

Results of all Finals and Heats

Ordered by Program Sequence

Place	Athlete,Number,Birthdate	Team	Perf	Medal	Wind
Item 1 12:40 Final Women U18 100m Hurdles Heptathlon					
					76.2cm
1	MOTHOGWANE, NALEDI, , 2007/03/24	UJ	22.49	Gold	
Item 3 12:50 Heat 1 of 3 Men U23 100m					
					-0.6
1	TSHIYOMBO, JAMES, P11875, 2004/12/25	TMBISA	10.51	Gold	
2	STOTO, MBULELO, P25973, 2003/04/28	FFA	10.72	Silver	
3	PHIRI, HUDSON, P11027, 2003/01/15	BRKPAN	10.74	Bronze	
4	MAPHANGA, MFUNDO, P3669 , 2002/04/08	UJ	11.19		
5	SAKWE, OLOTHANDO, P12371, 2002/09/03	UJ	11.36		
6	MOCHISA, JONATHAN, J40364, 2003/02/20	TMBISA	11.69		
Item 3 12:50 Heat 2 of 3 Men U23 100m					
					+0.0
1	MOSS, MVUYO, P 3403, 2002/03/12	UJ	10.54	Gold	
2	UZOHO, SIYABONGA, P19237, 2003/05/07	UJ	10.89	Silver	
3	CHAKAIPA, CHRISTOPHER TAMUKA, , 2002/04/08	UJ	11.15	Bronze	
4	MABENGE, TADIWANASHE, , 2003/03/03	UJ	11.32		
5	MNDEBELE, NJABULO THATO, P19650, 2003/08/26	UJ	11.38		
6	MASANGO, MAWANDE, P17697, 2002/06/10	UJ	11.87		
Item 3 12:50 Heat 3 of 3 Men U23 100m					
					-2.5
1	VAN ROOIJEN, MATTHEW, P4694, 2004/01/08	FFA	10.65	Gold	
2	TSOTETSI, KAMOHELO, P2189, 2004/09/29	UJ	10.72	Silver	
3	LEBELOANE, LESEDI, P12290, 2003/02/17	WCAC	10.94	Bronze	
4	BURGER, ETHAN, P 26580, 2004/12/21	ANKER	11.00		
5	LAMOLA, EMMANUEL, P19988, 2004/12/05	TMBISA	11.29		
6	MBENDANA, SIFISO, P26582, 2004/10/13	WWAC	11.51		
7	MATOLWENI, BULUMKO, P11272, 2002/05/14	UJ	11.76		
8	MOLOTO, MASIYE JONATHAN, P 19641, 2002/09/18	UJ	12.19		
Item 4 13:00 Final Women U18 HighJump Heptathlon					
1	MOTHOGWANE, NALEDI, , 2007/03/24	UJ	1.28	Gold	
Item 6 13:10 Heat 1 of 5 Men U20 100m					
					+1.1
1	SMIT, RHYAN, J41455, 2006/03/10	GCHAC	10.81	Gold	
2	MATABANE, KEAMOGETSWE, J50079, 2005/12/11	BRKPAN	10.88	Silver	
3	KOMANE, LERUO, J42426, 2005/09/26	ISMO	10.99	Bronze	
3	KWEZI, NHLANHLA, P11026, 2005/04/12	BRKPAN	10.99		
5	MOSIA, PABALLO, J41305, 2005/01/05	UJ	11.59		
6	NOMPOKWE, LUCKY, , 2006/02/01	UJ	11.80		
7	MBONANI, LINDA, J41353, 2005/03/22	WCAC	12.69		
Item 6 13:10 Heat 2 of 5 Men U20 100m					
					+0.8
1	LUCAS, SHELDON, J41293, 2005/07/25	UJ	10.59	Gold	
2	NHLAPO, NKOSINATHI, J42430, 2006/05/08	OLDEDS	10.69	Silver	
3	KAZADI, DAVID, J40750, 2006/03/22	FFA	11.02	Bronze	
4	SHEZI, THANDO, J41868, 2005/06/13	IHT	11.13		
5	KOPANANG, LORAKO, B111, 2006/03/02	BOT	11.44		
Item 6 13:10 Heat 3 of 5 Men U20 100m					
					-0.5



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1	MODIBE, NEO, J41264, 2005/09/07	UJ	10.47	Gold
2	DYASI, LEHLOHONOLO, J41495, 2005/09/29	BRKPAN	10.91	Silver
3	KIVIDO, JONATHAN, J41513, 2005/12/09	BRKPAN	10.92	Bronze
4	KOMANE, BOIKANYO, J52287, 2006/03/22	BRKPAN	10.94	
5	RATHEBE, OMPHILE, J42432, 2006/02/01	ISMO	10.96	
6	HOWARD, TYLER, J42427, 2006/01/22	ISMO	11.13	
7	MOKOKA, LETHABO JAMES, J40770, 2006/10/21	FFA	11.26	
8	KIVIDO, JOEL, J41510, 2006/11/11	BRKPAN	11.78	

Item 6 13:10 Heat 4 of 5 Men U20 100m -0.6

1	BAKGANE, ADAM, T00, 2005/01/05	BOT	10.95	
2	KHANYE, BOKANG, J42117, 2005/12/09	HELPAC	11.00	Gold
3	MODISAKENG, GOMOLEMO, J40766, 2006/04/22	FFA	11.05	Silver
4	MKHWANAZI, TOM, J40146, 2006/05/04	BOKSAC	11.22	Bronze
5	DWEKO, TSHEGOFATSO, J50080, 2006/09/20	BRKPAN	12.13	

Item 6 13:10 Heat 5 of 5 Men U20 100m +1.6

1	TSHIBUMBU, REINALD, J50034, 2005/03/14	FFA	11.06	Gold
2	LENA, KEVIN, J40705, 2006/09/16	EKHAYA	11.51	Silver

Item 7 13:20 Heat 1 of 4 Women U18 100m +0.2

1	VERMAAK, HANNAH HOPE, J40929, 2007/10/05	NORIES	11.95	Gold
2	MAKASI, LOLWETHU, J41864, 2007/07/07	IHT	12.39	Silver
3	LOUW, ANIKA, J40148, 2007/01/08	BOKSAC	12.84	Bronze
4	MNYAKA, NONHLANHLA, J42355, 2008/01/27	WWAC	13.11	
5	STACEY, ELLA, J41422, 2008/06/08	HSRB	13.59	
6	MBANJWA, ASANDA, J40376, 2007/03/10	TMBISA	16.17	

Item 7 13:20 Heat 2 of 4 Women U18 100m +3.0

1	VAN OUDTSHOORN, KAYLIE, J42166, 2007/03/30	UTS	12.22	Gold
2	HOPE, MICHAELA, J42429, 2007/01/01	ISMO	13.35	Silver
3	DLADLA, HOPE, J40383, 2008/06/09	TMBISA	14.04	Bronze
4	MOTLHLOLOE, KOPANO, J42528, 2008/01/06	UNITED	14.81	

Item 7 13:20 Heat 3 of 4 Women U18 100m +0.5

1	FOUCHE, KEIRA, J40139, 2007/05/01	BOKSAC	12.42	Gold
2	BUTZER, MADISON-LEE, J40756, 2007/10/17	FFA	12.52	Silver
3	GOMES, JESSICA, J41463, 2008/06/24	GCHAC	13.00	Bronze
4	MAKHUDU, LEHAKWE, J42237, 2008/07/19	MASAI	13.62	
5	RAMADIBANE, RETHABILE, J40769, 2007/04/10	FFA	13.83	

Item 7 13:20 Heat 4 of 4 Women U18 100m +1.5

1	MHUTSIWA, SAME AMANTLE, B114, 2007/03/05	BOT	12.21	
2	ESTERHUYSE, VENé, J41433, 2007/10/02	HSRB	12.41	Gold
3	BOTHA, JESSICA, J41498, 2008/04/03	BRKPAN	12.55	Silver
3	NORMAN, ASHLYNN, J14282, 2008/12/28	UJ	12.55	Bronze
5	OBUEKWE, AMARACHI, J40802, 2007/07/19	MAR	13.98	
6	SPANNENBERG, REMORATILE, J40801, 2008/05/22	MAR	16.21	

Item 8 13:30 Heat 1 of 5 Men U18 100m -2.6



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1	MANAVHELA, MUKONA, J 41462, 2008/09/19	GCHAC 11.01	Gold
2	THEKISO, TSHEPANG, J41274, 2007/12/26	UJ 11.59	Silver
3	AUPITI, THATA, B101, 2008/02/19	BOT 12.20	
4	KOK, TRISTAN, J41714, 2007/04/12	IRUN 12.21	Bronze
5	HADZHI, KHAARENDWE, J6632, 2008/02/04	BOXER 12.59	

Item 8 13:30 Heat 2 of 5 Men U18 100m -1.1

1	NONDABULA, OFENTSE, J40357, 2007/02/07	TMBISA 10.97	Gold
2	MAHERRY, TSHIAMO, J40742, 2007/08/09	FFA 11.62	Silver
3	KHUMALO, THAMSANQA, J41863, 2008/04/09	IHT 11.72	Bronze
4	UCHEHARA, LAWRENCE, J42198, 2008/05/06	MASAI 11.75	
4	SWANEPOEL, IVAN, J40388, 2007/03/08	BLUE-R 11.75	
6	FOXCROFT, ZANDER, J41408, 2008/02/11	HSRB 12.18	
7	MUYAMBI, VHUTHUHAWE, J40372, 2008/09/21	TMBISA 12.83	

Item 8 13:30 Heat 3 of 5 Men U18 100m -1.3

1	SCHEEPERS, DYLAN, J41747, 2007/04/10	IRUN 11.12	Gold
2	MWAMBA, MANDLA, J52288, 2007/08/17	BRKPAN 11.26	Silver
3	COOPER, DYLAN DAVID, J50917, 2008/06/18	AAC 11.34	Bronze
4	UWANDU, EMMANUEL, J42252, 2007/11/18	MASAI 11.39	
5	MAVUNGU, DIVINE, J40155, 2007/07/07	BOKSAC 11.53	
6	SWANEPOEL, XANDER, J40389, 2008/01/19	BLUE-R 12.02	

Item 8 13:30 Heat 4 of 5 Men U18 100m -0.8

1	CHIZINGA, ANDREAS, J 42447, 2007/01/31	ANKER 11.14	Gold
2	BHEBHE, EMMANUEL, J41269, 2007/10/05	UJ 11.46	Silver
3	SITHOLE, GUCCI-NITO, J42428, 2008/08/17	ISMO 11.56	Bronze
4	MARUMOLA, MOLEBOGENG, J52282, 2007/09/11	BRKPAN 11.59	
5	KABEMBA, LUNGA, J40771, 2008/01/10	FFA 12.36	

Item 8 13:30 Heat 5 of 5 Men U18 100m

1	KUBHEKA, SIPHIWE, J50078, 2008/05/12	BRKPAN 11.17	Gold
2	RYAN, CAYLON, J41281, 2007/06/03	UJ 11.26	Silver
3	KAMANGA, MUSHINGE, J42424, 2007/05/26	ISMO 11.34	Bronze
4	BERRY, GITEAU, J41620, 2007/04/14	BOXER 11.39	
5	CASSIM, MUHAMMAD ILYAAS, J42425, 2008/01/03	ISMO 11.84	
6	NGOY, DAVID, J41609, 2008/06/06	BOXER 11.85	
7	MATHERI, NDEGWA, J40767, 2008/05/05	FFA 12.11	
8	GWALA, KHANYISA, J50069, 2008/03/28	BRKPAN 12.60	
9	MAZIBUKO, LUVUYO, J52284, 2008/04/06	BRKPAN 12.80	

Item 9 13:40 Heat 1 of 3 Girls U16 100m +0.2

1	COETZER, ELRI, J41404, 2009/08/13	HSRB 12.84	Gold
2	CASANOVES, MATHEIA, J42030, 2009/03/27	HELPAK 13.10	Silver
3	LESOLE, OLERATO TASHATA, B113, 2010/03/01	BOT 14.35	
4	MUSIWARWO, MELOTIONS, J41537, 2009/03/15	MIWAY 14.93	Bronze
5	MALEJOANE, KOPANO, J41541, 2010/06/03	MIWAY 16.17	



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6 MSIMANGO, NONHLANHLA, J41536, MIWAY 17.18
2010/06/01

Item 9 13:40 Heat 2 of 3 Girls U16 100m -0.5

1	MDAKA, IMITHA, J41266, 2009/10/15	UJ 12.66	Gold
2	NJEBO, SIPHESIHLE, J5322, 2010/08/03	TMBISA 13.12	Silver
3	NTAMBO, BUHLE, J42411, 2009/11/30	MAMEPE 13.95	Bronze
4	NORTIER, ABBIGAIL, J40798, 2009/08/13	MAR 14.36	
5	MOKOBI, KOKETSO, J42269, 2009/01/26	PACERS 14.97	
6	KHUMALO, COURTNEY, J24640, 2009/05/17	MIWAY 15.01	
7	VAN DEN BERG, MIEKE, J50403, 2010/05/20	GCHAC 15.92	

Item 9 13:40 Heat 3 of 3 Girls U16 100m +2.2

1	NDUBUEZE, OLUCHI ABELWE, J41866, 2009/01/15	IHT 12.14	Gold
2	OKOYE, PARIS, J41286, 2009/03/20	UJ 12.66	Silver
3	NIEHAUS, CHANÉ HAYLEY, J41874, 2010/02/03	IHT 12.67	Bronze
4	RAMAELE, KATLEHI, J42410, 2009/08/18	MAMEPE 13.39	
5	NAICKER, AMARA, J41416, 2010/05/19	HSRB 14.06	
6	MAIKETSO, ONTHATILE, J41882, 2009/08/02	IHT 14.07	
7	ROUX, MILA, J40803, 2009/09/01	MAR 14.47	

Item 10 13:50 Heat 1 of 3 Boys U16 100m -0.4

1	MANALENG, KGOPUTSO, , 2009/03/19	GCHAC 11.29	Gold
2	SIMPSON, JADEN, J41421, 2009/02/05	HSRB 11.33	Silver
3	LEKAKO, KATLEGO, J41827, 2009/03/07	PEAKP 11.71	Bronze
4	MTHEMBU, NKOSINATHI SANDILE, J40619, 2009/10/27	KAMOSO 13.44	
5	MAGQIBELO, SINAKO, J41540, 2009/09/04	MIWAY 14.69	

Item 10 13:50 Heat 2 of 3 Boys U16 100m +1.8

1	KRUGER, RUBEN, J42047, 2010/05/15	HELPAC 11.58	Gold
2	SMALL, SEBASTIAN, J40489, 2009/03/17	KEMPIS 11.63	Silver
3	NTUANE, LESEDI, J40768, 2009/09/25	FFA 11.71	Bronze
4	MANGANYI, HLONIPHO, J5253, 2010/12/01	GCHAC 12.36	
5	MOLEFE, TUMELO, J50065, 2009/01/11	BRKPAN 13.04	
6	NKHUNA, TINYIKO, J24643, 2010/11/03	MIWAY 13.53	

Item 10 13:50 Heat 3 of 3 Boys U16 100m -1.3

1	OSUIGWE, UGOCHUKWU, J41867, 2009/09/29	IHT 11.44	Gold
2	PILA, MAESELA, J4445, 2009/01/27	GCHAC 11.51	Silver
3	NYATHI, SIYABONGA, J 41276, 2009/01/29	UJ 11.63	Bronze
4	HECTOR, JORDAN, J42227, 2009/01/13	PACERS 11.93	
5	PAKATI, BUKANI, , 2010/04/21	UJ 12.47	
6	THWALA, THULANI, J40377, 2010/07/28	TMBISA 13.46	
7	MABELANI, THAPELO, J52723, 2009/04/16	GSAC 13.63	

Item 11 14:00 Final Men U23 400m Hurdles

1	RAMATHE, KGOTSO, P18691, 2003/01/18	UJ 0:53.42	Gold
2	GARDEE, RASHEED, P1734, 2004/04/20	UJ 0:54.21	Silver
3	BWALYA, FORTUNE, J40363, 2003/08/22	BLUE-R 0:55.82	Bronze
4	HERBERT, KEANU, P4361, 2002/12/23	MVAC 0:58.62	

Item 12 14:00 Final Women U20 LongJump

1	ETAFIA, KELLY, J42020, 2006/04/25	HELPAC 5.31	Gold	-1.9
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2	MAKWETLA, ONTHATILE, J41268, 2006/05/26	UJ 5.21	Silver	-0.9
3	RAMOHLOLA, KOKETSO, J40379, 2006/02/10	TMBISA 5.04	Bronze	+0.8

Item 12 14:00 Final Women U23 LongJump

1	MASHABA, NOLWAZI, P11432, 2002/01/10	UJ 5.80	Gold	+2.3
2	MUYA, KALANGA OLIVIA, P11456, 2002/07/18	UJ 5.40	Silver	+2.7
3	VAN STRATEN, KLARISKA, P12149, 2003/12/05	UJ 5.09	Bronze	-1.0
4	VISAGIE, CHIANE, , 2003/01/04	UJ 4.95		+0.5
5	NGOBENI, LUNGHILE, P19241, 2003/10/08	UJ 4.39		-0.7
6	MOKOTJO, NTHABISENG, P26584, 2004/08/04	WWAC 4.20		-2.6

Item 13 14:00 Final Men U20 Shotput

6kg

1	LINDEQUE, WILLEM, J41410, 2006/05/22	HSRB 15.00	Gold
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Item 13 14:00 Final Men U23 Shotput

1	DE VILLIERS, CIAN, J52022, 2004/01/15	NORIES 15.86	Gold
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Item 14 14:05 Final Men U20 400m Hurdles

91.4cm

1	HARMSE, LEWELLYN, J5138, 2006/12/10	BOXER 0:52.57	Gold
2	SHALE, ORATILWE, J41299, 2005/07/12	UJ 0:53.45	Silver
3	MASEKO, NHLAKANIPHO, J50333, 2006/02/26	UJ 0:58.00	Bronze
4	POLO, MPH0, J40368, 2006/08/15	TMBISA 0:58.05	

Item 15 14:10 Final Men U18 400m Hurdles

84cm

1	HATTINGH, JUAN - FRANCO, J40474, 2007/05/15	KEMPIS 0:51.77	Gold
2	PIENAAR, ALEX, J40903, 2007/01/19	32GI 0:54.28	Silver
3	BASILA, GIBBOR, J40382, 2007/12/14	TMBISA 0:55.34	Bronze
4	MYBURGH, STIAAN, J42075, 2008/01/08	HELPAC 0:56.71	
5	FABER, MELCOLM, J40141, 2007/01/08	BOKSAC 1:02.16	

Item 16 14:15 Final Boys U16 300m Hurdles

84cm

1	VORSTER, HAYDEN, J 42110, 2009/02/19	HELPAC 42.49	Gold
2	DE BRUIN, HENDRIK JACOBUS HENRÉ, J40945, 2010/01/05	NORIES 45.14	Silver

