



Results of all Finals and Heats

Ordered by Item types

Performance Scores: WorldAth 2022 table, Electronic Time, Height above sea=53

Place	Athlete,Number	Team	Perf	Score	Points	Medal	Wind	Records
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Item 20 19:20 Final Women 25 400m

1	NAUDE, AMY, 299,	VARSC	0:53.83	1057	8	G		
2	LOFSTRAND, GENA, 99, / /	FASTF	0:54.67	1026	7	S		
3	DUBE, FINA, 9,	AA	0:54.83	1020	6	B		
4	OOSTHUIZEN, MICHAELA, 270,	TUKS	0:55.00	1013	5			
5	MAGERMAN, GEZELLE, 267, / /	TUT	0:56.38	963	4			
6	DIMOND, MARLI, 184,	NEDBNK	0:56.97	942	3			
7	CURRY, EMMA, 87, / /	CAN	1:00.18	831	2			

Item 18 19:00 FinalResults Men 25 400m

1	SWARTS, RENALDINHO, 67,	BLANDB	0:48.55	946	8	G		
2	MOHLOSI, SIMON, 50,	ARB	0:48.75	934	7	S		
3	BUSH, JOWAINE, 20,	AA	0:49.26	903	6	B		
4	ENSLIN, JOHAN, 92,	DVILLE	0:49.89	865	5			
5	PASHA, CHADLEY, 296,	UWC	0:50.66	820	4			
6	ERASMUS, CHANDLER, 56,	BAC	0:50.69	818	3			
7	MAURICE, RIO, 35,	AA	0:50.94	804	2			
8	DU PLESSIS, BEN, 273,	TUKS	0:51.84	753	1			
9	APPELS, CHRISTIAN, 286,	UWC	0:52.17	735	0			
10	BENJAMIN, RAYDON, 300,	VELOC	0:52.21	733	0			
11	MUKUNGA, HERBERT, 59,	BAC	0:52.78	702	0			
12	WALTERS, TIAAN, 260,	SBOSCH	0:52.99	691	0			
13	HOLTZMAN, LUKE, 135,	LGBAAN	0:53.16	682	0			
14	DORFLING, DANIEL, 257,	SBOSCH	0:53.47	665	0			
15	SELEPE, TSHEPO, 159,	MATIES	0:53.51	663	0			
16	TWEDDLE, ROBERT, 118,	INDI	0:55.88	546	0			
17	AHMED, ZIYAAD, 131, / /	LGBAAN	0:57.52	471	0			
18	MATTHYS, KERWIN, 58,	BAC	0:58.05	448	0			
19	HENDRICKS, KAYDEN, 134, / /	LGBAAN	1:06.57	158	0			

Item 11 18:05 Final 1 of 3 Men 25 400m

1	BUSH, JOWAINE, 20,	AA	0:49.26	903				
2	MAURICE, RIO, 35,	AA	0:50.94	804				
3	HOLTZMAN, LUKE, 135,	LGBAAN	0:53.16	682				
4	TWEDDLE, ROBERT, 118,	INDI	0:55.88	546				
5	AHMED, ZIYAAD, 131, / /	LGBAAN	0:57.52	471				
6	HENDRICKS, KAYDEN, 134, / /	LGBAAN	1:06.57	158				

Item 12 18:08 Final 2 of 3 Men 25 400m

1	SWARTS, RENALDINHO, 67,	BLANDB	0:48.55	946				
2	PASHA, CHADLEY, 296,	UWC	0:50.66	820				
3	ERASMUS, CHANDLER, 56,	BAC	0:50.69	818				
4	DU PLESSIS, BEN, 273,	TUKS	0:51.84	753				
5	APPELS, CHRISTIAN, 286,	UWC	0:52.17	735				
6	WALTERS, TIAAN, 260,	SBOSCH	0:52.99	691				
7	SELEPE, TSHEPO, 159,	MATIES	0:53.51	663				

Item 18 19:00 Final 3 of 3 Men 25 400m

1	MOHLOSI, SIMON, 50,	ARB	0:48.75	934				
2	ENSLIN, JOHAN, 92,	DVILLE	0:49.89	865				
3	BENJAMIN, RAYDON, 300,	VELOC	0:52.21	733				
4	MUKUNGA, HERBERT, 59,	BAC	0:52.78	702				



