

**Start sheets (All Events)**

<b>Heat 1 of 7 Men 25 200m (SENIOR)</b>				<b>04:00:00 PM</b>	<b>1</b>
1	230	NKONYANE SIBUSISO	SPEED EXPLOSION AC		
2	132	ZUNGU SYANDA	MSINGA DEVELOPMENT		
3	243	JOBODWANA ANASA	SUNSHINEMP		
4	65	MARLOTH HEINRICH	FAST FEET AC		
5	151	GAMA AARON	NEWCASTLE SIYAYA AC		
6	111	KHUMALO MZIKAYISE	HOLLYWOODBETS AC		
7	266	SIKHOSANA THABANI	UMLAZI DEVELOPMENT		
8	287	NTOMBELA ANDILE	UMZINYATHI		
<b>Heat 2 of 7 Men 25 200m (SENIOR)</b>				<b>04:00:00 PM</b>	<b>2</b>
1	163	NHLABATHI SIBUSISO	NEWCASTLE SIYAYA AC		
2	240	RALL JUAN	SUNSHINEMP		
3	264	KHUMALO THOKOZANI	UMLAZI DEVELOPMENT		
4	69	NGESI NTOKOZO	FAST FEET AC		
5	271	XABA SIYANDA	UMZINYATHI		
6	225	NGUBANE LINDOKUHLE	SPEED EXPLOSION AC		
7	129	KHUMALO THUTHUKANI	MSINGA DEVELOPMENT		
8	1	MAPHUMULO MTHOKOZISI	AMANZINTOTI AC		
<b>Heat 3 of 7 Men 25 200m (SENIOR)</b>				<b>04:00:00 PM</b>	<b>3</b>
1	131	PHEWA SPHESIHLE	MSINGA DEVELOPMENT		
2	96	ZWENI MZIWAMANDLA	FOREVER YOUNG		
3	281	THANGO MBONISENI	UMZINYATHI		
4	159	NDLELA ANDISWA	NEWCASTLE SIYAYA AC		
5	213	GAMEDE NJABULO	SPEED EXPLOSION AC		
6	85	STEVENS RATES	FAST FEET AC		
7	173	BUTHELEZI XOLANI	NEWCASTLE SIYAYA AC		
8	170	HLATSWAYO MELDO	NEWCASTLE SIYAYA AC		
<b>Heat 4 of 7 Men 25 200m (SENIOR)</b>				<b>04:00:00 PM</b>	<b>4</b>
1	253	LESUTHU ITUMULENG	UKZN		
2	97	MAJOZI SANELE	FREE SPIRIT ATHLETICS CLUB		
3	119	MKHIZE SIMON	ILEMBE AC		
4	154	MABASO NKOSINGIPHILE	NEWCASTLE SIYAYA AC		
5	59	NKOSI NDUMISO	EMADADENI		
6	38	BOODHOO SUHKIL	DURBAN UNIVERSITY OF TECHNOLOGY		
7	49	MOOSA MIKHAIL	ELITE PERFORMANCE GROUP		
8	422	KUBHEKA COLLEN	VLAM AC		
<b>Heat 5 of 7 Men 25 200m (SENIOR)</b>				<b>04:00:00 PM</b>	<b>5</b>
1	60	MLAMBO ZIPHOZINKE	EMADADENI		
2	254	NENE ZAKITHI	UKZN		
3	155	MAGUBANE NTOKOZO	NEWCASTLE SIYAYA AC		
4	232	HLANGULELA BUSISWA	SPEED EXPLOSION AC		
5	250	NDABEZITHA ANDILE	UKZN		
6	139	XIMBA SIYABONGA	MUDEN AC		
7	51	MYENI BRIAN	ELITE PERFORMANCE GROUP		

**Heat 6 of 7 Men 25 200m (SENIOR) 04:00:00 PM 6**

1	157	SANGSENI SIFISO	NEWCASTLE SIYAYA AC
2	40	MANTANGA LOYISO	ELITE PERFORMANCE GROUP
3	68	BEYA JACQUES	FAST FEET AC
4	256	THINA SIZWE	UKZN
5	31	AUGUST TYREE	CKS ATHLETICS CLUB
6	221	MBATHA ZAZI	SPEED EXPLOSION AC