Item 18 14:30 Final Women U20 400m Hurdles

76.2cm

1	BEKKER, JESSY, J41000, 2006/02/04	NORIES 1:03.89	Gold
2	VAN DER MERWE, ANNEMIE, J41752, 2006/12/24	KPAC 1:04.54	Silver

Item 19 14:35 Final Women U18 400m Hurdles

76.2cm

1	JENKINS, CAYLEN, J41633, 2008/09/06	BOXER 1:03.75	Gold
2	OPPERMAM, KEIRA-LEE, J41617, 2007/09/17	BOXER 1:06.08	Silver
3	NAUDÉ, ANJA, J40476, 2008/04/23	KEMPIS 1:06.65	Bronze

Item 20 14:40 FinalResults Girls U16 300m Hurdles

76.2cm

1	HAMILTON, MEAGAN, J41569, 2009/02/03	JANSEN 46.26	Gold
2	FOURIE, ZIONE, J42021, 2010/02/05	HELPAC 46.72	Silver
3	CASANOVES, MATHEIA, J42030, 2009/03/27	HELPAC 46.90	Bronze
4	BOTES, JUANÉ, J42009, 2010/05/22	HELPAC 49.53	
5	VAN VUUREN, CLAIRE JESSICA, J40481, 2010/03/17	KEMPIS 53.89	



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6	LONGSTAFF, JORDAN-LEE, J40087, 2009/05/07	BNAC 57.13
7	MABOI, LESEGO, J41453, 2009/01/15	MIWAY 76.96

Item 20	14:40 Final 1 of 2 Girls U16 300m Hurdles	76.2cm
1	HAMILTON, MEAGAN, J41569, 2009/02/03	JANSEN 46.26 Gold
2	CASANOVES, MATHEIA, J42030, 2009/03/27	HELPAC 46.90 Silver
3	BOTES, JUANÉ, J42009, 2010/05/22	HELPAC 49.53 Bronze

Item 20	14:40 Final 2 of 2 Girls U16 300m Hurdles	76.2cm
1	FOURIE, ZIONE, J42021, 2010/02/05	HELPAC 46.72 Gold
2	VAN VUUREN, CLAIRE JESSICA, J40481, 2010/03/17	KEMPIS 53.89 Silver
3	LONGSTAFF, JORDAN-LEE, J40087, 2009/05/07	BNAC 57.13 Bronze
4	MABOI, LESEGO, J41453, 2009/01/15	MIWAY 76.96

Item 21	15:00 Heat 1 of 3 Girls U16 800m	
1	DUKOFF-GORDON, CAITLYN, J41460, 2009/10/01	GCHAC 2:22.83 Gold
2	LAYBOURN, TATUM, J50832 , 2009/05/07	IRUN 2:23.03 Silver
3	RADEBE, IZA, , 2010/06/10	NOCLUB 2:24.99 Bronze
4	MORE, TSHOGANYETSO, J40562, 2010/06/01	BOXER 2:27.77
5	GIANNINI, GABRIELLA, J1098, 2009/08/08	FFA 2:47.55
6	STRYDOM, KIRSTEN, J40466, 2009/02/20	KEMPIS 2:59.87
7	MALEJOANE, KOPANO, J41541, 2010/06/03	MIWAY 3:38.25
8	MABOI, LESEGO, J41453, 2009/01/15	MIWAY
9	PRINSLOO, SUNÉ-LOUISE, J42066, 2010/04/07	HELPAC
10	SMITH, NICOLA, J40700, 2009/10/22	EKHAYA

Item 21	15:00 Heat 2 of 3 Girls U16 800m	
1	DORFLING, KENDRA, J40477, 2009/06/12	KEMPIS 2:31.19 Gold
2	KRIEL, LIANDRI, J40551, 2009/01/16	BOXER 2:31.31 Silver
3	DORAN, JADE, J40088, 2009/01/23	BNAC 2:31.53 Bronze
4	MOEKETSI, MARRIAM, J42246, 2009/11/14	MASAI 2:32.07
5	WILKEN, ANJUNETTE, J42039, 2009/06/03	HELPAC 2:51.03
6	KIRTON, HALEY, J40799, 2009/01/17	MAR 2:57.65
7	KHUMALO, COURTNEY, J24640, 2009/05/17	MIWAY 3:39.83

Item 21	15:00 Heat 3 of 3 Girls U16 800m	
1	FOURIE, TIYANI, J42171, 2009/06/01	UTS 2:20.49 Gold
2	SESOKO, THATO ATLEHANG, J41161, 2010/05/18	EAST 2:20.84 Silver
3	ROOME, MICAELA, J42084, 2010/09/06	HELPAC 2:21.05 Bronze
4	KAMELE, MBALI, J42042, 2009/06/18	HELPAC 2:22.74
5	ENGELBRECHT, GEMMA, J42041, 2010/09/17	HELPAC 2:31.25
6	SOMPANE, BOITUMELO, , 2010/11/27	UJ 2:36.29

Item 22	15:00 Final Women U18 Shotput Heptathlon	3kg
1	MOTHOGWANE, NALEDI, , 2007/03/24	UJ 07.47 Gold

Item 23	15:00 Final Men U20 HighJump	
1	TAYLOR, MARK, J40928, 2006/05/03	NORIES 2.02 Gold
2	ROBBERTS, REINHARDT, J51652, 2006/08/07	UJ 1.85 Silver



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3	FOURIE, JUAN-PIERRE, J41458, 2006/10/20	GCHAC 1.85	Bronze
4	RAUTENBACH, DEWALD, J41289, 2006/05/17	UJ 1.80	

Item 23 15:00 Final Men U23 HighJump

1	LOUWRENS, JUSTIN, P10193 , 2003/08/01	UJ 1.97	Gold
2	NDABA, NTANDROYETHU, P3394 , 2002/06/25	UJ 1.85	Silver
3	BURGER, ETHAN, P 26580, 2004/12/21	ANKER 1.80	Bronze

Item 24 15:10 Heat 1 of 3 Boys U16 800m

1	BUTLER, MOHAMMED FUZAYL, J41859, 2009/05/24	IHT 2:06.22	Gold
2	DLAMINI, NKOSINATHI, J41373, 2009/06/22	WCAC 2:06.30	Silver
3	BEKKER, MICHAEL, J40497, 2009/01/18	KEMPIS 2:06.45	Bronze
4	ZIAN, GROBLER, J42029, 2010/10/25	HELPAC 2:12.09	
5	NKOSI, SIPHAMANDLA, , 2009/02/04	BRKPAN 2:15.20	
6	JACOBS, PHILLIP, J40498, 2009/07/05	KEMPIS 2:19.76	
7	NKOSI, WAKHILE, J42532, 2009/02/25	UNITED 2:19.81	

Item 24 15:10 Heat 2 of 3 Boys U16 800m

1	HLATSHWAYO, BUSA, J41270, 2009/10/24	UJ 2:11.53	Gold
2	LETSOALO, MAROTHI, J40297, 2010/02/02	R-ALEX 2:16.21	Silver
3	JANSEN VAN RENSBURG, WILLEM, J41614, 2010/02/22	BOXER 2:17.83	Bronze
4	BUDIBA, SBUSISO GORDON, J52520, 2009/08/05	TSKANE 2:25.26	
5	ROLOMANE, SANDILE, J40620, 2009/10/28	KAMOSO 2:29.96	
6	MASEKO, SIPHUMELELE, , 2009/10/16	PACERS 2:33.29	
7	ABRAHAM, TYRESE JARMAIN, J40618, 2009/10/30	KAMOSO 2:39.96	

Item 24 15:10 Heat 3 of 3 Boys U16 800m

1	KONYANA, TUMELO, , 2009/10/12	UJ 2:04.38	Gold
2	MOGOSHANE, AMOGELANG, J40375, 2009/02/17	TMBISA 2:07.13	Silver
3	COETZEE, KEEGAN, J40935, 2009/03/24	NORIES 2:11.88	Bronze
4	LEBOTSA, LEFA, , 2010/07/20	UJ 2:17.80	
5	NCUBE, SIBUSISO, J42261, 2009/09/09	PACERS 2:27.19	
6	NZIMANDE, SBUSISO MZWANDILE, J40617, 2010/04/10	KAMOSO 2:45.09	

Item 25 15:20 Heat 1 of 3 Women U18 800m

1	PRETORIUS, HANRI, J40550, 2007/04/16	BOXER 2:25.74	Gold
2	ILUNGA, LUCIE, J40378, 2007/12/14	TMBISA 2:26.72	Silver
3	STEENBERG, EZETTE, J41277, 2008/02/26	UJ 2:28.38	Bronze
4	MOFOKENG, TSHEPISO, J42264, 2008/02/08	PACERS 2:29.44	
5	HARMSE, MORGAN, J42031, 2007/12/08	HELPAC 2:33.19	
6	VAN DER WALT, ILZÉ-MARI, J41734, 2008/05/21	IRUN 3:02.09	

Item 25 15:20 Heat 2 of 3 Women U18 800m

1	BOSMAN, CASSIDY, J40486, 2007/12/24	KEMPIS 2:23.92	Gold
2	WESTERMEYER, JENNA, J41632, 2008/11/05	BOXER 2:26.19	Silver
3	PEPLER, KIANA, J40648, 2007/08/13	BHAC 2:26.87	Bronze
4	VISMER-BARTMAN, LISA, J40548, 2008/04/01	BOXER 2:28.03	
5	VAN SCHALKWYK, CARLI, J40492, 2008/12/01	KEMPIS 2:30.23	



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6 MARIRI, SHANTELE, , 2008/07/26 UJ 3:05.50

Item 25 15:20 Heat 3 of 3 Women U18 800m

1	DU PLESSIS, KAITLYN, J40552, 2007/01/16	BOXER 2:33.80	Gold
2	WAYWELL, ISABELLA, J40760, 2008/12/18	FFA 2:35.34	Silver
3	MAKGATA, KARABO, , 2008/03/15	UJ 2:38.61	Bronze
4	KUNENE, SHEENA, J41262, 2007/05/17	UJ 2:51.56	
5	STRYDOM, DANIELLE, J40465, 2007/06/14	KEMPIS 2:58.54	

Item 26 15:30 Heat 1 of 4 Men U18 800m

1	MPHELA, JUNIOR, J40359, 2007/01/05	TMBISA 2:04.24	Gold
2	MABOTE, TUMELO, J42334, 2007/09/07	MAC 2:05.32	Silver
3	MBINGELELI, NCUBEKO SIYAMAMKELA, J40615, 2008/06/10	KAMOSO 2:06.07	Bronze
4	LE ROUX, BRENNAN, J41428, 2007/12/02	HSRB 2:07.27	
5	MAFOJANE, KGALALELO, J40877, 2007/04/05	COLOSS 2:09.05	
6	JACOBS, DANIEL, J40499, 2007/01/13	KEMPIS 2:11.44	
7	NDABA, SIYABONGA, J40354, 2008/10/20	TMBISA 2:12.82	
8	HLONGOANE, TSAKANE, P19938, 2007/03/22	UJ 2:17.43	

Item 26 15:30 Heat 2 of 4 Men U18 800m

1	HARMSE, RUAN, J41629, 2007/03/10	BOXER 2:01.91	Gold
2	MOIMANE, MAHLATSE, , 2008/01/28	UJ 2:03.64	Silver
3	MOKHUMA, XOLANI, , 2007/04/03	UJ 2:08.28	Bronze
4	NDLOVO, ZAMANI, J42249, 2008/06/06	MASAI 2:10.15	
5	BRICE, DAMIAN, J 40752, 2007/06/14	FFA 2:16.26	
6	MOHOROSI, TSHEPO, J42354, 2008/04/19	WWAC 2:17.82	

Item 26 15:30 Heat 3 of 4 Men U18 800m

1	BENADE VAN NIEKERK, LIAM, J41402, 2008/05/15	HSRB 2:00.60	Gold
2	LOUW, JOHANNES, J42050, 2008/04/08	HELPAK 2:03.88	Silver
3	GWEBU, SIYABONGA, J 41160, 2008/05/03	EAST 2:04.51	Bronze
4	VAN ZYL, DONOVAN, J41735 , 2008/03/05	IRUN 2:10.57	
5	TEFEZAYO, ALIZWA, J52285, 2008/05/01	BRKPAN 2:18.81	

Item 26 15:30 Heat 4 of 4 Men U18 800m

1	PRETORIUS, WERNO, J40469, 2008/12/16	KEMPIS 2:02.70	Gold
2	MOYO, ZAMMY, J40744, 2007/08/16	FFA 2:03.35	Silver
3	MALICKY, KEVIN, P14052 , 2008/04/11	DPKLOF 2:04.70	Bronze

Item 28 15:50 Heat 1 of 3 Men U20 800m

1	THOMAS, TEEJAY, J40414, 2006/08/06	DPKLOF 2:01.76	Gold
2	MATSIMELA, TEBOGO, J41309, 2006/03/17	TOPRUN 2:03.26	Silver
3	FERREIRA, RYAN, J40638, 2006/03/30	BHAC 2:03.54	Bronze
4	NAUDÉ, JACQUES, J42064, 2006/01/18	HELPAK 2:08.87	
5	RAMOKOLO, BUSSY, J40566, 2006/07/03	BOXER 2:18.97	

Item 28 15:50 Heat 2 of 3 Men U20 800m

1	JANSEN, MCDONALD, B107, 2005/05/22	BOT 1:55.36	
2	MANYEDI, GRIFFITHS, J50865, 2005/10/14	COLOSS 1:59.99	Gold
3	KOZANA, MPUMELELO, J52279, 2006/07/26	BRKPAN 2:00.11	Silver
4	FANISE, RETSHEPILE, P22858 , 2005/03/19	HBET 2:19.02	Bronze
5	MBONANI, LINDA, J41353, 2005/03/22	WCAC 2:31.77	

Item 28 15:50 Heat 3 of 3 Men U20 800m



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1	SYLVIA, ISRAEL, J40384 , 2006/10/06	TMBISA 2:01.32	Gold
2	DIPUDI, REGODITSWE, J50075, 2005/09/26	BRKPAN 2:01.60	Silver
3	METTLER, XAVIER, J40765, 2006/01/06	FFA 2:01.74	Bronze
4	MOGOKONYANE, BOIKANYO, J50083, 2006/09/27	BRKPAN 2:01.79	
5	VAN DER WESTHUIZEN, DANIEL, J40411, 2006/05/03	DPKLOF 2:08.27	
6	TUNZI, SIYAMTHANDA, J51898, 2006/05/11	GALOP 2:12.81	

Item 30 16:00 Final Women U20 Shotput 4kg

1	LA GRANGE, MIGNON, J41400, 2006/01/16	HSRB 13.63	Gold
2	VAN NIEKERK, AMARI, J41699, 2005/05/25	MONNAS 13.05	Silver
3	ALBERTS, NICOLE, J41997, 2006/02/09	HELPAC 11.07	Bronze
4	SITHEBE, SIYAMTHANDA, J42260, 2005/04/12	PACERS 06.86	

Item 30 16:00 Final Women U23 Shotput

1	EPOH, KAREN, P26472, 2003/12/02	PACERS 06.55	Gold
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Item 31 16:10 Heat 1 of 2 Men U23 800m

1	MSIBI, SIBUSISO, , 2004/05/16	UJ 1:55.77	Gold
2	VERMEULEN, JASON, P11337, 2003/03/22	KUDUS 1:56.58	Silver
3	MAHLOBO, DALUXOLO, P14748, 2004/06/17	BOXER 2:11.55	Bronze

Item 31 16:10 Heat 2 of 2 Men U23 800m

1	MGCINA, BONGANI, P12064, 2002/09/02	UJ 1:55.22	Gold
2	BAHILE, EDWARD, B102, 2005/06/05	BOT 1:56.41	
3	KWANELE, LIFA, P26497, 2004/05/05	MAMEPE 1:58.04	Silver
4	MAVUNDA, EVANS, P18868 , 2004/02/11	UJ 1:58.78	Bronze
5	CANDLOVU, LUXOLO, P15558, 2002/03/08	MASAI 2:11.44	

Item 32 16:40 Final Girls U16 100m -2.4

1	NDUBUEZE, OLUCHI ABELWE, J41866, 2009/01/15	IHT 12.27	Gold
2	MDAKA, IMITHA, J41266, 2009/10/15	UJ 12.76	Silver
3	NIEHAUS, CHANÉ HAYLEY, J41874, 2010/02/03	IHT 12.83	Bronze
4	OKOYE, PARIS, J41286, 2009/03/20	UJ 12.84	
5	COETZER, ELRI, J41404, 2009/08/13	HSRB 12.89	
6	NJEBO, SIPHESIHLE, J5322, 2010/08/03	TMBISA 13.21	
7	CASANOVES, MATHEIA, J42030, 2009/03/27	HELPAC 13.25	
8	RAMAELE, KATLEHI, J42410, 2009/08/18	MAMEPE 13.68	
9	NTAMBO, BUHLE, J42411, 2009/11/30	MAMEPE 14.20	

Item 33 16:45 Final Boys U16 100m -0.4

1	MANALENG, KGOPUTSO, , 2009/03/19	GCHAC 11.36	Gold
2	SIMPSON, JADEN, J41421, 2009/02/05	HSRB 11.38	Silver
3	PILA, MALESELA, J4445, 2009/01/27	GCHAC 11.41	Bronze
4	OSUIGWWE, UGOCHUKWU, J41867, 2009/09/29	IHT 11.56	
5	NYATHI, SIYABONGA, J 41276, 2009/01/29	UJ 11.58	
6	LEKAKO, KATLEGO, J41827, 2009/03/07	PEAKP 11.60	
7	KRUGER, RUBEN, J42047, 2010/05/15	HELPAC 11.77	
8	SMALL, SEBASTIAN, J40489, 2009/03/17	KEMPIS 11.81	
9	HECTOR, JORDAN, J42227, 2009/01/13	PACERS 11.93	
10	NTUANE, LESEDI, J40768, 2009/09/25	FFA 11.97	

Item 34 16:50 Final Women U18 100m +0.2



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1	VERMAAK, HANNAH HOPE, J40929, 2007/10/05	NORIES 12.03	Gold
2	VAN OUDTSHOORN, KAYLIE, J42166, 2007/03/30	UTS 12.15	Silver
3	MHUTSIWA, SAME AMANTLE, B114, 2007/03/05	BOT 12.36	
3	MAKASI, LOLWETHU, J41864, 2007/07/07	IHT 12.36	Bronze
5	FOUCHE, KEIRA, J40139, 2007/05/01	BOKSAC 12.39	
6	BOTHA, JESSICA, J41498, 2008/04/03	BRKPAN 12.49	
7	ESTERHUYSE, VENé, J41433, 2007/10/02	HSRB 12.53	
8	BUTZER, MADISON-LEE, J40756, 2007/10/17	FFA 12.67	
9	NORMAN, ASHLYNN, J14282, 2008/12/28	UJ 12.75	
10	HOPE, MICHAELA, J42429, 2007/01/01	ISMO 13.37	

