

**Results of all Finals and Heats**

Ordered by Item types

Performance Scores: WorldAth 2022 table, Electronic Time, Height above sea=107

Place	Athlete,Number	Team	Perf	Score	Points	Medal	Wind	Records
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Item 13 19:10:00 Final Results Men Senior 100m

1	OMANYALA, FERDINAND, 147	KEN	10.19	1140	8	G		
2	AREND, UBAY, 321	UWC	10.55	1023	7	S		
3	VAN DER MERWE, KEEGAN, 117	CMCI	10.56	1020	6	B		
4	HARIB, SULTAN, 274	QAT	10.61	1003	5			
5	ISAACS, JUSTIN, 37	AA	10.64	995	4			
6	DU PLESSIS, SHERMAN, 102	CMCI	10.79	948	3			
7	LOTTERING, GERODAN, 165	LAN	10.80	945	2			
8	MAURICE, RIO, 41	AA	10.91	912	1			
9	KLAASEN, CHAD, 96	CMCI	11.02	880	0			
10	DAMON, BRENTLEE, 99	CMCI	11.12	850	0			
11	FRANCKE, AIDEN, 104	CMCI	11.16	840	0			
12	FISHER, JAIMIE, 209	MAT	11.18	833	0			
13	HOFFMAN, SVEN, 36	AA	11.24	817	0			
13	CUIENS, JAHAIMLIN, 322	UWC	11.24	817	0			
15	SAMPSON, AJAY, 49	AA	11.35	785	0			
16	WALTERS, TIAAN, 219	MAT	11.42	765	0			
17	CAESAR, JUREAUX, 95	CMCI	11.56	728	0			
18	PRINCE, TIYARN, 113	CMCI	11.68	695	0			
19	STEENBERG, CHAD, 317	TYG	11.87	648	0			
20	MENTOOR, VERNON, 166	LAN	11.88	645	0			
21	ISAACS, DEORANN, 160	LAN	12.13	582	0			
22	ADAMS, DEANO, 154	LAN	12.31	540	0			
23	AFRICA, CALEB, 156	LAN	12.91	412	0			
24	SWARTS, DILLAN, 172	LAN	13.18	358	0			

Item 3 18:20:00 Final 1 of 4 Men Senior 100m**0.9**

1	FRANCKE, AIDEN, 104	CMCI	11.16	840				
2	CUIENS, JAHAIMLIN, 322	UWC	11.24	817				
3	PRINCE, TIYARN, 113	CMCI	11.68	695				
4	MENTOOR, VERNON, 166	LAN	11.88	645				
5	ADAMS, DEANO, 154	LAN	12.31	540				
6	AFRICA, CALEB, 156	LAN	12.91	412				

Item 10 19:00:00 Final 2 of 4 Men Senior 100m**1.2**

1	HARIB, SULTAN, 274	QAT	10.61	1003				
2	KLAASEN, CHAD, 96	CMCI	11.02	880				
3	FISHER, JAIMIE, 209	MAT	11.18	833				
4	CAESAR, JUREAUX, 95	CMCI	11.56	728				
5	STEENBERG, CHAD, 317	TYG	11.87	648				
6	ISAACS, DEORANN, 160	LAN	12.13	582				

Item 12 19:05:00 Final 3 of 4 Men Senior 100m**0.3**

1	DU PLESSIS, SHERMAN, 102	CMCI	10.79	948				
2	LOTTERING, GERODAN, 165	LAN	10.80	945				
3	DAMON, BRENTLEE, 99	CMCI	11.12	850				
4	SAMPSON, AJAY, 49	AA	11.35	785				
5	WALTERS, TIAAN, 219	MAT	11.42	765				
6	SWARTS, DILLAN, 172	LAN	13.18	358				

Item 13 19:10:00 Final 4 of 4 Men Senior 100m**0.7**

1	OMANYALA, FERDINAND, 147	KEN	10.19	1140				
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**Meeting :CAPE MILERS WACT
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2	AREND, UBAY, 321	UWC 10.55	1023
3	VAN DER MERWE, KEEGAN, 117	CMCI 10.56	1020
4	ISAACS, JUSTIN, 37	AA 10.64	995
5	MAURICE, RIO, 41	AA 10.91	912
6	HOFFMAN, SVEN, 36	AA 11.24	817