5	DORFLING, DANIEL, 257,	SBOSCH 0:53.47	665
6	MATTHYS, KERWIN, 58,	BAC 0:58.05	448

Item 4 17:20 FinalResults Women 25 800m

1	NOWE, ORATILE, 69, / /	BOTS 2:01.12	1143	8	G	CAPEM24
2	OOSTHUIZEN, MICHAELA, 270,	TUKS 2:05.87	1060	7	S	
3	HOBOSLOSHE, AVIWE, 203,	PHANT 2:10.83	977	6	B	
4	KRUSE, EMMA, 122,	JHBCC 2:13.09	940	5		
5	VENTER, ALICE, 55,	BAC 2:15.19	907	4		
6	LOUW, DANIEL, 198,	PAARL 2:18.15	861	3		
7	VENTER, MELINDA, 121,	JBAY 2:20.75	821	2		
8	BOER, SHARLAN, 127,	LANGA 2:26.43	738	1		
9	FOURIE, KATERIEN, 151,	MATIES 2:26.87	732	0		
10	CAWOOD, CAITLYN, 6, / /	AA 2:28.24	712	0		
11	VILJOEN, CHANTE, 75,	BOXER 2:31.67	665	0		
12	DE BEER, CAPRIVI, 8, / /	AA 2:32.33	656	0		
13	JANSEN, MUEZAAN, 103,	FIT2R 2:34.58	626	0		
14	SWANEPOEL, MIA, 145,	LORENZ 2:34.98	621	0		
15	BOER, MEHANDRE, 102,	FIT2R 2:36.34	603	0		
16	SWARTS, SHANON, 104,	FIT2R 2:42.72	524	0		
17	FRITZ, MICKAYLA, 10, / /	AA 2:45.04	497	0		
18	RHODE, ELAINE, 130,	LGBAAN 2:53.37	404	0		
19	LEWIS, RONEVE, 129,	LGBAAN 2:55.62	381	0		
20	ABRAHAMS, YOLANDRE, 101,	FIT2R 2:58.92	348	0		
21	MAART, MIA, 14, / /	AA 3:00.51	332	0		
22	KEMP, SHARDAH, 168,	MPT 3:22.69	154	0		

Item 3 17:15 Final 1 of 2 Women 25 800m

1	VENTER, MELINDA, 121,	JBAY 2:20.75	821
2	DE BEER, CAPRIVI, 8, / /	AA 2:32.33	656
3	JANSEN, MUEZAAN, 103,	FIT2R 2:34.58	626
4	SWANEPOEL, MIA, 145,	LORENZ 2:34.98	621
5	BOER, MEHANDRE, 102,	FIT2R 2:36.34	603
6	SWARTS, SHANON, 104,	FIT2R 2:42.72	524
7	RHODE, ELAINE, 130,	LGBAAN 2:53.37	404
8	LEWIS, RONEVE, 129,	LGBAAN 2:55.62	381
9	ABRAHAMS, YOLANDRE, 101,	FIT2R 2:58.92	348
10	KEMP, SHARDAH, 168,	MPT 3:22.69	154

Item 4 17:20 Final 2 of 2 Women 25 800m

1	NOWE, ORATILE, 69, / /	BOTS 2:01.12	1143			CAPEM24
2	OOSTHUIZEN, MICHAELA, 270,	TUKS 2:05.87	1060			
3	HOBOSLOSHE, AVIWE, 203,	PHANT 2:10.83	977			
4	KRUSE, EMMA, 122,	JHBCC 2:13.09	940			
5	VENTER, ALICE, 55,	BAC 2:15.19	907			
6	LOUW, DANIEL, 198,	PAARL 2:18.15	861			
7	BOER, SHARLAN, 127,	LANGA 2:26.43	738			
8	FOURIE, KATERIEN, 151,	MATIES 2:26.87	732			
9	CAWOOD, CAITLYN, 6, / /	AA 2:28.24	712			
10	VILJOEN, CHANTE, 75,	BOXER 2:31.67	665			
11	FRITZ, MICKAYLA, 10, / /	AA 2:45.04	497			
12	MAART, MIA, 14, / /	AA 3:00.51	332			

