

YELLOW PAGES SA SENIOR CHAMPS at COETZENBURG, STELLENBOSCH on 2009/03/13  
=====FINALS=====

Final Women 100m (-0.7) 1.TSHOLOFELO,THIPE(11.36) ;  
2.NOMBULELO,MKENKU(11.45) ; 3.THANDIWE,VILAKAZI(11.71) ;  
4.CINDY,STEWART(11.74) ; 5.CARINA,HORN(11.81) ; 6.CHRISTINE,RAS(11.99) ;  
7.CHERESE,JONES(12.04) ; 8.MELISSA,HEWITT(12.22) ;  
Final Women 200m (-0.4) 1.ISABEL,LE ROUX(23.43) ;  
2.NOMBULELO,MKENKU(23.86) ; 3.CARINA,HORN(24.05) ;  
4.THANDIWE,VILAKAZI(24.42) ; 5.ALYSSA,CONLEY(24.90) ;  
6.THANDI,MGWEVU(25.16) ; 7.ALET,VAN WYK(25.21) ; 8.ARISTA,HEFER(25.25) ;  
FinalResults Women 200m Heptathlon() 1.SELLOANE,TSOaeli(26.39) ;  
2.HANNELIE,KOTZE(26.73) ; 3.BIANCA,ERASMUS(26.78) ;  
4.BIANCA,JANTZEN(27.57) ; 5.LANI,VAN HEERDEN(27.84) ;  
6.NICOLE,OFFNER(28.08) ; 7.MAGDA,DU PLESSIS(28.80) ;  
8.CLARINA,SWANEVELDER(30.03) ; 9.AMORE,KOTZE(30.24) ;  
Final Women 400m 1.TSHOLOFELO,THIPE(51.15) ; 2.ESTIE,WITTSTOCK(52.30) ;  
3.ALET,VAN WYK(53.73) ; 4.AMANDA,KOTZE(53.87) ;  
5.RORISANG,RAMMONYE(54.54) ; 6.EUGENIE,WICKSELL(54.67) ;  
7.TIHANNA,VORSTER(55.61) ; 8.SONJA,VAN DER MERWE(56.43) ;  
Final Women 800m 1.CASTER,SEMENYA(2:03.16) ;  
2.LEBOGANG,PHALULA(2:04.96) ; 3.ELSIRE,ROOS(2:06.45) ;  
4.ANUSCHA,NICE(2:07.52) ; 5.RONE,REYNECKE(2:08.26) ;  
6.MANDIE,BRAND(2:08.37) ; 7.DONE,VERMAAK(2:11.91) ;  
8.MAKAMPONG,MASAILLE(2:23.68) ; 9.VUYISEKA,DLONGWANA(2:29.69) ;  
10.ZANELE,FUZILE(2:39.76) ;  
Final Women 800m Heptathlon 1.SELLOANE,TSOaeli(2:23.32) ;  
2.BIANCA,JANTZEN(2:25.58) ; 3.LANI,VAN HEERDEN(2:27.73) ;  
4.NICOLE,OFFNER(2:35.31) ; 5.HANNELIE,KOTZE(2:44.11) ;  
6.BIANCA,ERASMUS(2:44.13) ; 7.AMORE,KOTZE(2:51.88) ; 8.MAGDA,DU  
PLESSIS(3:05.22) ; 9.CLARINA,SWANEVELDER(4:10.28) ;  
Final Women 1500m 1.LEBO,PHALULA(4:13.05) ; 2.CASTER,SEMENYA(4:16.43) ;  
3.LEBOGANG,PHALULA(4:20.19) ; 4.VIOLET,RASEBOYA(4:22.84) ;  
5.EZBE,STRYDOM(4:24.94) ; 6.DOMINIQUE,SCOTT(4:28.69) ;  
7.NATANYA,LUTHER(4:32.67) ; 8.MANDIE,BRAND(4:38.92) ;  
9.ELENE,LOURENS(4:42.84) ; 10.ANELDA,PYPERS(4:49.70) ;  
11.MARILIZE,JORDAAN(4:49.86) ; 12.NTEBALENG,LETSELA(4:50.98) ;  
13.MAKAMPONG,MASAILLE(4:56.05) ; 14.VUYISEKA,DLONGWANA(5:05.98) ;  
15.ZIKHONA,FUZILE(5:23.58) ; 16.ZANELE,FUZILE(5:29.74) ;  
Final Women 5000m 1.LEBO,PHALULA(15:57.15) ; 2.IRVETTE,VAN  
BLERK(16:22.17) ; 3.ANNERIEN,VAN SCHALKWYK(16:39.58) ;  
4.MILLIAM,THOLE(16:50.32) ; 5.MPHO,MABUZA(16:52.23) ;  
6.THUZAMA,APRIL(17:26.18) ; 7.ELENE,LOURENS(17:33.37) ;  
8.ANNAH,SEPOTOTELE(18:12.27) ; 9.PRISCILLA,KUBA(19:02.40) ;  
10.SLINDILE,MEYENI(20:21.02) ;  
Final Women 10000m 1.IRVETTE,VAN BLERK(34:30.70) ;  
2.MPHO,MABUZA(34:31.92) ; 3.CATHERINE,SKOSANA(35:29.51) ;  
4.MIA,PIENAAR(39:40.34) ; 5.PRISCILLA,KUBA(40:51.60) ;  
6.NOMSA,NTSETHE(47:20.51) ;  
Final Women 3000m SteepleChase 1.TEBOGO,MASEHLA(10:14.79) ;  
2.MYRETTE,FILMALTER(10:16.81) ; 3.THANDI,MALINDI(10:27.38) ;  
4.NOLENE,CONRAD(10:40.77) ; 5.ABONGILE,LEROTHOLI(10:53.64) ;  
6.NOKUTHULA,SOGIBA(13:07.18) ;  
Final Women 100m Hurdles (+1.9) 1.CHRISTINE,RAS(13.89) ;  
2.JANET,WIENAND(13.94) ; 3.ERIKA,KLEINHANS(13.96) ;  
4.CLAUDIA,VILJOEN(14.16) ; 5.IRMGARD,BENSUSAN(14.29) ;  
6.MARIKE,WALTERS(14.41) ; 7.JACKIE,KRIEL(14.80) ;  
FinalResults Women 100m Hurdles Heptathlon() 1.HANNELIE,KOTZE(15.14) ;  
2.SELLOANE,TSOaeli(15.24) ; 3.BIANCA,ERASMUS(15.76) ;

4. BIANCA, JANTZEN(17.16) ; 5. MAGDA, DU PLESSIS(17.39) ; 6. LANI, VAN HEERDEN(17.78) ; 7. CLARINA, SWANEVELDER(18.86) ; 8. AMORE, KOTZE(18.96) ; 9. NICOLE, OFFNER(20.34) ;

Final Women 400m Hurdles 1. JANET, WIENAND(56.23) ; 2. WENDA, THERON(56.45) ; 3. NORASEELA, MOHD KHALID(56.76) ; 4. LICINDA, LIEBENBERG(58.08) ; 5. MARISKA, MEINTJIES(58.83) ; 6. JANA, THERON(59.87) ; 7. ANNERIE, EBERSOHN(60.57) ; 8. ANE, FOURIE(64.97) ;

Final Women HighJump 1. RENE, VAN DER MERWE(1.80) ; 2. MARIZCA, GERTENBACH(1.80) ; 3. ANIKA, SMIT(1.80) ; 4. TILLANIE, NEETHLING(1.80) ; 5. MARCOLEEN, PRETORIUS(1.80) ; 6. REMINA, STEPHAN(1.75) ; 7. ELIZABETH, LOTZ(1.75) ;