Item 23 20:30: Final Results Women Senior 800m

1	HAUKE, JENNIFER, 140	GER 2:04.08	1091	8	G
2	VAN ROOYEN, CARISE, 302	TUK 2:04.77	1079	7	S
3	BOPAPE, NAOMI, 299	TUK 2:06.52	1049	6	B
4	HOBOSLOSHE, AVIWE, 300	TUK 2:06.67	1046	5	
5	DUBE, FINA, 18	AA 2:08.15	1021	4	
6	ANGALA, TUULI, 220	NAM 2:09.38	1001	3	
7	NGWENYA, MAHLATSI, 88	CMCI 2:09.68	996	2	
8	LYONS, MIA, 22	AA 2:09.85	993	1	
9	OOSTHUIZEN, MICHAELA, 301	TUK 2:11.55	965	0	
10	VAN TONDER, DANELLE, 315	TYG 2:12.12	956	0	
11	STRUWIG, CHRISTELLE, 204	MAT 2:12.61	948	0	
12	GRIFFITHS, KOBIE, 224	NED 2:13.33	936	0	
13	PHOLMAN, ANGELL, 151	LAN 2:15.48	902	0	
14	SWIEGERS, ELRISA, 237	NWU 2:15.85	896	0	
15	PIENAAR, MARLI, 199	MAT 2:16.53	886	0	
16	BRUGMAN, ILSE, 193	MAT 2:17.31	874	0	
17	PAYNE, HANNAH, 23	AA 2:17.92	864	0	
18	MABER, CARINA, 71	BOX 2:18.02	863	0	
19	PAINTER, JULIA, 225	NED 2:19.71	837	0	
20	JOOSTE, JAYDEN, 132	DUR 2:20.54	824	0	
21	SEELIGER, MEGAN, 25	AA 2:20.67	822	0	
22	MCEWAN, ANNABELLE, 72	BOX 2:22.02	802	0	
23	PEPLER, KIANA, 61	BEN 2:24.95	759	0	
24	PHOLMAN, ASHALI, 150	LAN 2:26.12	742	0	
25	SIGNORELLI, GABRIELLA, 202	MAT 2:27.96	716	0	
26	SMIT, HARRIET, 203	MAT 2:29.74	692	0	
27	ROELOFFSE, ANOUK, 277	HSS 2:30.34	683	0	
28	BUYS, ZOEY-REE, 276	HSS 2:31.15	672	0	
29	BOER, SHARLAN, 80	CMCI 2:33.13	646	0	
30	WILLIAMS, JADE, 280	HSS 2:35.67	612	0	
31	COCKERAN, ISABELLA, 194	MAT 2:37.23	592	0	
32	SCHEEPERS, ECANIA, 174	LSL 2:44.91	498	0	
33	JANSE VAN RENSBURG, TANA, 84	CMCI 2:48.20	460	0	
34	BRINK, ESTER, 294	STR 2:54.21	395	0	

Item 4 18:30: Final 1 of 3 Women Senior 800m

1	PAINTER, JULIA, 225	NED 2:19.71	837
2	PHOLMAN, ASHALI, 150	LAN 2:26.12	742
3	ROELOFFSE, ANOUK, 277	HSS 2:30.34	683
4	BUYS, ZOEY-REE, 276	HSS 2:31.15	672
5	BOER, SHARLAN, 80	CMCI 2:33.13	646
6	WILLIAMS, JADE, 280	HSS 2:35.67	612
7	SCHEEPERS, ECANIA, 174	LSL 2:44.91	498
8	JANSE VAN RENSBURG, TANA, 84	CMCI 2:48.20	460
9	BRINK, ESTER, 294	STR 2:54.21	395

Item 5 18:35: Final 2 of 3 Women Senior 800m

1	ANGALA, TUULI, 220	NAM 2:09.38	1001
2	PHOLMAN, ANGELL, 151	LAN 2:15.48	902
3	PIENAAR, MARLI, 199	MAT 2:16.53	886



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4	BRUGMAN, ILSE, 193	MAT	2:17.31	874
5	MABER, CARINA, 71	BOX	2:18.02	863
6	JOOSTE, JAYDEN, 132	DUR	2:20.54	824
7	SEELIGER, MEGAN, 25	AA	2:20.67	822
8	MCEWAN, ANNABELLE, 72	BOX	2:22.02	802
9	PEPLER, KIANA, 61	BEN	2:24.95	759
10	SIGNORELLI, GABRIELLA, 202	MAT	2:27.96	716
11	SMIT, HARRIET, 203	MAT	2:29.74	692
12	COCKERAN, ISABELLA, 194	MAT	2:37.23	592

Item 23 20:30:00 Final 3 of 3 Women Senior 800m

1	HAUKE, JENNIFER, 140	GER	2:04.08	1091
2	VAN ROOYEN, CARISE, 302	TUK	2:04.77	1079
3	BOPAPE, NAOMI, 299	TUK	2:06.52	1049
4	HOBLOSHE, AVIWE, 300	TUK	2:06.67	1046
5	DUBE, FINA, 18	AA	2:08.15	1021
6	NGWENYA, MAHLATSI, 88	CMCI	2:09.68	996
7	LYONS, MIA, 22	AA	2:09.85	993
8	OOSTHUIZEN, MICHAELA, 301	TUK	2:11.55	965
9	VAN TONDER, DANELLE, 315	TYG	2:12.12	956
10	STRUWIG, CHRISTELLE, 204	MAT	2:12.61	948
11	GRIFFITHS, KOBIE, 224	NED	2:13.33	936
12	SWIEGERS, ELRISA, 237	NWU	2:15.85	896
13	PAYNE, HANNAH, 23	AA	2:17.92	864