**Heat 7 of 7 Men 25 200m (SENIOR) 04:00:00 PM 7**

1	222	MBATHA LWAZI	SPEED EXPLOSION AC
2	36	SEETAL KEATON	DURBAN UNIVERSITY OF TECHNOLOGY
3	242	KHUMALO ZAMANI	SUNSHINEMP
4	32	DUFFY REECE	CKS ATHLETICS CLUB
5	43	MBATHA WANDILE	ELITE PERFORMANCE GROUP
6	167	NKOSI SABELA	NEWCASTLE SIYAYA AC
7	70	NGCOBO GENA	FAST FEET AC

**Heat 1 of 2 Women 25 200m (SENIOR) 04:20:00 PM 8**

1	269	MAKHANYA NOMPUMELELO	UMZINYATHI
2	236	MTHEMBU SAMUKELISIWE	SPEED EXPLOSION AC
3	153	MADI SIPHESIHLE	NEWCASTLE SIYAYA AC
4	247	MARNCE SHANICE	UKZN
5	88	ZULU NOMCEBO	FAST FEET AC
6	223	MCHUNU SANELISIWE	SPEED EXPLOSION AC
7	168	NKABINDE NOKWAZI	NEWCASTLE SIYAYA AC
8	66	MBAMBO NOKUHANYA	FAST FEET AC

**Heat 2 of 2 Women 25 200m (SENIOR) 04:20:00 PM 9**

1	64	GAVU SIBUSIWE	FAST FEET AC
2	239	KUBHEKA PHINDILE	SPEED EXPLOSION AC
3	156	MAGUBANE MBALENHLE	NEWCASTLE SIYAYA AC
4	244	JOBODJWANA TAYLOR	SUNSHINEMP
5	193	DLAMINI NOKUBONGA	ROCKFIELD AC
6	252	GEORGE DANE'LE	UKZN
7	90	MZOBE NOLUTHANDO	FAST FEET AC
8	224	NDLOVU THULILE	SPEED EXPLOSION AC

**Final Women 25 TripleJump (SENIOR) 04:30:00 PM 10****Final Women Mixed TripleJump (MASTERS 30 +) 04:30:00 PM 11****Final Men 25 TripleJump (SENIOR) 04:30:00 PM 12****Final Men Mixed TripleJump (MASTERS 30 +) 04:30:00 PM 13**

1	33	MULLER RAYMOND	CKS ATHLETICS CLUB
---	----	----------------	--------------------

**Final Women Mixed 300m Hurdles (MASTERS 50 - 69) 04:35:00 PM 14****Final Men Mixed 300m Hurdles (MASTERS 50+) 04:40:00 PM 15**

1	33	MULLER RAYMOND	CKS ATHLETICS CLUB
2	42	VARTY DENNIS	ELITE PERFORMANCE GROUP

**Final Women 25 400m Hurdles (SENIOR & MASTERS 30 - 59) 04:42:00 PM 16**

1	156	MAGUBANE MBALENHLE	NEWCASTLE SIYAYA AC
2	169	SKHOSANE THOBILE	NEWCASTLE SIYAYA AC

**Final Women Mixed 400m Hurdles (MASTERS 30 - 59) 04:45:00 PM 17**

1	201	MDUBEKI NOXOLO	SAP STRIDERS
---	-----	----------------	--------------

**Final Men Mixed 400m Hurdles (MASTERS 30 +) 04:48:00 PM 18**

2	2	VOSLOO RIAAN	AMANZINTOTI AC
---	---	--------------	----------------

**Final Men 25 400m Hurdles (SENIOR ) 04:56:00 PM 19**

1	279	PHUNGULA NGCEBO	UMZINYATHI
2	95	INGRAM RICHARD	FOREVER YOUNG
3	79	KOEKEMOOR PIETER	FAST FEET AC
4	98	KEKANA THABISO	FREE SPIRIT ATHLETICS CLUB
5	56	KHUMALO SIPHMANDLA	EMADADENI
6	26	VAN DEVENTER WILHELM	CKS ATHLETICS CLUB
7	174	ZULU SIYANDA	NEWCASTLE SIYAYA AC
8	87	BUSH ETHAN	FAST FEET AC
9	160	NGUBENI FANYANA	NEWCASTLE SIYAYA AC