Final Women HighJump Heptathlon 1. BIANCA, JANTZEN(1.68) ; 2. SELLOANE, TSOAELI(1.65) ; 3. LANI, VAN HEERDEN(1.60) ; 4. MAGDA, DU PLESSIS(1.55) ; 5. BIANCA, ERASMUS(1.50) ; 6. HANNELIE, KOTZE(1.45) ; 7. NICOLE, OFFNER(1.40) ; 8. AMORE, KOTZE(1.40) ;

Final Women Polevault 1. DEONE, JOUBERT(3.70) ; 2. MONIQUE, BALSAMO(3.70) ; 3. HONORATA, SAAR(3.50) ; 4. EVA, THORNTON(3.40) ; 5. NICOLA, LOOTS(3.30) ; 6. ANE, NIEWOUDT(3.10) ; 7. CELESTE, FOURIE(3.00) ;

Final Women LongJump (-1.1) 1. DELIA, SMITH(6.16) ; 2. JANICE, JOSEPHS(6.08) ; 3. MONJA, GOOSEN(5.79) ; 4. PATIENCE, NTSHINGILA(5.69) ; 5. CELESTE, RIETELS(5.68) ; 6. MARYKE, BRITS(5.57) ; 7. MIENEKE, PRINS(5.55) ; 8. CLAUDINE, JANSEN VAN RENSBURG(5.46) ; 9. MARNI, STEVENS(5.38) ; 10. VALERIE, KODA-ELLA(5.33) ; 11. NICOLENE, MCCLAREN(5.25) ; 12. JANINE, WEBBER(5.19) ; 13. UYLETA, NEL(5.10) ; 14. PHATHEKA, ZIGANA(3.89) ; 15. NOMZEKELO, MSESWA(3.51) ;

Final Women LongJump Heptathlon(+0.0) 1. BIANCA, ERASMUS(5.71) ; 2. SELLOANE, TSOAELI(5.50) ; 3. HANNELIE, KOTZE(5.26) ; 4. MAGDA, DU PLESSIS(5.11) ; 5. BIANCA, JANTZEN(5.09) ; 6. LANI, VAN HEERDEN(4.86) ; 7. NICOLE, OFFNER(4.80) ; 8. AMORE, KOTZE(4.38) ; 9. CLARINA, SWANEVELDER(4.28) ;

Final Women TripleJump (+0.0) 1. PATIENCE, NTSHINGILA(12.87) ; 2. SELLOANE, TSOAELI(12.69) ; 3. CINDY, PETERS(12.50) ; 4. MARIKE, STEYN(12.43) ; 5. VALERIE, KODA-ELLA(12.14) ; 6. DELIA, SMITH(11.90) ; 7. MONJA, GOOSEN(11.31) ;

Final Women Shotput 1. VERONICA, ABRAHAMSE(15.27) ; 2. BIANCA, VAN ROOYEN(13.79) ; 3. ELZAAN, MOSTERT(13.00) ; 4. SONNIKA, KNOETZE(11.67) ; 5. SIMONE, MEYER(11.58) ; 6. URSULA, FOURIE(11.22) ; 7. RUZEL, VORSTER(11.14) ; 8. JUANITA, GERTSNER(11.03) ;

Final Women Shotput Heptathlon 1. AMORE, KOTZE(10.41) ; 2. CLARINA, SWANEVELDER(10.19) ; 3. NICOLE, OFFNER(10.00) ; 4. BIANCA, JANTZEN(09.70) ; 4. SELLOANE, TSOAELI(09.70) ; 6. BIANCA, ERASMUS(08.55) ; 7. HANNELIE, KOTZE(08.52) ; 8. LANI, VAN HEERDEN(08.28) ; 9. MAGDA, DU PLESSIS(07.86) ;

Final Women Discus 1. ELIZNA, NAUDE(58.42) ; 2. SIMONE, MEYER(49.17) ; 3. MARYKE, OBERHOLZER(45.24) ; 4. SURIETTE, BOTHA(44.45) ; 5. JO-ANNE, HEYDENREICH(43.74) ; 6. URSULA, FOURIE(39.23) ; 7. JUANITA, GERTSNER(35.31) ;

Final Women Hammer 1. MARIZETTE, BADENHORST(52.22) ; 2. ANNEMIE, SMITH(52.08) ; 3. MARILIZE, COETZEE(51.05) ; 4. KARIN, LE ROUX(50.31) ; 5. TANYA, TREURNICHT(47.82) ; 6. NADIA, BOTHA(47.58) ; 7. NANETTE, STAPELBERG(44.74) ; 8. ANNEKE, LOUW(42.65) ;

Final Women Javelin 1. SUNETTE, VILJOEN(59.92) ; 2. TAZMIN, BRITZ(53.44) ; 3. RENCIA, FOURIE(49.42) ; 4. GERLIZE, DE KLERK(46.80) ; 5. ANZEL, VAN DER SCHYFF(46.04) ; 6. ESMARE, SHAW(41.24) ; 7. CHANTELE, VAN DEN BERG(38.63) ; 8. JOLANDRI, ALBERTS(29.99) ;

Final Women Javelin Heptathlon 1. NICOLE, OFFNER(39.74) ; 2. SELLOANE, TSOAELI(37.04) ; 3. AMORE, KOTZE(35.63) ; 4. CLARINA, SWANEVELDER(34.52) ; 5. HANNELIE, KOTZE(27.06) ;