Item 24 20:35:00 Final Results Men Senior 800m

1	HAINGURA, KETHOBOGILE, 62	BOT	1:45.60	1155	8	G
2	MOKGETI, LETHOGONOLO, 64	BOT	1:46.12	1140	7	S
3	DE VILLIERS, RENIER, 269	PTC	1:47.65	1094	6	B
4	GOUWS, WERNER, 245	NWU	1:47.81	1090	5	
5	NOGCANTSI, KWAZI, 309	TUK	1:48.47	1070	4	
6	FRANKEN, CHRISTIAAN, 305	TUK	1:49.08	1053	3	
7	FARO, DUVAN, 34	AA	1:49.13	1051	2	
8	ELS, EMIL, 13	AFF	1:49.53	1040	1	
9	MUNZIMBA, MARKIE, 66	BOTT	1:49.57	1039	0	
10	VAN DER LEEK, XAVIER, 253	NWU	1:49.58	1038	0	
11	BOSCH, DAMIAN, 28	AA	1:49.63	1037	0	
12	MOTHLABEDI, KARABELO, 265	PHA	1:49.65	1036	0	
13	STADLER, JOHAN, 213	MAT	1:50.75	1005	0	
14	LOUBSER, MIGAEL, 307	TUK	1:50.82	1003	0	
15	VAN WYK, ANDREW, 52	AA	1:51.03	997	0	
16	VILAKATI, MAYIBONGWE, 121	CMCI	1:51.52	983	0	
17	BRINK, LAMBERT, 207	MAT	1:52.64	952	0	
18	VORSTER, MORGAN, 123	CMCI	1:53.08	940	0	
19	ANGULA, MATHEW, 221	NAM	1:53.50	929	0	
20	SHIGWEDHA, PETRUS, 223	NAM	1:54.26	908	0	
21	FAQIHI, ABOUD, 296	SAU	1:54.57	900	0	
22	VREY, NICOLAS, 218	MAT	1:54.58	900	0	
23	GOUWS, CHRIS, 105	CMCI	1:55.62	872	0	
24	SIMPSON, JESSE, 134	DUR	1:55.81	867	0	
25	SYFERS, LEETIN, 116	CMCI	1:56.28	855	0	
26	COTCHOBOS, CHRISTIAN, 98	CMCI	1:56.33	854	0	
27	ALBISHI, KHALAF, 295	SAU	1:56.45	851	0	
28	CONRADIE, DANIEL, 29	AA	1:56.51	849	0	
29	CLOETE, LETHAN, 283	HSS	1:56.65	845	0	
30	RAINHO, DANIEL, 58	BEL	1:57.53	823	0	
31	LESTER, MARK, 39	AA	1:57.89	814	0	



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32	SMITH, JOSHUA, 135	DUR	1:58.74	792	0
33	SHARAHILI, BASHAR, 298	SAU	1:58.85	789	0
34	WARNICH, BEN, 124	CMCI	1:59.36	777	0
35	VERMEULEN, OCKIE, 259	PAC	2:00.40	751	0
36	SMIT, HEINI, 260	PBH	2:00.77	742	0
37	YZELLE, MARNO, 60	BEL	2:00.99	737	0
38	SEYONYELA, HLOMPANG, 170	LAN	2:01.22	731	0
39	GOOSEN, LEVINICO, 255	PAC	2:01.28	730	0
40	VAN NIEKERK, JOSH, 215	MAT	2:01.82	717	0
41	ENGELBRECHT, ERNST, 32	AA	2:03.16	685	0
42	RUDOLPH, LUKE, 228	NED	2:03.42	679	0
43	GIBSON, MICHAEL, 139	FIS	2:04.79	648	0
43	CLAASSEN, CALEB, 281	HSS	2:04.79	648	0
45	DE JEAGER, CONWILL, 178	LSL	2:05.56	631	0
46	NOBLE, JESSE, 288	HSS	2:08.58	565	0
47	PIETERSEN, JOSH, 188	LSL	2:09.68	542	0
48	LINTNAAR, JOHN DAVID, 185	LSL	2:10.90	517	0
49	STANLEY, CHRIS, 59	BEL	2:12.27	490	0
50	HOLTZMAN, LUKE, 180	LSL	2:13.01	475	0
51	PHOLMAN, LEANDER, 187	LSL	2:14.67	443	0
52	LEWIS, XAVIER, 164	LAN	2:14.94	438	0
53	WILLIAMSON, RASHIED, 191	LSL	2:18.03	383	0
54	SINDEN, CLEYGAN, 190	LSL	2:21.56	324	0
55	BENISI, AARON, 175	LSL	2:38.32	111	0

Item 6 18:40:00 Final 1 of 5 Men Senior 800m

1	COTCHOBOS, CHRISTIAN, 98	CMCI	1:56.33	854	
2	SEYONYELA, HLOMPANG, 170	LAN	2:01.22	731	
3	DE JEAGER, CONWILL, 178	LSL	2:05.56	631	
4	PIETERSEN, JOSH, 188	LSL	2:09.68	542	
5	LINTNAAR, JOHN DAVID, 185	LSL	2:10.90	517	
6	STANLEY, CHRIS, 59	BEL	2:12.27	490	
7	HOLTZMAN, LUKE, 180	LSL	2:13.01	475	
8	WILLIAMSON, RASHIED, 191	LSL	2:18.03	383	
9	SINDEN, CLEYGAN, 190	LSL	2:21.56	324	
10	BENISI, AARON, 175	LSL	2:38.32	111	

Item 7 18:45:00 Final 2 of 5 Men Senior 800m

1	CLOETE, LETHAN, 283	HSS	1:56.65	845	
2	WARNICH, BEN, 124	CMCI	1:59.36	777	
3	YZELLE, MARNO, 60	BEL	2:00.99	737	
4	GOOSEN, LEVINICO, 255	PAC	2:01.28	730	
5	ENGELBRECHT, ERNST, 32	AA	2:03.16	685	
6	GIBSON, MICHAEL, 139	FIS	2:04.79	648	
7	CLAASSEN, CALEB, 281	HSS	2:04.79	648	
8	NOBLE, JESSE, 288	HSS	2:08.58	565	
9	LEWIS, XAVIER, 164	LAN	2:14.94	438	