Item 35 16:55 Final Men U18 100m**-1.5**

1	MANAVHELA, MUKONA, J 41462, 2008/09/19	GCHAC 10.48	Gold
2	NONDABULA, OFENTSE, J40357, 2007/02/07	TMBISA 10.56	Silver
3	CHIZINGA, ANDREAS, J 42447, 2007/01/31	ANKER 11.04	Bronze
4	MWAMBA, MANDLA, J52288, 2007/08/17	BRKPAN 11.06	
5	SCHEEPERS, DYLAN, J41747, 2007/04/10	IRUN 11.09	
6	RYAN, CAYLON, J41281, 2007/06/03	UJ 11.23	
7	COOPER, DYLAN DAVID, J50917, 2008/06/18	AAC 11.26	
8	UWANDU, EMMANUEL, J42252, 2007/11/18	MASAI 11.31	
8	KUBHEKA, SIPHIWE, J50078, 2008/05/12	BRKPAN 11.31	
10	KAMANGA, MUSHINGE, J42424, 2007/05/26	ISMO 11.33	

Item 36 17:00 Final Men U20 LongJump

1	TSHIBUMBU, REINALD, , 2005/03/14	UJ 6.76	Gold	-0.4
2	VENTER, FRANCOIS, J40938, 2006/02/15	NORIES 6.60	Silver	-1.7
3	CHAUKE, AFIKA, J40374, 2006/06/07	TMBISA 6.50	Bronze	-1.9
4	SEGOOA, NAKENG, J41280, 2005/09/13	UJ 6.30		-2.0
5	MOTALE, LEHLOHONOLO, J50394 , 2005/03/04	GCHAC 6.05		-2.6
6	MODISAKENG, GOMOLEMO, J40766, 2006/04/22	FFA 5.94		-2.4
7	RAMOSENA, TSENOLO, J41343, 2005/04/25	WCAC 4.46		-1.0

Item 36 17:00 Final Men U23 LongJump

1	NGOBENI, CHALIE, P3482, 2004/01/21	MASAI 5.48	Gold	-1.5
2	WOLF, WESLEY, P2543, 2004/08/12	TRNITY 4.43	Silver	-1.4

Item 37 17:00 Final Women U20 HighJump

1	NKOSI, MARTHA, J41306, 2006/04/07	UJ 1.70	Gold
2	ETAFIA, KELLY, J42020, 2006/04/25	HELPAK 1.55	Silver
3	WEHMEYER, JESSICA, J20244, 2006/01/05	SBAC 1.55	
4	ROESCH, MCKAYLA, J41290, 2006/06/21	UJ 1.50	Bronze
5	VAN NIEKERK, ELISHA LOUISA, J42072, 2006/05/31	HELPAK 1.40	

Item 38 17:00 Final Women U20 100m**-2.2**

1	VERMEULEN, CHANE VERMEULEN, J 41444, 2006/05/19	HSRB 11.75	Gold
2	BOTJE, KAILI, J41401, 2006/08/30	HSRB 11.86	Silver
3	EZE, DIANA CHINYERE, J40909, 2006/09/10	32GI 12.38	Bronze
4	FAGBEMI, AMEENAT, J41464, 2006/04/18	GCHAC 12.44	



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5	MAKWETLA, ONTHATILE, J41268, 2006/05/26	UJ	12.85
6	NDUBISI, ONYINYE, J41527, 2005/04/19	OFAC	13.17

Item 39 17:05 Final Men U20 100m**-2.5**

1	MODIBE, NEO, J41264, 2005/09/07	UJ	10.51	Gold
2	LUCAS, SHELDON, J41293, 2005/07/25	UJ	10.67	Silver
3	NHLAPO, NKOSINATHI, J42430, 2006/05/08	OLDEDS	10.82	Bronze
4	DYASI, LEHLOHONOLO, J41495, 2005/09/29	BRKPAN	10.85	
5	SMIT, RHYAN, J41455, 2006/03/10	GCHAC	10.86	
6	MATABANE, KEAMOGETSWE, J50079, 2005/12/11	BRKPAN	10.92	
7	TSHIBUMBU, REINALD, J50034, 2005/03/14	FFA	10.96	
8	KIVIDO, JONATHAN, J41513, 2005/12/09	BRKPAN	11.06	
9	KHANYE, BOKANG, J42117, 2005/12/09	HELPAC	11.08	
10	KOMANE, BOIKANYO, J52287, 2006/03/22	BRKPAN	11.14	

Item 40 17:10 Final Women U23 100m**-1.6**

1	LA GRANGE, KAYLA, J 41288, 2004/07/27	UJ	11.90	Gold
2	LE ROUX, KAYLEE, P12085, 2004/07/12	UJ	12.18	Silver
3	NKWINIKA, NEO FAIRHOPE, P4266, 2002/11/18	UJ	12.46	Bronze
4	EDWARDS, CHANé, P9973, 2004/12/31	BOKSAC	12.62	
5	STOLZ, JENNA, P19645, 2002/01/02	UJ	12.66	
6	RISTOW, CALSEY, P19936, 2004/08/12	UJ	13.60	
7	MOKOTJO, NTHABISENG, P26584, 2004/08/04	WWAC	15.10	

Item 41 17:15 Final Men U23 100m**-0.8**

1	MOSS, MVUYO, P 3403, 2002/03/12	UJ	10.49	Gold
2	VAN ROOIJEN, MATTHEW, P4694, 2004/01/08	FFA	10.59	Silver
3	TSHIYOMBO, JAMES, P11875, 2004/12/25	TMBISA	10.66	Bronze
4	TSOTETSI, KAMOHELO, P2189, 2004/09/29	UJ	10.83	
5	STOTO, MBULELO, P25973, 2003/04/28	FFA	10.91	
6	UZOHO, SIYABONGA, P19237, 2003/05/07	UJ	10.92	
7	CHAKAIPA, CHRISTOPHER TAMUKA, , 2002/04/08	UJ	10.96	
8	PHIRI, HUDSON, P11027, 2003/01/15	BRKPAN	10.98	
9	LEBELOANE, LESEDI, P12290, 2003/02/17	WCAC	11.02	
10	BURGER, ETHAN, P 26580, 2004/12/21	ANKER	11.15	

Item 42 17:20 Final Women Senior 100m

1	MOIRT, OCEANNE, M106, 2003/08/10	MU	12.07
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Item 43 17:25 Final Men Senior 100m**-0.5**

1	BIBI, NOA, M104, 2000/08/21	MU	10.35
2	TOPIZE, ORPHéE, M109, 2005/12/22	MU	10.56
3	BARDOTTIER, JONATHAN, M103, 1992/02/07	MU	10.81
4	LOZEREAU , JEAN DANIEL, , / /	MU	10.83
5	KEKGATHETSE, TEFO BUNNY, B108, 2005/05/22	BOT	11.21

Item 44 17:35 Final Girls U16 3000m

1	SMITH, NICOLA, J40700, 2009/10/22	EKHAYA	10:29.90	Gold
2	HEYMANS, KATELIN, J40912, 2009/05/29	32GI	10:37.78	Silver
3	MORE, TSHOGANYETSO, J40562, 2010/06/01	BOXER	10:51.55	Bronze



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4	MONGATANE, MAPASEKA, J24445, 2009/04/07	MASAI	10:58.56
5	RADEBE, IZA, , 2010/06/10	NOCLUB	11:01.93
6	MADIGAGE, PHEMELO, , 2010/11/03	UJ	11:02.71
7	PELSER, TAYA, J40554, 2010/01/01	BOXER	11:12.06
8	SHAWE, JODENE, J 41218, 2009/10/03	NEDRR	11:13.58
9	MACKAY, KAITLYN, J40644 , 2009/05/05	BHAC	11:15.63
10	MKANSI, HALALELO, J40561, 2009/12/18	BOXER	12:08.05

Item 45 17:45 Final Boys U16 3000m

1	BROOKS, TYRAN, J40844, 2009/02/27	BOXER	08:56.71	Gold
2	NOAH, JUNIOR, J42360, 2009/04/13	WWAC	09:26.62	Silver
3	MALONE, SIYANDA, , 2009/03/15	TMBISA	09:30.20	Bronze
4	MOJAPELO, THABANG, J41348, 2009/07/25	UJ	10:24.00	
5	LEGONG, KHOMOTSO, J42527, 2009/06/28	UNITED	10:29.03	
6	MATHUNYANE, KHUMALO, J53001, 2010/02/24	BOXER	10:33.32	
7	MAMABOLO, KOKETSO, , 2010/03/05	WCAC	11:05.26	
8	DEL GROSSO, GIANLUCA, J40091, 2009/03/12	BNAC	11:19.85	
9	KHUMALO, THAPELO, J3325, 2009/03/17	BOXER	11:53.30	

Item 46 17:55 Final Women U18 3000m

1	ROOME, MEGAN, J42083, 2008/04/16	HELPAK	10:33.93	Gold
2	HAMMAN, KATHERINE, J 41702, 2008/01/21	MONNAS	10:49.89	Silver
3	HEYDENRYCH, SASKIA, J42033, 2007/10/23	HELPAK	10:52.15	Bronze
4	WESTERMEYER, JENNA, J41632, 2008/11/05	BOXER	11:18.77	
5	ZITHA, AZELIA, J41157, 2007/09/27	EAST	11:20.74	
6	RAGEDI, REAMOGETSE, J40564, 2008/04/23	BOXER	11:37.01	
7	DE BEER, LIZE-MARI, J40470, 2008/05/19	KEMPIS	11:45.91	
8	WAGNER, BRONWYN, J40573, 2007/12/12	BOXER	12:24.61	
9	THLAPI, KARABO, , 2008/06/19	UJ	13:04.86	
10	MNISI, KAMOGELO LEONA, J41158, 2007/11/12	EAST	13:40.08	

Item 47 18:05 Final Men U18 3000m

1	MKANSI, LWAZI RULANI, J40560, 2007/10/04	BOXER	09:05.96	Gold
2	WAKEFIELD, MARCEGHLE, J41710, 2007/01/08	MONNAS	09:12.81	Silver
3	MKHIZE, SAMKELO, , 2008/02/06	HARAMB	09:14.44	Bronze
4	MPSHE, TSHIAMO, J2283, 2008/05/22	BRKPAN	09:23.01	
5	MOKOKA, THANDO, J42557, / /	TSKANE	09:27.81	
6	MASEMOLA, KEABETSWE, , 2008/10/16	UJ	09:30.09	
7	RUITERS, CREFLO, J40572, 2007/08/21	BOXER	09:33.44	
8	MNCUBE, ONESMUS MSINDO, J41372, 2008/12/04	WCAC	09:49.58	
9	BREED, TYLER ALFRED, J41398, 2008/12/02	HSRB	09:50.54	
10	MOJELA, MOSES, J41355, 2008/03/02	WCAC	10:05.07	
11	NXUMALO, KAMOGELO, J41352, 2008/01/28	WCAC	10:06.72	
12	STUNGU, MASIMAKHE, J40371, 2007/11/03	TMBISA	10:16.65	
13	NDLOVO, ZAMANI, J42249, 2008/06/06	MASAI	10:23.86	
14	NORUSHE, AQHAMA, J50338, 2008/01/19	M&R	10:36.07	
15	NORMAN, JADIN, J40574, 2008/11/14	BOXER	10:54.03	

Item 48 18:15 Final Women U20 5000m



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1	STRYDOM, LIKA, J42071, 2006/08/11	HELPAC 18:35.14	Gold
2	NKOSI, GIFT, J41163, 2006/03/08	EAST 18:40.12	Silver
3	MAVIMBELA, LONDEKA, J41261, 2005/09/18	UJ 18:43.42	Bronze
4	MOROMODI, LERATO, P14755, 2005/11/15	BOXER 19:02.71	
5	MOTSOENENG, DIEKETSENG, J42251, 2006/01/20	MASAI 19:07.23	
6	NEL, BRONWYN, J40645, 2006/02/24	BHAC 19:11.30	
7	AXSEL, CHENELLE, J40547, 2006/02/08	BOXER 19:37.56	
8	SHOKANE, KGOPOTSO, J41273, 2005/08/29	UJ 19:48.14	

Item 48 18:15 Final Women U23 5000m

1	MAMPANE, NOLUTHANDO, P11429, 2003/04/23	UJ 19:20.89	Gold
2	DIKO, LONA, P26581, 2002/09/06	WWAC 20:39.83	Silver
3	MAHWANG, KEDIBONE, , 2004/12/21	MAMEPE 20:47.87	Bronze

Item 49 18:40 Final Men U20 5000m

1	HICKLEY, KEVIN, J40642, 2005/12/15	BHAC 15:17.28	Gold
2	DHLAMINI, TEBOHO, J40895, 2005/06/24	GHETTO 15:32.87	Silver
3	STRYDOM, ZANE, J42091, 2006/04/18	HELPAC 15:34.09	Bronze
4	MAKHABO, SPHIWE, , 2006/08/26	PALM 15:52.73	
5	HAJANE, THABANG, J41147, 2005/09/09	IVORY 16:16.61	
6	NYIKIMA, MLINDELI, J41345, 2005/03/06	WCAC 16:27.39	
7	MAMABOLO, KATLEGO, , 2005/02/25	NOCLUB 16:49.69	
8	PHEZA, AVUMA, J41154, 2006/05/02	EAST 16:52.53	
9	NGWAYIBANJWA, SIYAMTHANDA, J41344, 2006/07/08	WCAC 17:06.36	
10	CHEGO, NANKANA BOITUMELO, J40369 , 2006/09/02	TMBISA 17:13.98	
11	SEKIBA, METSE, J41164, 2006/06/04	EAST 17:18.64	

Item 49 18:40 Final Men U23 5000m

1	MASHABA, MZWAKHE, P10464, 2002/12/20	UJ 14:55.17	Gold
2	THINGANE, THEMBA, P12698, 2002/08/13	UJ 15:10.13	Silver
3	BOKABA, ENOCH OFENTSE, P8773, 2003/06/26	UJ 15:12.27	Bronze
4	MAJA, THAROLLO, P26469, 2004/07/31	PALM 15:24.00	
5	MACAVELE, FERANADO, P14514, 2004/12/09	MASAI 15:27.28	
6	XOLA, LUBABALO, P16473, 2004/06/09	FFA 15:30.77	
7	ZIQUBU, NKANYEZI, P9154, 2003/03/14	WCAC 15:58.76	

Item 50 19:00 Final Women U18 200m Heptathlon**-1.5**

1	MOTHOGWANE, NALEDI, , 2007/03/24	UJ 30.08	Gold
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Item 51 07:00 Final Women U20 3000m

1	NKOSI, GIFT, J41163, 2006/03/08	EAST 11:02.72	Gold
2	STEENKAMP, KATELYNN, J40328, 2006/12/04	GALOP 11:05.25	Silver
3	MOTSOENENG, DIEKETSENG, J42251, 2006/01/20	MASAI 11:16.82	Bronze
4	BOTES, NATASHA, J40746, 2006/07/11	FFA 12:16.41	
5	MTHOMBO, KHENSANI, J42459, 2006/10/31	LODIRI 14:27.02	

Item 52 07:10 Final Men U20 3000m

1	HAJANE, THABANG, J41147, 2005/09/09	IVORY 09:07.80	Gold
2	MAKHABO, SPHIWE, , 2006/08/26	PALM 09:11.52	Silver



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3	PHEZA, AVUMA, J41154, 2006/05/02	EAST	09:12.28	Bronze
4	MODISELLE, OFENTSE JOY, J41159, 2006/08/26	EAST	09:25.69	
5	MACKAY, MATTHEW, J40643, 2005/01/20	BHAC	09:32.27	
6	SEKIBA, METSE, J41164, 2006/06/04	EAST	09:45.27	
7	CHEGO, NANKANA BOITUMELO, J40369, 2006/09/02	TMBISA	10:04.66	

Item 53 07:20 Final Men U23 110m Hurdles

Item 54 07:25 Final Men U20 110m Hurdles

+1.3 99.5cm

1	RAMAGE, CAYDEN, J41275, 2006/04/10	UJ	14.32	Gold
2	JANSE VAN RENSBURG, LÉAN, J42289, 2006/05/09	NSPIRE	14.41	Silver
3	MOTALE, LEHLOHONOLO, J50394, 2005/03/04	GCHAC	16.22	Bronze
4	NGUBANE, ESAK, J52739, 2006/01/16	LESEDI	18.89	
5	RAMAILA, NEO, J41156, 2005/07/24	EAST	21.37	

Item 55 07:30 Final Men U18 110m Hurdles

+1.9 91.4cm

1	MATEYA, BOITUMELO, J42423, 2007/07/06	ISMO	14.34	Gold
2	NONDABULA, OFENTSE, J40357, 2007/02/07	TMBISA	14.74	Silver
3	BASILA, GIBBOR, J40382, 2007/12/14	TMBISA	15.02	Bronze
4	OPPERMAN-JAMNECK, JEANDRY, J42170, 2008/10/17	UTS	15.06	

Item 56 07:35 Final Boys U16 100m Hurdles

+2.0 84cm

1	BOSCH, ENRIQUE, J42121, 2009/06/04	HELPAC	12.94	Gold
2	MANALENG, KGOPUTSO, , 2009/03/19	GCHAC	13.01	Silver
3	DIGOAMAJE, KGOTSO, , 2009/02/28	UJ	14.82	Bronze

Item 57 07:40 Final Boys U16 100m Hurdles Pentathlon

84cm

Item 59 07:50 Final Women U20 100m Hurdles

+1.1 84cm

1	BEKKER, JESSY, J41000, 2006/02/04	NORIES	14.97	Gold
2	NKOSI, MARTHA, J41306, 2006/04/07	UJ	15.29	Silver
3	RAMOHLOLA, KOKETSO, J40379, 2006/02/10	TMBISA	15.94	Bronze

Item 60 07:55 Final Women U18 100m Hurdles

+2.2 76.2cm

1	JENKINS, CAYLEN, J41633, 2008/09/06	BOXER	14.30	Gold
2	RAATH, CESSANDRA, J42067, 2007/05/19	HELPAC	14.58	Silver
3	DU PLOOY, LUANNE, J41105, 2008/09/04	MVAC	14.60	Bronze
4	OPPERMAM, KEIRA-LEE, J41617, 2007/09/17	BOXER	14.95	
5	BUTZER, MADISON-LEE, J40756, 2007/10/17	FFA	15.47	
6	BOSHOFF, LARA, J41427, 2008/10/13	HSRB	16.17	
7	NDABA, NOBUHLE, J42358, 2007/07/23	WWAC		