6. BIANCA, JANTZEN(26.32) ; 7. LANI, VAN HEERDEN(25.42) ;  
8. BIANCA, ERASMUS(22.23) ; 9. MAGDA, DU PLESSIS(20.77) ;  
FinalResults Women Heptathlon Results 1. SELLOANE, TSOAELI(04968) ;  
2. BIANCA, JANTZEN(04324) ; 3. BIANCA, ERASMUS(04150) ;  
4. HANNELIE, KOTZE(04135) ; 5. LANI, VAN HEERDEN(03941) ;  
6. NICOLE, OFFNER(03738) ; 7. MAGDA, DU PLESSIS(03400) ; 8. AMORE, KOTZE(03362)  
; 9. CLARINA, SWANEVELDER(02362) ;  
FinalResults Women 4X100m Relay 1. GAUTENG NORTH - A, RELAY TEAM(45.54) ;  
2. BOLAND, RELAY TEAM(46.95) ; 3. CENTRAL GAUTENG , RELAY TEAM(46.96) ;  
4. EASTERN PROVINCE, RELAY TEAM(47.23) ; 5. GAUTENG NORTH - B, RELAY  
TEAM(47.48) ; 6. NORTH WEST NORTH, RELAY TEAM(47.49) ; 7. WESTERN  
PROVINCE, RELAY TEAM(48.49) ; 8. KWA-ZULU NATAL, RELAY TEAM(48.95) ;  
Final Women 4X400m Relay 1. GAUTENG NORTH - A, RELAY TEAM(3:37.54) ;  
2. GAUTENG NORTH - B, RELAY TEAM(3:38.86) ; 3. NORTH WEST NORTH, RELAY  
TEAM(3:44.85) ; 4. CENTRAL GAUTENG , RELAY TEAM(3:46.51) ; 5. BOLAND, RELAY  
TEAM(3:54.70) ; 6. KWA-ZULU NATAL, RELAY TEAM(4:01.44) ;  
Final Women 20km Walk 1. NOMSA, BUTHELEZI(1:48:14.30) ;  
2. MICHELLE, HOPKINS(1:51:41.90) ; 3. BARBARA, NELL(1:53:57.60) ;  
4. YVONNE, IRMSCHER(2:03:54.60) ; 5. ANN, MCKENZIE(2:04:01.70) ;  
6. KHETHIWE, MEMELA(2:04:53.80) ; 7. JO-AAN, WILLIAMS(2:05:39.50) ;  
Final Men 100m (+1.0) 1. SIMON, MAGAKWE(10.21) ; 2. THUSO, MPUANG(10.27) ;  
3. KAGISO, KUMBANE(10.32) ; 4. HANNES, DREYER(10.39) ; 5. LEIGH, JULIUS(10.42)  
; 6. SNYMAN, PRINSLOO(10.44) ; 7. TSHEGOFATSO, MESHOE(10.80) ;  
FinalResults Men 100m Decathlon() 1. WILLEM, DE BRUIN(11.26) ;  
2. DEAN, CLARK(11.29) ; 3. ZAVION, KOTZE(11.42) ; 4. ALI, KAME(11.61) ; 5. AHMED  
MOHAMED, SAAD HAMED(11.64) ; 6. NICOLAS, CASTOR(11.67) ;  
7. GUILLAUME, THIERRY(11.73) ; 8. WILLEM, LE ROUX(11.77) ;  
9. COBUS, THERON(12.76) ;  
Final Men 200m (-0.1) 1. THUSO, MPUANG(20.66) ; 2. SIMON, MAGAKWE(20.90) ;  
3. HANNES, DREYER(21.10) ; 4. THABO, MATHIBEDI(21.12) ; 5. LEIGH, JULIUS(21.22)  
; 6. TSHEGOFATSO, MESHOE(21.32) ; 7. ROSCOE, ENGEL(21.54) ;  
8. KAGISO, KUMBANE(21.67) ;  
Final Men 400m 1. PIETER, SMITH(45.63) ; 2. SIBUSISO, SISHI(46.22) ;  
3. OFENTSE, MOGAWANE(46.51) ; 4. JACOB, RAMOKOKA(46.94) ;  
5. SHANE, VICTOR(47.00) ; 6. NICO, OOSTHUIZEN(47.11) ; 7. PAUL, GORRIES(47.22)  
; 8. MOTHUSI, KWADI(47.27) ;  
FinalResults Men 400m Decathlon 1. ZAVION, KOTZE(50.11) ;  
2. ALI, KAME(50.23) ; 3. WILLEM, DE BRUIN(50.97) ; 4. DEAN, CLARK(51.24) ;  
5. NICOLAS, CASTOR(52.09) ; 6. WILLEM, LE ROUX(52.38) ;  
7. GUILLAUME, THIERRY(52.53) ; 8. AHMED MOHAMED, SAAD HAMED(53.01) ;  
Final Men 800m 1. MBULAENI, MULAUDZI(1:44.81) ; 2. ANDRE, OLIVIER(1:45.41)  
; 3. HEZEKIEL, SEPENG(1:46.38) ; 4. ADRIAAN, VAN WYK(1:46.75) ;  
5. WARREN, HENDRIKS(1:46.94) ; 6. SAMUEL, SEPENG(1:48.97) ;  
7. ZWELAKHE, SEBOTE(1:50.21) ; 8. SAMSON, NGOEPE(1:50.49) ;  
9. JAN, MASENAMELA(1:50.51) ; 10. HANNES, NAUDE(1:50.62) ;  
Final Men 1500m 1. JOHAN, CRONJE(3:36.48) ; 2. JUAN, VAN DEVENTER(3:36.58)  
; 3. PHARSON, MAGAGANE(3:37.79) ; 4. PETER, VAN DER WESTHUIZEN(3:38.55) ;  
5. MTHOMBISI, BALOYI(3:40.06) ; 6. LLOYD, BOSMAN(3:40.45) ;  
7. ENOCK, MANYANDI(3:40.51) ; 8. TSHAMANO, SETONE(3:40.86) ;  
9. ELROY, GELANT(3:41.60) ; 10. MOLEFE, MOLEFE(3:42.37) ;  
11. ETTIENNE, PLAATJIES(3:45.49) ; 12. WINDY, JONAS(3:46.05) ;  
Final Men 1500m Decathlon 1. NICOLAS, CASTOR(4:41.80) ;  
2. ZAVION, KOTZE(4:44.69) ; 3. ALI, KAME(4:46.20) ; 4. AHMED MOHAMED, SAAD  
HAMED(4:46.79) ; 5. WILLEM, LE ROUX(4:58.58) ; 6. GUILLAUME, THIERRY(4:59.00)  
; 7. DEAN, CLARK(5:12.18) ; 8. WILLEM, DE BRUIN(5:12.60) ;  
Final Men 5000m 1. BOY, SOKE(13:46.44) ; 2. OLEBOGENG, MASIRE(13:55.41) ;  
3. PAKISO, PEDI(13:57.63) ; 4. DOMINIC, KHOZA(14:01.32) ;  
5. COOLBOY, NGAMOLE(14:22.68) ; 6. ENOCK, MANYANDI(14:32.36) ;