Item 24 19:40 FinalResults Men 25 800m

1	HAINGURA, KETHOBOGILE, 70, / /	BOTS 1:47.68	1094	8	G	CAPEM24
2	CHAPPLE, SAMUEL, 191,	NETHER 1:47.95	1086	7	S	CAPEM24
3	DE VILLIERS, RENIER, 217,	PTC 1:48.30	1075	6	B	



**Meeting :CAPE MILERS CLUB/ENDUROCAD WA CHALLENGER SERIES
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4	NKAPE, TUMO, 72, / /	BOTS	1:48.43	1071	5
5	VAN ROOYEN, DILLAN, 197,	NWU	1:48.74	1063	4
6	GOUWS, WERNER, 2,	AFFIES	1:49.84	1031	3
7	SEELIGER, JAMES, 277,	TUKS	1:50.39	1015	2
8	NCAMANE, ABRAM JABOLANE, 207,	PHANT	1:50.74	1005	1
9	MOTLHAMME, BOIKANYO, 282,	UJ	1:51.64	980	0
10	FARO, DUVAN JADE, 289,	UWC	1:51.94	972	0
11	JOHNSON, KIAN, 195,	NWU	1:52.46	957	0
12	PRINS, BEYON, 39,	AA	1:53.45	930	0
13	NOGCANTSI, KWAZI, 269,	TUT	1:53.54	928	0
14	DU PLESSIS, CHRIS, 272,	TUKS	1:53.80	921	0
15	MGOBHOZI, KWAZI, 205,	PHANT	1:54.16	911	0
16	NDONGENI, LIKHO, 80,	BOXER	1:54.35	906	0
17	POSILE, MIHLALI, 51,	BACKTR	1:55.49	876	0
18	VREY, NICOLAS, 190,	NEDBNK	1:56.22	857	0
19	KAHAAR, YAASEEN, 162,	MAURI	1:56.60	847	0
20	BOSCH, DAMIAN, 19,	AA	1:56.95	838	0
21	MESSINA, JOSH, 258,	SBOSCH	1:57.05	835	0
22	JAFTA, CHARLTON, 291,	UWC	1:57.18	832	0
23	RUKERA, BENIR, 141,	LGBAAN	1:57.43	825	0
24	POTGIETER, CHRISTIAAN, 38,	AA	1:57.61	821	0
25	OSCROFT, NICHOLAS, 313, / /	SACS	1:57.87	814	0
26	WESSELS, BRENDEN, 161,	MATIES	1:58.03	810	0
27	CHEPAPE, TUMELO, 262,	TOTVOB	1:58.22	805	0
28	NOVEMBER, JUEYREN, 105,	FIT2R	1:59.00	786	0
29	DE BRUIN, BREYTON, 23, / /	AA	1:59.48	774	0
30	BRINK, LAMBERT, 256,	SBOSCH	1:59.77	767	0
31	SYFERS, LEETIN, 106,	FIT2R	1:59.99	761	0
32	BEUKES, VALENTINO, 18,	AA	2:00.52	748	0
33	WENN, AIDEN, 45,	AA	2:03.82	670	0
34	JACOBS, JAHEIM, 30, / /	AA	2:04.83	647	0
35	SEKONYELA, HLOMPHANG, 142,	LGBAAN	2:04.94	645	0
36	ROMAN, JORDAN, 164,	MILNER	2:05.43	634	0
37	TAFANA, KHANYA, 120,	JAGF	2:07.29	593	0
38	KGATLE, OMPHILE, 225,	RABBCS	2:07.36	591	0
39	MOOLLA, MIKAEEL, 4,	ATC	2:07.44	589	0
40	GIBSON, MICHAEL, 100,	FISHH	2:07.68	584	0
41	PIETERSEN, JOSH, 140,	LGBAAN	2:16.16	416	0
42	PHOLMAN, LEANDER, 139,	LGBAAN	2:26.36	251	0
43	LINTNAAR, JOHN DAVID, 136,	LGBAAN	2:26.75	246	0
44	MVANYASHE, KARABO, 137,	LGBAAN	2:43.56	67	0

Item 8 17:55 Final 1 of 5 Men 25 800m

1	RUKERA, BENIR, 141,	LGBAAN	1:57.43	825	
2	OSCROFT, NICHOLAS, 313, / /	SACS	1:57.87	814	
3	NOVEMBER, JUEYREN, 105,	FIT2R	1:59.00	786	
4	ROMAN, JORDAN, 164,	MILNER	2:05.43	634	
5	GIBSON, MICHAEL, 100,	FISHH	2:07.68	584	
6	LINTNAAR, JOHN DAVID, 136,	LGBAAN	2:26.75	246	
7	MVANYASHE, KARABO, 137,	LGBAAN	2:43.56	67	