Item 61 08:00 Final Girls U16 90m Hurdles

+0.1 76.2cm

1	RAATH, CHELSEY, J42068, 2010/07/27	HELPAC	13.56	Gold
2	HAMILTON, MEAGAN, J41569, 2009/02/03	JANSEN	13.66	Silver
3	FOURIE, ZIONE, J42021, 2010/02/05	HELPAC	13.75	Bronze
4	CASANOVES, MATHEIA, J42030, 2009/03/27	HELPAC	13.88	
5	BOTES, JUANÉ, J42009, 2010/05/22	HELPAC	14.54	
6	RAUTENBACH, MIRÉ, J42122, 2010/01/06	HELPAC	14.71	
7	VAN VUUREN, CLAIRE JESSICA, J40481, 2010/03/17	KEMPIS	16.35	



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8 LONGSTAFF, JORDAN-LEE, J40087, BNAC 16.55
2009/05/07

Item 62 08:00 Final Girls U16 LongJump

1	NDUBUEZE, OLUCHI ABELWE, J41866, 2009/01/15	IHT 5.63	Gold	+2.0
2	STRYDOM, RENETTE, J42090, 2009/01/19	HELPAC 4.72	Silver	+1.6
3	SHIRICHENA, DARLENE, J41869, 2010/09/12	IHT 4.61	Bronze	+1.9
4	MSIMANG, WANDISWA, J42431, 2010/07/01	ISMO 4.54		+1.9
5	NORTIER, ABBIGAIL, J40798, 2009/08/13	MAR 4.42		+1.4
6	ROUX, MILA, J40803, 2009/09/01	MAR 3.89		+0.6

Item 62 08:00 Final Women U18 LongJump Heptathlon

1 MOTHOGWANE, NALEDI, , 2007/03/24 UJ 4.10 Gold

Item 63 08:00 Final Boys U16 HighJump

1	BRAUN, GEORG, J41287, 2009/04/10	UJ 1.86	Gold
2	SEKOSANI, LEBONE, J42258, 2009/02/11	PACERS 1.75	Silver
3	PELSER, DOMINIC, J40472, 2009/05/08	KEMPIS 1.75	Bronze
4	WEPENER, VIVAN, J41622, 2010/05/20	BOXER 1.70	
5	DA SILVA, TRISTAN, J40495, 2009/10/06	KEMPIS 1.70	

Item 64 08:00 Final Boys U16 Shotput

1 SWART, ARNO, J40467, 2009/06/09 KEMPIS 16.20 4kg Gold

Item 65 08:00 Final Girls U16 Discus

1	VAN EEDEN, KARA, J42114, 2010/06/17	HELPAC 35.92	Gold
2	VERMAAS, MARNI, , 2009/06/06	NORIES 34.91	Silver
3	VENTER, KAYLIN, J42108, 2009/07/05	HELPAC 29.80	Bronze
4	NEL, DOMUNIQUE, J42076, 2010/07/30	HELPAC 28.05	
5	SLABBERT, JANE, J42087, 2009/09/01	HELPAC 21.54	

Item 65 08:00 Final Women U18 Discus

1	OLIVIER, JAMORÉ, J40933, 2007/03/02	NORIES 42.65	Gold
2	PIENAAR, KEIRA, J42078, 2007/01/20	HELPAC 39.01	Silver
3	ODENDAAL, IZA-MARIZE, J40927, 2008/05/14	NORIES 38.60	Bronze
4	VAN EEDEN, LEONE, J42113., 2008/12/07	HELPAC 35.02	

Item 66 08:05 Final Girls U16 90m Hurdles Pentathlon

1	STRYDOM, RENETTE, J42090, 2009/01/19	HELPAC 14.89	Gold	+1.0	76.2cm
2	VERMAAS, MARNI, , 2009/06/06	NORIES 18.95	Silver		

Item 67 08:20 Final Girls U16 800m

1	DUKOFF-GORDON, CAITLYN, J41460, 2009/10/01	GCHAC 2:17.46	Gold
2	KRIEL, LIANDRI, J40551, 2009/01/16	BOXER 2:17.73	Silver
3	FOURIE, TIYANI, J42171, 2009/06/01	UTS 2:18.58	Bronze
4	LAYBOURN, TATUM, J50832 , 2009/05/07	IRUN 2:19.51	
5	ROOME, MICAELA, J42084, 2010/09/06	HELPAC 2:23.36	
6	DORAN, JADE, J40088, 2009/01/23	BNAC 2:26.15	
7	DORFLING, KENDRA, J40477, 2009/06/12	KEMPIS 2:28.79	
8	SESOKO, THATO ATLEHANG, J41161, 2010/05/18	EAST 2:35.28	
9	RADEBE, IZA, , 2010/06/10	NOCLUB 2:38.55	

Item 68 08:25 Final Boys U16 800m

1 BUTLER, MOHAMMED FUZAYL, J41859, IHT 2:01.41 Gold
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2	BEKKER, MICHAEL, J40497, 2009/01/18	KEMPIS 2:01.81	Silver
3	KONYANA, TUMELO, , 2009/10/12	UJ 2:03.73	Bronze
4	HLATSHWAYO, BUSA, J41270, 2009/10/24	UJ 2:03.98	
5	DLAMINI, NKOSINATHI, J41373, 2009/06/22	WCAC 2:06.57	
6	COETZEE, KEEGAN, J40935, 2009/03/24	NORIES 2:07.90	
7	MOGOSHANE, AMOGELANG, J40375, 2009/02/17	TMBISA 2:10.92	
8	JANSEN VAN RENSBURG, WILLEM, J41614, 2010/02/22	BOXER 2:17.96	
9	LETSOALO, MAROTHI, J40297, 2010/02/02	R-ALEX 2:29.54	

Item 69 08:30 Final Women U18 800m

1	PRETORIUS, HANRI, J40550, 2007/04/16	BOXER 2:14.53	Gold
2	BOSMAN, CASSIDY, J40486, 2007/12/24	KEMPIS 2:16.92	Silver
3	DU PLESSIS, KAITLYN, J40552, 2007/01/16	BOXER 2:18.36	Bronze
4	ILUNGA, LUCIE, J40378, 2007/12/14	TMBISA 2:21.49	
5	PEPLER, KIANA, J40648, 2007/08/13	BHAC 2:25.39	
6	WESTERMEYER, JENNA, J41632, 2008/11/05	BOXER 2:29.36	
7	WAYWELL, ISABELLA, J40760, 2008/12/18	FFA 2:40.97	
8	MAKGATA, KARABO, , 2008/03/15	UJ 2:53.09	

Item 70 08:35 Final Men U18 800m

1	MPHELA, JUNIOR, J40359, 2007/01/05	TMBISA 1:57.91	Gold
2	BENADE VAN NIEKERK, LIAM, J41402, 2008/05/15	HSRB 1:58.58	Silver
3	HARMSE, RUAN, J41629, 2007/03/10	BOXER 1:58.67	Bronze
4	MOIMANE, MAHLATSE, , 2008/01/28	UJ 1:58.71	
5	LOUW, JOHANNES, J42050, 2008/04/08	HELPAC 1:59.13	
6	MOYO, ZAMMY, J40744, 2007/08/16	FFA 1:59.16	
7	PRETORIUS, WERNO, J40469, 2008/12/16	KEMPIS 2:01.40	

Item 71 08:40 Final Women U20 800m

1	KRUSE, EMMA, P11092, 2005/05/31	JCC 2:10.41	Gold
2	SOLE, COURTNEY, J40557, 2006/12/05	BOXER 2:18.66	Silver
3	DE MEYER, CAMRYN, J40637, 2006/02/06	BHAC 2:24.58	Bronze
4	VILJOEN, CHANTE, J40563, 2006/04/11	BOXER 2:28.24	
5	DE WIT, MIANDA, J40480, 2006/12/20	KEMPIS 2:29.07	
6	MAKGOKA, KAMOGELO, J42529, 2006/07/22	UNITED 2:29.44	
7	LELIMO, PALESA, , 2006/10/03	KAGISO 2:40.72	
8	BOTES, NATASHA, J40746, 2006/07/11	FFA 2:46.21	

Item 72 08:45 Final Men U20 800m

1	JANSEN, MCDONALD, B107, 2005/05/22	BOT 1:55.41	
2	THOMAS, TEEJAY, J40414, 2006/08/06	DPKLOF 1:55.76	Gold
3	FERREIRA, RYAN, J40638, 2006/03/30	BHAC 1:57.23	Silver
4	SYLVIA, ISRAEL, J40384 , 2006/10/06	TMBISA 1:57.30	Bronze
5	MANYEDI, GRIFFITHS, J50865, 2005/10/14	COLOSS 1:58.05	
6	DIPUDI, REGODITSWE, J50075, 2005/09/26	BRKPAN 1:59.55	
7	KOZANA, MPUMELELO, J52279, 2006/07/26	BRKPAN 2:01.41	

Item 73 08:50 Final Women U23 800m

1	NGONGO, AKONYI, J41271, 2004/05/09	UJ 2:16.16	Gold
2	WIJTENBURG, SANDRA, P19324, 2002/01/04	UJ 2:18.38	Silver
3	MABHENA, FAITH, P19242, 2004/08/15	UJ 2:21.54	Bronze
4	NGWENYA, MAHLATSI, J52677, 2004/06/15	UBUHLE 2:32.16	



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5 DANSIKPE, LAURETTE, P24751, 2004/07/26 MIWAY 2:45.10

Item 74 08:55 Final Men U23 800m

1	MSIBI, SIBUSISO, , 2004/05/16	UJ 1:54.81	Gold
2	BAHILE, EDWARD, B102, 2005/06/05	BOT 1:55.85	
3	VERMEULEN, JASON, P11337, 2003/03/22	KUDUS 1:56.75	Silver
4	MGCINA, BONGANI, P12064, 2002/09/02	UJ 1:57.93	Bronze
5	KWANELE, LIFA, P26497, 2004/05/05	MAMEPE 1:58.72	
6	MAVUNDA, EVANS, P18868, 2004/02/11	UJ 2:03.68	
7	MAHLOBO, DALUXOLO, P14748, 2004/06/17	BOXER 2:12.54	

Item 75 09:00 Final Boys U16 5km Walk

1	DLAVANA, SELLO, J42350, 2009/01/10	WWAC 28:57.38	Gold
2	TSOTETSI, LEHLOHONOLO, J40579, 2010/02/27	TRNITY 29:04.10	Silver
3	MASINGA, RIAN, J40578, 2009/01/27	TRNITY 31:27.04	Bronze
4	WILSKUT, ELVANO, J40580, 2010/11/09	TRNITY 34:04.03	

Item 76 09:00 Final Boys U16 LongJump

1	DIGOAMAJE, KGOTSO, , 2009/02/28	UJ 5.96	Gold	+0.7
2	ELS, KEAGAN, J42034, 2010/01/19	HELPAC 5.95	Silver	+3.6
3	HECTOR, JORDAN, J42227, 2009/01/13	PACERS 5.71	Bronze	+1.3
4	WEPENER, VIVAN, J41622, 2010/05/20	BOXER 5.62		+1.5
5	KHUMALO, NJABULO, J42262, 2010/12/09	PACERS 5.03		+1.3
6	MOSIME, NEO, J41603, 2010/03/01	COOLR 4.67		+1.5

Item 77 09:00 Final Girls U16 HighJump

1	BLIGNAUT, MILAN, J41705, 2009/01/06	HSRB 1.60	Gold
2	LE ROUX, CHANÉL, J41429, 2010/02/02	HSRB 1.55	Silver
3	VANS TADEN, MELINDA, J42073., / /	HELPAC 1.45	Bronze

Item 77 09:00 Final Girls U16 HighJump Pentathlon

1	VERMAAS, MARNI, , 2009/06/06	NORIES 1.37	Gold
2	STRYDOM, RENETTE, J42090, 2009/01/19	HELPAC 1.28	Silver

Item 77 09:00 Final Boys U16 HighJump Pentathlon

Item 78 09:00 Final Girls U16 Shotput

3kg

1	VENTER, KAYLIN, J42108, 2009/07/05	HELPAC 12.35	Gold
2	NEL, DOMUNIQUE, J42076, 2010/07/30	HELPAC 12.13	Silver
3	VAN EEDEN, KARA, J42114, 2010/06/17	HELPAC 11.33	Bronze
4	DE JONG, TAYLIN, J42058, 2010/08/26	HELPAC 11.16	
5	SLABBERT, JANE, J42087, 2009/09/01	HELPAC 09.18	
6	MASENYA, LESEGO, , 2010/07/11	UJ 08.64	
7	MOKOBI, LESIBA, J42268, 2010/02/10	PACERS 06.68	

Item 79 09:00 Final Boys U16 Discus

1kg

1	DA SILVA, TRISTAN, J40495, 2009/10/06	KEMPIS 49.42	Gold
2	WHITE, MARNO, J41426, 2009/05/19	HSRB 47.62	Silver

Item 79 09:00 Final Men U18 Discus

1.5kg

1	NEL, KEANU, J42077, 2008/01/11	HELPAC 43.21	Gold
2	PILLMAN, ARTHUR HANRE, J42079, 2008/05/19	HELPAC 42.69	Silver
3	PORTER, RUAN, J41697, 2008/06/14	MONNAS 38.43	Bronze
4	JORDAAN, MARINUS, P3412, 2008/07/07	RAC 37.79	
5	BARKHUIZEN, ZANDRÉ, J41877, 2008/02/07	IHT 24.30	

Item 79 09:00 Final Men U20 Discus

1.75kg



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**Item 80 09:30 Final Girls U16 5km Walk**

1	RAMMALO, THATO, J42238, 2009/06/07	MASAI 28:09.23	Gold
2	MHLARE, KENEILWE, J42242, 2009/03/28	MASAI 28:28.07	Silver
3	NELSON, HEYLINN, J40576, 2010/09/12	TRNITY 28:39.34	Bronze
4	MOKONYANA, KOPANO, J42530, 2010/03/22	UNITED 34:40.81	
5	MABUZA, NHLANHLA, J42460, 2009/05/08	LODIRI 36:15.86	
6	BUTHELEZI, PRECIOUS, J42271, 2010/05/04	PALM 38:20.88	
7	LEBUSO, PABALLO, J40296, 2010/07/07	R-ALEX 41:58.95	
8	GOBENI, UNAM, J42468, 2010/09/28	LODIRI 44:58.99	

Item 80 09:30 Final Women U18 5km Walk

1	NYATHI, LEE, J41939, 2007/12/08	MASAI 27:19.99	Gold
2	NZIMANDE, OWAM, J42240, 2008/10/14	MASAI 33:00.34	Silver

Item 81 10:00 Final Girls U16 Javelin

500g

1	DE JONG, TAYLIN, J42058, 2010/08/26	HELPAC 36.43	Gold
2	MASENYA, LESEGO, , 2010/07/11	UJ 25.31	Silver
3	HEYMANS, LIEHANI, J42036, 2009/08/09	HELPAC 23.30	Bronze
4	SLABBERT, JANE, J42087, 2009/09/01	HELPAC 10.51	

Item 81 10:00 Final Women U18 Javelin

500g

1	WILSON, LIEZE, J41704, 2007/12/19	MONNAS 45.59	Gold
2	TAPSON, AMEIGH, J40805, 2007/02/08	MAR 17.85	Silver

Item 81 10:00 Final Women U18 Javelin Heptathlon

500g

1	MOTHOGWANE, NALEDI, , 2007/03/24	UJ 22.24	Gold
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Item 82 10:00 Final Women U18 LongJump

1	DE KLERK, AMAE, J42015, 2008/04/04	HELPAC 5.40	Gold	+2.5
2	THEUNISSEN, MIGNON, J42096, 2008/12/02	HELPAC 5.36	Silver	+1.9
3	NORMAN, ASHLYNN, J14282, 2008/12/28	UJ 5.20	Bronze	+1.4
4	MOGAJANE, CARMENITTAH, , 2008/01/07	UJ 5.00		+1.7
5	BUTZER, MADISON-LEE, J40756, 2007/10/17	FFA 4.97		+1.0
6	BORNMAN, ANé CARLI, J41713, 2007/04/03	IRUN 4.93		+1.0
7	SMITH, SOPHIA, J41879, 2008/08/04	IHT 4.82		+0.8
8	MOKOENA, BOITUMELO, P80060, 2007/06/29	ISMO 4.57		+1.3
9	COETZER, TERA-LEIGH, J41004, 2007/04/12	NORIES 4.40		+0.6
10	OBUEKWE, AMARACHI, J40802, 2007/07/19	MAR 4.21		+1.4
11	MOTHOGWANE, NALEDI, , 2007/03/24	UJ 4.12		+3.6
12	MBANJWA, ASANDA, J40376, 2007/03/10	TMBISA 3.80		+1.2
13	SPANNENBERG, REMORATILE, J40801, 2008/05/22	MAR 3.58		+0.5

Item 83 10:00 Final Men U18 Shotput

5kg

1	NEL, KEANU, J42077, 2008/01/11	HELPAC 15.00	Gold
2	PORTER, RUAN, J41697, 2008/06/14	MONNAS 14.76	Silver
3	JORDAAN, MARINUS, P3412, 2008/07/07	RAC 12.45	Bronze
4	BARKHUIZEN, ZANDRÉ, J41877, 2008/02/07	IHT 11.90	

Item 83 10:00 Final Girls U16 Shotput Pentathlon

3kg

1	VERMAAS, MARNI, , 2009/06/06	NORIES 10.02	Gold
2	STRYDOM, RENETTE, J42090, 2009/01/19	HELPAC 08.52	Silver

Item 83 10:00 Final Boys U16 Shotput Pentathlon

4kg



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**Item 84 10:10 Heat 1 of 3 Girls U16 400m**

1	MASUKU, BOITUMELO, J42253, 2009/12/30	MASAI 0:53.73	Gold
2	ARONSON, TEEGAN, J41973, 2009/03/08	LDIARD 0:55.90	Silver
3	ROOME, MICAELA, J42084, 2010/09/06	HELPAC 0:57.48	Bronze
4	SHELEMBE, NOMFUNDO, J40301, 2010/10/11	R-ALEX 1:00.97	
5	KIRTON, HALEY, J40799, 2009/01/17	MAR 1:05.02	

Item 84 10:10 Heat 2 of 3 Girls U16 400m

1	KAMELE, MBALI, J42042, 2009/06/18	HELPAC 1:01.85	Gold
2	PHOMODI, LESEDI, , 2010/03/11	UJ 1:04.72	Silver
3	NEL, MJ, , 2009/12/24	BHAC 1:06.77	Bronze
4	MOKOBI, KOKETSO, J42269, 2009/01/26	PACERS 1:14.84	
5	MSIBI, MASINDI, J40291, 2010/12/19	R-ALEX 1:17.95	

Item 85 10:20 Heat 1 of 4 Boys U16 400m

1	NDHLOVU, JOHN, J41300, 2009/02/04	UJ 0:53.73	Gold
2	VORSTER, HAYDEN, J 42110, 2009/02/19	HELPAC 0:55.90	Silver
3	MORITI, KGOPOTSO, J41301, 2009/10/31	UJ 0:57.48	Bronze
4	PAKATI, BUKANI, , 2010/04/21	UJ 1:00.97	
5	NCUBE, SIBUSISO, J42261, 2009/09/09	PACERS 1:05.02	
6	MTHEMBU, NKOSINATHI SANDILE, J40619, 2009/10/27	KAMOSO 1:06.57	