**Final Women 25 800m (SENIOR ) 04:58:00 PM 20**

1	204	DUBE THABILE	SAP STRIDERS
2	188	BIYELA KHOLEKA	ROCKFIELD AC
3	257	MKHIZE HAPPINES	UKZN
4	81	LOFSTRAND GENA	FAST FEET AC
5	146	MTSHALI NOKUKHANYA	MUDEN AC
6	216	MADONDA THEMBEKA	SPEED EXPLOSION AC
7	210	NTSHANGASE NOKUTHUKU	SAVAGES ATHLETICS CLUB
8	194	HLATSWAYO SILINDILE	ROCKFIELD AC
9	238	DUBE THANDEKA	SPEED EXPLOSION AC
10	189	BIYELA NELISWA	ROCKFIELD AC

**Final Women 25 HighJump (SENIOR) 05:00:00 PM 21**

1	260	UYS BRITTANY	UKZN
2	41	VARYA MARCOLEEN	ELITE PERFORMANCE GROUP

**Final Women Mixed HighJump (MASTERS 30 +) 05:00:00 PM 22****Final Women 25 Javelin (SENIOR ) 05:00:00 PM 23**

1	276	NGOBESE THOBILE	UMZINYATHI
2	282	ALWANDA NDLELA	UMZINYATHI
3	251	CELE PHILILE	UKZN

**Final Women Mixed Javelin (MASTERS 30 +) 05:00:00 PM 24**

1	34	RAWLINS VALERY-ANN	DURBAN ATHLETICS CLUB
2	94	CILLIERS ANGELA	FOREVER YOUNG

**Final Men 25 Shotput (SENIOR) 05:00:00 PM 25**

1	127	NGUBANE FANELE	MSINGA DEVELOPMENT
2	82	MOOLMAN WESSEL	FAST FEET AC
3	232	HLANGULELA BUSISWA	SPEED EXPLOSION AC

**Final Men Mixed Shotput (MASTERS 30 +)** **05:00:00 PM** **26**

1	293	WATSON ANDY	WESTVILLE AC
2	33	MULLER RAYMOND	CKS ATHLETICS CLUB
3	13	RZEPECKI ANDRZEJ	ATHLETICS NORTH
4	83	MOOLMAN BERTU	FAST FEET AC

**Heat 1 of 3 Men 25 800m (SENIOR)** **05:05:00 PM** **27**

1	58	NKALA MXOLISI	EMADADENI
2	283	DLUDLA SPHESIHLE	UMZINYATHI
3	71	NGUBANE NJABULO	FAST FEET AC
4	102	NTULI WANDILE	FREE SPIRIT ATHLETICS CLUB
5	184	SIBIYA NKOSINATHI	PHANTANE AC
6	197	KUNENE SIPHESIHLE	ROCKFIELD AC
7	148	KUNENE LETHUKUTHULA	MUDEN AC
8	37	SIMELANE DERRICK	DURBAN UNIVERSITY OF TECHNOLOGY
9	100	LINDOKUHLE KUNENE	FREE SPIRIT ATHLETICS CLUB
10	171	MSIBI WANDILE	NEWCASTLE SIYAYA AC
11	226	KHUZWAYO MUKELANI	SPEED EXPLOSION AC
12	142	HLONGWA LINDANI	MUDEN AC

**Heat 2 of 3 Men 25 800m (SENIOR)** **05:05:00 PM** **28**

1	161	NGWENYA SABELA	NEWCASTLE SIYAYA AC
2	147	DUMAKUDE ZIPHO	MUDEN AC
3	215	MAHASE BONANG	SPEED EXPLOSION AC
4	279	PHUNGULA NGCEBO	UMZINYATHI
5	284	HLONGWA LINDANI	UMZINYATHI
6	190	PIRI SANDILE	ROCKFIELD AC
7	195	GOBA SIPHAMANDLA	ROCKFIELD AC
8	57	KHUMALO WONDER	EMADADENI
9	101	NKABINDE SENZO	FREE SPIRIT ATHLETICS CLUB
10	235	MTOLO MDUMISENI	SPEED EXPLOSION AC
11	286	NTOKOZO MSOMI	UMZINYATHI
12	288	BUTHELEZI NJABULO	UMZINYATHI