Item 8 18:50:00 Final 3 of 5 Men Senior 800m

1	ANGULA, MATHEW, 221	NAM	1:53.50	929	
2	GOUWS, CHRIS, 105	CMCI	1:55.62	872	
3	SYFERS, LEETIN, 116	CMCI	1:56.28	855	
4	CONRADIE, DANIEL, 29	AA	1:56.51	849	
5	RAINHO, DANIEL, 58	BEL	1:57.53	823	
6	SMITH, JOSHUA, 135	DUR	1:58.74	792	
7	VERMEULEN, OCKIE, 259	PAC	2:00.40	751	
8	SMIT, HEINI, 260	PBH	2:00.77	742	



**Meeting :CAPE MILERS WACT
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9 RUDOLPH, LUKE, 228 NED 2:03.42 **679**

Item 22 20:25:00 Final 4 of 5 Men Senior 800m

1	VAN WYK, ANDREW, 52	AA	1:51.03	997
2	VILAKATI, MAYIBONGWE, 121	CMCI	1:51.52	983
3	BRINK, LAMBERT, 207	MAT	1:52.64	952
4	VORSTER, MORGAN, 123	CMCI	1:53.08	940
5	SHIGWEDHA, PETRUS, 223	NAM	1:54.26	908
6	FAQIHI, ABOUD, 296	SAU	1:54.57	900
7	VREY, NICOLAS, 218	MAT	1:54.58	900
8	SIMPSON, JESSE, 134	DUR	1:55.81	867
9	ALBISHI, KHALAF, 295	SAU	1:56.45	851
10	LESTER, MARK, 39	AA	1:57.89	814
11	SHARAHILI, BASHAR, 298	SAU	1:58.85	789
12	VAN NIEKERK, JOSH, 215	MAT	2:01.82	717
13	PHOLMAN, LEANDER, 187	LSL	2:14.67	443

Item 24 20:35:00 Final 5 of 5 Men Senior 800m

1	HAINGURA, KETHOBOGILE, 62	BOT	1:45.60	1155
2	MOKGETI, LETHOGONOLO, 64	BOT	1:46.12	1140
3	DE VILLIERS, RENIER, 269	PTC	1:47.65	1094
4	GOUWS, WERNER, 245	NWU	1:47.81	1090
5	NOGCANTSI, KWAZI, 309	TUK	1:48.47	1070
6	FRANKEN, CHRISTIAAN, 305	TUK	1:49.08	1053
7	FARO, DUVAN, 34	AA	1:49.13	1051
8	ELS, EMIL, 13	AFF	1:49.53	1040
9	MUNZIMBA, MARKIE, 66	BOTT	1:49.57	1039
10	VAN DER LEEK, XAVIER, 253	NWU	1:49.58	1038
11	BOSCH, DAMIAN, 28	AA	1:49.63	1037
12	MOTHLABEDI, KARABELO, 265	PHA	1:49.65	1036
13	STADLER, JOHAN, 213	MAT	1:50.75	1005
14	LOUBSER, MIGAEL, 307	TUK	1:50.82	1003

Item 26 20:50:00 Final Results Women Senior 1500m

1	MORE, KARABO, 73	BOX	04:05.90	1159	8	G	MR
2	JEPNGETICH, NANCY, 146	KEN	04:07.18	1149	7	S	MR
3	CHEPCHIRCHIR, CAREN, 145	KEN	04:07.66	1145	6	B	MR
4	STANDER, LARA, 262	PGH	04:15.59	1084	5		
5	VERSTER, DANIELLE, 238	NWU	04:15.81	1082	4		
6	JACOBS, KYLA, 69	BOX	04:16.66	1076	3		
7	STEYNBERG, ANDREA, 236	NWU	04:20.38	1048	2		
8	MOLAHLOE, NTSOAKI, 002	CMCI	04:22.80	1030	1		
9	SWIEGERS, CARINA, 74	BOX	04:25.64	1009	0		
10	STANDER, ANKE, 263	PGH	04:26.11	1005	0		
11	BERRY, JESSICA, 268	PTC	04:26.15	1005	0		
12	VERSTER, ALRI, 239	NWU	04:28.49	988	0		
13	NEL, RIANA, 197	MAT	04:30.49	973	0		
14	MILLER, JADE, 196	MAT	04:31.20	968	0		
15	NDALA, TINYI, 230	NEW	04:33.11	954	0		
16	DU PLESSIS, INA, 233	NWU	04:35.31	939	0		
17	STEENKAMP, KATELYNN, 235	NWU	04:38.11	919	0		
18	JANSEN VAN RENSBURG, MICKA, 234	NWU	04:38.20	918	0		
19	JONATHAN, LAUREN, 70	BOX	04:41.05	898	0		
20	COOPER, ANN, 319	UKA	04:41.75	894	0		
21	ELLIS, SIENNA, 261	PGH	04:42.05	892	0		
22	VERBEEK, WILMIEN, 127	CMC	04:47.63	853	0		
23	MABER, CARINA, 71	BOX	04:55.49	801	0		



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24	PEPLER, KIANA, 61	BEN	04:58.53	781	0
25	VAN WYK, EMMORREY, 279	HSS	04:59.50	775	0
26	MCEWAN, ANNABELLE, 72	BOX	05:00.47	769	0
27	JOOSTE, JENNA, 131	DUR	05:00.69	767	0
28	SANMARI , BOTHA, 201	MAT	05:01.56	762	0
29	DE JAGER, MILA, 81	CMCI	05:02.46	756	0
30	JANSEN VAN RENSBURG, ENE, 85	CMCI	05:05.11	739	0
31	SEPTEMBER, THABONISIA, 278	HSS	05:23.36	629	0