Item 85 10:20 Heat 2 of 4 Boys U16 400m

1	MOLEFE, MOLEFE, J41613, 2009/03/14	COOLR 0:54.46	Gold
2	DLAMINI, NKOSINATHI, J41373, 2009/06/22	WCAC 0:55.00	Silver
3	MATHABA, LOANDA, J42254, 2009/01/13	PACERS 0:55.55	Bronze
4	MAPADIMENG, PHIO, , 2010/09/02	UJ 0:55.92	
5	NKOSI, WAKHILE, J42532, 2009/02/25	UNITED 0:55.96	
6	LOTZ, ETHAN, J40804, 2009/11/20	MAR 0:56.08	

Item 85 10:20 Heat 3 of 4 Boys U16 400m

1	BUTLER, MOHAMMED FUZAYL, J41859, 2009/05/24	IHT 0:55.36	Gold
2	BEZUIDENHOUT, CHARLTON, J51281, 2009/11/09	UJ 0:55.93	Silver
3	THWALA, THULANI, J40377, 2010/07/28	TMBISA 1:01.58	Bronze
4	NZIMANDE, SBUSISO MZWANDILE, J40617, 2010/04/10	KAMOSO 1:13.45	

Item 85 10:20 Heat 4 of 4 Boys U16 400m

1	KELBRICK, DANIEL PIETER, J42043, 2009/05/14	HELPAC 0:59.52	Gold
2	NKOSI, SIPHAMANDLA, , 2009/02/04	BRKPAN 1:01.03	Silver
3	ABRAHAM, TYRESE JARMAIN, J40618, 2009/10/30	KAMOSO 1:04.81	Bronze
4	ROLOMANE, SANDILE, J40620, 2009/10/28	KAMOSO 1:09.34	

Item 86 10:30 Heat 1 of 2 Women U18 400m

1	STRONG, DAVIDA, J41871, 2008/06/02	IHT 1:00.76	Gold
2	MAKGATA, KARABO, , 2008/03/15	VOR 1:02.77	Silver
3	SOTOMELA, SIMAMNKELE, J42462, 2008/01/02	LODIRI 1:03.04	Bronze
4	NAUDÉ, ANJA, J40476, 2008/04/23	KEMPIS 1:03.82	
5	CLASEN, JADE, J51288, 2008/05/09	UJ 1:05.17	
6	MATHE, BUSISIWE, J41356, 2007/05/08	WCAC 1:08.81	

Item 86 10:30 Heat 2 of 2 Women U18 400m



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1	SELOTA, VELEMINA, , 2008/03/12	UJ 1:01.85	Gold
2	ILUNGA, LUCIE, J40378, 2007/12/14	TMBISA 1:02.07	Silver
3	ESTERHUYSE, VENé, J41433, 2007/10/02	HSRB 1:02.87	Bronze

Item 87 10:40 Heat 1 of 5 Men U18 400m

1	NGOY, DAVID, J41609, 2008/06/06	BOXER 0:55.58	Gold
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Item 87 10:40 Heat 2 of 5 Men U18 400m

1	HATTINGH, JUAN - FRANCO, J40474, 2007/05/15	KEMPIS 0:49.55	Gold
2	MAHATA, NHLAKANIPHO, , 2008/03/08	UBUHLE 0:54.51	Silver
3	KGOTLAENG, BOKAMOSO, P1546, 2007/08/09	LESEDI 0:55.72	Bronze
4	PLAATJIES, TYLER, J41825, 2008/02/24	PEAKP 0:57.28	

Item 87 10:40 Heat 3 of 5 Men U18 400m

1	PIENAAR, ALEX, J40903, 2007/01/19	32GI 0:50.75	Gold
2	SIBEKO, NHLAKANIPHO, J41908, 2007/05/30	DUDUZA 0:53.14	Silver
3	MOHOROSI, TSHEPO, J42354, 2008/04/19	WWAC 0:57.35	Bronze

Item 87 10:40 Heat 4 of 5 Men U18 400m

1	MYBURGH, STIAAN, J42075, 2008/01/08	HELPAC 0:51.58	Gold
2	CHAMBERS, JOHANN, J41509, 2007/05/14	BRKPAN 0:52.99	Silver
3	MBINGELELI, NCUBEKO SIYAMAMKELA, J40615, 2008/06/10	KAMOSO 0:55.60	Bronze

Item 87 10:40 Heat 5 of 5 Men U18 400m

1	DU PLESSIS, LISM, J41279, 2007/01/08	UJ 0:51.53	Gold
2	VAN ZYL, KEVIN, J41425, 2008/08/13	HSRB 0:51.81	Silver
3	HLONGOANE, TSAKANE, P19938, 2007/03/22	UJ 0:55.60	Bronze
4	MUYAMBI, VHUTHUHAWA, J40372, 2008/09/21	TMBISA 0:58.43	

Item 89 11:00 Heat 1 of 4 Men U20 400m

2	OKON, UDEME, J41285, 2005/09/03	UJ 0:54.14	Gold
3	DWEKO, TSHEGOFATSO, J50080, 2006/09/20	BRKPAN 0:56.25	Silver

Item 89 11:00 Heat 2 of 4 Men U20 400m

3	LEGABE, AMOGELANG, J42248, 2005/10/27	MASAI 0:52.06	Gold
4	MORUDU, TSHEPO, J52676, 2005/05/08	UBUHLE 0:52.08	Silver
5	BALOI, PETER, J40581, 2005/02/06	TRNITY 0:52.24	Bronze
6	MSIPHA, THANDO, J41278, 2005/03/21	UJ 0:53.33	
7	MABOTJA, FRANS, J53020, 2006/11/05	LESEDI 0:56.71	

Item 89 11:00 Heat 3 of 4 Men U20 400m

Item 89 11:00 Heat 4 of 4 Men U20 400m

4	RAMATSETSE, KOMETSO, J40682, 2006/09/30	LESEDI 0:55.71	Gold
5	FERREIRA, RYAN, J40638, 2006/03/30	BHAC 0:56.94	Silver
6	RAMOSENSA, TSENOLO, J41343, 2005/04/25	WCAC 1:05.79	Bronze

Item 91 11:20 Heat 1 of 2 Men U23 400m

1	CHAKAIPA, CHRISTOPHER TAMUKA, , 2002/04/08	UJ 0:49.61	Gold
2	TLHAPI, TSHEPISO, P2378, 2002/10/17	FFA 0:51.18	Silver



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3	TLHOMELANG, KUTLO, B120, 2005/05/20	BOT 0:51.27	
4	MOCHISA, JONATHAN, J40364, 2003/02/20	TMBISA 0:52.35	Bronze
5	MAHLANGU, JUNIOR, P 26228, 2002/08/08	EAST 0:59.56	

Item 91 11:20 Heat 2 of 2 Men U23 400m

1	MONNGATHIPA, THABANG CHARLES, B115, 2005/06/05	BOT 0:47.81	
2	GARDEE, RASHEED, P1734, 2004/04/20	UJ 0:51.53	Gold
3	RAMATHE, KGOTSO, P18691, 2003/01/18	UJ 0:52.04	Silver
4	THENTU, KABELO, P25929, 2003/11/19	NEDRR 0:54.55	Bronze
5	CANDLOVU, LUXOLO, P15558, 2002/03/08	MASAI 0:56.97	

Item 92 11:30 Final Women U20 10km Walk

1	MASHEGO, OFENTSE, J42239, 2005/02/22	MASAI 1:07:37.68	Gold
2	MOLALA, ZANELE, J41351, 2005/11/22	WCAC 1:09:27.11	Silver
3	KGATLA, MOYAHABO, J40843, 2006/01/04	BOXER 1:15:01.45	Bronze

Item 92 11:30 Final Women U23 10km Walk

1	MOTSOENENG, PULENG KENNDY, P 15908, 2004/01/03	MASAI 1:03:17.81	Gold
2	CELE, KHENTSANI, J52310, 2004/10/07	ORIGIN 1:07:25.45	Silver

Item 93 12:00 Final Boys U16 Javelin

600g

1	DE KLERK, ZAK, J42016, 2009/10/12	HELPAC 50.00	Gold
2	HECTOR, JORDAN, J42227, 2009/01/13	PACERS 31.95	Silver
3	MAMPHEKO, TSHIMOLLO, J41545, 2009/12/07	MIWAY 15.52	Bronze

Item 93 12:00 Final Men U18 Javelin

700g

1	HEYMANS, JAN-HENDRIK, J42035, 2007/08/02	HELPAC 73.39	Gold
2	ZOPICK, STIAN, J41831, 2008/08/11	PEAKP 53.08	Silver
3	DALZELL, OWEN, J40646, 2007/07/26	BHAC 50.11	Bronze
4	BARNARD, JADON, J42003, 2008/01/15	HELPAC 48.22	
5	FOURIE, DIEDELOF, J41407, 2007/07/24	HSRB 46.39	
6	SLABBERT, EVAN, P42086, 2007/09/24	HELPAC 45.73	
7	MMUSI, JABULANI, J42337, 2007/09/19	MAC 34.29	

Item 94 12:00 Final Women U18 Shotput

3kg

1	OLIVIER, JAMORÉ, J40933, 2007/03/02	NORIES 15.83	Gold
2	BOOYSEN, HEIDI, J40754, 2008/02/13	FFA 14.43	Silver
3	ODENDAAL, IZA-MARIZE, J40927, 2008/05/14	NORIES 13.27	Bronze
4	PIENAAR, KEIRA, J42078, 2007/01/20	HELPAC 13.05	
5	VAN EEDEN, LEONE, J42113., 2008/12/07	HELPAC 12.10	
6	TAPSON, AMEIGH, J40805, 2007/02/08	MAR 09.73	

Item 95 12:00 Final Men U18 HighJump

1	STOLTZ, LUCAS PETRUS, J41502, 2007/03/26	BRKPAN 2.00	Gold
2	BOTHA, HENNING ADRIAAN, J41504, 2008/08/13	BRKPAN 1.85	Silver
3	SEFOKA, MOETLO, J41291, 2008/03/30	UJ 1.85	Bronze
4	NZELE, SINEKAMVA, J42351, 2008/05/23	WWAC 1.70	

Item 96 12:10 Final Men U18 10km Walk

1	SHOSHA, YAMKELA, , 2007/06/16	UJ 0:55:55.66	Gold
2	NTSHANGA, ATHENKOSI, J42352, 2007/03/04	WWAC 0:57:11.11	Silver
3	CHABA, OLEBOHENG, J42357, 2007/08/31	WWAC 0:58:29.68	Bronze



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4	LESEDI, MPHELANE, J42244, 2008/03/18	MASAI	1:00:02.27
5	NTINI, THANDO, J41341, 2007/04/01	WCAC	1:04:40.91

Item 96 12:10 Final Men U20 10km Walk

1	MOLAPISI, TSHIDISO, J41283, 2005/09/19	UJ	0:53:27.49	Gold
2	MASHIGO, THABISO, J42241, 2005/08/18	MASAI	0:56:16.90	Silver
3	NGWAYIBANJWA, XOLA, J41340, 2005/10/22	WCAC	0:57:03.98	Bronze

Item 97 13:00 Final Girls U16 400m

1	KAMELE, MBALI, J42042, 2009/06/18	HELPAC	0:58.74	Gold
2	MASUKU, BOITUMELO, J42253, 2009/12/30	MASAI	0:59.51	Silver
3	KLEINSMITH, AMERIZE, J42007, 2010/01/20	HELPAC	1:01.11	Bronze
4	ARONSON, TEEGAN, J41973, 2009/03/08	LDIARD	1:01.27	
5	ROOME, MICAELA, J42084, 2010/09/06	HELPAC	1:03.05	
6	SIBANDA, THANDEKA, J 50501, 2010/04/17	R-ALEX	1:06.00	
7	PHOMODI, LESEDI, , 2010/03/11	UJ	1:06.43	
8	SHELEMBE, NOMFUNDO, J40301, 2010/10/11	R-ALEX	1:13.26	

Item 97 13:00 Heat 3 of 3 Girls U16 400m

1	KLEINSMITH, AMERIZE, J42007, 2010/01/20	HELPAC	1:03.64	Gold
2	SIBANDA, THANDEKA, J 50501, 2010/04/17	R-ALEX	1:04.54	Silver
3	RAMOREI, BOIKANO, J40366, 2010/06/02	TMBISA	1:04.92	Bronze
4	VAN ASWEGEN, JESSICA, J40941, 2009/07/15	NORIES	1:05.95	
5	WILKEN, ANJUNETTE, J42039, 2009/06/03	HELPAC	1:13.08	

Item 98 13:00 Final Girls U16 Hammer

1	NEL, DOMUNIQUE, J42076, 2010/07/30	HELPAC	18.88	3kg	Gold
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Item 98 13:00 Final Women U18 Hammer

1	BOOYSEN, HEIDI, J40754, 2008/02/13	FFA	52.68	3kg	Gold
2	ODENDAAL, IZA-MARIZE, J40927, 2008/05/14	NORIES	39.04		Silver
3	TAPSON, AMEIGH, J40805, 2007/02/08	MAR	27.53		Bronze

Item 98 13:00 Final Boys U16 Hammer

1	BOOYSEN, BENLOUW, J40755, 2010/02/02	FFA	36.62	4kg	Gold
2	VENTER, JACO, J40493, 2009/02/25	KEMPIS	32.05		Silver

Item 98 13:00 Final Men U18 Hammer

1	NEL, KEANU, J42077, 2008/01/11	HELPAC	32.69	5kg	Gold
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Item 98 13:00 Final Women Senior Hammer

1	HOLTZHAUSEN, LEANDRI, P12044, 1997/07/14	UJ	63.37		Gold
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Item 98 13:00 Final Men U23 Hammer

1	MAZIBUKO, AMOS GCINA, P1371, 2002/08/21	BOXER	63.37		Gold
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Item 98 13:00 Final Men Senior Hammer

1	BEKKER, KRISTIAAN, P18664, 1980/06/16	UJ	51.08		Gold
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Item 99 13:00 Final Men U18 LongJump

1	NWEDO, KHODANI, J41214, 2008/05/09	NEDRR	6.28	Gold	+0.7
2	MOTSAMAI, TSHIAMO, J41224, 2008/07/23	NEDRR	6.16	Silver	+1.4
3	MAJETJA, THEMBINKOSI, J42266, 2008/01/22	PACERS	5.70	Bronze	+1.9
4	MOHOROSI, TSHEPO, J42354, 2008/04/19	WWAC	5.54		+0.0



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5	SEFOKA, MOETLO, J41291, 2008/03/30	UJ 5.47		-1.9
6	SHIPALANA, VULOMBE, J41905, 2008/08/13	MASAI 5.40		-0.8
7	BARKHUIZEN, ZANDRÉ, J41877, 2008/02/07	IHT 5.23		+0.0

Item 99 13:00 Final Girls U16 LongJump Pentathlon

1	STRYDOM, RENETTE, J42090, 2009/01/19	HELPA 5.30	Gold	+2.4
2	VERMAAS, MARNI, , 2009/06/06	NORIE 4.15	Silver	+1.6

Item 99 13:00 Final Boys U16 LongJump Pentathlon

Item 100 13:00 Final Women U18 HighJump

1	BOSHOFF, MIA, J42008, 2008/03/21	HELPA 1.55	Gold
2	MARITZ, MORGAN, J42063, 2008/03/10	HELPA 1.55	Silver
3	DU PLOOY, LUANNE, J41105, 2008/09/04	MVAC 1.50	Bronze

Item 101 13:05 Final Boys U16 400m

1	MOLEFE, MOLEFE, J41613, 2009/03/14	COOLR 0:50.11	Gold
2	BUTLER, MOHAMMED FUZAYL, J41859, 2009/05/24	IHT 0:51.42	Silver
3	NDHLOVU, JOHN, J41300, 2009/02/04	UJ 0:51.64	Bronze
4	KELBRICK, DANIEL PIETER, J42043, 2009/05/14	HELPA 0:51.76	
5	DLAMINI, NKOSINATHI, J41373, 2009/06/22	WCAC 0:54.99	
6	VORSTER, HAYDEN, J 42110, 2009/02/19	HELPA 0:56.08	
7	MAPADIMENG, PHIO, , 2010/09/02	UJ 0:58.06	
8	MATHABA, LOANDA, J42254, 2009/01/13	PACERS 0:58.97	

Item 102 13:10 Final Women U18 400m

1	STRONG, DAVIDA, J41871, 2008/06/02	IHT 0:57.48	Gold
2	ESTERHUYSE, VENÉ, J41433, 2007/10/02	HSRB 0:58.02	Silver
3	ILUNGA, LUCIE, J40378, 2007/12/14	TMBISA 1:00.12	Bronze
4	SOTOMELA, SIMAMKELE, J42462, 2008/01/02	LODIRI 1:03.35	
5	SELOTA, VELEMINA, , 2008/03/12	UJ 1:03.98	
6	CLASEN, JADE, J51288, 2008/05/09	UJ 1:04.53	
7	MAKGATA, KARABO, , 2008/03/15	VOR 1:07.67	

Item 103 13:15 Final Men U18 400m

1	HATTINGH, JUAN - FRANCO, J40474, 2007/05/15	KEMPIS 0:48.11	Gold
2	PIENAAR, ALEX, J40903, 2007/01/19	32GI 0:48.68	Silver
3	MYBURGH, STIAAN, J42075, 2008/01/08	HELPA 0:49.13	Bronze
4	VAN ZYL, KEVIN, J41425, 2008/08/13	HSRB 0:49.46	
5	DU PLESSIS, LISM, J41279, 2007/01/08	UJ 0:50.45	
6	CHAMBERS, JOHANN, J41509, 2007/05/14	BRKPAN 0:51.02	
7	SIBEKO, NHLAKANIPHO, J41908, 2007/05/30	DUDUZA 0:52.38	
8	MAHATA, NHLAKANIPHO, , 2008/03/08	UBUHLE 0:57.64	

Item 104 13:20 Final Women U20 400m

1	VERMEULEN, CHANE VERMEULEN, J 41444, 2006/05/19	HSRB 0:54.65	Gold
2	MOLEPO, PRECIOUS, , 2005/02/15	UJ 0:54.88	Silver
3	BOOYSEN, JENNA, J40753, 2006/04/24	FFA 0:56.04	Bronze

Item 105 13:25 Final Men U20 400m

1	VAN ZYL, ROUX, J42006, 2006/04/04	HELPA 0:48.85	Gold
2	MAAMOGAWA, THUTO, P19935, 2006/06/26	UJ 0:49.11	Silver



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3	SHALE, ORATILWE, J41299, 2005/07/12	UJ 0:49.38	Bronze
4	DUNCAN, DOUGLASS, J41861, 2005/05/05	IHT 0:49.69	
5	WILSON, CONNOR, J41741, 2005/11/28	IRUN 0:50.17	
6	RAUBENHEIMER, DIVAN, J40137, 2006/02/25	BOKSAC 0:50.44	
7	MCKENZIE, GONTSE, J50081, 2005/02/02	BRKPAN 0:50.79	
8	KOKONG, TSHEGO, J40763, 2006/10/07	FFA 0:51.28	