**Heat 3 of 3 Men 25 800m (SENIOR)** **05:05:00 PM** **29**

1	114	MKHWANAZI THABO	HOLLYWOODBETS AC
2	89	ZULU NHLAKINPHO	FAST FEET AC
3	233	SOSIBO SPHELELE	SPEED EXPLOSION AC
4	234	TSANYANE TSIELO	SPEED EXPLOSION AC
5	300	KHUMALO SIYABONGA	OGWINI ATHLETICS CLUB
6	39	MADIBA THEMBA	EC ACTIVE ATHLETICS CLUB
7	220	ZAKEO TERENCE	SPEED EXPLOSION AC
8	218	MAZIBUKO MTHOKOZISI	SPEED EXPLOSION AC

**Final Women Mixed 5km Walk (MASTERS 30 +)** **05:30:00 PM** **30**

1	20	LE ROUX NATALIE	BOXER AC
2	46	WILLIAMS LESLIE	ELITE PERFORMANCE GROUP
3	123	LABUSCHAGNE MARIE	MALUTI MUTLI SPORT
4	103	BENNET ANTOINETTE	HIGHWAY ATHLETICS CLUB
5	182	FUCHS SHARON	PDAC
6	181	VOVLELIS LINDY	PDAC

7	180	LE FEBOUR JEANINE	PDAC
<b>Semi Final 1 of 3 Men 25 200m (SENIOR)</b>			<b>06:15:00 PM 31</b>
<b>Semi Final 2 of 3 Men 25 200m (SENIOR)</b>			<b>06:15:00 PM 32</b>
<b>Semi Final 3 of 3 Men 25 200m (SENIOR)</b>			<b>06:15:00 PM 33</b>
<b>Final Men Mixed 5km Walk (MASTERS 30 +)</b>			<b>06:30:00 PM 34</b>
1	47	WILLIAMS LESLIE	ELITE PERFORMANCE GROUP
2	101	NKABINDE SENZO	FREE SPIRIT ATHLETICS CLUB
3	23	DIESERICKS LEN	CAPE MUTLISPORT CLUB
4	104	GOATLEY RAYMOND	HIGHWAY ATHLETICS CLUB
5	124	SMOOK HENDRY	MALUTI MUTLI SPORT
6	99	LEMBETHE MSINGATHI	FREE SPIRIT ATHLETICS CLUB
<b>Final Men 25 Javelin (SENIOR)</b>			<b>07:00:00 PM 35</b>
1	127	NGUBANE FANELE	MSINGA DEVELOPMENT
2	129	KHUMALO THUTHUKANI	MSINGA DEVELOPMENT
3	172	MTHABELA LUNGISANI	NEWCASTLE SIYAYA AC
4	283	DLUDLA SPHEHLE	UMZINYATHI
5	48	OKELLO OTHOW	ELITE PERFORMANCE GROUP
6	35	MADIBE GOODENOUGH	DURBAN UNIVERSITY OF TECHNOLOGY
<b>Final Men Mixed Javelin (MASTERS 30 +)</b>			<b>07:00:00 PM 36</b>
1	82	MOOLMAN WESSEL	FAST FEET AC
2	293	WATSON ANDY	WESTVILLE AC
3	13	RZEPECKI ANDRZEJ	ATHLETICS NORTH
4	93	OELFSE WALTER	FOREVER YOUNG
<b>Final Women 25 Shotput (SENIOR)</b>			<b>07:00:00 PM 37</b>
1	276	NGOBESE THOBILE	UMZINYATHI
2	251	CELE PHILILE	UKZN
3	282	ALWANDA NDLELA	UMZINYATHI
<b>Final Women Mixed Shotput (MASTERS 30 +)</b>			<b>07:00:00 PM 38</b>
1	94	CILLIERS ANGELA	FOREVER YOUNG
2	92	JACOBS MARLENE	FOREVER YOUNG
3	34	RAWLINS VALERY-ANN	DURBAN ATHLETICS CLUB
4	14	RZEPECKI JANA	ATHLETICS NORTH
<b>Final Men Mixed 10000m (SENIOR &amp; MASTERS)</b>			<b>07:15:00 PM 39</b>
1	15	JALI MHOLI	BLUFF ACADEMY
2	52	NDLOVU LINDANE	EMADADENI
3	121	MATHEBULA SPHAMANDLA	KWAMASHU STRIDERS
4	107	MBOLEKWA THOBILE	HOLLYWOODBETS AC
5	192	MKHWANAZI BONGELANI	ROCKFIELD AC
6	30	MTETO WELCOME	CKS ATHLETICS CLUB
7	207	SHANGE SANELE	SAVAGES ATHLETICS CLUB
8	22	ZWANE BONGINKOSI	BOXER AC
9	185	SITHOLE LINDOKUHLE	PHANTANE AC
10	12	DUMAKUDE MANDLA	ARTHUR FORD

