 6 | 766 | B | | |
| 0 | UITENWEERDE,Eugene, 157 | BVT | DNS | 0 | 0 | | | |
| Item 17 09:00 Final Girls 19 Hammer | | | | | | | 4kg | |
| 1 | DEGLI - BERTI,Bodine, 740 | MENA | 53.76 | 8 | 999 | G | | |
| 2 | BOTHA,Claudine, 1329 | TRV | 43.57 | 7 | 896 | S | | |
| 3 | DEYZEL,Carike, 981 | OVR | 39.91 | 6 | 859 | B | | |
| Item 5 08:00 Final Boys 19 Hammer | | | | | | | 6kg | |
| 1 | DE WITT,Marco, 160 | BOL | 52.36 | 8 | 912 | G | | |
| 2 | JACOBS,JOHAN, 1651 | MENU | 42.89 | 7 | 829 | S | | |
| 3 | VENTER,NICKO, 625 | KPKU | 41.05 | 6 | 811 | B | | |
| Item 32 10:00 Final Girls 14 Javelin | | | | | | | 500g | |
| 1 | BOTHA,MarnÉ, 1223 | RHSB | 39.76 | 8 | 838 | G | | |
| 2 | KEYSER,Ame, 1015 | PGM | 39.55 | 7 | 834 | S | | |
| 3 | CONRADIE ,Mickayla, 1574 | ZWKC | 37.56 | 6 | 801 | B | | |
| 4 | VAN DEN BERG,Zahne, 914 | MON | 36.57 | 5 | 784 | | | |
| 5 | MEINTJIES,Danel, 639 | KHSA | 36.55 | 4 | 784 | | | |
| 6 | ROUX,Amia, 41 | AHMU | 27.68 | 3 | 618 | | | |
| 7 | KHUMALO,NTANDO, 1635 | ZWEP | 26.81 | 2 | 600 | | | |
| 8 | KELLERMAN,Clarissa, 446 | HM | 26.80 | 1 | 600 | | | |
| 9 | STRYDOM,Angie, 50 | AHMU | 26.31 | 0 | 590 | | | |
| 10 | OLSEN,Emma, 33 | AHMU | 24.61 | 0 | 552 | | | |
| 11 | MEIRING,Amone, 491 | HJV | 23.26 | 0 | 522 | | | |
| 12 | LESSING,Keya, 1261 | SDC | 21.85 | 0 | 488 | | | |
| 13 | LUYT,Tamlyn, 138 | BRG | 20.83 | 0 | 463 | | | |
| 14 | SEBELEBELE,Nicole, 1094 | PRCI | 19.55 | 0 | 430 | | | |
| 15 | HEIGAN,Minette, 551 | HTST | 15.74 | 0 | 321 | | | |
| 16 | KOLOKOTO,ITUMELENG, 1636 | ZWEP | 15.45 | 0 | 312 | | | |
| Item 237 18:30 Final Boys 14 Javelin | | | | | | | 600g | |
| 1 | VAN TONDER,Ulrich, 418 | GRFA | 61.00 | 8 | 827 | G | TUKS10 | |
| 2 | STOLK,Steve, 827 | MENU | 52.62 | 7 | 696 | S | | |
| 3 | COERTZEN,Joshua, 437 | GDV | 44.21 | 6 | 553 | B | | |
| 4 | SCHOEMAN,Hein, 823 | MENU | 43.34 | 5 | 538 | | | |
| 5 | V LOGGENBERG,Tiaan, 503 | HJV | 42.76 | 4 | 527 | | | |
| 6 | GREYLING,Evert, 816 | MENU | 41.74 | 3 | 508 | | | |
| 7 | ERASMUS,Jano, 308 | EDU | 34.84 | 2 | 374 | | | |
| 8 | BADENHORST,Hanro, 306 | EDU | 26.60 | 1 | 189 | | | |
| Item 127 13:45 Final Girls 15 Javelin | | | | | | | 500g | |
| 1 | JANSE VAN RENSBURG,Elandri, 834 | MER | 39.16 | 8 | 816 | G | | |
| 2 | STEENKAMP,SuenÃ©, 471 | HMKD | 38.73 | 7 | 809 | S | | |