Item 106 13:30 Final Women U23 400m

1	NGONGO, AKONYI, J41271, 2004/05/09	UJ 0:57.07	Gold
2	SAKAROMBE, MONIQUE, P10849, 2004/07/11	UJ 1:00.28	Silver
3	RISTOW, CALSEY, P19936, 2004/08/12	UJ 1:04.95	Bronze
4	DANSIKPE, LAURETTE, P24751, 2004/07/26	MIWAY 1:06.56	
5	MBELO, DIVINE, P20365, 2002/06/09	UJ 1:10.46	

Item 107 13:35 Final Men U23 400m

1	MONNGATHIPA, THABANG CHARLES, B115, 2005/06/05	BOT 0:47.62	
2	CHAKAIPA, CHRISTOPHER TAMUKA, , 2002/04/08	UJ 0:49.17	Gold
3	GARDEE, RASHEED, P1734, 2004/04/20	UJ 0:49.32	Silver
4	RAMATHE, KGOTSO, P18691, 2003/01/18	UJ 0:50.98	Bronze
5	TLHOMELANG, KUTLO, B120, 2005/05/20	BOT 0:51.45	
6	MOCHISA, JONATHAN, J40364, 2003/02/20	TMBISA 0:52.83	
7	TLHAPI, TSHEPISO, P2378, 2002/10/17	FFA 0:54.32	

Item 109 13:45 Final Men Senior 400m

1	SHABANE, KABELO, B119, 1992/12/25	BOT 0:47.16	
2	MOHOLOBELA, KABELO, P2122, 2000/12/02	UJ 0:47.18	Gold
3	GABONAMONG, TUMISO, B105, 2004/01/05	BOT 0:47.32	

Item 110 14:00 Final Men U20 Javelin

800g

1	SMIT, ETTIENNE, J41567, 2006/09/08	JANSEN 57.24	Gold
2	MBONANI, LINDA, J41353, 2005/03/22	WCAC 26.73	Silver

Item 111 14:00 Final Girls U16 TripleJump

1	VILJOEN, ANNA-MART, J40473, 2009/02/27	KEMPIS 10.50	Gold	+1.9
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Item 112 14:00 Final Results Girls U16 1500m

1	SMITH, NICOLA, J40700, 2009/10/22	EKHAYA 04:44.90	Gold
2	SESOKO, THATO ATLEHANG, J41161, 2010/05/18	EAST 04:47.34	Silver
3	MOEKETSI, MARRIAM, J42246, 2009/11/14	MASAI 04:54.39	Bronze
4	PRINSLOO, SUNÉ-LOUISE, J42066, 2010/04/07	HELPAC 04:57.45	
5	MONGATANE, MAPASEKA, J24445, 2009/04/07	MASAI 05:00.07	
6	RADEBE, IZA, , 2010/06/10	NOCLUB 05:01.58	
7	SOMPANE, BOITUMELO, , 2010/11/27	UJ 05:06.59	
8	DU TOIT, MIKYLA, J40484, 2010/12/20	KEMPIS 05:07.77	
9	MADIGAGE, PHEMELO, , 2010/11/03	UJ 05:09.85	
10	MORE, TSHOGANYETSO, J40562, 2010/06/01	BOXER 05:14.22	
11	BADENHORST, LIDA-MARI, J42001, 2009/10/02	HELPAC 05:15.13	
12	KUBJANE, REABETSWE, , 2009/03/25	UJ 05:24.62	
13	MADIHLABA, CALVONIAH, , 2009/07/31	UJ 05:26.01	
14	DE WET, KAELA, J42017, 2009/06/05	HELPAC 05:36.40	



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15	MAHLAELA, BOHLALE, , 2009/07/04	UJ	05:36.43
16	NKADIMENG, POLINAH, J41342, 2010/08/13	WCAC	06:39.10

Item 112 14:00 Final 1 of 2 Girls U16 1500m

1	SMITH, NICOLA, J40700, 2009/10/22	EKHAYA	04:44.90	Gold
2	SESOKO, THATO ATLEHANG, J41161, 2010/05/18	EAST	04:47.34	Silver
3	MOEKETSI, MARRIAM, J42246, 2009/11/14	MASAI	04:54.39	Bronze
4	RADEBE, IZA, , 2010/06/10	NOCLUB	05:01.58	
5	SOMPANE, BOITUMELO, , 2010/11/27	UJ	05:06.59	
6	DU TOIT, MIKYLA, J40484, 2010/12/20	KEMPIS	05:07.77	
7	MORE, TSHOGANYETSO, J40562, 2010/06/01	BOXER	05:14.22	
8	BADENHORST, LIDA-MARI, J42001, 2009/10/02	HELPAC	05:15.13	
9	KUBJANE, REABETSWE, , 2009/03/25	UJ	05:24.62	
10	NKADIMENG, POLINAH, J41342, 2010/08/13	WCAC	06:39.10	

Item 112 14:00 Final 2 of 2 Girls U16 1500m

1	PRINSLOO, SUNÉ-LOUISE, J42066, 2010/04/07	HELPAC	04:57.45	Gold
2	MONGATANE, MAPASEKA, J24445, 2009/04/07	MASAI	05:00.07	Silver
3	MADIGAGE, PHEMELO, , 2010/11/03	UJ	05:09.85	Bronze
4	MADIHLABA, CALVONIAH, , 2009/07/31	UJ	05:26.01	
5	DE WET, KAELA, J42017, 2009/06/05	HELPAC	05:36.40	
6	MAHLAELA, BOHLALE, , 2009/07/04	UJ	05:36.43	

Item 113 14:10 Final Results Boys U16 1500m

1	MALONE, SIYANDA, , 2009/03/15	TMBISA	04:17.73	Gold
2	BEKKER, MICHAEL, J40497, 2009/01/18	KEMPIS	04:20.10	Silver
3	NOAH, JUNIOR, J42360, 2009/04/13	WWAC	04:23.00	Bronze
4	DU PLOOY, WILLEM FREDERIK, J40759, 2009/09/07	FFA	04:24.45	
5	MOGOSHANE, AMOGELANG, J40375, 2009/02/17	TMBISA	04:29.16	
6	MOREMI, CYRIL, , 2009/01/21	UJ	04:32.55	
7	LEBOTSA, LEFA, , 2010/07/20	UJ	04:33.50	
8	JOWA, JOSHUA, J40170, 2010/05/13	RUNZON	04:36.36	
9	MAPADIMENG, PHIO, , 2010/09/02	UJ	04:45.52	
10	LEGONG, KHOMOTSO, J42527, 2009/06/28	UNITED	04:49.95	
11	MOSHWENE, TSHEPISO, J42463, 2009/09/17	LODIRI	04:53.61	
12	LETSOALO, MAROTHI, J40297, 2010/02/02	R-ALEX	04:54.26	
13	JACOBS, PHILLIP, J40498, 2009/07/05	KEMPIS	04:56.13	
14	LABUSCHAGNE, STEFAN, J42048, 2010/05/27	HELPAC	04:58.88	
15	BUDIBA, SBUSISO GORDON, J52520, 2009/08/05	TSKANE	05:05.16	
16	NQOLO, TEBOGO, J42467, 2009/08/03	LODIRI	05:19.83	
17	WILSKUT, ELVANO, J40580, 2010/11/09	TRNITY	05:21.19	
18	ROLOMANE, SANDILE, J40620, 2009/10/28	KAMOSO	05:22.24	
19	MASEKO, SIPHUMELELE, , 2009/10/16	PACERS	05:27.78	
20	KONYANA, LETLHOHONOLO, J42465, 2010/01/28	LODIRI	05:28.52	
21	ABRAHAM, TYRESE JARMAIN, J40618, 2009/10/30	KAMOSO	05:31.58	
22	NZIMANDE, SBUSISO MZWANDILE, J40617, 2010/04/10	KAMOSO	05:52.14	

Item 113 14:10 Final 1 of 2 Boys U16 1500m



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1	BEKKER, MICHAEL, J40497, 2009/01/18	KEMPIS 04:20.10	Gold
2	NOAH, JUNIOR, J42360, 2009/04/13	WWAC 04:23.00	Silver
3	DU PLOOY, WILLEM FREDERIK, J40759, 2009/09/07	FFA 04:24.45	Bronze
4	MOGOSHANE, AMOGELANG, J40375, 2009/02/17	TMBISA 04:29.16	
5	BUDIBA, SBUSISO GORDON, J52520, 2009/08/05	TSKANE 05:05.16	
6	NQOLO, TEBOGO, J42467, 2009/08/03	LODIRI 05:19.83	
7	WILSKUT, ELVANO, J40580, 2010/11/09	TRNITY 05:21.19	
8	ROLOMANE, SANDILE, J40620, 2009/10/28	KAMOSO 05:22.24	
9	KONYANA, LETLHOHONOLO, J42465, 2010/01/28	LODIRI 05:28.52	
10	ABRAHAM, TYRESE JARMAIN, J40618, 2009/10/30	KAMOSO 05:31.58	
11	NZIMANDE, SBUSISO MZWANDILE, J40617, 2010/04/10	KAMOSO 05:52.14	

Item 113 14:10 Final 2 of 2 Boys U16 1500m

1	MALONE, SIYANDA, , 2009/03/15	TMBISA 04:17.73	Gold
2	MOREMI, CYRIL, , 2009/01/21	UJ 04:32.55	Silver
3	LEBOTSA, LEFA, , 2010/07/20	UJ 04:33.50	Bronze
4	JOWA, JOSHUA, J40170, 2010/05/13	RUNZON 04:36.36	
5	MAPADIMENG, PHIO, , 2010/09/02	UJ 04:45.52	
6	LEGONG, KHOMOTSO, J42527, 2009/06/28	UNITED 04:49.95	
7	MOSHWENE, TSHEPISO, J42463, 2009/09/17	LODIRI 04:53.61	
8	LETSOALO, MAROTHI, J40297, 2010/02/02	R-ALEX 04:54.26	
9	JACOBS, PHILLIP, J40498, 2009/07/05	KEMPIS 04:56.13	
10	LABUSCHAGNE, STEFAN, J42048, 2010/05/27	HELPAC 04:58.88	
11	MASEKO, SIPHUMELELE, , 2009/10/16	PACERS 05:27.78	

Item 114 14:20 Final Results Women U18 1500m

1	MENTZ, CHEMENÉ, J42052, 2008/08/08	HELPAC 04:43.10	Gold
2	ROOME, MEGAN, J42083, 2008/04/16	HELPAC 04:45.55	Silver
3	BOSMAN, CASSIDY, J40486, 2007/12/24	KEMPIS 04:49.67	Bronze
4	VISMER-BARTMAN, LISA, J40548, 2008/04/01	BOXER 04:57.39	
5	DU PLESSIS, KAITLYN, J40552, 2007/01/16	BOXER 05:02.65	
6	PEPLER, KIANA, J40648, 2007/08/13	BHAC 05:07.11	
7	HARMSE, MORGAN, J42031, 2007/12/08	HELPAC 05:07.46	
8	HEYDENRYCH, SASKIA, J42033, 2007/10/23	HELPAC 05:09.75	
9	ZITHA, AZELIA, J41157, 2007/09/27	EAST 05:16.74	
10	MOFOKENG, TSHEPISO, J2256, 2008/08/02	BOXER 05:20.15	
11	DE BEER, LIZE-MARI, J40470, 2008/05/19	KEMPIS 05:20.31	
12	FERREIRA, ANNIKA, J41005, 2007/11/16	NORIES 05:28.30	
13	RAGEDI, REAMOGETSE, J40564, 2008/04/23	BOXER 05:30.78	
14	NELUHENI, PHOPHI, J42361, 2008/07/03	WWAC 05:31.20	
15	BOSCH, LENÉ, J40488, 2008/07/08	KEMPIS 05:32.07	

Item 114 14:20 Final 1 of 2 Women U18 1500m

1	BOSMAN, CASSIDY, J40486, 2007/12/24	KEMPIS 04:49.67	Gold
2	VISMER-BARTMAN, LISA, J40548, 2008/04/01	BOXER 04:57.39	Silver
3	HARMSE, MORGAN, J42031, 2007/12/08	HELPAC 05:07.46	Bronze
4	HEYDENRYCH, SASKIA, J42033, 2007/10/23	HELPAC 05:09.75	



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5	MOFOKENG, TSHEPISO, J2256, 2008/08/02	BOXER	05:20.15
6	FERREIRA, ANNIKA, J41005, 2007/11/16	NORIES	05:28.30
7	RAGEDI, REAMOGETSE, J40564, 2008/04/23	BOXER	05:30.78
8	NELUHENI, PHOPHI, J42361, 2008/07/03	WWAC	05:31.20

Item 114 14:20 Final 2 of 2 Women U18 1500m

1	MENTZ, CHEMENÉ, J42052, 2008/08/08	HELPAAC	04:43.10	Gold
2	ROOME, MEGAN, J42083, 2008/04/16	HELPAAC	04:45.55	Silver
3	DU PLESSIS, KAITLYN, J40552, 2007/01/16	BOXER	05:02.65	Bronze
4	PEPLER, KIANA, J40648, 2007/08/13	BHAC	05:07.11	
5	ZITHA, AZELIA, J41157, 2007/09/27	EAST	05:16.74	
6	DE BEER, LIZE-MARI, J40470, 2008/05/19	KEMPIS	05:20.31	
7	BOSCH, LENÉ, J40488, 2008/07/08	KEMPIS	05:32.07	

Item 115 14:30 Final Results Men U18 1500m

1	MOTHAÉ, NEO, , 2007/05/07	UJ	04:06.38	Gold
2	WAKEFIELD, MARCEGHILLE, J41710, 2007/01/08	MONNAS	04:11.43	Silver
3	BOUWER, MARTHINUS, J42011, 2008/04/13	HELPAAC	04:12.02	Bronze
4	MPHELA, JUNIOR, J40359, 2007/01/05	TMBISA	04:12.41	
5	MPSHE, TSHIAMO, J2283, 2008/05/22	BRKPAN	04:15.64	
6	MKHIZE, SAMKELO, , 2008/02/06	HARAMB	04:18.16	
7	MASEMOLA, KEABETSWE, , 2008/10/16	UJ	04:19.03	
8	KROEF, TYLOR, J42046, 2008/02/15	HELPAAC	04:20.91	
9	MOKOKA, THANDO, J42557, / /	TSKANE	04:22.29	
10	VAN ZYL, DONOVAN, J41735, , 2008/03/05	IRUN	04:22.53	
11	GWEBU, SIYABONGA, J 41160, 2008/05/03	EAST	04:24.78	
12	MOJELA, MOSES, J41355, 2008/03/02	WCAC	04:27.08	
13	MOIMANE, MAHLATSE, , 2008/01/28	UJ	04:28.74	
14	TABUDI, MOSELANE, , 2007/09/27	UBUHLE	04:30.44	
15	MOKOENA, LEBOHANG, , 2007/12/29	UBUHLE	04:32.77	
16	NDLOVO, ZAMANI, J42249, 2008/06/06	MASAI	04:34.14	
17	MAPHETO, KAMOGELO, J40288, 2008/02/25	R-ALEX	04:36.23	
18	NXUMALO, KAMOGELO, J41352, 2008/01/28	WCAC	04:38.90	
19	NDABA, SIYABONGA, J40354, 2008/10/20	TMBISA	04:40.13	
20	TEFEZAYO, ALIZWA, J52285, 2008/05/01	BRKPAN	04:43.97	
21	BUZWA, SIMPHIWE, J40896, 2008/03/11	GHETTO	04:48.78	
22	NORMAN, JADIN, J40574, 2008/11/14	BOXER	04:49.20	

Item 115 14:30 Final 1 of 3 Men U18 1500m

1	MOTHAÉ, NEO, , 2007/05/07	UJ	04:06.38	Gold
2	WAKEFIELD, MARCEGHILLE, J41710, 2007/01/08	MONNAS	04:11.43	Silver
3	MPHELA, JUNIOR, J40359, 2007/01/05	TMBISA	04:12.41	Bronze
4	MKHIZE, SAMKELO, , 2008/02/06	HARAMB	04:18.16	
5	MOKOKA, THANDO, J42557, / /	TSKANE	04:22.29	
6	MOJELA, MOSES, J41355, 2008/03/02	WCAC	04:27.08	
7	MOKOENA, LEBOHANG, , 2007/12/29	UBUHLE	04:32.77	
8	MAPHETO, KAMOGELO, J40288, 2008/02/25	R-ALEX	04:36.23	
9	NXUMALO, KAMOGELO, J41352, 2008/01/28	WCAC	04:38.90	

Item 115 14:30 Final 2 of 3 Men U18 1500m

1	MOIMANE, MAHLATSE, , 2008/01/28	UJ	04:28.74	Gold
2	TABUDI, MOSELANE, , 2007/09/27	UBUHLE	04:30.44	Silver



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3	NDLOVO, ZAMANI, J42249, 2008/06/06	MASAI 04:34.14	Bronze
4	NDABA, SIYABONGA, J40354, 2008/10/20	TMBISA 04:40.13	
5	TEFEZAYO, ALIZWA, J52285, 2008/05/01	BRKPAN 04:43.97	
6	BUZWA, SIMPHIWE, J40896, 2008/03/11	GHETTO 04:48.78	
7	NORMAN, JADIN, J40574, 2008/11/14	BOXER 04:49.20	

Item 115 14:30 Final 3 of 3 Men U18 1500m

1	BOUWER, MARTHINUS, J42011, 2008/04/13	HELPAAC 04:12.02	Gold
2	MPSHE, TSHIAMO, J2283, 2008/05/22	BRKPAN 04:15.64	Silver
3	MASEMOLA, KEABETSWE, , 2008/10/16	UJ 04:19.03	Bronze
4	KROEF, TYLOR, J42046, 2008/02/15	HELPAAC 04:20.91	
5	VAN ZYL, DONOVAN, J41735, 2008/03/05	IRUN 04:22.53	
6	GWEBU, SIYABONGA, J 41160, 2008/05/03	EAST 04:24.78	

Item 116 14:40 Final Women U20 1500m

1	KRUSE, EMMA, P11092, 2005/05/31	JCC 04:38.82	Gold
2	STRYDOM, LIKA, J42071, 2006/08/11	HELPAAC 04:47.66	Silver
3	NKANYANE, LEBOGANG, , 2006/06/26	UJ 05:01.44	Bronze
4	MASHISHI, KHUNEDI, J41304, 2005/01/03	UJ 05:04.35	
5	NEL, BRONWYN, J40645, 2006/02/24	BHAC 05:05.49	
6	DE MEYER, CAMRYN, J40637, 2006/02/06	BHAC 05:17.39	
7	STEENKAMP, KATELYNN, J40328, 2006/12/04	GALOP 05:23.68	
8	MAKGOKA, KAMOGELO, J42529, 2006/07/22	UNITED 05:31.34	
9	MTHOMBO, KHENSANI, J42459, 2006/10/31	LODIRI 06:34.07	