7. OMPHEMETSE, MOTHIBE (14:37.43) ; 8. RAMOLEJI, MOTSIELOA (14:44.25) ;  
9. LUCAS, JANI (14:46.36) ; 10. LUNGILE, GONGQA (14:53.44) ;  
11. SENZO, NKOSI (14:54.49) ; 12. NKOSIVELILE, NTANTISO (15:01.28) ;  
13. SIBUSISO, NZIMA (15:09.62) ; 14. SIPHO, MANTSULE (15:12.45) ;  
15. THANDOLWETHU, MANTSULE (15:24.91) ; 16. NKOSINATHI, MADYO (15:28.84) ;  
17. PIETER, KOOPMAN (15:32.31) ; 18. THOBILE, MBOLEKWA (15:32.40) ;  
19. SIXOLILE, SHINTA (15:36.48) ; 20. JEAN, BRUMMER (15:56.70) ; 21. PIETER, DU  
PLESSIS (16:08.24) ; 22. MONWABISI, MDODA (16:17.72) ;  
Final Men 10000m 1. STEPHEN, MOKOKA (28:52.22) ; 2. GLADWIN, MZAZI (29:05.08)  
; 3. LUNGISA, MDEDELWA (29:06.25) ; 4. COOLBOY, NGAMOLE (29:29.84) ;  
5. THEMBA, MIYA (29:53.57) ; 6. LUNGILE, GONGQA (30:10.31) ;  
7. NCEDILE, BHEKAMEVA (30:32.66) ; 8. SIYBULELA, MTSHA (30:38.04) ;  
9. CANSAS, NHLAPO (30:39.08) ; 10. JACOB, SELEBALO (30:39.22) ;  
11. SIYABONGA, NKONDE (31:41.09) ;  
Final Men 3000m SteepleChase 1. RUBEN, RAMOLEFE (08:16.04) ;  
2. JOSPEH, MCKENZIE (08:31.97) ; 3. EDWIN, MOLEPO (08:50.77) ;  
4. DIKOTSI, LEKOPA (08:52.51) ; 5. SIVU\YILE, DLONGWANA (08:56.60) ;  
6. THUSO, PHASWANA (08:57.33) ; 7. DEAN, BRUMMER (08:59.37) ;  
8. ANTHONY, GODONGWANA (08:59.66) ; 9. ZOLILE, BHITANE (09:10.38) ;  
10. HENRICO, ROOI (09:39.65) ; 11. CHARLTON, SEPTEMBER (09:49.17) ;  
12. MONWABISI, MDODA (10:19.60) ;  
Final Men 110m Hurdles (-0.1) 1. RUAN, DE VRIES (13.78) ;  
2. SHAUN, BOWNES (13.81) ; 3. HENNIE, KOTZE (14.20) ; 4. LOUW, SMIT (14.27) ;  
5. ANDRE, STORM (14.51) ; 6. RIAAN, SNYMAN (14.61) ; 7. GARY, MORRIS (15.24) ;  
8. ROHAN, DU TOIT (15.32) ;  
Final Men 110m Hurdles Decathlon (-0.2) 1. ALI, KAME (15.08) ;  
2. NICOLAS, CASTOR (15.11) ; 3. AHMED MOHAMED, SAAD HAMED (15.38) ;  
4. GUILLAUME, THIERRY (15.72) ; 5. WILLEM, DE BRUIN (15.76) ;  
6. ZAVION, KOTZE (16.08) ; 7. DEAN, CLARK (16.63) ; 8. WILLEM, LE ROUX (17.51) ;  
Final Men 400m Hurdles 1. WOUTER, LE ROUX (49.96) ;  
2. CORNEL, FREDERICKS (50.25) ; 3. PIETER, KOEKEMOER (50.63) ; 4. LJ, VAN  
ZYL (50.69) ; 5. JULIUS, BUNGEI (51.25) ; 6. MARC, BENDER (52.71) ; 7. NEIL, LE  
ROUX (54.13) ;  
Final Men HighJump 1. RAMSAY, CARELSE (2.20) ; 2. HUBERT, DE BEER (2.15) ;  
3. SEAN, STONE (2.10) ; 4. LEENDERT, HAASBROEK (2.10) ; 5. BEVAN, HENDON (2.10) ;  
6. HEINRICH, KUHN (2.00) ; 7. MUNTINGH, HAMMAN (2.00) ;  
Final Men HighJump Decathlon 1. ZAVION, KOTZE (2.09) ; 2. WILLEM, DE  
BRUIN (1.95) ; 3. ALI, KAME (1.89) ; 4. AHMED MOHAMED, SAAD HAMED (1.89) ;  
5. GUILLAUME, THIERRY (1.83) ; 6. NICOLAS, CASTOR (1.83) ; 7. WILLEM, LE  
ROUX (1.80) ; 8. DEAN, CLARK (1.80) ; 9. COBUS, THERON (1.50) ;  
Final Men Polevault Decathlon 1. GUILLAUME, THIERRY (4.40) ; 2. AHMED  
MOHAMED, SAAD HAMED (4.20) ; 3. ALI, KAME (4.00) ; 4. DEAN, CLARK (3.80) ;  
5. ZAVION, KOTZE (3.60) ; 6. WILLEM, LE ROUX (3.40) ; 7. WILLEM, DE BRUIN (3.40) ;  
8. NICOLAS, CASTOR (3.40) ;  
Final Men Polevault 1. OKKERT, BRITS (5.10) ; 2. JG, BLIGNAUT (4.80) ;  
3. JOHANN, DU PLESSIS (4.80) ; 4. RUAAN, VAN WYK (4.70) ;  
5. CHRISTIAN, NORMAN (4.60) ; 6. EBEN, BEUKES (4.60) ;  
7. LEENDERT, HAASBROEK (4.20) ; 8. CHRISTOPHER, DYSON (4.20) ;  
Final Men LongJump (+2.3) 1. KHOTSO, MOKOENA (8.21) ; 2. BADJI, NDISS  
KABA (8.10) ; 3. LUVU, MANIYONGA (7.28) ; 4. CHARLES, LE ROUX (7.27) ;  
5. ADEWALE, ADEJUMO (7.21) ; 6. STEFAN, BRITS (7.19) ; 7. LIONEL, ABRAHAMS (7.08)  
; 8. JOY, MTUNGWA (7.06) ; 9. ANDILE, MTSHALI (6.84) ;  
10. GLADSTONE, SHABANGU (6.82) ; 11. JASON, KAROLISIN (6.78) ;  
12. KYLE, FORD (6.64) ; 13. REAGAN, JULIUS (6.62) ; 14. SAKHIWO, NETHI (6.01) ;  
15. SIKELELA, SICWETSHA (5.84) ;  
Final Men LongJump Decathlon (+0.0) 1. WILLEM, DE BRUIN (7.01) ;  
2. GUILLAUME, THIERRY (6.91) ; 3. ALI, KAME (6.74) ; 4. AHMED MOHAMED, SAAD