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| | | | | | | |
|----|---------------------------------|------|-------|---|-----|---|
| 3 | BOTHMA, Hayley, 910 | MON | 38.20 | 6 | 800 | B |
| 4 | VAN ROOYEN, Micayla, 59 | AHMU | 36.35 | 5 | 769 | |
| 5 | ERASMUS, Megan, 793 | MENU | 36.18 | 4 | 766 | |
| 6 | STRYDOM, Chane, 613 | KPKC | 35.09 | 3 | 747 | |
| 7 | BINNEMAN, Danè, 519 | HTMB | 34.93 | 2 | 744 | |
| 8 | LOMBARD, Mirna, 210 | CENU | 31.44 | 1 | 681 | |
| 9 | KRIEL, Anel, 269 | DAN | 30.60 | 0 | 665 | |
| 10 | FERREIRA, Sane, 25 | AHMU | 30.46 | 0 | 662 | |
| 11 | LATEGAN, Lene, 396 | FM | 29.57 | 0 | 645 | |
| 12 | VAN DER COLFF, Annie, 642 | KHSA | 29.26 | 0 | 639 | |
| 12 | NELSON, Anquelique, 800 | MENU | 29.26 | 0 | 639 | |
| 14 | VAN DER WESTHUIZEN, Zuanel, 694 | LTT | 27.66 | 0 | 607 | |
| 15 | KGAFFE, Mologoado, 1082 | PRCI | 23.61 | 0 | 519 | |
| 16 | VAN DER WALT, Mickyla, 376 | FIC | 22.60 | 0 | 496 | |
| 17 | MUSIAMO, Ndaedzo, 1091 | PRCI | 21.13 | 0 | 460 | |
| 18 | VAN DER MERWE, Danette, 222 | CURD | 19.12 | 0 | 409 | |
| 0 | OLWAGE, Zaylee-ann, 492 | HJV | DNS | 0 | 0 | |

Item 192 16:10 Final Boys 15 Javelin

| | | | | | | 600g |
|----|-----------------------------|------|-------|---|-----|------|
| 1 | PIENAAR, Johandre, 92 | AHSB | 60.78 | 8 | 801 | G |
| 2 | SMITH, Hein, 155 | BVT | 54.48 | 7 | 705 | S |
| 3 | BOTES, Douw, 994 | PP | 53.99 | 6 | 697 | B |
| 4 | CLOETE, Regard, 1245 | RHSU | 50.50 | 5 | 641 | |
| 5 | STRYDOM, Marco, 829 | MENU | 50.20 | 4 | 636 | |
| 6 | SMIT, Niel, 1010 | PHS | 50.12 | 3 | 635 | |
| 7 | BENEKE, Heino, 963 | OMB | 47.90 | 2 | 597 | |
| 8 | GILDENHUYNS, Stefan, 1521 | WINA | 40.96 | 1 | 475 | |
| 9 | GILDENHUYNS, Heinrich, 1531 | WINB | 38.03 | 0 | 420 | |
| 10 | MOLEKWA, KOKETSO, 1110 | PRCI | 36.04 | 0 | 381 | |
| 11 | BOUWER, Divan, 604 | KPKB | 33.53 | 0 | 329 | |
| 12 | MALAN, Luan, 191 | BRS | 28.12 | 0 | 209 | |
| 0 | KGATLE, Lehlogonolo, 1099 | PRCI | DNR | 0 | 0 | |

Item 163 15:00 Final Girls 16 Javelin

| | | | | | | 500g | |
|----|----------------------------------|------|-------|---|-----|------|--------|
| 1 | VAN DER WESTHUIZEN, Mckyla, 1553 | ZWKA | 49.88 | 8 | 971 | G | TUKS10 |
| 2 | VAN DER WESTHUIZEN, Marli, 1216 | RHSA | 42.41 | 7 | 856 | S | |
| 3 | HEYMANS, Courtney, 589 | KPKA | 42.32 | 6 | 854 | B | |
| 4 | MARAIS, Cherine, 638 | KHSA | 40.01 | 5 | 818 | | |
| 5 | SIEPKER, Nicole, 45 | AHMU | 37.41 | 4 | 775 | | |
| 6 | VISSER, Zuleike, 62 | AHMU | 35.65 | 3 | 746 | | |
| 7 | SCHOEMAN, Carla, 803 | MENU | 33.73 | 2 | 712 | | |
| 8 | OLIVIER, Christi, 801 | MENU | 32.29 | 1 | 686 | | |
| 9 | HOLTZHAUSEN, Anika, 934 | NYL | 27.34 | 0 | 590 | | |
| 10 | MOGORO, Bonolo, 1087 | PRCI | 23.16 | 0 | 499 | | |
| 11 | BESTER, Nicole, 979 | OVR | 23.08 | 0 | 497 | | |
| 12 | SEWRAJ, KARMEN, 231 | CURS | 19.83 | 0 | 418 | | |
| 0 | VISSER, Zuleike, 61 | AHMU | DNR | 0 | 0 | | |
| 0 | JACOBS, Sune, 680 | LICB | DNR | 0 | 0 | | |
| 0 | SWART, IONE, 985 | OVR | DNR | 0 | 0 | | |

