



Results of all Finals and Heats

Ordered by Item types

Performance Scores: WorldAth 2022 table, Electronic Time, Height above sea=54

Place	Athlete,Number	Team	Perf	Score	Points	Medal	Wind	Records
Item 6 16:50 Final Women Senior 400m								
1	MAGERMAN, GEZELLE, 242, / /	TUT	0:56.45	960	8	G		
2	CURRY, EMMA, 89, / /	CAN	1:00.23	830	7	S		
3	DE VILLIERS, BEA, 144, / /	LORENZ	1:03.71	718	6	B		
4	LEWIS, RONEVE, 128,	LGBAAN	1:07.07	617	5			
5	RHODE, ELAINE, 129,	LGBAAN	1:14.21	429	4			

Item 18 18:30 FinalResults Men Senior 400m

1	SEELIGER, JAMES, 240,	TUKS	0:47.84	991	8	G		CAPEM24(1)
2	BUGAN, NATHAN, 257,	UWC	0:48.03	979	7	S		CAPEM24(1)
3	BUSH, JOWAINE, 22,	AA	0:50.16	849	6	B		
4	BOSCH, DAMIAN, 21,	AA	0:50.19	847	5			
5	MAURICE, RIO, 41,	AA	0:50.67	819	4			
6	MUKUNGA, HERBERT, 62,	BAC	0:50.82	811	3			
7	RUKERA, BENIR, 142,	LGBAAN	0:51.24	787	2			
8	DU PLESSIS, BEN, 237,	TUKS	0:51.60	766	1			
9	PASHA, CHADLEY, 267,	UWC	0:51.65	763	0			
10	ENSLIN, JOHAN, 93,	DVILLE	0:51.90	749	0			
11	APPELS, CHRISTIAN, 254,	UWC	0:51.91	749	0			
12	DORFLING, DANIEL, 228,	SBOSCH	0:52.72	705	0			
13	BENJAMIN, RAYDON, 271,	VELOC	0:52.89	696	0			
14	WALTERS, TIAAN, 231,	SBOSCH	0:52.90	695	0			
15	HOLTZMAN, LUKE, 136,	LGBAAN	0:53.34	672	0			
16	MATTHYS, KERWIN, 61,	BAC	0:54.23	626	0			
17	GOUS, AUSTIN, 134,	LGBAAN	0:55.21	578	0			
18	FLINK, ASHRIN, 29,	AA	0:57.95	452	0			
19	PHOLMAN, LEANDER, 140,	LGBAAN	0:58.57	426	0			
20	AHMED, ZIYAAD, 130, / /	LGBAAN	0:59.41	392	0			

Item 3 16:30 Final 1 of 4 Men Senior 400m

1	BOSCH, DAMIAN, 21,	AA	0:50.19	847				
2	BENJAMIN, RAYDON, 271,	VELOC	0:52.89	696				
3	HOLTZMAN, LUKE, 136,	LGBAAN	0:53.34	672				

Item 4 16:35 Final 2 of 4 Men Senior 400m

1	BUSH, JOWAINE, 22,	AA	0:50.16	849				
2	MAURICE, RIO, 41,	AA	0:50.67	819				
3	MUKUNGA, HERBERT, 62,	BAC	0:50.82	811				
4	GOUS, AUSTIN, 134,	LGBAAN	0:55.21	578				
5	FLINK, ASHRIN, 29,	AA	0:57.95	452				
6	AHMED, ZIYAAD, 130, / /	LGBAAN	0:59.41	392				

Item 5 16:40 Final 3 of 4 Men Senior 400m

1	RUKERA, BENIR, 142,	LGBAAN	0:51.24	787				
2	ENSLIN, JOHAN, 93,	DVILLE	0:51.90	749				
3	DORFLING, DANIEL, 228,	SBOSCH	0:52.72	705				
4	WALTERS, TIAAN, 231,	SBOSCH	0:52.90	695				
5	MATTHYS, KERWIN, 61,	BAC	0:54.23	626				
6	PHOLMAN, LEANDER, 140,	LGBAAN	0:58.57	426				

Item 18 18:30 Final 4 of 4 Men Senior 400m

1	SEELIGER, JAMES, 240,	TUKS	0:47.84	991				CAPEM24(1)
---	-----------------------	------	---------	------------	--	--	--	------------