Item 9 17:58 Final 2 of 5 Men 25 800m

1	CHEPAPE, TUMELO, 262,	TOTVOB	1:58.22	805	
2	DE BRUIN, BREYTON, 23, / /	AA	1:59.48	774	
3	WENN, AIDEN, 45,	AA	2:03.82	670	
4	SEKONYELA, HLOMPHANG, 142,	LGBAAN	2:04.94	645	
5	KGATLE, OMPHILE, 225,	RABBCS	2:07.36	591	



6	PIETERSEN, JOSH, 140,	LGBAAN 2:16.16	416
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Item 13 18:10 Final 3 of 5 Men 25 800m

1	NDONGENI, LIKHO, 80,	BOXER 1:54.35	906
2	POSILE, MIHLALI, 51,	BACKTR 1:55.49	876
3	BOSCH, DAMIAN, 19,	AA 1:56.95	838
4	JAFTA, CHARLTON, 291,	UWC 1:57.18	832
5	POTGIETER, CHRISTIAAN, 38,	AA 1:57.61	821
6	WESSELS, BRENDEN, 161,	MATIES 1:58.03	810
7	BRINK, LAMBERT, 256,	SBOSCH 1:59.77	767
8	BEUKES, VALENTINO, 18,	AA 2:00.52	748
9	TAFANA, KHANYA, 120,	JAGF 2:07.29	593
10	PHOLMAN, LEANDER, 139,	LGBAAN 2:26.36	251

Item 22 19:26 Final 4 of 5 Men 25 800m

1	FARO, DUVAN JADE, 289,	UWC 1:51.94	972
2	JOHNSON, KIAN, 195,	NWU 1:52.46	957
3	PRINS, BEYON, 39,	AA 1:53.45	930
4	DU PLESSIS, CHRIS, 272,	TUKS 1:53.80	921
5	VREY, NICOLAS, 190,	NEDBNK 1:56.22	857
6	KAHAAR, YAASEEN, 162,	MAURI 1:56.60	847
7	MESSINA, JOSH, 258,	SBOSCH 1:57.05	835
8	SYFERS, LEETIN, 106,	FIT2R 1:59.99	761
9	JACOBS, JAHEIM, 30, / /	AA 2:04.83	647
10	MOOLLA, MIKAEEL, 4,	ATC 2:07.44	589

Item 24 19:40 Final 5 of 5 Men 25 800m

1	HAINGURA, KETHOBOGILE, 70, / /	BOTS 1:47.68	1094	CAPEM24
2	CHAPPLE, SAMUEL, 191,	NETHER 1:47.95	1086	CAPEM24
3	DE VILLIERS, RENIER, 217,	PTC 1:48.30	1075	
4	NKAPE, TUMO, 72, / /	BOTS 1:48.43	1071	
5	VAN ROOYEN, DILLAN, 197,	NWU 1:48.74	1063	
6	GOUWS, WERNER, 2,	AFFIES 1:49.84	1031	
7	SEELIGER, JAMES, 277,	TUKS 1:50.39	1015	
8	NCAMANE, ABRAM JABOLANE, 207,	PHANT 1:50.74	1005	
9	MOTLHAMME, BOIKANYO, 282,	UJ 1:51.64	980	
10	NOGCANTSI, KWAZI, 269,	TUT 1:53.54	928	
11	MGOBHOZI, KWAZI, 205,	PHANT 1:54.16	911	