11	187	MHLAKWANA NKOSINATHI	PHUMA KZN
12	54	SELEPE TSEPANG	EMADADENI
13	116	GUMEDE MBHASOBHI	HOLLYWOODBETS AC
14	186	DLAMINI ANELE	PHANTANE AC
15	8	MOSIA THUSO	ARTHUR FORD
16	5	MDELISWA LUZUKO	ARTHUR FORD
17	6	NDUMISO SOHKELA	ARTHUR FORD
18	11	DUMA NKOSINATHI	ARTHUR FORD
19	10	MTHEMBU BONGUMUSA	ARTHUR FORD
20	9	MOSIA PHALLANG	ARTHUR FORD

---

**Final Women Mixed 10000m (SENIOR & MASTERS) 07:15:00 PM 40**


---

1	133	GABELA LINDOKUHLE	MUDEN AC
2	120	CLOETE JOEY	IRENE (GAUTENG-NORTH)
3	113	MJOLI MNWABISO	HOLLYWOODBETS AC
4	4	GAGA NOMONDE	ARTHUR FORD
5	270	XABA NOMUSA	UMZINYATHI
6	141	MKHIZE MINENHLE	MUDEN AC
7	115	DLADLA PUSELETSO	HOLLYWOODBETS AC
8	7	DLAMINI SEBENZILE	ARTHUR FORD
9	149	ZUNGU THEMBISILE	MUDEN AC
10	135	XABA NOMUSA	MUDEN AC
11	426	MKHIZE BATHOBILE	SPEED EXPLOSION AC
12	427	THOBILE MKHIZE	SPEED EXPLOSION AC

---

**Final Women Mixed 200m (MASTERS 30 +) 08:40:00 PM 41**


---

1	297	LETSOALO LETHOKUHLE	ZABALAZA AC
2	50	DUFFY JANET	ELITE PERFORMANCE GROUP
3	203	TSUTSU UNATHI	SAP STRIDERS
4	92	JACOBS MARLENE	FOREVER YOUNG
5	63	CARLISLE JEANETTE	FAST FEET AC
6	44	SCHMIDT ADELLE	ELITE PERFORMANCE GROUP
7	205	MYEZA MAPULE	SAP STRIDERS
8	86	BUSH LYDIA	FAST FEET AC

---

**Final Men Mixed 200m (MASTERS 30 +) 08:42:00 PM 42**


---

1	77	FOURIE DAVID	FAST FEET AC
2	229	NKANDI SPHELELE	SPEED EXPLOSION AC
3	93	OELFSE WALTER	FOREVER YOUNG
4	177	SIMON MILNE	NO CLUB
5	91	STRYDOM RON	FISH HOEK AC
6	17	XAVIER ROBERT	BORDER ATHLETICS
7	200	MBEKWANA ZB	SAP STRIDERS
8	3	MBHAMALI BONGINKOSI	AMAPONDO
9	42	VARTY DENNIS	ELITE PERFORMANCE GROUP
10	138	SIKHAKHANE MFANAFUTHI	MUDEN AC
11	211	MOTALA TACOOB	SHAKALAND ATHLETICS CLUB
12	164	THUSI XOLANI	NEWCASTLE SIYAYA AC
13	109	NGOBESE SICELO	HOLLYWOODBETS AC
14	78	HOLROYD WAYNE	FAST FEET AC

15	217	MANQELE ZAMANI	SPEED EXPLOSION AC
16	80	KOEKEMOER PIETER (1)	FAST FEET AC
17	237	NTULI MELODY	SPEED EXPLOSION AC
18	76	DOWNWARD TREVOR	FAST FEET AC