Item 116 14:40 Final Women U23 1500m

1	WIJTENBURG, SANDRA, P19324, 2002/01/04	UJ 04:48.45	Gold
2	NGWENYA, MAHLATSI, J52677, 2004/06/15	UBUHLE 05:05.02	Silver
3	BATSILE, GOFIWA MANO, B104, 2006/06/25	BOT 05:07.35	
4	MAMPANE, NOLUTHANDO, P11429, 2003/04/23	UJ 05:10.02	Bronze
5	THWALA, KHANYISILE, P11753, 2002/03/21	UJ 05:27.86	

Item 117 14:50 FinalResults Men U20 1500m

1	DE FOUW, CORNÉ, J40555, 2005/05/05	BOXER 03:50.77	Gold
2	MASHIGO, MODIMO ORATILE, , 2006/10/12	UJ 03:53.22	Silver
3	HICKLEY, KEVIN, J40642, 2005/12/15	BHAC 04:01.97	Bronze
4	STRYDOM, ZANE, J42091, 2006/04/18	HELPAAC 04:02.59	
5	DHLAMINI, TEBOHO, J40895, 2005/06/24	GHETTO 04:11.60	
6	MOGOKONYANE, BOIKANYO, J50083, 2006/09/27	BRKPAN 04:12.12	
7	MABOTE, BOKANG, J42335, 2005/02/12	MAC 04:14.24	
8	MATSIMELA, TEBOGO, J41309, 2006/03/17	TOPRUN 04:15.39	
9	MANYEDI, GRIFFITHS, J50865, 2005/10/14	COLOSS 04:16.92	
10	MEYER, AJ, J40487, 2005/04/04	KEMPIS 04:17.93	
11	KHANYE, SIBONISENI, P42338, 2005/07/25	MAC 04:19.64	
12	VAN DER WESTHUIZEN, DANIEL, J40411, 2006/05/03	DPKLOF 04:26.94	
13	MAKHUBELA, MAVELA, J40358, 2005/06/30	TMBISA 04:27.71	
14	MODISELLE, OFENTSE JOY, J41159, 2006/08/26	EAST 04:32.67	
15	KHOZA, NCEBO, , 2005/06/01	UBUHLE 04:33.51	
16	FANISE, RETSHEPILE, P22858, 2005/03/19	HBET 04:34.02	



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17	SODAYISE, LUYANDA, J51388, 2006/11/07	MAC	04:37.40
18	NGWAYIBANJWA, SIYAMTHANDA, J41344, 2006/07/08	WCAC	04:38.96
19	RAMOKOLO, BUSSY, J40566, 2006/07/03	BOXER	04:42.81
20	STANDER, BOKAMOSO, P19937, 2006/06/11	UJ	04:56.14
21	SINWANA, VICTOR, J51792, 2005/02/08	TSKANE	05:20.14
22	NTONTELA, MVELO, J40897, 2006/04/18	GHETTO	05:40.11

Item 117 14:50 Final 1 of 2 Men U20 1500m

1	STRYDOM, ZANE, J42091, 2006/04/18	HELPAC	04:02.59	Gold
2	MOGOKONYANE, BOIKANYO, J50083, 2006/09/27	BRKPAN	04:12.12	Silver
3	MATSIMELA, TEBOGO, J41309, 2006/03/17	TOPRUN	04:15.39	Bronze
4	KHANYE, SIBONISENI, P42338, 2005/07/25	MAC	04:19.64	
5	MODISELLE, OFENTSE JOY, J41159, 2006/08/26	EAST	04:32.67	
6	KHOZA, NCEBO, , 2005/06/01	UBUHLE	04:33.51	
7	FANISE, RETSHEPILE, P22858, 2005/03/19	HBET	04:34.02	
8	NGWAYIBANJWA, SIYAMTHANDA, J41344, 2006/07/08	WCAC	04:38.96	
9	STANDER, BOKAMOSO, P19937, 2006/06/11	UJ	04:56.14	
10	SINWANA, VICTOR, J51792, 2005/02/08	TSKANE	05:20.14	
11	NTONTELA, MVELO, J40897, 2006/04/18	GHETTO	05:40.11	

Item 117 14:50 Final 2 of 2 Men U20 1500m

1	DE FOUW, CORNÉ, J40555, 2005/05/05	BOXER	03:50.77	Gold
2	MASHIGO, MODIMO ORATILE, , 2006/10/12	UJ	03:53.22	Silver
3	HICKLEY, KEVIN, J40642, 2005/12/15	BHAC	04:01.97	Bronze
4	DHLAMINI, TEBOHO, J40895, 2005/06/24	GHETTO	04:11.60	
5	MABOTE, BOKANG, J42335, 2005/02/12	MAC	04:14.24	
6	MANYEDI, GRIFFITHS, J50865, 2005/10/14	COLOSS	04:16.92	
7	MEYER, AJ, J40487, 2005/04/04	KEMPIS	04:17.93	
8	VAN DER WESTHUIZEN, DANIEL, J40411, 2006/05/03	DPKLOF	04:26.94	
9	MAKHUBELA, MAVELA, J40358, 2005/06/30	TMBISA	04:27.71	
10	SODAYISE, LUYANDA, J51388, 2006/11/07	MAC	04:37.40	
11	RAMOKOLO, BUSSY, J40566, 2006/07/03	BOXER	04:42.81	

Item 118 15:00 Final Men U23 1500m

1	MSIBI, SIBUSISO, , 2004/05/16	UJ	03:53.18	Gold
2	MGCINA, BONGANI, P12064, 2002/09/02	UJ	03:58.81	Silver
3	VERMEULEN, JASON, P11337, 2003/03/22	KUDUS	03:59.80	Bronze
4	MANENZHE, TUMELO, P19594, 2002/05/01	LDIARD	04:12.40	
5	THINGANE, THEMBA, P12698, 2002/08/13	UJ	04:14.28	
6	MACAVELE, FERANADO, P14514, 2004/12/09	MASAI	04:23.44	
7	PUTSANE, KEORAPETSE, P25928, 2003/02/13	NEDSWT	04:36.35	
8	MAHLOBO, DALUXOLO, P14748, 2004/06/17	BOXER	04:49.62	

Item 119 15:00 Final Women U18 TripleJump

1	THEUNISSEN, MIGNON, J42096, 2008/12/02	HELPAC	11.54	Gold	+0.8
2	BOSHOFF, INGE, J40140, 2007/06/01	BOKSAC	10.60	Silver	+0.1
3	MOGAJANE, CARMENITTAH, , 2008/01/07	UJ	10.50	Bronze	-0.1
4	COETZER, TERA-LEIGH, J41004, 2007/04/12	NORIES	10.50		+2.0



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5 KOTZE, NINA, J41835, 2007/09/01 PEAKP 10.20 **+0.0**

Item 119 15:00 Final Boys U16 TripleJump

Item 120 15:00 Final Women U20 Javelin 600g

1 SITHEBE, SIYAMTHANDA, J42260, 2005/04/12 PACERS 19.98 Gold
 2 DE BRUYN, ANTWAR, J42265, 2006/01/20 PACERS 11.50 Silver

Item 120 15:00 Final Women U23 Javelin

Item 121 15:10 Heat 1 of 4 Girls U16 200m **+1.7**

1 NJEBO, SIPHESIHLE, J5322, 2010/08/03 TMBISA 27.13 Gold
 2 NORTIER, ABBIGAIL, J40798, 2009/08/13 MAR 29.54 Silver
 3 LEBUSO, PABALLO, J40296, 2010/07/07 R-ALEX 30.11 Bronze
 4 QHOLOSHA, MONTHATI, J42257K, 2009/07/24 PACERS 31.06

Item 121 15:10 Heat 2 of 4 Girls U16 200m **+1.2**

1 NDUBUEZE, OLUCHI ABELWE, J41866, 2009/01/15 IHT 25.26 Gold
 2 MASUKU, BOITUMELO, J42253, 2009/12/30 MASAI 26.98 Silver
 3 ROUX, MILA, J40803, 2009/09/01 MAR 29.69 Bronze
 4 VUMBA, APHIWE, J41333, 2009/12/11 WCAC 29.82
 5 MOKONYANA, KOPANO, J42530, 2010/03/22 UNITED 32.23

Item 121 15:10 Heat 3 of 4 Girls U16 200m **+2.6**

1 MDAKA, IMITHA, J41266, 2009/10/15 UJ 26.29 Gold
 2 PHOMODI, LESEDI, , 2010/03/11 UJ 28.03 Silver
 3 NAICKER, AMARA, J41416, 2010/05/19 HSRB 29.05 Bronze
 4 LESOLE, OLERATO TASHATA, B113, 2010/03/01 BOT 29.95

Item 121 15:10 Heat 4 of 4 Girls U16 200m **+1.1**

1 OKOYE, PARIS, J41286, 2009/03/20 UJ 26.07 Gold
 2 RAMAELE, KATLEHI, J42410, 2009/08/18 MAMEPE 27.87 Silver
 3 MSIMANG, WANDISWA, J42431, 2010/07/01 ISMO 29.09 Bronze
 4 MAIKETSO, ONTHATILE, J41882, 2009/08/02 IHT 29.56

Item 122 15:20 Heat 1 of 4 Boys U16 200m **+2.7**

1 KRUGER, RUBEN, J42047, 2010/05/15 HELPAC 23.13 Gold
 2 BORNMAN, JANCO, J40479, 2010/04/13 KEMPIS 24.24 Silver
 3 MANGANYI, HLONIPHO, J5253, 2010/12/01 GCHAC 25.39 Bronze
 4 NKOSI, WAKHILE, J42532, 2009/02/25 UNITED 25.72
 5 MTHEMBU, NKOSINATHI SANDILE, J40619, 2009/10/27 KAMOSO 27.89

Item 122 15:20 Heat 2 of 4 Boys U16 200m **+1.9**

1 EHIRIM, CHIBUNNA, J41860, 2010/07/06 IHT 22.79 Gold
 2 PILA, MALESELA, J4445, 2009/01/27 GCHAC 23.12 Silver
 3 MOSIME, NEO, J41603, 2010/03/01 COOLR 28.52 Bronze

Item 122 15:20 Heat 3 of 4 Boys U16 200m **+0.0**

1 SIMPSON, JADEN, J41421, 2009/02/05 HSRB 23.17 Gold
 2 LEKAKO, KATLEGO, J41827, 2009/03/07 PEAKP 24.03 Silver
 3 PAKATI, BUKANI, , 2010/04/21 UJ 24.99 Bronze
 4 BEZUIDENHOUT, CHARLTON, J51281, 2009/11/09 UJ 25.09



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5	MORITI, KGOPOTSO, J41301, 2009/10/31	UJ	25.35
6	NKHUNA, TINYIKO, J24643, 2010/11/03	MIWAY	27.87

Item 122 15:20 Heat 4 of 4 Boys U16 200m +0.8

1	OSUIGWE, UGOCHUKWU, J41867, 2009/09/29	IHT	23.43	Gold
2	NYATHI, SIYABONGA, J 41276, 2009/01/29	UJ	23.86	Silver

Item 123 15:30 Heat 1 of 4 Women U18 200m +0.7

1	MAKASI, LOLWETHU, J41864, 2007/07/07	IHT	25.61	Gold
2	FOUCHE, KEIRA, J40139, 2007/05/01	BOKSAC	25.70	Silver
3	CHABANE, BOKANG, J5555, 2007/01/30	GCHAC	27.20	Bronze
4	MAKHUDU, LEHAKWE, J42237, 2008/07/19	MASAI	28.09	
5	OBUEKWE, AMARACHI, J40802, 2007/07/19	MAR	29.51	
6	DLADLA, HOPE, J40383, 2008/06/09	TMBISA	30.30	

Item 123 15:30 Heat 2 of 4 Women U18 200m +1.9

1	VAN OUDTSHOORN, KAYLIE, J42166, 2007/03/30	UTS	24.78	Gold
2	ESTERHUYSE, VENé, J41433, 2007/10/02	HSRB	25.52	Silver
3	ODINWAMKPA, ADAORA, J 41297, 2008/04/12	UJ	26.13	Bronze
4	NTHOLENG, BUSISIWE, , 2005/04/28	WCAC	35.08	

Item 123 15:30 Heat 3 of 4 Women U18 200m +1.1

1	MHUTSIWA, SAME AMANTLE, B114, 2007/03/05	BOT	25.58	
2	SELOTA, VELEMINA, , 2008/03/12	UJ	27.59	Gold
3	MOKOENA, BOITUMELO, P80060, 2007/06/29	ISMO	28.40	Silver
4	MATHE, BUSISIWE, J41356, 2007/05/08	WCAC	29.43	Bronze

Item 123 15:30 Heat 4 of 4 Women U18 200m +1.1

1	VERMAAK, HANNAH HOPE, J40929, 2007/10/05	NORIES	24.93	Gold
2	DU PLOOY, LUANNE, J41105, 2008/09/04	MVAC	25.21	Silver
3	BOTHA, JESSICA, J41498, 2008/04/03	BRKPAN	25.62	Bronze
4	MNYAKA, NONHLANHLA, J42355, 2008/01/27	WWAC	27.37	

Item 124 15:40 Heat 1 of 8 Men U18 200m +0.6

1	MANAVHELA, MUKONA, J 41462, 2008/09/19	GCHAC	21.90	Gold
2	KUBHEKA, SIPHIWE, J50078, 2008/05/12	BRKPAN	22.57	Silver

Item 124 15:40 Heat 2 of 8 Men U18 200m +0.6

1	SCHEEPERS, DYLAN, J41747, 2007/04/10	IRUN	22.16	Gold
2	CHAMBERS, JOHANN, J41509, 2007/05/14	BRKPAN	23.38	Silver
3	MAHERRY, TSHIAMO, J40742, 2007/08/09	FFA	23.61	Bronze
4	AUPITI, THATA, B101, 2008/02/19	BOT	24.04	
5	MBINGELELI, NCUBEKO SIYAMAMKELA, J40615, 2008/06/10	KAMOSO	25.99	

Item 124 15:40 Heat 3 of 8 Men U18 200m +0.8

1	RYAN, CAYLON, J41281, 2007/06/03	UJ	22.86	Gold
2	THEKISO, TSHEPANG, J41274, 2007/12/26	UJ	23.15	Silver
3	KGOTLAENG, BOKAMOSO, P1546, 2007/08/09	LESEDI	24.46	Bronze

Item 124 15:40 Heat 4 of 8 Men U18 200m +0.6



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1	COOPER, DYLAN DAVID, J50917, 2008/06/18	AAC 22.63	Gold
2	BHEBHE, EMMANUEL, J41269, 2007/10/05	UJ 22.90	Silver
3	NGOY, DAVID, J41609, 2008/06/06	BOXER 24.19	Bronze
4	HADZHI, KHAARENDWE, J6632, 2008/02/04	BOXER 24.93	

Item 124 15:40 Heat 5 of 8 Men U18 200m +0.6

1	CHIZINGA, ANDREAS, J 42447, 2007/01/31	ANKER 21.90	Gold
2	MAJETJA, THEMBINKOSI, J42266, 2008/01/22	PACERS 22.57	Silver

Item 124 15:40 Heat 6 of 8 Men U18 200m +1.1

1	MARUMOLA, MOLEBOGENG, J52282, 2007/09/11	BRKPAN 23.22	Gold
2	KAMANGA, MUSHINGE, J42424, 2007/05/26	ISMO 23.24	Silver
3	PLAATJIES, TYLER, J41825, 2008/02/24	PEAKP 24.48	Bronze

Item 124 15:40 Heat 7 of 8 Men U18 200m +0.0

1	MWAMBA, MANDLA, J52288, 2007/08/17	BRKPAN 21.94	Gold
2	SITHOLE, GUCCI-NITO, J42428, 2008/08/17	ISMO 23.57	Silver
3	SHIPALANA, VULOMBE, J41905, 2008/08/13	MASAI 23.62	Bronze
4	NZELE, SINEKAMVA, J42351, 2008/05/23	WWAC 24.15	

Item 124 15:40 Heat 8 of 8 Men U18 200m +1.1

1	MAVUNGU, DIVINE, J40155, 2007/07/07	BOKSAC 22.62	Gold
2	UCHEHARA, LAWRENCE, J42198, 2008/05/06	MASAI 23.72	Silver

Item 125 15:50 Final 1 of 2 Women U20 200m

1	MOLEPO, PRECIOUS, , 2005/02/15	UJ 24.36	Gold
2	FAGBEMI, AMEENAT, J41464, 2006/04/18	GCHAC 25.58	Silver
3	BOUWER, ANWIN, J50084, 2006/07/15	BRKPAN 26.88	Bronze

Item 125 15:50 Final 2 of 2 Women U20 200m

1	VERMEULEN, CHANE VERMEULEN, J 41444, 2006/05/19	HSRB 23.36	Gold
2	BOTJE, KAILI, J41401, 2006/08/30	HSRB 23.43	Silver
3	EZE, DIANA CHINYERE, J40909, 2006/09/10	32GI 24.93	Bronze
4	BOOYSEN, JENNA, J40753, 2006/04/24	FFA 25.54	
5	ROY, ERIN, J41466, 2006/03/14	GCHAC 28.88	

Item 126 16:00 Heat 1 of 8 Men U20 200m +1.4

1	OKON, UDEME, J41285, 2005/09/03	UJ 20.78	Gold
2	SELEKA, LEFATSHE, B118, 2006/01/06	BOT 22.05	
3	MANDA, AUSTIN, J40706, 2005/02/24	EKHAYA 23.34	Silver
4	KIVIDO, JOEL, J41510, 2006/11/11	BRKPAN 24.05	Bronze
5	MABOTJA, FRANS, J53020, 2006/11/05	LESEDI 25.35	

Item 126 16:00 Heat 2 of 8 Men U20 200m +1.2

1	KOMANE, LERUO, J42426, 2005/09/26	ISMO 22.04	Gold
2	KEKGATHETSE, TEFO BUNNY, B108, 2005/05/22	BOT 22.48	
3	LENA, KEVIN, J40705, 2006/09/16	EKHAYA 23.35	Silver

Item 126 16:00 Heat 3 of 8 Men U20 200m +0.8

1	LUCAS, SHELDON, J41293, 2005/07/25	UJ 21.40	Gold
2	NHLAPO, NKOSINATHI, J42430, 2006/05/08	OLDEDSD 21.75	Silver
3	MPHETOLANG, PHINEAS, B116, 2005/04/13	BOT 22.28	

Item 126 16:00 Heat 4 of 8 Men U20 200m +0.8



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1	MODIBE, NEO, J41264, 2005/09/07	UJ 20.87	Gold
2	KHANYE, BOKANG, J42117, 2005/12/09	HELPAK 22.04	Silver
3	BAKGANE, ADAM, T00, 2005/01/05	BOT 23.41	