**Meeting : CAPE MILERS CLUB/ENDUROCAD WA CHALLENGER SERIES 2
2024/04/29 at UNIVERSITY OF WESTERN CAPE**



2	BUGAN, NATHAN, 257,	UWC	0:48.03	979			CAPEM24(1)
3	DU PLESSIS, BEN, 237,	TUKS	0:51.60	766			
4	PASHA, CHADLEY, 267,	UWC	0:51.65	763			
5	APPELS, CHRISTIAN, 254,	UWC	0:51.91	749			

Item 23 19:30 FinalResults Women Senior 800m

1	NOWE, ORATILE, 72, / /	BOTS	1:59.69	1168	8	G	CAPEM24(1)
2	SWART, CHARNE, 235, / /	TUKS	2:00.71	1150	7	S	CAPEM24(1)
3	LOFSTRAND, GENA, 98, / /	FAST	2:02.85	1112	6	B	
4	DUBE, FINA, 9,	AA	2:04.19	1089	5		
5	OOSTHUIZEN, MICHAELA, 233,	TUKS	2:04.85	1077	4		
6	VAN ROOYEN, CARISE, 111, / /	G4G	2:05.49	1067	3		
7	DIMOND, MARLI, 170,	NEDBNK	2:05.79	1061	2		
8	HLATSHWAYO, SILINDILE, 161,	MAXED	2:06.62	1047	1		
9	JACOBS, IZANDRI, 163,	MONT	2:07.22	1037	0		
10	HOBOSLOSHE, AVIWE, 189,	PHANT	2:08.60	1014	0		
11	LOUW, DANIEL, 184,	PAARL	2:16.19	891	0		
12	NEL, RIANA, 151,	MATIES	2:19.70	837	0		
13	BESTER, KIARA, 213,	REDDAM	2:20.22	829	0		
14	BOER, SHARLAN, 127,	LANGA	2:23.96	774	0		
15	JANSEN, MUEZAAN, 102,	FIT2R	2:26.57	736	0		
16	SWARTS, SHANON, 104,	FIT2R	2:29.37	697	0		
17	DE VILLIERS, BEA, 148,	MATIES	2:29.93	689	0		
18	LATEGAN, ELLA, 300,	BLOEMH	2:31.36	669	0		
19	VILJOEN, CHANTE, 77,	BOXER	2:34.70	625	0		
20	BOER, MEHANDRE, 101,	FIT2R	2:37.20	592	0		
21	ABRAHAMS, YOLANDRE, 100,	FIT2R	3:05.35	288	0		

Item 12 17:45 Final 1 of 3 Women Senior 800m

1	BOER, SHARLAN, 127,	LANGA	2:23.96	774			
2	JANSEN, MUEZAAN, 102,	FIT2R	2:26.57	736			
3	SWARTS, SHANON, 104,	FIT2R	2:29.37	697			
4	DE VILLIERS, BEA, 148,	MATIES	2:29.93	689			
5	LATEGAN, ELLA, 300,	BLOEMH	2:31.36	669			
6	BOER, MEHANDRE, 101,	FIT2R	2:37.20	592			

Item 13 17:50 Final 2 of 3 Women Senior 800m

1	LOUW, DANIEL, 184,	PAARL	2:16.19	891			
2	NEL, RIANA, 151,	MATIES	2:19.70	837			
3	BESTER, KIARA, 213,	REDDAM	2:20.22	829			
4	VILJOEN, CHANTE, 77,	BOXER	2:34.70	625			
5	ABRAHAMS, YOLANDRE, 100,	FIT2R	3:05.35	288			

Item 23 19:30 Final 3 of 3 Women Senior 800m

1	NOWE, ORATILE, 72, / /	BOTS	1:59.69	1168			CAPEM24(1)
2	SWART, CHARNE, 235, / /	TUKS	2:00.71	1150			CAPEM24(1)
3	LOFSTRAND, GENA, 98, / /	FAST	2:02.85	1112			
4	DUBE, FINA, 9,	AA	2:04.19	1089			
5	OOSTHUIZEN, MICHAELA, 233,	TUKS	2:04.85	1077			
6	VAN ROOYEN, CARISE, 111, / /	G4G	2:05.49	1067			
7	DIMOND, MARLI, 170,	NEDBNK	2:05.79	1061			
8	HLATSHWAYO, SILINDILE, 161,	MAXED	2:06.62	1047			
9	JACOBS, IZANDRI, 163,	MONT	2:07.22	1037			
10	HOBOSLOSHE, AVIWE, 189,	PHANT	2:08.60	1014			
11	KRUSE, EMMA, 90,	CCJHB	2:08.76	1011			