Item 23 19:30 FinalResults Women 25 1500m

1	WEITZ, SIMONAY, 268,	TUT 04:23.32	1026	8	G
2	VERSTER, DANIELLE, 193,	NWU 04:24.11	1020	7	S
3	DEKKER, LI-MARI, 73,	BOXER 04:25.09	1013	6	B
4	PRINSLOO, CARMIE, 271,	TUKS 04:25.66	1008	5	
5	JACOBS, IZANDRI, 165,	MONTAN 04:31.82	964	4	
6	HLATSHWAYO, SILINDILE, 163,	MAXED 04:31.95	963	3	
7	MENTZ, CHEMENE, 111, / /	HMK 04:32.80	957	2	
8	STEYNBERG, ANDREA, 215,	PTC 04:34.40	945	1	
9	CONRADIE, ERNA-MARI, 213,	PGHS 04:37.34	924	0	
10	NEL, RIANA, 153,	MATIES 04:42.61	888	0	
11	VERSTER, ALRI, 216,	PTC 04:43.93	879	0	
12	SHANGE, YANDISWA, 15,	AA 04:46.25	863	0	
13	STRYDOM, LIKA, 112,	HMK 04:46.46	861	0	
14	BESTER, KIARA, 228,	REDDAM 04:46.75	859	0	
15	BESTER, ABIGAIL, 227,	REDDAM 04:47.48	854	0	
16	KIBIDO, SIPHOSETHU, 11,	AA 04:51.83	825	0	
17	CAROLISSEN, CAY-LEIGH, 5,	AA 04:57.94	785	0	



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18	VAN DER MERWE, SCARLETT, 314, / /	BAC	05:02.46	756	0
19	MCEWAN, ANNABELLE, 107,	GWOOD	05:07.52	724	0
20	DE VILLIERS, BEA, 143, / /	LORENZ	05:09.07	715	0
21	BESTBIER, LIZE, 63,	BLOEMH	05:14.45	682	0
22	MABUZA, SIMPHIWE, 284,	UWC	05:18.14	660	0
23	DE JAGER, MILA, 64,	BLOEMH	05:18.96	655	0
24	MICKLETHWAITE, SKYE, 253,	RUST	05:28.96	597	0
25	FLACK, REBECCA, 128,	LGBAAN	05:30.10	590	0

Item 7 17:35 Final 1 of 2 Women 25 1500m

1	KIBIDO, SIPHOSETHU, 11,	AA	04:51.83	825	
2	CAROLISSEN, CAY-LEIGH, 5,	AA	04:57.94	785	
3	DE VILLIERS, BEA, 143, / /	LORENZ	05:09.07	715	
4	BESTBIER, LIZE, 63,	BLOEMH	05:14.45	682	
5	MABUZA, SIMPHIWE, 284,	UWC	05:18.14	660	
6	DE JAGER, MILA, 64,	BLOEMH	05:18.96	655	
7	MICKLETHWAITE, SKYE, 253,	RUST	05:28.96	597	
8	FLACK, REBECCA, 128,	LGBAAN	05:30.10	590	

Item 23 19:30 Final 2 of 2 Women 25 1500m

1	WEITSZ, SIMONAY, 268,	TUT	04:23.32	1026	
2	VERSTER, DANIELLE, 193,	NWU	04:24.11	1020	
3	DEKKER, LI-MARI, 73,	BOXER	04:25.09	1013	
4	PRINSLOO, CARMIE, 271,	TUKS	04:25.66	1008	
5	JACOBS, IZANDRI, 165,	MONTAN	04:31.82	964	
6	HLATSHWAYO, SILINDILE, 163,	MAXED	04:31.95	963	
7	MENTZ, CHEMENE, 111, / /	HMK	04:32.80	957	
8	STEYNBERG, ANDREA, 215,	PTC	04:34.40	945	
9	CONRADIE, ERNA-MARI, 213,	PGHS	04:37.34	924	
10	NEL, RIANA, 153,	MATIES	04:42.61	888	
11	VERSTER, ALRI, 216,	PTC	04:43.93	879	
12	SHANGE, YANDISWA, 15,	AA	04:46.25	863	
13	STRYDOM, LIKA, 112,	HMK	04:46.46	861	
14	BESTER, KIARA, 228,	REDDAM	04:46.75	859	
15	BESTER, ABIGAIL, 227,	REDDAM	04:47.48	854	
16	VAN DER MERWE, SCARLETT, 314, / /	BAC	05:02.46	756	
17	MCEWAN, ANNABELLE, 107,	GWOOD	05:07.52	724	