Item 19 19:55:00 Final 1 of 2 Women Senior 1500m

1	COOPER, ANN, 319	UKA	04:41.75	894	
2	VERBEEK, WILMIEN, 127	CMC	04:47.63	853	
3	MABER, CARINA, 71	BOX	04:55.49	801	
4	PEPLER, KIANA, 61	BEN	04:58.53	781	
5	VAN WYK, EMMORREY, 279	HSS	04:59.50	775	
6	MCEWAN, ANNABELLE, 72	BOX	05:00.47	769	
7	JOOSTE, JENNA, 131	DUR	05:00.69	767	
8	SANMARI , BOTHA, 201	MAT	05:01.56	762	
9	DE JAGER, MILA, 81	CMCI	05:02.46	756	
10	JANSEN VAN RENSBURG, ENE, 85	CMCI	05:05.11	739	
11	SEPTEMBER, THABONISIA, 278	HSS	05:23.36	629	

Item 26 20:50:00 Final 2 of 2 Women Senior 1500m

1	MORE, KARABO, 73	BOX	04:05.90	1159	MR
2	JEPNGETICH, NANCY, 146	KEN	04:07.18	1149	MR
3	CHEPCHIRCHIR, CAREN, 145	KEN	04:07.66	1145	MR
4	STANDER, LARA, 262	PGH	04:15.59	1084	
5	VERSTER, DANIELLE, 238	NWU	04:15.81	1082	
6	JACOBS, KYLA, 69	BOX	04:16.66	1076	
7	STEYNBERG, ANDREA, 236	NWU	04:20.38	1048	
8	MOLAHLOE, NTSOAKI, 002	CMCI	04:22.80	1030	
9	SWIEGERS, CARINA, 74	BOX	04:25.64	1009	
10	STANDER, ANKE, 263	PGH	04:26.11	1005	
11	BERRY, JESSICA, 268	PTC	04:26.15	1005	
12	VERSTER, ALRI, 239	NWU	04:28.49	988	
13	NEL, RIANA, 197	MAT	04:30.49	973	
14	MILLER, JADE, 196	MAT	04:31.20	968	
15	NDALA, TINYI, 230	NEW	04:33.11	954	
16	DU PLESSIS, INA, 233	NWU	04:35.31	939	
17	STEENKAMP, KATELYNN, 235	NWU	04:38.11	919	
18	JANSEN VAN RENSBURG, MICKA, 234	NWU	04:38.20	918	
19	JONATHAN, LAUREN, 70	BOX	04:41.05	898	
20	ELLIS, SIENNA, 261	PGH	04:42.05	892	

Item 27 21:00:00 Final Results Men Senior 1500m

1	MUNNIK, LUAN, 249	NWU	03:34.66	1180	8	G
2	MASALELA, TSHEPISO, 1	BOT	03:35.99	1161	7	S
3	CHOBAN, ABEDNICO, 303	TUK	03:38.31	1130	6	B
4	MOTLOUNG, DUMISANI, 331	UFS	03:40.33	1103	5	
5	SWART, CHRISTOPHER, 250	NWU	03:41.45	1088	4	
6	MOREPI, JOHANNES, 264	PHA	03:41.71	1084	3	
7	KUBJANA, ABRAM, 192	MAS	03:41.79	1083	2	
8	DE FOUW, CORNE, 77	BOX	03:42.18	1078	1	
9	BELL, JANSEN, 240	NWU	03:42.19	1078	0	
10	MOHLOMI, MOLIFI, 330	UFS	03:42.38	1075	0	
11	MALUNGANE, TISETSO, 130	CUR	03:42.46	1074	0	
12	PILANE, TSHEGOFATSO, 266	PHA	03:42.54	1073	0	