Item 19 18:40 FinalResults Men Senior 800m

1	HAINGURA, KETHOBOGILE, 73, / /	BOTS	1:44.87	1178	8	G	CAPEM24(1)
---	--------------------------------	------	---------	-------------	---	---	------------



**Meeting : CAPE MILERS CLUB/ENDUROCAD WA CHALLENGER SERIES 2
2024/04/29 at UNIVERSITY OF WESTERN CAPE**



2	NKAPE, TUMO, 75, / /	BOTS	1:45.25	1166	7	S	CAPEM24(1)
3	MOHLOSI, SIMON, 3,	ARB	1:45.78	1150	6	B	CAPEM24(1)
4	DE VILLIERS, RENIER, 203,	PTC	1:46.76	1121	5		CAPEM24(1)
5	VAN ROOYEN, DILLAN, 183,	NWU	1:47.86	1088	4		
6	GOUWS, WERNER, 2,	AFFIES	1:49.69	1035	3		
7	NOGCANTSI, KWAZI, 244,	TUT	1:50.43	1014	2		
8	FARO, DUVAN JADE, 259,	UWC	1:52.17	965	1		
9	POSILE, MIHLALI, 64,	BACKT	1:52.58	954	0		
10	JOHNSON, KIAN, 181,	NWU	1:52.60	954	0		
11	NDONGENI, LIKHO, 82,	BOXER	1:52.92	945	0		
12	PRINS, BEYON, 46,	AA	1:53.54	928	0		
13	NCAMANE, ABRAM JABOLANE, 195,	PHANT	1:53.65	925	0		
14	MOOLLA, MIKAEEL, 4,	ATC	1:54.81	894	0		
14	ADAMS, JOSHUA, 218,	RUNKIN	1:54.81	894	0		
16	DU PLESSIS, CHRIS, 236,	TUKS	1:55.31	881	0		
17	VREY, NICOLAS, 176,	NEDBNK	1:55.42	878	0		
18	KAHAAR, YAASEEN, 160,	MAUR	1:55.77	868	0		
19	YZELLE, MARNNO, 63,	BAC	1:56.66	845	0		
19	SYFERS, LEETIN, 110,	FIT2R	1:56.66	845	0		
21	PIETERSEN, JOSH, 141,	LGBAAN	1:56.93	838	0		
21	POTGIETER, CHRISTIAAN, 45,	AA	1:56.93	838	0		
23	MGOBHOZI, KWAZI, 192,	PHANT	1:57.93	813	0		
24	CORNELIUS, ROWALDO, 24,	AA	1:58.88	789	0		
25	BRINK, LAMBERT, 227,	SBOSCH	1:59.77	767	0		
26	BEUKES, VALENTINO, 19,	AA	2:01.69	720	0		
27	SELEPE, TSHEPO, 157,	MATIES	2:02.52	700	0		
27	MEIRING, SCHALK, 220,	RUNKIN	2:02.52	700	0		
29	LESTER, MARK, 38,	AA	2:03.02	689	0		
30	NOVEMBER, JUEYREN, 106,	FIT2R	2:03.59	675	0		
31	ENGELBRECHT, ALEXANDER, 27,	AA	2:16.08	417	0		
32	CLAASEN, CALEB, 232,	SSW	2:22.17	314	0		
33	RIX, ANDRE, 168,	MPT	2:30.82	192	0		
34	MVANYASHE, KARABO, 138,	LGBAAN	2:32.95	167	0		
35	BEWEE, GLENN, 131,	LGBAAN	2:35.54	139	0		

Item 14 17:55 Final 1 of 5 Men Senior 800m

1	CORNELIUS, ROWALDO, 24,	AA	1:58.88	789		
2	BRINK, LAMBERT, 227,	SBOSCH	1:59.77	767		
3	BEUKES, VALENTINO, 19,	AA	2:01.69	720		
4	CLAASEN, CALEB, 232,	SSW	2:22.17	314		
5	RIX, ANDRE, 168,	MPT	2:30.82	192		
6	MVANYASHE, KARABO, 138,	LGBAAN	2:32.95	167		
7	BEWEE, GLENN, 131,	LGBAAN	2:35.54	139		