HAMED(6.47) ; 5.ZAVION,KOTZE(6.38) ; 6.NICOLAS,CASTOR(6.37) ;  
 7.DEAN,CLARK(6.36) ; 8.WILLEM,LE ROUX(5.65) ; 9.COBUS,THERON(5.09) ;  
 Final Men TripleJump (+0.0) 1.TUMELO,THAGANE(16.44) ;  
 2.LUVO,MANIYONGA(15.55) ; 3.ELMARCO,MATTHEWS(15.42) ; 4.CHARLES,LE  
 ROUX(15.26) ; 5.ZARCK,VISSER(15.02) ; 6.RENEILWE,APHANE(14.88) ;  
 7.JASON,SEWENYANA(14.70) ; 8.ALEX,TERBLANCHE(14.38) ;  
 Final Men Shotput 1.JANUS,ROBBERTS(19.70) ; 2.ROELIE,POTGIETER(18.61) ;  
 3.ORAZIO,CREMONA(18.50) ; 4. ROSS,JORDAAN(17.85) ;  
 5.JACO,ENGELBRECHT(16.80) ; 6.DONOVAN,SNYMAN(16.65) ;  
 7.STEPHAN,BRINK(15.90) ; 8.ERICK,KIRSTEN(15.84) ;  
 9.CONRADIE,SCHEEPERS(15.28) ; 10.DEAN,WATTRUS(15.23) ; 11.RYNO,VAN  
 WINKEL(14.70) ; 12.TOIT,OOSTHUIZEN (13.06) ;  
 Final Men Shotput Decathlon 1.GUILLAUME,THIERRY(12.73) ; 2.AHMED  
 MOHAMED,SAAD HAMED(12.40) ; 3.ALI,KAME(11.82) ; 4.COBUS,THERON(11.60) ;  
 5.WILLEM,LE ROUX(11.52) ; 6.ZAVION,KOTZE(10.64) ; 7.WILLEM,DE  
 BRUIN(09.55) ; 8.NICOLAS,CASTOR(09.48) ; 9.DEAN,CLARK(09.14) ;  
 Final Men Discus 1.HANNES,HOPLEY(60.53) ; 2.JANUS,ROBBERTS(56.53) ;  
 3.WYNAND,COETZEE(54.04) ; 4.JAMES,SINCLAIR(53.18) ;  
 5.DONOVAN,SNYMAN(51.95) ; 6.DEWALD,VAN HEERDEN(51.37) ; 7.  
 ROSS,JORDAAN(49.80) ; 8.STEFAN,JOUBERT(48.16) ; 9.DEAN,WATTRUS(46.74) ;  
 10.LEON,VERSTER(46.11) ; 11.TOIT,OOSTHUIZEN (39.86) ;  
 12.ERICK,KIRSTEN(35.65) ;  
 Final Men Discus Decathlon 1.GUILLAUME,THIERRY(43.99) ; 2.AHMED  
 MOHAMED,SAAD HAMED(36.28) ; 3.WILLEM,LE ROUX(36.16) ;  
 4.NICOLAS,CASTOR(33.11) ; 5.ALI,KAME(31.71) ; 6.WILLEM,DE BRUIN(29.39) ;  
 7.ZAVION,KOTZE(28.01) ; 8.DEAN,CLARK(25.74) ;  
 Final Men Hammer 1.CHRIS,HARMSE(74.78) ; 2.JOHAN,KRUGER(61.92) ;  
 3.KRISTIAAN,BEKKER(61.08) ; 4.CLINTON,WILLIAMS(53.10) ; 5.MICQEL,LE  
 ROUX(51.47) ; 6.TONE,VAN RENSBURG(49.59) ; 7.PIETER,BADENHORST(49.42) ;  
 8.TIAAN,NAUDE(42.03) ;  
 Final Men Javelin 1.ROBERT,OOSTHUIZEN(80.70) ; 2.ULRICH,DAMON(74.38) ;  
 3.TOBIE,HOLTZHAUSEN(70.76) ; 4.STEFAN,STANDER(68.03) ;  
 5.BERNARD,CROUS(67.60) ; 6.ALBERT,OOSTHUIZEN (60.64) ;  
 Final Men Javelin Decathlon 1.WILLEM,LE ROUX(54.65) ;  
 2.GUILLAUME,THIERRY(53.36) ; 3.ALI,KAME(53.32) ; 4.AHMED MOHAMED,SAAD  
 HAMED(44.40) ; 5.ZAVION,KOTZE(40.04) ; 6.NICOLAS,CASTOR(38.20) ;  
 7.DEAN,CLARK(35.38) ; 8.WILLEM,DE BRUIN(32.06) ;  
 FinalResults Men Decathlon Results 1.GUILLAUME,THIERRY(06948) ;  
 2.ALI,KAME(06822) ; 3.AHMED MOHAMED,SAAD HAMED(06641) ;  
 4.ZAVION,KOTZE(06414) ; 5.NICOLAS,CASTOR(06117) ; 6.WILLEM,DE  
 BRUIN(06094) ; 7.WILLEM,LE ROUX(05963) ; 8.DEAN,CLARK(05737) ;  
 9.COBUS,THERON(01882) ;  
 FinalResults Men 4X100m Relay 1.WESTERN PROVINCE - A,RELAY TEAM(40.25)  
 ; 2.CENTRAL GAUTENG,RELAY TEAM(40.32) ; 3.GAUTENG NORTH,RELAY TEAM(40.43)  
 ; 4.EASTERN PROVINCE,RELAY TEAM(40.56) ; 5.FREE STATE,RELAY TEAM(41.37) ;  
 6.BOLAND - B,RELAY TEAM(41.68) ; 7.BOLAND - A,RELAY TEAM(41.93) ; 8.KWA-  
 ZULU NATAL,RELAY TEAM(42.37) ; 9.WESTERN PROVINCE - B,RELAY TEAM(42.47) ;  
 10.NORTH WEST NORTH,RELAY TEAM(43.25) ;  
 FinalResults Men 4X400m Relay 1.KWA-ZULU NATAL,RELAY TEAM(3:11.99) ;  
 2.NORTH WEST NORTH,RELAY TEAM(3:12.46) ; 3.GAUTENG NORTH,RELAY  
 TEAM(3:12.49) ; 4.FREE STATE,RELAY TEAM(3:14.78) ; 5.WESTERN  
 PROVINCE,RELAY TEAM(3:16.27) ; 6.BOLAND - A,RELAY TEAM(3:16.59) ;  
 7.BOLAND - B,RELAY TEAM(3:24.16) ;  
 Final Men 20km Walk 1.WAYNE,SNYMAN(1:29:34.90) ;  
 2.SIPHO,MAHALANGO(1:30:07.10) ; 3.WERNER,APPEL(1:30:39.10) ;  
 4.MARC,MUNDELL(1:34:10.80) ; 5.ROSS,MCDONALD(1:34:24.10) ;  
 6.MOLISA,MOJALEFA(1:35:53.70) ; 7.GIDEON,CILLIE(1:36:48.30) ;  
 8.PROFFESSOR,CELE(1:39:58.90) ; 9.ARMOND,NEL(1:40:45.90) ;

10.WADE,FRASER(1:42:50.50) ; 11.THANDO,LUMKWANA(1:57:54.20) ;  
12.BRANDON,GOOSEN(2:04:26.80) ;

=====HEATS=====

Semi Final 1 of 2 Women 100m (-0.5) 1.NOMBULELO,MKENKU(11.72) ;  
2.CHRISTINE,RAS(12.02) ; 3.MELISSA,HEWITT(12.07) ;  
4.STACEY,GARDINER(12.13) ; 5.MARYKE,BRITS(12.17) ; 6.CINDY,PETERS(12.24)  
; 7.LYNETTE,MORGAN(12.41) ; 8.CARLI,GEY VAN PITTIUS(12.50) ;

Semi Final 2 of 2 Women 100m (-1.3) 1.TSHOLOFELO,THIPE(11.48) ;  
2.THANDIWE,VILAKAZI(11.83) ; 3.CINDY,STEWART(11.86) ;  
4.CHERESE,JONES(12.01) ; 5.CARINA,HORN(12.02) ; 6.NONTOBEKO,GUMEDE(12.23)  
; 7.ARLENE,GOWAR(12.26) ; 8.THANDI,MGWEVU(12.36) ;

Heat 1 of 4 Women 100m (+0.3) 1.MELISSA,HEWITT(12.15) ;  
2.STACEY,GARDINER(12.27) ; 3.THANDI,MGWEVU(12.47) ;  
4.ZASKIA,STRUWIG(12.60) ; 5.THEMBISA,SIYATSHA(13.05) ;  
6.VUYISWA,SIGWELA(14.55) ;

Heat 2 of 4 Women 100m (-0.4) 1.TSHOLOFELO,THIPE(11.78) ;  
2.CHERESE,JONES(12.01) ; 3.CARLI,GEY VAN PITTIUS(12.55) ;  
4.SIBUSISIWE,GAVU(12.79) ; 5.LINDA,BUZA(14.10) ; 6.IVY,CHEPAPE(14.81) ;

Heat 3 of 4 Women 100m (+1.3) 1.NOMBULELO,MKENKU(11.71) ;  
2.CHRISTINE,RAS(11.98) ; 3.MARYKE,BRITS(12.00) ;  
4.NONTOBEKO,GUMEDE(12.13) ; 5.LYNETTE,MORGAN(12.39) ;

Heat 4 of 4 Women 100m (-1.4) 1.CARINA,HORN(11.97) ;  
2.CINDY,STEWART(12.03) ; 3.THANDIWE,VILAKAZI(12.09) ;  
4.CINDY,PETERS(12.32) ; 5.ARLENE,GOWAR(12.32) ; 6.TASQUANE,HUFKIE(12.53)  
; 7.SUDIA,SMITH(12.88) ;

Heat 1 of 3 Women 200m (-2.0) 1.ISABEL,LE ROUX(23.60) ; 2.ALET,VAN  
WYK(25.06) ; 3.MELISSA,HEWITT(25.54) ; 4.SUDIA,SMITH(26.75) ;

Heat 2 of 3 Women 200m (-0.3) 1.CARINA,HORN(24.18) ;  
2.ALYSSA,CONLEY(24.93) ; 3.LYNETTE,MORGAN(25.47) ;  
4.TASQUANE,HUFKIE(25.64) ; 5.NATALIE,MOORE(25.80) ;  
6.ZASKIA,STRUWIG(26.01) ;