Item 60 11:20 Final Boys 16 Javelin

| | | | | | | 700g | |
|----|-----------------------------|-------|-------|---|-----|------|--------|
| 1 | MOSTERT, Mj, 645 | KHSA | 66.51 | 8 | 921 | G | TUKS10 |
| 2 | WILLEMSE, Armand, 1023 | PGM | 62.93 | 7 | 867 | S | |
| 3 | VAN ASWEGEN, Berno, 1606 | ZWKI | 62.26 | 6 | 857 | B | |
| 4 | DAHMES, Dian, 89 | AHSB | 59.76 | 5 | 819 | | |
| 5 | JOUBERT, Zayd, 930 | NHW | 54.35 | 4 | 734 | | |
| 6 | COETZEE, Reese, 838 | MER | 52.52 | 3 | 704 | | |
| 7 | VISSER, Nielen, 786 | MPKSW | 51.45 | 2 | 687 | | |
| 8 | KOEKEMOER, Chris, 818 | MENU | 50.09 | 1 | 664 | | |
| 9 | V JAARSEVLDT, Johannes, 831 | MENU | 48.10 | 0 | 630 | | |
| 10 | THEUNISSEN, Dirk, 1535 | WINB | 48.00 | 0 | 629 | | |
| 11 | SHABANGU, Tiki, 1114 | PRCI | 45.12 | 0 | 578 | | |

Meeting :2020/02/12: FITGEN TUKS TOP 10 (PRESTIGE COLLEGE) at BESTMED TUKS

| | | | | | |
|----|------------------------------------|-------|-------|---|-----|
| 12 | VAN DEN BERG, Kevin, 1487 | WES | 42.20 | 0 | 526 |
| 13 | ERASMUS, Igmar, 1447 | WAG | 37.95 | 0 | 445 |
| 14 | VAN ROOYEN, Christian, 1163 | PBHSD | 28.94 | 0 | 253 |
| 15 | JANSE VAN RENSBURG, Benjamin, 1141 | PBHSC | 28.20 | 0 | 235 |
| 16 | MATSHILIZA, Lilitha, 1147 | PBHSC | 28.10 | 0 | 233 |
| 17 | FOSTER, David, 1479 | WES | 21.23 | 0 | 52 |
| 18 | BEHRENS, Connor, 1169 | PBHSI | 14.62 | 0 | 0 |
| 0 | PELSER, Tristan, 180 | BRW | DNR | 0 | 0 |

Item 217 17:20 Final Girls 17 Javelin

500g

| | | | | | | |
|----|----------------------------|-------|-------|---|-----|---|
| 1 | CONRADIE, Leandie, 1561 | ZWKB | 45.11 | 8 | 886 | G |
| 2 | JANSEN, Ilana, 314 | ELD | 39.55 | 7 | 800 | S |
| 3 | V ROOYEN, Emma, 759 | MPKDB | 39.31 | 6 | 796 | B |
| 4 | BOTHA, Benise, 1491 | WVL | 36.85 | 5 | 756 | |
| 5 | VAN DEN BERG, Charne, 399 | FM | 36.56 | 4 | 751 | |
| 6 | LAWERENCE, Jade, 523 | HTMB | 34.80 | 3 | 721 | |
| 7 | DE RBUIN, Lara, 21 | AHMU | 33.14 | 2 | 691 | |
| 8 | HARTMAN, Joane, 28 | AHMU | 31.46 | 1 | 661 | |
| 9 | MALAN, Liennekke, 893 | MNTB | 29.15 | 0 | 617 | |
| 10 | MOJALEFA, Lorraine, 708 | LYD | 28.00 | 0 | 594 | |
| 11 | MOLOMO, Khethiwe, 1306 | SUTB | 27.78 | 0 | 590 | |
| 12 | RAMAGOTSWA, Neo, 1407 | UIT | 23.41 | 0 | 496 | |
| 13 | MATHANDA, LEONA, 1645 | PRCI | 21.75 | 0 | 457 | |
| 14 | MABOKELA, KELEBOGILE, 1646 | PRCI | 21.05 | 0 | 440 | |
| 0 | MABOKELA, KELEBOGILE, 1613 | ZWEP | DNS | 0 | 0 | |