Item 15 18:00 Final 2 of 5 Men Senior 800m

1	MOOLLA, MIKAEEL, 4,	ATC	1:54.81	894		
2	YZELLE, MARNNO, 63,	BAC	1:56.66	845		
3	PIETERSEN, JOSH, 141,	LGBAAN	1:56.93	838		
4	MEIRING, SCHALK, 220,	RUNKIN	2:02.52	700		

Item 16 18:05 Final 3 of 5 Men Senior 800m

1	ADAMS, JOSHUA, 218,	RUNKIN	1:54.81	894		
2	SYFERS, LEETIN, 110,	FIT2R	1:56.66	845		
3	POTGIETER, CHRISTIAAN, 45,	AA	1:56.93	838		
4	SELEPE, TSHEPO, 157,	MATIES	2:02.52	700		
5	LESTER, MARK, 38,	AA	2:03.02	689		
6	NOVEMBER, JUEYREN, 106,	FIT2R	2:03.59	675		



**Meeting : CAPE MILERS CLUB/ENDUROCAD WA CHALLENGER SERIES 2
2024/04/29 at UNIVERSITY OF WESTERN CAPE**



7 ENGELBRECHT, ALEXANDER, 27, AA 2:16.08 **417**

Item 17 18:10 Final 4 of 5 Men Senior 800m

1	FARO, DUVAN JADE, 259,	UWC 1:52.17	965
2	POSILE, MIHLALI, 64,	BACKT 1:52.58	954
3	JOHNSON, KIAN, 181,	NWU 1:52.60	954
4	NDONGENI, LIKHO, 82,	BOXER 1:52.92	945
5	PRINS, BEYON, 46,	AA 1:53.54	928
6	DU PLESSIS, CHRIS, 236,	TUKS 1:55.31	881
7	VREY, NICOLAS, 176,	NEDBNK 1:55.42	878
8	KAHAAR, YAASEEN, 160,	MAUR 1:55.77	868

Item 19 18:40 Final 5 of 5 Men Senior 800m

1	HAINGURA, KETHOBOGILE, 73, / /	BOTS 1:44.87	1178	CAPEM24(1)
2	NKAPE, TUMO, 75, / /	BOTS 1:45.25	1166	CAPEM24(1)
3	MOHLOSI, SIMON, 3,	ARB 1:45.78	1150	CAPEM24(1)
4	DE VILLIERS, RENIER, 203,	PTC 1:46.76	1121	CAPEM24(1)
5	VAN ROOYEN, DILLAN, 183,	NWU 1:47.86	1088	
6	GOUWS, WERNER, 2,	AFFIES 1:49.69	1035	
7	NOGCANTSI, KWAZI, 244,	TUT 1:50.43	1014	
8	NCAMANE, ABRAM JABOLANE, 195,	PHANT 1:53.65	925	
9	MGOBHOZI, KWAZI, 192,	PHANT 1:57.93	813	

Item 7 17:00 Final Women Senior 1500m

1	MENTZ, CHEMENE, 115, / /	HELPM 04:31.41	967	8	G
2	STEYNBERG, ANDREA, 201,	PTC 04:35.02	941	7	S
3	CONRADIE, ERNA-MARI, 188,	PGHS 04:37.41	924	6	B
4	VERSTER, ALRI, 202,	PTC 04:51.83	825	5	
5	FOURIE, KATERIEN, 149,	MATIES 04:58.58	781	4	
6	VAN WYK, EMMORRAY, 17, / /	AA 05:05.67	736	3	
7	BURGER, CATRIN, 58, / /	BAC 05:06.48	731	2	
8	FRITS, MICKHAYLA, 10,	AA 05:25.33	617	1	
9	DE JAGER, MILA, 65,	BLOEMH 05:26.91	608	0	
10	FAURE, SADIE, 145,	LORENZ 06:06.99	401	0	
11	MAART, MIA, 13, / /	AA 06:12.62	375	0	