Heat 3 of 3 Women 200m (-0.8) 1.NOMBULELO,MKENKU(24.54) ;  
2.THANDI,MGWEVU(25.26) ; 3.THANDIWE,VILAKAZI(25.29) ;  
4.ARISTA,HEFER(25.44) ; 5.MAMINYANA,ZULU(26.24) ;  
6.NANDIPHA,RAMAROB(26.74) ; 7.THEMBISA,SIYATSHA(27.83) ;  
Final 1 of 2 Women 200m Heptathlon() 1.SELLOANE,TSOAE(26.39) ;  
2.BIANCA,ERASMUS(26.78) ; 3.NICOLE,OFFNER(28.08) ; 4.MAGDA,DU  
PLESSIS(28.80) ; 5.CLARINA,SWANEVELDER(30.03) ;

Final 2 of 2 Women 200m Heptathlon() 1.HANNELIE,KOTZE(26.73) ;  
2.BIANCA,JANTZEN(27.57) ; 3.LANI,VAN HEERDEN(27.84) ;  
4.AMORE,KOTZE(30.24) ;

Heat 1 of 3 Women 400m 1.AMANDA,KOTZE(54.84) ;  
2.TIHANNA,VORSTER(56.08) ; 3.SONJA,VAN DER MERWE(57.23) ;  
4.VIMBAI,CHISVO(60.66) ; 5.VUYISWA,SIGWELA(72.59) ;

Heat 2 of 3 Women 400m 1.ESTIE,WITTSTOCK(54.51) ;  
2.RORISANG,RAMMONYE(54.80) ; 3.COBA,DIEDERICKS(60.25) ; 4.LYNETTE,DU  
PLESSIS(61.19) ; 5.STACI,KILOH(61.98) ;

Heat 3 of 3 Women 400m 1.TSHOLOFELO,THIPE(52.95) ; 2.ALET,VAN  
WYK(54.25) ; 3.EUGENIE,WICKSELL(54.30) ; 4.NATALIE,MOORE(57.97) ;  
5.ZOE,ENGLER(58.69) ; 6.ILSE,LIEBENBERG(59.39) ;  
7.NOKUTHULA,SOGIBA(71.31) ;

Final 1 of 2 Women 100m Hurdles Heptathlon(-0.7)  
1.HANNELIE,KOTZE(15.14) ; 2.SELLOANE,TSOAE(15.24) ;  
3.BIANCA,ERASMUS(15.76) ; 4.MAGDA,DU PLESSIS(17.39) ;  
5.CLARINA,SWANEVELDER(18.86) ;

Final 2 of 2 Women 100m Hurdles Heptathlon(-1.0)  
1.BIANCA,JANTZEN(17.16) ; 2.LANI,VAN HEERDEN(17.78) ;  
3.AMORE,KOTZE(18.96) ; 4.NICOLE,OFFNER(20.34) ;

Heat 1 of 2 Women 400m Hurdles 1.WENDA, THERON(59.72) ;  
2.MARISKA, MEINTJIES(60.53) ; 3.JANA, THERON(61.57) ; 4.JEAN-  
MARIE, SENEKAL(64.44) ; 5.MEGAN, GODDARD(65.44) ; 6.ALICIA, STEYN(66.49) ;  
7.SUMARI, CLASSEN(66.51) ;  
Heat 2 of 2 Women 400m Hurdles 1.NORASEELA, MOHD KHALID(59.15) ;  
2.JANET, WIENAND(59.75) ; 3.LICINDA, LIEBENBERG(59.84) ;  
4.ANNERIE, EBERSOHN(61.21) ; 5.ANE, FOURIE(63.86) ; 6.DANELLE, GREEFF(64.93)  
; 7.TANYA, VAN DEN BERG(68.18) ;  
Final 1 of 2 Women 4X100m Relay 1.GAUTENG NORTH - A, RELAY TEAM(45.54)  
; 2.NORTH WEST NORTH, RELAY TEAM(47.49) ; 3.WESTERN PROVINCE, RELAY  
TEAM(48.49) ; 4.KWA-ZULU NATAL, RELAY TEAM(48.95) ;  
Final 2 of 2 Women 4X100m Relay 1.BOLAND, RELAY TEAM(46.95) ; 2.CENTRAL  
GAUTENG , RELAY TEAM(46.96) ; 3.EASTERN PROVINCE, RELAY TEAM(47.23) ;  
4.GAUTENG NORTH - B, RELAY TEAM(47.48) ;  
Semi Final 1 of 3 Men 100m (-1.9) 1.KAGISO, KUMBANE(10.46) ;  
2.LEIGH, JULIUS(10.48) ; 3.THUSO, MPUANG(10.65) ; 4.DENVER, MILLER(10.86) ;  
5.ISAAK, VAN WYK(10.88) ; 6.SYLVESTER, ABRAHAMS(10.92) ;  
7.ETHAN, FLORIS(10.93) ; 8.JEANRE, ROSSOUW(10.99) ;  
Semi Final 2 of 3 Men 100m (-1.2) 1.HANNES, DREYER(10.51) ;  
2.ROSCOE, ENGEL(10.52) ; 3.SNYMAN, PRINSLOO(10.68) ; 4.MICHAEL, KOCH(10.83)  
; 5.JONATHAN, ISAACS(10.84) ; 6.BRENT, STEVENS(10.85) ;  
7.ERICH, ESSMAN(10.88) ; 8.HUBRE, GROOTBOOM(11.09) ;  
Semi Final 3 of 3 Men 100m (-0.4) 1.SIMON, MAGAKWE(10.50) ;  
2.TSHEGOFATSO, MESHOE(10.60) ; 3.LE ROUX, VAN TONDER(10.73) ;  
4.JOHANNES, MOSALA(10.79) ; 5.GARTH, ARENZ(10.85) ;  
6.PIERRE, MEINTJIES(10.87) ; 7.IVAN, MALONEY(10.98) ;  
Heat 1 of 6 Men 100m (-0.4) 1.SIMON, MAGAKWE(10.60) ;  
2.SERGIO, MULLINS(10.62) ; 3.JEANRE, ROSSOUW(10.98) ;  
4.GODFREY, MEELA(11.08) ; 5.HEINE, FORTUIN(11.09) ;  
6.BOKAMOSO, CHAUKE(11.31) ; 7.ERNST, HATTINGH(11.38) ;  
Heat 2 of 6 Men 100m (+0.5) 1.ISAAK, VAN WYK(10.76) ;  
2.THUSO, MPUANG(10.77) ; 3.JONATHAN, ISAACS(10.81) ;  
4.HUBRE, GROOTBOOM(10.88) ; 5.MACKSON, MATLALA(10.99) ;  
6.CURT, RUITERS(11.09) ; 7.CHE, HARMSE(11.38) ;  
Heat 3 of 6 Men 100m (+2.3) 1.LEIGH, JULIUS(10.31) ;  
2.KAGISO, KUMBANE(10.38) ; 3.JOHANNES, MOSALA(10.72) ;  
4.DENVER, MILLER(10.72) ; 5.IVAN, MALONEY(10.85) ;  
6.SYLVESTER, ABRAHAMS(10.89) ; 7.LUVUYO, NGANTWENI(11.86) ;  
Heat 4 of 6 Men 100m (+0.7) 1.TSHEGOFATSO, MESHOE(10.51) ; 2.LE ROUX, VAN  
TONDER(10.57) ; 3.MICHAEL, KOCH(10.72) ; 4.ERICH, ESSMAN(10.77) ;  
5.PIERRE, MEINTJIES(10.82) ; 6.SABELO, BHODOZA(11.01) ;  
7.ANTONIO, BLOM(11.16) ;  
Heat 5 of 6 Men 100m (-0.7) 1.SNYMAN, PRINSLOO(10.68) ;  
2.BRENT, STEVENS(10.72) ; 3.GARTH, ARENZ(10.81) ; 4.FABRICE, KALELE(10.96) ;  
5.MZWUANDILE, QUASHANI(11.00) ; 6.BREDAIN, MINNIE(11.02) ;  
7.WILLEM, JAPTHA(11.36) ;  
Heat 6 of 6 Men 100m (+0.7) 1.HANNES, DREYER(10.49) ;  
2.ROSCOE, ENGEL(10.52) ; 3.ETHAN, FLORIS(10.65) ; 4.GEURON, KULSEN(11.05) ;  
5.MMOMELEZI, MQUQU(11.28) ; 6.PHIKOLOMZI, MANKAYI(12.02) ;  
7.ANDREW, KOCK(12.55) ;  
Final 1 of 2 Men 100m Decathlon(-1.8) 1.AHMED MOHAMED, SAAD HAMED(11.64)  
; 2.GUILLAUME, THIERRY(11.73) ; 3.WILLEM, LE ROUX(11.77) ;  
4.COBUS, THERON(12.76) ;  
Final 2 of 2 Men 100m Decathlon(-1.5) 1.WILLEM, DE BRUIN(11.26) ;  
2.DEAN, CLARK(11.29) ; 3.ZAVION, KOTZE(11.42) ; 4.ALI, KAME(11.61) ;  
5.NICOLAS, CASTOR(11.67) ;  
Semi Final 1 of 3 Men 200m (-0.2) 1.SIMON, MAGAKWE(20.93) ;  
2.KAGISO, KUMBANE(20.98) ; 3.LEIGH, JULIUS(21.11) ; 4.ERNST, HATTINGH(21.56)