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13	VAN DER LINDE, BERTUS, 254	NWU 03:43.05	1066	0
14	VISAGIE, RUBEN, 311	TUK 03:43.67	1058	0
15	ERASMUS, THINUS, 244	NWU 03:45.37	1036	0
16	DAMONS, BRUCELYNN, 100	CMCI 03:45.90	1029	0
17	DE SCALLY, NIC, 241	NWU 03:45.95	1028	0
18	ADAMS, JOSHUA, 129	COR 03:49.54	983	0
19	VAN DER WERF, LEONARDO, 214	MAT 03:50.31	973	0
20	VAN RENSBURG, XANDER, 216	MAT 03:51.11	963	0
21	ZIMRY, LORENZO, 54	AA 03:51.73	955	0
22	NALUKAKU, ASSER, 222	NAM 03:52.96	940	0
23	VAN TONDER, PHILLIP, 291	HSS 03:54.28	924	0
24	DU PLESSIS, JAC, 78	BOX 03:55.64	907	0
25	DOMMISSE, WILLIAM, 31	AA 03:55.98	903	0
26	MASILOANA, OLERATO, 312	TSS 03:56.05	902	0
27	ANEMA, NICOLAS, 11	AAC 03:56.39	898	0
28	HAKEEM, HASHEM, 297	SAU 03:56.63	895	0
29	BARKHUIZEN, DIAN, 75	BOX 03:58.50	873	0
30	VAN ZYL, DANIEL, 120	CMCI 03:58.79	869	0
31	ERLANK, BJORN, 304	TUK 03:59.31	863	0
32	FREEMAN, REAGAN, 226	NED 03:59.65	859	0
33	HENKEMAN, FERNANDO, 137	EER 04:01.87	833	0
34	TERBLANCHE, LEROUX, 257	PAC 04:02.40	827	0
35	JAIDEN, OPPERMAN, 138	EER 04:03.77	811	0
36	JANTJIES, GAWAIN, 107	CMCI 04:03.99	808	0
37	CLOETE, HANRO, 282	HSS 04:06.98	774	0
38	KARELSE, COLIN, 286	HSS 04:07.07	773	0
39	KOEKEMOER, LIAM, 210	MAT 04:07.54	768	0
40	BROWN, JUSTIN, 94	CMCI 04:08.22	761	0
41	SLATTERY, DECLAN, 115	CMCI 04:08.43	758	0
42	VAN WYK, WILLEM, 292	HSS 04:08.77	755	0
43	LOUW, LUCIANO, 287	HSS 04:09.60	745	0
44	JACOBS, JAMAL, 38	AA 04:10.08	740	0
45	VAN DER WERF, ALEX, 318	TYG 04:11.64	723	0
46	SASS, KAYDEN, 50	AA 04:20.03	635	0
47	CAROLUS, ELVINO, 176	LSL 04:20.05	635	0
48	VILJOEN, LLEWELYN, 217	MAT 04:27.65	560	0
49	BARKHUIZEN, HANLO, 76	BOX 04:32.34	516	0
50	OELF, DENOVAN, 186	LSL 04:36.60	478	0
51	JACOBS, ADRIAAN, 285	HSS 04:48.82	376	0
52	ALEXANDER, LEANDRO, 157	LAN 05:02.31	278	0
53	JANTJIES, HYRON, 162	LAN 05:06.01	254	0
54	JAKOBS, LOJAYGHAN, 161	LAN 05:23.07	156	0

Item 20 20:05:00 Final 1 of 3 Men Senior 1500m

1	JANTJIES, GAWAIN, 107	CMCI 04:03.99	808	
2	CLOETE, HANRO, 282	HSS 04:06.98	774	
3	KARELSE, COLIN, 286	HSS 04:07.07	773	
4	BROWN, JUSTIN, 94	CMCI 04:08.22	761	
5	SLATTERY, DECLAN, 115	CMCI 04:08.43	758	
6	VAN WYK, WILLEM, 292	HSS 04:08.77	755	
7	SASS, KAYDEN, 50	AA 04:20.03	635	
8	CAROLUS, ELVINO, 176	LSL 04:20.05	635	
9	VILJOEN, LLEWELYN, 217	MAT 04:27.65	560	
10	OELF, DENOVAN, 186	LSL 04:36.60	478	
11	ALEXANDER, LEANDRO, 157	LAN 05:02.31	278	
12	JANTJIES, HYRON, 162	LAN 05:06.01	254	
13	JAKOBS, LOJAYGHAN, 161	LAN 05:23.07	156	

Item 21 20:15:00 Final 2 of 3 Men Senior 1500m



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1	NALUKAKU, ASSER, 222	NAM	03:52.96	940
2	VAN TONDER, PHILLIP, 291	HSS	03:54.28	924
3	DU PLESSIS, JAC, 78	BOX	03:55.64	907
4	MASILOANA, OLERATO, 312	TSS	03:56.05	902
5	ANEMA, NICOLAS, 11	AAC	03:56.39	898
6	HAKEEM, HASHEM, 297	SAU	03:56.63	895
7	BARKHUIZEN, DIAN, 75	BOX	03:58.50	873
8	VAN ZYL, DANIEL, 120	CMCI	03:58.79	869
9	ERLANK, BJORN, 304	TUK	03:59.31	863
10	FREEMAN, REAGAN, 226	NED	03:59.65	859
11	HENKEMAN, FERNANDO, 137	EER	04:01.87	833
12	TERBLANCHE, LEROUX, 257	PAC	04:02.40	827
13	JAIDEN, OPPERMAN, 138	EER	04:03.77	811
14	KOEKEMOER, LIAM, 210	MAT	04:07.54	768
15	LOUW, LUCIANO, 287	HSS	04:09.60	745
16	JACOBS, JAMAL, 38	AA	04:10.08	740
17	VAN DER WERF, ALEX, 318	TYG	04:11.64	723
18	BARKHUIZEN, HANLO, 76	BOX	04:32.34	516
19	JACOBS, ADRIAAN, 285	HSS	04:48.82	376

Item 27 21:00: Final 3 of 3 Men Senior 1500m

1	MUNNIK, LUAN, 249	NWU	03:34.66	1180
2	MASALELA, TSHEPISO, 1	BOT	03:35.99	1161
3	CHOBAN, ABEDNICO, 303	TUK	03:38.31	1130
4	MOTLOUNG, DUMISANI, 331	UFS	03:40.33	1103
5	SWART, CHRISTOPHER, 250	NWU	03:41.45	1088
6	MOREPI, JOHANNES, 264	PHA	03:41.71	1084
7	KUBJANA, ABRAM, 192	MAS	03:41.79	1083
8	DE FOUW, CORNE, 77	BOX	03:42.18	1078
9	BELL, JANSEN, 240	NWU	03:42.19	1078
10	MOHLOMI, MOLIFI, 330	UFS	03:42.38	1075
11	MALUNGANE, TISETSO, 130	CUR	03:42.46	1074
12	PILANE, TSHEGOFATSO, 266	PHA	03:42.54	1073
13	VAN DER LINDE, BERTUS, 254	NWU	03:43.05	1066
14	VISAGIE, RUBEN, 311	TUK	03:43.67	1058
15	ERASMUS, THINUS, 244	NWU	03:45.37	1036
16	DAMONS, BRUCELYNN, 100	CMCI	03:45.90	1029
17	DE SCALLY, NIC, 241	NWU	03:45.95	1028
18	ADAMS, JOSHUA, 129	COR	03:49.54	983
19	VAN DER WERF, LEONARDO, 214	MAT	03:50.31	973
20	VAN RENSBURG, XANDER, 216	MAT	03:51.11	963
21	ZIMRY, LORENZO, 54	AA	03:51.73	955
22	DOMMISSE, WILLIAM, 31	AA	03:55.98	903