Item 22 19:20 FinalResults Men Senior 1500m

1	MPHALELE, RYAN, 251, / /	UJ 03:33.52	1196	8	G
2	TSHITE, TSHEPO, 197,	PHANT 03:33.76	1192	7	S
3	MUNNIK, LUAN, 208,	PTC 03:38.38	1129	6	B
4	DAMONS, BRUCE-LYNN, 171,	NEDBNK 03:40.05	1106	5	
5	MOREPE, JOHANNES, 193,	PHANT 03:40.73	1097	4	
6	TLADI, MODUPE, 280,	XCEL 03:42.98	1067	3	
7	SIBIYA, NKOSINATHI, 252,	UJ 03:43.38	1062	2	
8	KOTZE, AUBREY, 97,	ERAC 03:44.33	1050	1	
9	ARENDSE, LEEHANRO, 18, / /	AA 03:45.71	1032	0	
10	PILANE, TSHEGOFATSO, 83,	BOXER 03:46.91	1016	0	
11	ENDRODY, MATTHEW, 172, / /	NEDBNK 03:47.17	1013	0	
12	VAN DER MERWE, NIEL, 85,	BOXER 03:48.26	999	0	
13	VISAGIE, RUBEN, 198, / /	PHANT 03:48.46	996	0	
14	DE SCALLY, NICHOLAS, 180,	NWU 03:49.15	988	0	
15	VAN RENSBURG, XANDER, 86,	BOXER 03:50.68	968	0	
16	BRITS, MARCEL, 164,	MONT 03:51.78	954	0	
17	FREDERICKS, EMMANUEL, 31,	AA 03:53.46	934	0	
18	NAUDE, HANNES, 125,	KOVSIE 03:53.99	927	0	
19	LOUBSER, MIGAEL, 239,	TUKS 03:56.08	902	0	
20	DOMMISSE, WILLIAM, 26,	AA 03:56.40	898	0	



**Meeting : CAPE MILERS CLUB/ENDUROCAD WA CHALLENGER SERIES 2
2024/04/29 at UNIVERSITY OF WESTERN CAPE**



21	MUNNIK, ANDY, 207, / /	PTC	03:58.52	872	0
22	VAN WYK, ETIENNE, 241,	TUKS	03:59.83	857	0
23	WESSELS, BRENDEN, 159,	MATIES	03:59.91	856	0
24	DU PLESSIS, IVAN, 238,	TUKS	04:00.79	846	0
25	STRYDOM, ZANE, 117,	HELPM	04:01.33	839	0
26	ZIMRY, LORENZO, 57,	AA	04:02.09	830	0
27	MESSINA, JOSH, 229,	SBOSCH	04:03.10	819	0
27	ROBERTSON, LEEHANDRĂ©, 48,	AA	04:03.10	819	0
29	OSCROFT, NICHOLAS, 226,	SACS	04:03.39	815	0
30	ERASMUS, THINUS, 173,	NEDBNK	04:03.53	814	0
31	VAN DER WERF, LEONARDO, 158,	MATIES	04:06.39	781	0
32	DE BRUIN , BREYTON, 25,	AA	04:09.95	742	0
33	HAYES, COHEN, 60,	BAC	04:10.80	732	0
34	WILLEMSE, DANVILLE, 55,	AA	04:12.85	710	0
35	TAFANA, KHANYA, 122,	JAGF	04:13.85	699	0
36	CHEPAPE, TUMELO, 273,	VOB	04:17.32	663	0
36	SEKONYELA, HLOMPHANG, 143,	LGBAAN	04:17.32	663	0
38	KARELSE, COLIN, 36, / /	AA	04:18.76	648	0
39	SCHMIDT, STEFANO, 84,	BOXER	04:19.38	642	0
40	VAN DER LINDE, BERTUS, 209,	PTC	04:19.39	641	0
41	GIBSON, MICHAEL, 99,	FHOEK	04:20.79	627	0
42	HOFMEESTER, NASHVILLE, 261,	UWC	04:25.93	576	0
43	CLOETE, LETHAN, 23, / /	AA	04:27.62	560	0
44	VAN WYK, WILLEM, 52, / /	AA	04:30.90	529	0
45	NIEHOLTZ, DURAN, 139,	LGBAAN	04:32.35	516	0
46	COOPER, MIGUEL, 278,	WCI	04:44.51	411	0
47	KGATLE, OMPHILE, 210,	RABB	04:48.50	379	0
48	CLAASEN, XAVIER, 114,	HBH	04:49.03	374	0
49	BOERS, JAYTEE, 20,	AA	04:50.53	363	0
50	TIETIES, REAGAN, 50,	AA	04:51.35	357	0
51	LINTNAAR, JOHN DAVID, 137,	LGBAAN	04:59.69	296	0