; 5.DENVER,MILLER(21.77) ; 6.PIERRE,MEINTJIES(22.27) ;  
 7.JUNAID,SMERDON(22.61) ;  
 Semi Final 2 of 3 Men 200m (+1.4) 1.HANNES,DREYER(20.99) ;  
 2.TSHEGOFATSO,MESHOE(21.03) ; 3.THABO,MATHIBEDI(21.20) ;  
 4.MZWUANDILE,QUASHANI(21.57) ; 5.BRENT,STEVENS(21.59) ;  
 6.BREDAIN,MINNIE(21.89) ; 7.GEURON,KULSEN(22.13) ;  
 8.HUBRE,GROOTBOOM(22.36) ;  
 Semi Final 3 of 3 Men 200m (-1.8) 1.THUSO,MPUANG(21.21) ;  
 2.ROSCOE,ENGEL(21.33) ; 3.ISAAK,VAN WYK(21.37) ;  
 4.SYLVESTER,ABRAHAMS(21.67) ; 5.MICHAEL,KOCH(22.00) ;  
 6.IVAN,MALONEY(22.27) ; 7.JOHANNES,MOSALA(22.47) ;  
 Heat 1 of 6 Men 200m (-2.8) 1.SIMON,MAGAKWE(21.35) ;  
 2.TSHEGOFATSO,MESHOE(21.41) ; 2.KAGISO,KUMBANE(21.41) ;  
 4.MICHAEL,KOCH(22.23) ; 5.JEANRE,ROSSOUW(22.56) ; 6.GARTH,ARENZ(22.62) ;  
 7.JONATHAN,ISAACS(23.00) ;  
 Heat 2 of 6 Men 200m (-1.9) 1.THUSO,MPUANG(21.50) ; 2.ISAAK,VAN  
 WYK(21.60) ; 3.BRENT,STEVENS(21.61) ; 4.ERNST,HATTINGH(21.62) ;  
 5.BREDAIN,MINNIE(21.78) ; 6.ANTONIO,BLOM(22.40) ;  
 Heat 3 of 6 Men 200m (-0.3) 1.LEIGH,JULIUS(21.92) ;  
 2.DENVER,MILLER(22.08) ; 3.JOHANNES,MOSALA(22.25) ;  
 4.JUNAID,SMERDON(22.53) ; 5.GODFREY,MEELA(22.91) ;  
 6.PHIKOLOMZI,MANKAYI(25.18) ;  
 Heat 4 of 6 Men 200m (-0.9) 1.THABO,MATHIBEDI(21.38) ;  
 2.MZWUANDILE,QUASHANI(22.04) ; 3.IVAN,MALONEY(22.22) ;  
 4.HUBRE,GROOTBOOM(22.42) ; 5.CHE,HARMSE(23.03) ;  
 Heat 5 of 6 Men 200m (-0.5) 1.HANNES,DREYER(21.65) ;  
 2.ANTON,BOUWER(22.42) ; 3.GEURON,KULSEN(22.51) ; 4.MMOMELEZI,MQUQU(22.76)  
 ; 5.FABRICE,KALELE(22.77) ; 6.WILLEM,JAPTHA(23.47) ;  
 Heat 6 of 6 Men 200m (-1.9) 1.ROSCOE,ENGEL(21.46) ;  
 2.SYLVESTER,ABRAHAMS(21.91) ; 3.PIERRE,MEINTJIES(22.69) ;  
 4.MOJALEJA,MOSILI(22.79) ;  
 Semi Final 1 of 3 Men 400m 1.OFENTSE,MOGAWANE(47.33) ;  
 2.SIBUSISO,SISHI(47.66) ; 3.RANTI,DIKGALE(47.89) ; 4.PIETER,MARX(48.81) ;  
 5.SABELO,BHODOZA(48.90) ; 6.WESSEL,STOLTZ(50.13) ; 7.LYNTON,ADAMS(50.76)  
 ; 8.RUAAN,GROBLER(50.82) ;  
 Semi Final 2 of 3 Men 400m 1.JACOB,RAMOKOKA(47.08) ;  
 2.MOTHUSI,KWADI(47.12) ; 3.NICO,OOSTHUIZEN(47.29) ; 4.PAUL,GORRIES(47.52)  
 ; 5.BYRON,HAUPT(49.07) ; 6.STEVEN,STEYN(49.74) ; 7.NATHAN,VAN WYK(50.72)  
 ;  
 Semi Final 3 of 3 Men 400m 1.PIETER,SMITH(46.92) ;  
 2.SHANE,VICTOR(47.58) ; 3.SHAUN,DE JAGER(47.67) ; 4.THEMBA,MADIMA(48.36)  
 ; 5.DRIAAN,CORNELISSEN(48.81) ; 6.MIGUEL,NUNES(50.10) ;  
 7.COLLEN,WOWANA(50.23) ;  
 Heat 1 of 5 Men 400m 1.SHANE,VICTOR(47.92) ; 2.OFENTSE,MOGAWANE(48.06)  
 ; 3.PIETER,MARX(48.57) ; 4.DRIAAN,CORNELISSEN(48.79) ;  
 5.STEVEN,STEYN(50.23) ;  
 Heat 2 of 5 Men 400m 1.THEMBA,MADIMA(48.22) ; 2.PIETER,SMITH(48.67) ;  
 3.BYRON,HAUPT(49.69) ; 4.LYNTON,ADAMS(50.23) ; 5.WESSEL,STOLTZ(50.56) ;  
 Heat 3 of 5 Men 400m 1.NICO,OOSTHUIZEN(48.52) ; 2.SHAUN,DE  
 JAGER(49.40) ; 3.COLLEN,WOWANA(49.97) ; 4.RUAAN,GROBLER(50.17) ;  
 5.LUMARDT,GROENWALDT(51.08) ;  
 Heat 4 of 5 Men 400m 1.RANTI,DIKGALE(47.85) ; 2.SIBUSISO,SISHI(47.89)  
 ; 3.PAUL,GORRIES(48.51) ; 4.RELEBOHILE,MOSITO(50.40) ;  
 5.RIFAAT,JAPPIE(50.66) ; 6.LAYNE,SCHAFFERS(51.27) ;  
 7.ZOLANI,MBANTSA(52.53) ;  
 Heat 5 of 5 Men 400m 1.MOTHUSI,KWADI(47.89) ; 2.JACOB,RAMOKOKA(48.11)  
 ; 3.SABELO,BHODOZA(48.90) ; 4.NATHAN,VAN WYK(49.36) ;  
 5.MOJALEJA,MOSILI(49.86) ; 6.MIGUEL,NUNES(49.94) ;