Item 25 20:40: Final Men Masters 1500m

1	GRENDON, ANTHONY, 227	NED	04:39.94	0	8	G
2	BROERS, NEIL, 92	CMCI	04:40.25	0	7	S
3	GIBSON, MICHAEL, 139	FIS	04:40.53	0	6	B
4	CUPIDO, CLIVE, 177	LSL	04:50.86	0	5	
5	MOUTON, JACQUES, 57	BEL	04:55.52	0	4	
6	JURIES, CHUBASCO, 144	ITH	04:56.20	0	3	
7	VAN DER WALT, TJAART, 118	CMCI	04:59.82	0	2	
8	STANLEY, CHRIS, 59	BEL	05:04.23	0	1	
9	PEACOCK, MICHAEL, 316	TYG	05:11.88	0	0	
10	RUTHVEN-BRUIJNS, IVAN, 142	HEL	05:22.25	0	0	

Item 15 19:25: Final Women Senior 3000m



**Meeting :CAPE MILERS WACT
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1	KAVANAGH, TAYLA, 143	HOL	08:46.86	1150	8	G
2	DEKKER, MINKE, 82	CMCI	09:40.16	975	7	S
3	DE WAAL, LUCA, 68	BOX	09:57.26	922	6	B
4	FOURIE, KATERIEN, 19	AA	09:57.83	921	5	
5	VAN ONSELEN, LISHA, 91	CMCI	10:03.25	904	4	
6	DU BRUYN, LEANDA, 126	CMC	10:16.96	863	3	
7	FERREIRA, DANTE, 195	MAT	10:28.60	829	2	
8	SHANGE, YANDISWA, 26	AA	10:35.84	808	1	
9	NDUDULA, LILITHA, 87	CMCI	10:40.64	794	0	
10	WATNEY, NADJA, 205	MAT	10:53.84	757	0	
11	ALKASTER, CALPURNIA, 14	AA	11:07.21	721	0	
12	CAWOOD, CAITLYN, 16	AA	11:29.24	662	0	

Item 18 19:40:00 Final Results Men Senior 3000m

1	MOTSAU, JERRY, 270	PTC	07:45.61	1142	8	G	MR
2	DOMINGO, KEANU, 243	NWU	08:01.65	1047	7	S	
3	TATAI, AMOGELANG, 251	NWU	08:07.04	1015	6	B	
4	HLATSHWAYO, NJABULA, 313	TUT	08:12.36	985	5		
5	MASHISHI, MELVIN, 267	PHO	08:13.12	981	4		
6	TITUS, CHARLTON, 327	UWC	08:14.44	973	3		
7	BREYTENBACH, JUAN, 206	MAT	08:23.74	921	2		
8	MOKOTO, KOKETSO, 248	NWU	08:28.63	895	1		
9	HICKLEY, KEVIN, 246	NWU	08:29.01	893	0		
10	DE VRIES, DIVAN, 242	NWU	08:29.33	891	0		
11	BROOKS, TYRAN, 93	CMCI	08:29.50	890	0		
12	PIETERS, LORENZO, 45	AA	08:31.38	880	0		
13	SCHOUW, JOSHUA, 229	NED	08:33.31	870	0		
14	DE BRUIN, BREYTON, 30	AA	08:38.62	842	0		
15	JORDAAN, ALFONZO, 181	LSL	08:41.36	827	0		
16	CLAYTON, ANTONY, 97	CMCI	08:47.59	795	0		
17	ARENDSE, LEEHANRO, 27	AA	08:54.61	760	0		
18	MBULAWA, LISAKHANYA, 133	DUR	08:55.82	754	0		
19	RATZ, KEANU, 289	HSS	08:57.00	748	0		
20	WILLEMSE, DANVILLE, 53	AA	09:01.00	729	0		
21	KARSTEN, LUCA, 247	NWU	09:03.16	718	0		
22	JULIES, CAYLUM, 163	LAN	09:16.74	654	0		
23	SCHMIDT, STEFANO, 79	BOX	09:17.88	649	0		
24	OLIPHANT, KELLAN, 44	AA	09:22.31	628	0		
25	PIETERSE, REQUIN, 168	LAN	09:23.99	621	0		
26	LOMBAARD, BERNARD, 211	MAT	09:29.18	598	0		
27	TIETIES, LEANDRE, 51	AA	09:30.83	590	0		
28	ZIBI, MILA, 125	CMCI	09:31.05	590	0		
29	LE ROUX, JACO, 109	CMCI	09:33.38	579	0		
30	PIENAAR, SELVINITOH, 167	LAN	09:37.58	561	0		
31	SWARTS, XAVIER, 171	LAN	09:38.17	559	0		
32	ENGELBRECHT, ALEXANDER, 284	HSS	09:53.87	494	0		
33	RUITERS, GRANT, 169	LAN	10:07.64	440	0		
34	BRUINTJIES, AFRIKA, 159	LAN	11:22.32	203	0		