Item 8 17:10 Final 1 of 3 Men Senior 1500m

1	WESSELS, BRENDEN, 159,	MATIES	03:59.91	856	
2	ROBERTSON, LEEHANDRĂ©, 48,	AA	04:03.10	819	
3	OSCROFT, NICHOLAS, 226,	SACS	04:03.39	815	
4	ERASMUS, THINUS, 173,	NEDBNK	04:03.53	814	
5	HAYES, COHEN, 60,	BAC	04:10.80	732	
6	SEKONYELA, HLOMPHANG, 143,	LGBAAN	04:17.32	663	
7	CHEPAPE, TUMELO, 273,	VOB	04:17.32	663	
8	KARELSE, COLIN, 36, / /	AA	04:18.76	648	
9	SCHMIDT, STEFANO, 84,	BOXER	04:19.38	642	
10	GIBSON, MICHAEL, 99,	FHOEK	04:20.79	627	
11	VAN WYK, WILLEM, 52, / /	AA	04:30.90	529	
12	NIEHOLTZ, DURAN, 139,	LGBAAN	04:32.35	516	
13	KGATLE, OMPHILE, 210,	RABB	04:48.50	379	
14	CLAASEN, XAVIER, 114,	HBH	04:49.03	374	

Item 9 17:20 Final 2 of 3 Men Senior 1500m

1	FREDERICKS, EMMANUEL, 31,	AA	03:53.46	934	
2	DOMMISSE, WILLIAM, 26,	AA	03:56.40	898	
3	MUNNIK, ANDY, 207, / /	PTC	03:58.52	872	
4	VAN WYK, ETIENNE, 241,	TUKS	03:59.83	857	
5	DU PLESSIS, IVAN, 238,	TUKS	04:00.79	846	
6	STRYDOM, ZANE, 117,	HELPM	04:01.33	839	
7	ZIMRY, LORENZO, 57,	AA	04:02.09	830	
8	MESSINA, JOSH, 229,	SBOSCH	04:03.10	819	



**Meeting : CAPE MILERS CLUB/ENDUROCAD WA CHALLENGER SERIES 2
2024/04/29 at UNIVERSITY OF WESTERN CAPE**



9	VAN DER WERF, LEONARDO, 158,	MATIES	04:06.39	781
10	DE BRUIN , BREYTON, 25,	AA	04:09.95	742
11	WILLEMSE, DANVILLE, 55,	AA	04:12.85	710
12	TAFANA, KHANYA, 122,	JAGF	04:13.85	699
13	VAN DER LINDE, BERTUS, 209,	PTC	04:19.39	641
14	HOFMEESTER, NASHVILLE, 261,	UWC	04:25.93	576
15	CLOETE, LETHAN, 23, / /	AA	04:27.62	560
16	COOPER, MIGUEL, 278,	WCI	04:44.51	411
17	BOERS, JAYTEE, 20,	AA	04:50.53	363
18	TIETIES, REAGAN, 50,	AA	04:51.35	357
19	LINTNAAR, JOHN DAVID, 137,	LGBAAN	04:59.69	296

Item 22 19:20 Final 3 of 3 Men Senior 1500m

1	MPHALELE, RYAN, 251, / /	UJ	03:33.52	1196
2	TSHITE, TSHEPO, 197,	PHANT	03:33.76	1192
3	MUNNIK, LUAN, 208,	PTC	03:38.38	1129
4	DAMONS, BRUCE-LYNN, 171,	NEDBNK	03:40.05	1106
5	MOREPE, JOHANNES, 193,	PHANT	03:40.73	1097
6	TLADI, MODUPE, 280,	XCEL	03:42.98	1067
7	SIBIYA, NKOSINATHI, 252,	UJ	03:43.38	1062
8	KOTZE, AUBREY, 97,	ERAC	03:44.33	1050
9	ARENDSE, LEEHANRO, 18, / /	AA	03:45.71	1032
10	PILANE, TSHEGOFATSO, 83,	BOXER	03:46.91	1016
11	ENDRODY, MATTHEW, 172, / /	NEDBNK	03:47.17	1013
12	VAN DER MERWE, NIEL, 85,	BOXER	03:48.26	999
13	DE SCALLY, NICHOLAS, 180,	NWU	03:48.46	996
14	VISAGIE, RUBEN, 198, / /	PHANT	03:49.15	988
15	VAN RENSBURG, XANDER, 86,	BOXER	03:50.68	968
16	BRITS, MARCEL, 164,	MONT	03:51.78	954
17	NAUDE, HANNES, 125,	KOVSIE	03:53.99	927
18	LOUBSER, MIGAEL, 239,	TUKS	03:56.08	902