Final 1 of 2 Men 400m Decathlon 1.ZAVION,KOTZE(50.11) ;  
2.ALI,KAME(50.23) ; 3.WILLEM,DE BRUIN(50.97) ; 4.GUILLAUME,THIERRY(52.53)  
;  
Final 2 of 2 Men 400m Decathlon 1.DEAN,CLARK(51.24) ;  
2.NICOLAS,CASTOR(52.09) ; 3.WILLEM,LE ROUX(52.38) ; 4.AHMED MOHAMED,SAAD  
HAMED(53.01) ;  
Heat 1 of 3 Men 800m 1.ANDRE,OLIVIER(1:50.45) ;  
2.HEZEKIEL,SEPENG(1:51.03) ; 3.SAMUEL,SEPENG(1:51.57) ;  
4.JAN,MASENAMELA(1:52.77) ; 5.RICK,HAMBRIDGE(1:53.35) ;  
6.VUYOLWETHU,KAYI(1:53.36) ; 7.SELBY,METH(2:08.95) ;  
Heat 2 of 3 Men 800m 1.SAMSON,NGOEPE(1:52.65) ;  
2.MBULAENI,MULAUDZI(1:52.94) ; 3.HANNES,NAUDE(1:53.18) ; 4.MOOLMAN,VAN  
AARDE(1:56.75) ; 5.RICARDO,MENTOOR(2:02.34) ; 6.XOLANI,MAHHIDA(2:03.37) ;  
Heat 3 of 3 Men 800m 1.ADRIAAN,VAN WYK(1:52.69) ;  
2.WARREN,HENDRIKS(1:52.81) ; 3.ZWELAKHE,SEBOTE(1:53.10) ;  
4.NATHAN,BEUKES(1:53.24) ; 5.LEFU,LEPHOTO(1:53.86) ;  
6.DONALD,SEDISE(1:55.06) ; 7.RAAGHID,FREDERICKS(1:55.28) ;  
8.MPHO,SEKAKAMPA(1:55.49) ; 9.ABBEY,MARULANE(1:56.28) ;  
Heat 1 of 2 Men 1500m 1.LLOYD,BOSMAN(3:47.39) ;  
2.PHARSON,MAGAGANE(3:47.75) ; 3.JOHAN,CRONJE(3:47.93) ;  
4.TSHAMANO,SETONE(3:48.32) ; 5.JACQUES,PRETORIUS(3:48.94) ;  
6.ISAAC,MBOYASA(3:49.78) ; 7.ISHMAEL,PHOKWANE(3:54.74) ;  
8.MARCO,BUCARAZZI(3:55.99) ; 9.STEVEN,NGQOLA(3:56.33) ;  
10.OMPHEMETSE,MOTHIBE(4:02.83) ; 11.LESIBA,PEU(4:05.96) ;  
12.SIBONGISENI,MAGWACA(4:12.72) ;  
Heat 2 of 2 Men 1500m 1.JUAN,VAN DEVENTER(3:38.38) ;  
2.ELROY,GELANT(3:40.80) ; 3.MOLEFE,MOLEFE(3:40.86) ;  
4.ENOCK,MANYANDI(3:41.15) ; 5.WINDY,JONAS(3:42.62) ; 6.PETER,VAN DER  
WESTHUIZEN(3:42.65) ; 7.MTHOMBISI,BALOYI(3:42.77) ;  
8.ETTIENNE,PLAATJIES(3:42.97) ; 9.RICHARD,NENE(3:49.33) ;  
10.LISEMANYANE,MAKHELE(3:55.44) ; 11.DUANE,FORTUIN(3:57.00) ;  
12.ANELE,ZONDWAYO(4:10.87) ; 13.THANDIZIZWE,TYANDA(4:26.19) ;  
Heat 1 of 2 Men 110m Hurdles (+0.8) 1.SHAUN,BOWNES(13.72) ;  
2.ANDRE,STORM(14.53) ; 3.RIAAN,SNYMAN(14.62) ; 4.NEIL,LE ROUX(15.30) ;  
5.ALROY,DIXON(15.35) ; 6.LINDLY,BARNES(15.99) ;  
Heat 2 of 2 Men 110m Hurdles (+0.0) 1.RUAN,DE VRIES(13.92) ;  
2.LOUW,SMIT(14.08) ; 3.HENNIE,KOTZE(14.37) ; 4.ROHAN,DU TOIT(15.16) ;  
5.GARY,MORRIS(15.29) ; 6.TIAAN,STEYN(15.39) ;  
Heat 1 of 2 Men 400m Hurdles 1.JULIUS,BUNGEI(51.24) ; 2.WOUTER,LE  
ROUX(51.36) ; 3.CORNEL,FREDERICKS(52.15) ; 4.NEIL,LE ROUX(54.00) ;  
5.RYAN,NEL(54.49) ; 6.RUAN,FERREIRA(55.61) ;  
Heat 2 of 2 Men 400m Hurdles 1.LJ,VAN ZYL(53.13) ;  
2.PIETER,KOEKEMOER(53.55) ; 3.MARC,BENDER(54.24) ; 4.WIEKUS,JONCK(55.08)  
; 5.RELEBOHILE,MOSITO(57.30) ; 6.LEROY,BITTERHOUT(57.44) ;  
Final 1 of 2 Men 4X100m Relay 1.GAUTENG NORTH,RELAY TEAM(40.43) ;  
2.EASTERN PROVINCE,RELAY TEAM(40.56) ; 3.BOLAND - A,RELAY TEAM(41.93) ;  
4.WESTERN PROVINCE - B,RELAY TEAM(42.47) ; 5.NORTH WEST NORTH,RELAY  
TEAM(43.25) ;  
Final 2 of 2 Men 4X100m Relay 1.WESTERN PROVINCE - A,RELAY TEAM(40.25)  
; 2.CENTRAL GAUTENG,RELAY TEAM(40.32) ; 3.FREE STATE,RELAY TEAM(41.37) ;  
4.BOLAND - B,RELAY TEAM(41.68) ; 5.KWA-ZULU NATAL,RELAY TEAM(42.37) ;  
Final 1 of 2 Men 4X400m Relay 1.GAUTENG NORTH,RELAY TEAM(3:12.49) ;  
2.FREE STATE,RELAY TEAM(3:14.78) ; 3.BOLAND - B,RELAY TEAM(3:24.16) ;  
Final 2 of 2 Men 4X400m Relay 1.KWA-ZULU NATAL,RELAY TEAM(3:11.99) ;  
2.NORTH WEST NORTH,RELAY TEAM(3:12.46) ; 3.WESTERN PROVINCE,RELAY  
TEAM(3:16.27) ; 4.BOLAND - A,RELAY TEAM(3:16.59) ;  
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