Item 25 19:45 FinalResults Men 25 1500m

1	MUNNIK, LUAN, 223, / /	PTC	03:44.33	1050	8	G
2	DAMONS, BRUCE-LYNN, 185,	NEDBNK	03:44.89	1042	7	S
3	MOREPE, JOHANNES, 206,	PHANT	03:46.20	1025	6	B
4	RAMOKHOASE, THAPELO, 208,	PHANT	03:47.11	1014	5	
5	VAN DER MERWE, NIEL, 83,	BOXER	03:47.24	1012	4	
6	PILANE, TSHEGOFATSO, 209, / /	PHANT	03:47.71	1006	3	
7	KOTZE, AUBREY, 95,	1STRIV	03:49.25	986	2	
8	LOUBSER, MIGAEL, 276,	TUKS	03:49.74	980	1	
9	SIBIYA, NKOSINATHI, 283,	UJ	03:50.63	969	0	
10	DE SCALLY, NICHOLAS, 194,	NWU	03:51.45	959	0	
11	DE FOUW, CORNE, 77, / /	BOXER	03:51.58	957	0	
12	ARENDSE, LEEHANRO, 17, / /	AA	03:52.08	951	0	
13	ENDRÄDY, MATTHEW, 186,	NEDBNK	03:52.26	949	0	
14	NAUDE, HANNES, 125,	KOVS	03:53.33	935	0	
15	VISAGIE, RUBEN, 210, / /	PHANT	03:54.03	927	0	
16	VAN WYK, ETIENNE, 278,	TUKS	03:56.26	900	0	
17	COETZER, RICO, 76,	BOXER	03:56.64	895	0	
18	BRITS, MARCEL, 166,	MONTAN	03:57.84	880	0	



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19	MUNNIK, ANDY, 222, / /	PTC	03:59.27	863	0
20	TITUS, CHARLTON, 298,	UWC	03:59.65	859	0
21	DU PLESSIS, IVAN, 274,	TUKS	04:01.31	839	0
22	ERASMUS, THINUS, 187,	NEDBNK	04:06.08	785	0
23	SHABALALA, MANQOBA, 88, / /	CPUT	04:11.87	721	0
24	VAN ZYL, DANIEL, 189, / /	NEDBNK	04:20.80	627	0
25	GOUWS, AUSTIN, 133, / /	LGBAAN	04:44.31	412	0
26	LOTTERING, PETRUS, 34,	AA	04:45.00	407	0
27	RIX, ANDRE, 180,	MPT	05:19.14	176	0
28	BEWEE, GLENN, 132,	LGBAAN	05:27.89	133	0

Item 5 17:25 Final 1 of 2 Men 25 1500m

1	SHABALALA, MANQOBA, 88, / /	CPUT	04:11.87	721	
2	VAN ZYL, DANIEL, 189, / /	NEDBNK	04:20.80	627	
3	GOUWS, AUSTIN, 133, / /	LGBAAN	04:44.31	412	
4	LOTTERING, PETRUS, 34,	AA	04:45.00	407	
5	RIX, ANDRE, 180,	MPT	05:19.14	176	
6	BEWEE, GLENN, 132,	LGBAAN	05:27.89	133	

Item 25 19:45 Final 2 of 2 Men 25 1500m

1	MUNNIK, LUAN, 223, / /	PTC	03:44.33	1050	
2	DAMONS, BRUCE-LYNN, 185,	NEDBNK	03:44.89	1042	
3	MOREPE, JOHANNES, 206,	PHANT	03:46.20	1025	
4	RAMOKHOASE, THAPELO, 208,	PHANT	03:47.11	1014	
5	VAN DER MERWE, NIEL, 83,	BOXER	03:47.24	1012	
6	PILANE, TSHEGOFATSO, 209, / /	PHANT	03:47.71	1006	
7	KOTZE, AUBREY, 95,	1STRIV	03:49.25	986	
8	LOUBSER, MIGAEL, 276,	TUKS	03:49.74	980	
9	SIBIYA, NKOSINATHI, 283,	UJ	03:50.63	969	
10	DE SCALLY, NICHOLAS, 194,	NWU	03:51.45	959	
11	DE FOUW, CORNE, 77, / /	BOXER	03:51.58	957	
12	ARENDSE, LEEHANRO, 17, / /	AA	03:52.08	951	
13	ENDRÁDY, MATTHEW, 186,	NEDBNK	03:52.26	949	
14	NAUDE, HANNES, 125,	KOVS	03:53.33	935	
15	VISAGIE, RUBEN, 210, / /	PHANT	03:54.03	927	
16	VAN WYK, ETIENNE, 278,	TUKS	03:56.26	900	
17	COETZER, RICO, 76,	BOXER	03:56.64	895	
18	BRITS, MARCEL, 166,	MONTAN	03:57.84	880	
19	MUNNIK, ANDY, 222, / /	PTC	03:59.27	863	
20	TITUS, CHARLTON, 298,	UWC	03:59.65	859	
21	DU PLESSIS, IVAN, 274,	TUKS	04:01.31	839	
22	ERASMUS, THINUS, 187,	NEDBNK	04:06.08	785	