Item 20 18:50 Final Women Senior 3000m

1	VERSTER, DANIELLE, 179,	NWU	09:16.56	1051	8	G
2	WEITSZ, SIMONAY, 243,	TUT	09:22.98	1030	7	S
3	PRINSLOO, CARMIE, 234,	TUKS	09:25.18	1023	6	B
4	DEKKER, LI-MARI, 76,	BOXER	09:29.52	1009	5	
5	SHANGE, YANDISWA, 14,	AA	10:07.87	890	4	
6	STRYDOM, LIKA, 116,	HELPM	10:08.62	888	3	
7	BESTER, ABIGAIL, 212,	REDDAM	10:24.61	841	2	
8	GERBER, MEGAN, 150, / /	MATIES	10:47.93	774	1	
9	VAN ROOY, DEWANDRE, 15, / /	AA	11:02.13	735	0	
10	STRYDOM, GIZE, 68, / /	BLOEMH	11:02.27	734	0	
11	NDUDULA, LILITHA, 253,	UWC	11:57.60	591	0	
12	VAN ROOY, DEVANE, 16,	AA	12:11.44	557	0	

Item 21 19:05 FinalResults Men Senior 3000m**Item 10 17:30 Final 1 of 2 Men Senior 3000m**

1	NTSOTHO, AWETHU, 43,	AA	08:26.91	904
2	SENGCE, PHILANI, 49,	AA	08:54.37	761
3	MBALI, NTLANTLA ERIC, 265,	UWC	09:15.62	659
4	BERNARD, LOMBAARD, 214,	RONDEB	09:15.95	658
5	TOLA, MOSES, 247,	TYMEB	10:06.20	445
6	LOTTERING, PETRUS, 39,	AA	10:18.41	400

Item 21 19:05 Final 2 of 2 Men Senior 3000m

1	WILDSCUTT, NADEEL, 54,	AA	07:59.42	1060
---	------------------------	----	----------	-------------



2	MHLANGA, CHRIS, 81,	BOXER 08:03.17	1038
3	RAMOKHOASE, THAPELO, 196,	PHANT 08:06.61	1018
4	HENDRICKS, DEONLEE, 32,	AA 08:09.22	1003
5	LEIJENAAR, RICO, 204,	PTC 08:11.08	992
6	MOTLHAMME, BOIKANYO, 250,	UJ 08:16.63	961
7	MONNATLALA, TUMISANG, 205, / /	PTC 08:19.98	942
8	COETZER, RICO, 79,	BOXER 08:24.33	918
9	TITUS, CHARLTON, 269,	UWC 08:31.78	878
10	MASHIGO, ORATILE, 249,	UJ 08:33.10	871
11	BROOKS, TYRAN, 78, / /	BOXER 08:41.43	827
12	KARSTEN, LUCA, 182,	NWU 08:45.49	806
13	SHABALALA, MANQOBA, 302, / /	CPUT 08:46.27	802
14	ORROCK, ROBERT, 154,	MATIES 08:49.52	786

Item 1 16:00 Final Men Senior HighJump

1	POOLE, BREYTON, 44, / /	AA 2.05	950	8	G
2	VAN DER MERWE, LUKE, 51, / /	AA 2.00	910	7	S
3	ENGLBRECHT, CHARL, 28, / /	AA 1.80	740	6	B

Item 2 16:00 Final Women Senior Polevault

1	ROTHMAN, SYDNEY, 185, / /	PAARL 3.93	937	8	G
2	DE BEER, ANSUME, 8, / /	AA 3.83	907	7	S

Item 11 17:30 Final Men Senior Polevault

1	VAN HUYSTEEN, MIGAIL, 187, / /	PAARL 4.55	872	8	G
2	VAN DER VOORT, ALEX, 178, / /	NETHER 4.25	792	7	S