Item 126 16:00 Heat 5 of 8 Men U20 200m +1.3

1	KAZADI, DAVID, J40750, 2006/03/22	FFA 21.98	Gold
2	HOWARD, TYLER, J42427, 2006/01/22	ISMO 22.50	Silver
3	MOKOKA, LETHABO JAMES, J40770, 2006/10/21	FFA 22.55	Bronze
4	MASEKO, NHLAKANIPHO, J50333, 2006/02/26	UJ 22.95	
5	MAZIBE, TSHIAMO, J50091, 2005/09/14	BRKPAN 24.26	

Item 126 16:00 Heat 6 of 8 Men U20 200m +1.3

1	MASETE, CHEGOFATSO, J40352, 2006/10/04	TMBISA 21.96	Gold
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Item 126 16:00 Heat 7 of 8 Men U20 200m +0.8

1	SMIT, RHYAN, J41455, 2006/03/10	GCHAC 21.79	Gold
2	KIVIDO, JONATHAN, J41513, 2005/12/09	BRKPAN 22.38	Silver
3	JANSEN VAN VUUREN, AEDAN, J40147, 2005/07/05	BOKSAC 22.46	Bronze
4	KOPANANG, LORAKO, B111, 2006/03/02	BOT 22.92	
5	MOILOA, REFENTSE, J52280, 2006/09/10	BRKPAN 23.53	

Item 126 16:00 Heat 8 of 8 Men U20 200m +1.1

1	DYASI, LEHLOHONOLO, J41495, 2005/09/29	BRKPAN 21.83	Gold
2	KOKONG, TSHEGO, J40763, 2006/10/07	FFA 22.72	Silver
3	RATHEBE, OMPHILE, J42432, 2006/02/01	ISMO 22.79	Bronze
4	MOTAUNG, KUTLWANO, J41231, 2005/06/02	NEDRR 22.98	
5	RAMATSETSE, KOMETSO, J40682, 2006/09/30	LESEDI 23.57	
6	MOSIA, PABALLO, J41305, 2005/01/05	UJ 23.92	

Item 127 16:00 Final Women U20 TripleJump

1	HELBERG, LU-RIKA, J41834, 2005/05/10	PEAKP 11.55	Gold	+1.5
2	MONYEKGOPE, ANGELA, J40356, 2006/11/07	TMBISA 10.34	Silver	+1.5

Item 127 16:00 Final Men U18 TripleJump +1.0

1	BASILA, GIBBOR, J40382, 2007/12/14	TMBISA 13.45	Gold	+1.0
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Item 127 16:00 Final Women U23 TripleJump

1	MUYA, KALANGA OLIVIA, P11456, 2002/07/18	UJ 12.03	Gold	+1.9
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Item 128 16:00 Final Women U20 Discus 1kg

1	LA GRANGE, MIGNON, J41400, 2006/01/16	HSRB 47.25	Gold
2	VAN NIEKERK, AMARI, J41699, 2005/05/25	MONNAS 44.52	Silver
3	ALBERTS, NICOLE, J41997, 2006/02/09	HELPAK 34.77	Bronze
4	BASSON, MIEKE, J40635, 2006/03/03	BHAC 30.54	

Item 128 16:00 Final Women U23 Discus

1	JENKINS, CRISELDA, P 2464, 2003/11/17	UJ 38.55	Gold
2	MOKOTJO, NTHABISENG, P26584, 2004/08/04	WWAC 18.40	Silver

Item 130 16:20 Heat 1 of 4 Men U23 200m +1.1

1	MOSS, MVUYO, P 3403, 2002/03/12	UJ 21.23	Gold
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2	TSHIYOMBO, JAMES, P11875, 2004/12/25	TMBISA 21.41	Silver
3	STOTO, MBULELO, P25973, 2003/04/28	FFA 22.49	Bronze
4	MASANGO, MAWANDE, P17697, 2002/06/10	UJ 23.87	
5	THENTU, KABELO, P25929, 2003/11/19	NEDRR 23.90	

Item 130 16:20 Heat 2 of 4 Men U23 200m +1.0

1	VAN ROOIJEN, MATTHEW, P4694, 2004/01/08	FFA 22.23	Gold
2	NGOBENI, CHALIE, P3482, 2004/01/21	MASAI 22.80	Silver
2	CHUENE, LERATO, P7060 , 2003/09/16	TMBISA 22.80	Bronze
4	TLHAPI, OLEBOGENG, P10260, 2002/07/08	UJ 24.08	

Item 130 16:20 Heat 3 of 4 Men U23 200m +1.4

1	UZOHO, SIYABONGA, P19237, 2003/05/07	UJ 21.80	Gold
2	PHIRI, HUDSON, P11027, 2003/01/15	BRKPAN 22.28	Silver
3	MBENDANA, SIFISO, P26582, 2004/10/13	WWAC 23.08	Bronze
4	MATOLWENI, BULUMKO, P11272, 2002/05/14	UJ 23.39	
5	MNDEBELE, NJABULO THATO, P19650, 2003/08/26	UJ 23.64	
6	MAHLANGU, JUNIOR, P 26228, 2002/08/08	EAST 25.68	

Item 130 16:20 Heat 4 of 4 Men U23 200m +1.4

1	TSOTETSI, KAMOHELO, P2189, 2004/09/29	UJ 21.77	Gold
2	MABUZA, ASANDA, P19239, 2004/09/12	UJ 22.03	Silver
3	SAKWE, OLOTHANDO, P12371, 2002/09/03	UJ 22.31	Bronze

Item 131 16:30 Final Girls U16 800m Pentathlon

1	STRYDOM, RENETTE, J42090, 2009/01/19	HELPAC 2:51.16	Gold
2	VERMAAS, MARNI, , 2009/06/06	NORIES 3:08.74	Silver

Item 131 16:30 Final Boys U16 800m Pentathlon

Item 131 16:30 Final Women U18 800m Heptathlon

1	MOTHOGWANE, NALEDI, , 2007/03/24	UJ 2:50.37	Gold
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Item 132 16:30 Final Girls U16 1500m SteepleChase

1	DORAN, JADE, J40088, 2009/01/23	BNAC 05:29.96	Gold
2	NELSON, HEYLINN, J40576, 2010/09/12	TRNITY 05:35.93	Silver
3	KUBJANE, REABETSWE, , 2009/03/25	UJ 05:50.30	Bronze
4	MKANSI, HALALELO, J40561, 2009/12/18	BOXER 05:59.61	
5	MAHLAELA, BOHLALE, , 2009/07/04	UJ 06:03.37	
6	BUTHELEZI, PRECIOUS, J42271, 2010/05/04	PALM 07:14.65	

Item 133 16:35 Final Boys U16 1500m SteepleChase

1	KONYANA, TUMELO, , 2009/10/12	UJ 04:43.41	Gold
2	NOAH, JUNIOR, J42360, 2009/04/13	WWAC 04:50.77	Silver
3	MOREMI, CYRIL, , 2009/01/21	UJ 04:53.35	Bronze
4	MASINGA, RIAN, J40578, 2009/01/27	TRNITY 05:07.82	
5	MOJAPELO, THABANG, J41348, 2009/07/25	UJ 05:11.76	
6	KRUGER, JAN, J41260, 2010/11/01	NEDSWT 05:13.59	
7	MAMABOLO, KOKETSO, , 2010/03/05	WCAC 05:16.77	
8	MOSHWENE, TSHEPISO, J42463, 2009/09/17	LODIRI 05:26.07	
9	TSOTETSI, LEHLOHONOLO, J40579, 2010/02/27	TRNITY 06:13.86	
10	KONYANA, LETLHOHONOLO, J42465, 2010/01/28	LODIRI 06:31.95	

Item 134 16:40 Final Women U18 2000m SteepleChase 76.2cm



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1	BOSMAN, CASSIDY, J40486, 2007/12/24	KEMPIS 07:17.18	Gold
2	MBOKANE, POLITE, , 2008/04/23	UJ 07:32.23	Silver
3	WESTERMEYER, JENNA, J41632, 2008/11/05	BOXER 07:54.97	Bronze
4	MASHILO, LERATO, , 2008/07/22	UJ 08:12.78	
5	SOTOMELA, SIMAMNKELE, J42462, 2008/01/02	LODIRI 09:28.54	
6	MARIRI, SHANTELE, , 2008/07/26	UJ 10:08.08	

Item 135 16:50 Final Women U20 3000m SteepleChase

1	MOROMODI, LERATO, P14755, 2005/11/15	BOXER 11:29.52	Gold
2	MASHISHI, KHUNEDI, J41304, 2005/01/03	UJ 11:36.50	Silver
3	NKANYANE, LEOGANG, , 2006/06/26	UJ 12:01.88	Bronze
4	SNYMAN, SUNé, J40308, 2005/09/22	HOEKIS 12:02.49	
5	SHOKANE, KGOPOTSO, J41273, 2005/08/29	UJ 12:14.43	
6	DE WIT, MIANDA, J40480, 2006/12/20	KEMPIS 13:29.12	
7	DIEDERICKS-BOUDOURIS, CHLOE, J41435, 2006/01/24	HSRB 13:50.96	

Item 135 16:50 Final Women U23 3000m SteepleChase

1	DIKO, LONA, P26581, 2002/09/06	WWAC 13:23.66	Gold
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Item 136 17:00 Final Men U18 2000m SteepleChase

91.4cm

1	MOTHAIE, NEO, , 2007/05/07	UJ 06:20.61	Gold
2	VISSER, LIAM, J41440, 2008/02/15	HSRB 06:22.34	Silver
3	MASEMOLA, KEABETSWE, , 2008/10/16	UJ 06:32.08	Bronze
4	TABUDI, MOSELANE, , 2007/09/27	UBUHLE 06:39.77	
5	MKHWANAZI, MPANGAZITHA, J41627, 2008/05/06	BOXER 06:41.04	
6	LE ROUX, BRENNAN, J41428, 2007/12/02	HSRB 06:42.89	
7	ZIETSMAN, HENRICO, J40491, 2008/08/11	KEMPIS 06:44.13	
8	MOTLHANKANE, OMPHEMETSE, J42336, 2007/04/13	MAC 06:44.83	
9	NDLOVO, ZAMANI, J42249, 2008/06/06	MASAI 06:54.24	
10	NDLOVU, ZAKHELE, J52741, 2008/01/10	LESEDI 06:55.52	
11	VAN WYK, FRANCOIS, J40482, 2008/08/15	KEMPIS 06:58.50	
12	MOKHUMA, XOLANI, , 2007/04/03	UJ 06:59.16	

Item 137 17:10 Final Men U20 3000m SteepleChase

1	MASHIGO, MODIMO ORATILE, , 2006/10/12	UJ 09:30.43	Gold
2	VAN DER BERG, JAUN-PIERRE KOEKEMOER, J41733, 2006/11/04	IRUN 09:46.02	Silver
3	MARAIS, KEVIN, J41411, 2006/03/27	HSRB 09:53.13	Bronze
4	PHEZA, AVUMA, J41154, 2006/05/02	EAST 10:07.97	
5	MEYER, AJ, J40487, 2005/04/04	KEMPIS 10:32.96	
6	NGUBANE, ESAK, J52739, 2006/01/16	LESEDI 10:33.24	
7	NYIKIMA, MLINDELI, J41345, 2005/03/06	WCAC 11:10.76	
8	NELSON, TYLER, J40577, 2006/03/10	TRNITY 11:16.45	
9	RAMAILA, NEO, J41156, 2005/07/24	EAST 11:22.04	

Item 138 17:20 Final Men U23 3000m SteepleChase

1	MAJA, THAROLLO, P26469, 2004/07/31	PALM 09:25.35	Gold
2	MADUME, LETSEPA PRINCE, P12296 , 2003/07/24	UJ 09:27.16	Silver
3	BOKABA, ENOCH OFENTSE, P8773, 2003/06/26	UJ 09:32.03	Bronze

Item 139 17:00 Final Men U20 TripleJump

1	MAHLANGU, TUMAINI, P11441, 2005/12/10	UJ 14.24	Gold	+0.8
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Item 139 17:00 Final Men U23 TripleJump



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1	KGALA, THATO TERRANCE, P19226, 2002/01/14	UJ 14.62	Gold	+1.2
2	LUPHUZI, SISANDA, P11756, 2004/02/05	UJ 14.57	Silver	+0.9

Item 139 17:30 Final Girls U16 200m -0.7

1	NDUBUEZE, OLUCHI ABELWE, J41866, 2009/01/15	IHT 25.30	Gold
2	OKOYE, PARIS, J41286, 2009/03/20	UJ 26.05	Silver
3	MDAKA, IMITHA, J41266, 2009/10/15	UJ 26.58	Bronze
4	NJEBO, SIPHESIHLE, J5322, 2010/08/03	TMBISA 27.14	
5	MASUKU, BOITUMELO, J42253, 2009/12/30	MASAI 27.54	
6	PHOMODI, LESEDI, , 2010/03/11	UJ 28.80	
7	RAMAELE, KATLEHI, J42410, 2009/08/18	MAMEPE 29.18	
8	NAICKER, AMARA, J41416, 2010/05/19	HSRB 29.58	

Item 140 17:35 Final Boys U16 200m -0.4

1	SIMPSON, JADEN, J41421, 2009/02/05	HSRB 22.72	Gold
2	EHIRIM, CHIBUNNA, J41860, 2010/07/06	IHT 22.81	Silver
3	PILA, MALESELA, J4445, 2009/01/27	GCHAC 22.94	Bronze
4	KRUGER, RUBEN, J42047, 2010/05/15	HELPAC 23.09	
5	NYATHI, SIYABONGA, J 41276, 2009/01/29	UJ 23.53	
6	OSUIGWE, UGOCHUKWU, J41867, 2009/09/29	IHT 23.65	
7	LEKAKO, KATLEGO, J41827, 2009/03/07	PEAKP 24.36	

Item 141 17:40 Final Women U18 200m -0.4

1	VERMAAK, HANNAH HOPE, J40929, 2007/10/05	NORIES 24.52	Gold
2	VAN OUDTSHOORN, KAYLIE, J42166, 2007/03/30	UTS 24.55	Silver
3	DU PLOOY, LUANNE, J41105, 2008/09/04	MVAC 25.38	Bronze
4	MAKASI, LOLWETHU, J41864, 2007/07/07	IHT 25.40	
5	MHUTSIWA, SAME AMANTLE, B114, 2007/03/05	BOT 25.43	
6	ESTERHUYSE, VENé, J41433, 2007/10/02	HSRB 25.57	
7	FOUCHE, KEIRA, J40139, 2007/05/01	BOKSAC 25.73	

Item 142 17:45 Final Men U18 200m -0.4

1	MANAVHELA, MUKONA, J 41462, 2008/09/19	GCHAC 21.12	Gold
2	CHIZINGA, ANDREAS, J 42447, 2007/01/31	ANKER 22.16	Silver
3	MWAMBA, MANDLA, J52288, 2007/08/17	BRKPAN 22.17	Bronze
4	SCHEEPERS, DYLAN, J41747, 2007/04/10	IRUN 22.22	
5	MAVUNGU, DIVINE, J40155, 2007/07/07	BOKSAC 22.57	
6	KUBHEKA, SIPHIWE, J50078, 2008/05/12	BRKPAN 22.65	
7	MAJETJA, THEMBINKOSI, J42266, 2008/01/22	PACERS 22.80	

Item 143 17:50 FinalResults Women U20 200m

1	VERMEULEN, CHANE VERMEULEN, J 41444, 2006/05/19	HSRB 23.36	Gold
2	BOTJE, KAILI, J41401, 2006/08/30	HSRB 23.43	Silver
3	MOLEPO, PRECIOUS, , 2005/02/15	UJ 24.36	Bronze
4	EZE, DIANA CHINYERE, J40909, 2006/09/10	32GI 24.93	
5	BOOYSEN, JENNA, J40753, 2006/04/24	FFA 25.54	
6	FAGBEMI, AMEENAT, J41464, 2006/04/18	GCHAC 25.58	
7	BOUWER, ANWIN, J50084, 2006/07/15	BRKPAN 26.88	
8	ROY, ERIN, J41466, 2006/03/14	GCHAC 28.88	

Item 144 17:55 Final Men U20 200m -0.5



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1	MODIBE, NEO, J41264, 2005/09/07	UJ 20.66	Gold
2	OKON, UDEME, J41285, 2005/09/03	UJ 20.76	Silver
3	LUCAS, SHELDON, J41293, 2005/07/25	UJ 21.42	Bronze
4	NHLAPO, NKOSINATHI, J42430, 2006/05/08	OLDEDS 21.80	
5	SMIT, RHYAN, J41455, 2006/03/10	GCHAC 21.82	
6	DYASI, LEHLOHONOLO, J41495, 2005/09/29	BRKPAN 21.85	
7	KAZADI, DAVID, J40750, 2006/03/22	FFA 21.86	

Item 145 18:00 Final Women U23 200m**-0.2**

1	WESSOLLY, JASSICA-BIANCA, G101, / /	GER 23.48	
2	LA GRANGE, KAYLA, J 41288, 2004/07/27	UJ 23.81	Gold
3	LE ROUX, KAYLEE, P12085, 2004/07/12	UJ 24.62	Silver
4	STOLZ, JENNA, P19645, 2002/01/02	UJ 25.73	Bronze
5	NKWINIKA, NEO FAIRHOPE, P4266, 2002/11/18	UJ 25.92	
6	RISTOW, CALSEY, P19936, 2004/08/12	UJ 28.60	
7	MBELO, DIVINE, P20365, 2002/06/09	UJ 29.45	
8	DANSIKPE, LAURETTE, P24751, 2004/07/26	MIWAY 30.15	

Item 146 18:05 Final Men U23 200m**+0.3**

1	MOSS, MVUYO, P 3403, 2002/03/12	UJ 20.98	Gold
2	VAN ROOIJEN, MATTHEW, P4694, 2004/01/08	FFA 21.21	Silver
3	TSHIYOMBO, JAMES, P11875, 2004/12/25	TMBISA 21.38	Bronze
4	UZOHO, SIYABONGA, P19237, 2003/05/07	UJ 21.58	
5	TSOTETSI, KAMOHELO, P2189, 2004/09/29	UJ 21.60	
6	MABUZA, ASANDA, P19239, 2004/09/12	UJ 22.30	
7	PHIRI, HUDSON, P11027, 2003/01/15	BRKPAN 22.42	
8	SAKWE, OLOTHANDO, P12371, 2002/09/03	UJ 22.58	

Item 147 18:10 Final Women Senior 200m**Item 148 18:15 Final Men Senior 200m****+0.1**

1	GABONAMONG, TUMISO, B105, 2004/01/05	BOT 21.70	
2	SHABANE, KABELO, B119, 1992/12/25	BOT 21.82	
3	MOHOBELA, KABELO, P2122, 2000/12/02	UJ 22.56	Gold