Item 16 18:30 FinalResults Men 25 3000m

1	DOMMISSE, WILLIAM, 24,	AA	08:41.80	825	8	G
2	ZIMRY, LORENZO, 49,	AA	08:43.01	819	7	S
3	VAN RENSBURG, XANDER, 85,	BOXER	08:46.57	801	6	B
4	VAN DER LINDE, BERTUS, 224,	PTC	08:50.14	782	5	
5	STRYDOM, ZANE, 113,	HMK	08:51.70	775	4	
6	JORDAAN, ALFONSO, 306, / /	AA	09:00.44	731	3	
7	OPPERMAN, JAYDEN, 96, / /	1STRIV	09:05.71	706	2	
8	HAYES, COHEN, 57,	BAC	09:12.81	672	1	
9	VAN DER WERF, LEONARDO, 160,	MATIES	09:16.63	654	0	
10	MBALI, NTLANTLA ERIC, 310, / /	UWC	09:18.56	646	0	
11	DAMONS, NOLIN, 308, / /	CERES	09:22.01	630	0	
12	WILLEMSE, DANVILLE, 48, / /	AA	09:24.21	620	0	
13	SCHMIDT, STEFANO, 81,	BOXER	09:26.21	611	0	



**Meeting :CAPE MILERS CLUB/ENDUROCAD WA CHALLENGER SERIES
2024/04/26 at UNIV OF WESTERN CAPE (UWC)**



14	RATZ, KEANU, 40,	AA	09:35.76	569	0
15	BOOYSEN, CURTIS, 287,	UWC	09:44.48	532	0
16	HOFMEESTER, NASHVILLE, 290,	UWC	09:51.37	504	0
17	JOOSTE, WAYLON, 292, / /	UWC	09:56.85	482	0
18	COOPER, MIGUEL, 302,	WC IND	09:58.09	477	0
19	FREDERICKS, GRANDALL, 91,	CERES	09:59.83	470	0
20	NIEHOLTZ, DURAN, 138,	LGBAAN	10:02.33	460	0
21	DU PLESSIS, ALBERT, 155,	MATIES	10:08.03	439	0
22	LOUW, LUCIANO, 61, / /	BELLHS	10:11.98	424	0
23	ENGELBRECHT, ALEX, 26, / /	AA	10:13.92	417	0
24	LONI, XOLANI, 66, / /	BCORR	10:21.07	391	0
25	TIETIES, REAGAN, 43, / /	AA	10:47.47	302	0

Item 2 17:00 Final 1 of 2 Men 25 3000m

1	HAYES, COHEN, 57,	BAC	09:12.81	672	
2	DAMONS, NOLIN, 308, / /	CERES	09:22.01	630	
3	WILLEMSE, DANVILLE, 48, / /	AA	09:24.21	620	
4	SCHMIDT, STEFANO, 81,	BOXER	09:26.21	611	
5	RATZ, KEANU, 40,	AA	09:35.76	569	
6	HOFMEESTER, NASHVILLE, 290,	UWC	09:51.37	504	
7	FREDERICKS, GRANDALL, 91,	CERES	09:59.83	470	
8	NIEHOLTZ, DURAN, 138,	LGBAAN	10:02.33	460	
9	LOUW, LUCIANO, 61, / /	BELLHS	10:11.98	424	
10	ENGELBRECHT, ALEX, 26, / /	AA	10:13.92	417	
11	LONI, XOLANI, 66, / /	BCORR	10:21.07	391	
12	TIETIES, REAGAN, 43, / /	AA	10:47.47	302	