Item 80 12:30 Final Boys 17 Javelin

700g

| | | | | | | |
|----|--------------------------|-------|-------|---|-----|---|
| 1 | VD MERWE, Wihan, 1022 | PGM | 59.86 | 8 | 799 | G |
| 2 | VON PLASTER, Storm, 1222 | RHSA | 59.46 | 7 | 792 | S |
| 3 | SCHUTTE, Christiaan, 824 | MENU | 58.27 | 6 | 774 | B |
| 4 | ROBERTSON, Duncan, 85 | AHSA | 56.73 | 5 | 751 | |
| 5 | HEUNIS, Estiaan, 190 | BRS | 55.11 | 4 | 725 | |
| 6 | SWANEPOEL, Armand, 529 | HTMB | 54.95 | 3 | 723 | |
| 7 | ROETS, Francois, 93 | AHSB | 54.81 | 2 | 720 | |
| 8 | VAN STADEN, HJ, 953 | OMA | 53.45 | 1 | 699 | |
| 9 | OOSTHUIZEN, Renzo, 179 | BRW | 50.98 | 0 | 659 | |
| 10 | KAPP, Divan, 1334 | TRV | 46.33 | 0 | 581 | |
| 11 | HUART, Micheal, 500 | HJV | 45.71 | 0 | 570 | |
| 12 | TSWAI, KAGISO, 1631 | ZWEP | 31.26 | 0 | 289 | |
| 13 | DYASI, Siyakha, 1172 | PBHSI | 28.72 | 0 | 231 | |
| 0 | KLEYN, Heinrich, 238 | CURS | DNR | 0 | 0 | |
| 0 | ZLATEV, Lubo, 394 | FWH | DNR | 0 | 0 | |
| 0 | STEYN, Volker, 1605 | ZWKI | DNS | 0 | 0 | |

Item 218 17:20 Final Girls 19 Javelin

600g

| | | | | | | | |
|---|-----------------------------------|-------|-------|---|-----|---|--------|
| 1 | VAN ZYL, Chane, 948 | OMA | 46.26 | 8 | 902 | G | TUKS10 |
| 2 | MULDER, CHANDI, 1431 | TUKSU | 40.00 | 7 | 806 | S | |
| 3 | SMIT, Ine, 1592 | ZWKI | 39.56 | 6 | 800 | B | |
| 4 | VAN DER WESTHUIZEN, Jessica, 1227 | RHSB | 35.59 | 5 | 734 | | |
| 5 | VAN DER WATT, Mihke, 56 | AHMU | 32.33 | 4 | 676 | | |
| 6 | OOSTHUIZEN, Nicci, 34 | AHMU | 31.28 | 3 | 657 | | |
| 7 | HLATHI, Cahtrine, 1081 | PRCI | 30.62 | 2 | 645 | | |
| 0 | GORENS, Zanie, 208 | CENU | DNR | 0 | 0 | | |

Item 81 12:30 Final Boys 19 Javelin

800g

| | | | | | | |
|---|--------------------------|-------|-------|---|-----|---|
| 1 | BOTHA, Reghardt, 414 | GRFA | 61.56 | 8 | 824 | G |
| 2 | HUMAN, Ruan, 888 | MNTA | 61.44 | 7 | 822 | S |
| 3 | MOUTON, Conrad, 203 | CEN | 59.30 | 6 | 790 | B |
| 4 | VLOK, Riaan, 442 | GDV | 53.22 | 5 | 695 | |
| 5 | PHUTI, GONTSE, 1630 | ZWEP | 46.47 | 4 | 582 | |
| 6 | LEGOABE, Valentino, 1101 | PRCI | 41.21 | 3 | 489 | |
| 7 | JOSEPHS, Jaide, 1129 | PBHSB | 35.19 | 2 | 372 | |
| 0 | VISAGIE, ROLAN, 1634 | TUKSU | DNR | 0 | 0 | |