Item 14 19:15:00 Final 1 of 2 Men Senior 3000m

1	CLAYTON, ANTONY, 97	CMCI	08:47.59	795		
2	RATZ, KEANU, 289	HSS	08:57.00	748		
3	JULIES, CAYLUM, 163	LAN	09:16.74	654		
4	PIETERSE, REQUIN, 168	LAN	09:23.99	621		
5	LOMBAARD, BERNARD, 211	MAT	09:29.18	598		
6	ZIBI, MILA, 125	CMCI	09:31.05	590		
7	PIENAAR, SELVINITOH, 167	LAN	09:37.58	561		



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8	SWARTS, XAVIER, 171	LAN	09:38.17	559
9	ENGELBRECHT, ALEXANDER, 284	HSS	09:53.87	494
10	RUITERS, GRANT, 169	LAN	10:07.64	440
11	BRUINTJIES, AFRIKA, 159	LAN	11:22.32	203

Item 18 19:40: Final 2 of 2 Men Senior 3000m

1	MOTSAU, JERRY, 270	PTC	07:45.61	1142	MR
2	DOMINGO, KEANU, 243	NWU	08:01.65	1047	
3	TATAI, AMOGELANG, 251	NWU	08:07.04	1015	
4	HLATSHWAYO, NJABULA, 313	TUT	08:12.36	985	
5	MASHISHI, MELVIN, 267	PHO	08:13.12	981	
6	TITUS, CHARLTON, 327	UWC	08:14.44	973	
7	BREYTENBACH, JUAN, 206	MAT	08:23.74	921	
8	MOKOTO, KOKETSO, 248	NWU	08:28.63	895	
9	HICKLEY, KEVIN, 246	NWU	08:29.01	893	
10	DE VRIES, DIVAN, 242	NWU	08:29.33	891	
11	BROOKS, TYRAN, 93	CMCI	08:29.50	890	
12	PIETERS, LORENZO, 45	AA	08:31.38	880	
13	SCHOUW, JOSHUA, 229	NED	08:33.31	870	
14	DE BRUIN, BREYTON, 30	AA	08:38.62	842	
15	JORDAAN, ALFONZO, 181	LSL	08:41.36	827	
16	ARENDSE, LEEHANRO, 27	AA	08:54.61	760	
17	MBULAWA, LISAKHANYA, 133	DUR	08:55.82	754	
18	WILLEMSE, DANVILLE, 53	AA	09:01.00	729	
19	KARSTEN, LUCA, 247	NWU	09:03.16	718	
20	SCHMIDT, STEFANO, 79	BOX	09:17.88	649	
21	OLIPHANT, KELLAN, 44	AA	09:22.31	628	
22	TIETIES, LEANDRE, 51	AA	09:30.83	590	
23	LE ROUX, JACO, 109	CMCI	09:33.38	579	

Item 9 18:55: Final Men Senior 110m Hurdles

-0.6 1.067m

1	JACOBS, DENMAR, 56	BEL	13.56	1147	8	G
2	ALKANA, ANTONIO, 55	BEL	13.70	1120	7	S
3	BARNARD, MONDRAY, 141	HEA	13.99	1068	6	B
4	OCTOBER, JASON, 43	AA	14.26	1020	5	
5	EIMAN, LATHAN, 136	EAS	14.47	982	4	
6	STRAUSS, REYNARD, 310	TUK	14.51	975	3	

Item 2 18:15: Final Men Senior HighJump

1	POOLE, BREYTON, 46	AA	2.15	1040	8	G
2	LE ROUX, MATEO, 110	CMCI	2.15	1040	7	S
3	FOURIE, KEAGAN, 35	AA	2.00	910	6	B
4	ENGELBRECHT, CHARL, 33	AA	1.95	870	5	

Item 1 18:15: Final Women Senior Polevault

1	REINSTORF, MIRE, 200	MAT	4.00	960	8	G	MR
2	VORSTER, TALAYA, 231	NHB	3.40	777	7	S	
3	BARNARD, LIRA, 15	AA	3.40	777	6	B	
4	LE ROUX, KAYLEE, 21	AA	3.20	717	5		

Item 16 19:30: Final Men Senior Polevault

1	AL-ABDULLA SAAD, ABDULLA, 271	QAT	4.80	940	8	G	MR
1	PUTZIER, BRYCE, 47	AA	4.80	940	8	G	MR
3	HWATA, ELVIS, 256	PAC	4.20	780	6	B	
4	ROTHMAN, LEE, 212	MAT	4.20	780	5		

Item 11 19:00: Final Men Senior LongJump

1	MANYONGA, LUVU, 9	MAT	7.94	1124	8	G	+0.1
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2	MANASS, SHANWILL, 40	AA 7.38	1002	7	S	-0.4
3	MBONGO, MIVUYO, 42	AA 7.05	932	6	B	-0.8
4	ADONIS, DEACON, 155	LAN 6.91	902	5		+1.8

Item 17 19:30:00 Final Women Senior Javelin

600g

1	VAN DER MERWE, NICOLA, 90	CMCI 51.11	914	8	G
2	KENT, CHRISTY, 20	AA 43.26	769	7	S