Item 16 18:30 Final 2 of 2 Men 25 3000m

1	DOMMISSE, WILLIAM, 24,	AA	08:41.80	825	
2	ZIMRY, LORENZO, 49,	AA	08:43.01	819	
3	VAN RENSBURG, XANDER, 85,	BOXER	08:46.57	801	
4	VAN DER LINDE, BERTUS, 224,	PTC	08:50.14	782	
5	STRYDOM, ZANE, 113,	HMK	08:51.70	775	
6	JORDAAN, ALFONSO, 306, / /	AA	09:00.44	731	
7	OPPERMAN, JAYDEN, 96, / /	1STRIV	09:05.71	706	
8	VAN DER WERF, LEONARDO, 160,	MATIES	09:16.63	654	
9	MBALI, NTLANTLA ERIC, 310, / /	UWC	09:18.56	646	
10	BOOYSEN, CURTIS, 287,	UWC	09:44.48	532	
11	JOOSTE, WAYLON, 292, / /	UWC	09:56.85	482	
12	COOPER, MIGUEL, 302,	WC IND	09:58.09	477	
13	DU PLESSIS, ALBERT, 155,	MATIES	10:08.03	439	

Item 19 19:03 Final Men 25 5000m

1	MOTSAU, JERRY, 221,	PTC	13:36.20	1081	8	G
2	MASHELE, PRECIOUS, 78,	BOXER	13:37.94	1075	7	S
3	WILDSCHUTT, NADEEL, 47,	AA	13:48.09	1040	6	B
4	TLADI, MODUPE, 304,	XCEL	13:58.36	1006	5	
5	RATZ, ROWHALDO, 297,	UWC	14:09.73	968	4	
6	HENDRICKS, DEONLEE, 28,	AA	14:13.80	955	3	
7	NTSOTHO, AWETHU, 311, / /	AA	14:21.32	930	2	
8	MHLANGA, CHRIS, 79,	BOXER	14:22.60	926	1	
9	LEIJENAAR, RICO, 219,	PTC	14:33.94	890	0	
10	CHAUMETON, MAXIME, 3,	ASICS	14:47.27	849	0	
11	VAN DER MERWE, DYLAN, 84,	BOXER	14:58.99	813	0	
12	SENGCE, PHILANI, 309, / /	AA	15:26.56	732	0	
13	SWARTS, GODWIN, 82, / /	BOXER	15:28.03	728	0	
14	KARSTEN, LUCA, 196,	NWU	15:28.04	728	0	



15	LOMBAARD, BERNARD, 229, / /	RONDEB 17:02.51	484	0
16	TOLA, MOSES, 279,	TYMEB 17:05.25	478	0

Item 17 18:45 Final Men 25 3000m SteepleChase

1	SOLDAKA, SIBONISO, 89,	CPUT 08:49.30	1039	8	G
2	MONNATLALA, TUMISANG, 220, / /	PTC 08:57.07	1007	7	S
3	FREDERICKS, EMMANUEL, 27,	AA 08:59.58	996	6	B
4	MASHILO, ORATILE, 301, / /	VOR 09:04.39	976	5	
5	ADAMS, JOSHUA, 242,	RUNK 09:18.46	919	4	
6	ORROCK, ROBERT, 157,	MATIES 09:43.76	821	3	

Item 6 17:30 Final Women 25 Polevault

1	REINSTORF, MIRE, 154, / /	MATIES 4.23	1030	8	G	CAPEM24
2	ROTHMAN, SYDNEY, 199, / /	PAARL 3.83	907	7	S	CAPEM24
2	DE BEER, ANSUME, 7, / /	AA 3.83	907	7	S	CAPEM24

Item 1 16:00 Final Men 25 Polevault

1	PUTZIER, BRYCE, 259,	SBOSCH 4.80	940	8	G
2	VAN HUYSTEEN, MIGAIL, 202,	PAARL 4.65	900	7	S
3	NEL, HANDRE, 36,	AA 4.50	858	6	B

Item 14 18:12 Final Men 25 4x800m Relay

1	RELAY TEAM, A, ,	AA 08:47.15	0	8	G
2	RELAY TEAM, B, ,	AA 08:58.28	0	7	S
3	RELAY TEAM, , ,	LGBAAN 09:18.65	0	6	B

Item 15 18:22 Final Women 25 8422 Medley Relay

1	RELAY TEAM, , ,	DVCA 04:19.95	0	8	G
2	RELAY TEAM, , ,	AA 04:42.43	0	7	S
3	RELAY TEAM, A, ,	LORENZ 04:46.29	0	6	B
4	RELAY TEAM, B, ,	LORENZ 05:00.71	0	5	