**Final Women 25 200m (SENIOR ) 08:44:00 PM 43**

**Final Men 25 200m (SENIOR) 08:46:00 PM 44**

**Final Women Mixed 800m (MASTERS 30 +) 08:48:00 PM 45**

1	75	ALEXANDER ELIZABETH	FAST FEET AC
2	201	MDUBEKI NOXOLO	SAP STRIDERS
3	179	NTOMBI NTSHABA	NO CLUB
4	231	SKHOSANA NKELETSENG	SPEED EXPLOSION AC
5	74	SIGUBUDU NANA	FAST FEET AC

**Final Men Mixed 800m (MASTERS 30 +) 08:54:00 PM 46**

1	296	HUGO JON MARK	YELLOWWOOD PARK AC
2	140	XIMBA LUCKY	MUDEN AC
3	199	QASHA VINCENT	SAP STRIDERS
4	219	RAMATEMA LESIA	SPEED EXPLOSION AC
5	3	MBHAMALI BONGINKOSI	AMAPONDO
6	117	ZULU SIMPHIWE	HOLLYWOODBETS AC
7	62	SMITH MARK	ESKOM AC

**Final Men 25 800m (SENIOR) 09:00:00 PM 47**

**Final Women 25 20km Walk (SENIOR ) 05:00:00 AM 48**

1	176	SABELO NOMBUSO	NO CLUB
2	144	MNTUNGWA SINDIWE	MUDEN AC
3	208	JILI THABILE	SAVAGES ATHLETICS CLUB
4	20	LE ROUX NATALIE	BOXER AC
5	19	SCHULTZ ZELDA	BOXER AC

**Final Men 25 20km Walk (SENIOR) 05:00:00 AM 49**

1	206	MDUNGE VUKANI	SAVAGES ATHLETICS CLUB
2	262	NTOMBELA LINDOKUHLE	UMHLATAHUZE AC
3	21	AFRICA OXLEY	BOXER AC
4	198	KHANYILE NHLNHLA	SANDE
5	106	MAHLANGU AARON	HOLLYWOODBETS AC
6	425	HLONGWANE SPHAMANDLA	VLAM AC
7	424	NKOSI SIBUSISO	VLAM AC

**Final Women Mixed 10km Walk (MASTERS 30 +) 06:00:00 AM 50**

1	180	LE FEBOUR JEANINE	PDAC
2	246	JOHANNES ANITA	SYDENHAM SPORT CLUB
3	295	SMITH SUE	WESTVILLE AC
4	123	LABUSCHAGNE MARIE	MALUTI MUTLI SPORT
5	46	WILLIAMS LESLIE	ELITE PERFORMANCE GROUP
6	103	BENNET ANTOINETTE	HIGHWAY ATHLETICS CLUB
7	182	FUCHS SHARON	PDAC

**Final Men Mixed 10km Walk (MASTERS 30 +)** **06:00:00 AM** **51**

1	124	SMOOK HENDRY	MALUTI MUTLI SPORT
2	104	GOATLEY RAYMOND	HIGHWAY ATHLETICS CLUB
3	143	MNTUNGWA SINDISIWE	MUDEN AC
4	245	JOHANNES EUGENE	SYDENHAM SPORT CLUB
5	23	DIESERICKS LEN	CAPE MUTLISPORT CLUB
6	47	WILLIAMS LESLIE	ELITE PERFORMANCE GROUP

**Final Men 25 LongJump (SENIOR)** **08:30:00 AM** **52**

1	175	ZWANE SANELE	NEWCASTLE SIYAYA AC
2	157	SANGSENI SIFISO	NEWCASTLE SIYAYA AC
3	167	NKOSI SABELA	NEWCASTLE SIYAYA AC
4	154	MABASO NKOSINGIPHILE	NEWCASTLE SIYAYA AC
5	287	NTOMBELA ANDILE	UMZINYATHI
6	155	MAGUBANE NTOKOZO	NEWCASTLE SIYAYA AC
7	290	XULU SIBONELO	UMZINYATHI
8	53	CELE SIYANDA	EMADADENI
9	131	PHEWA SPHESIHLE	MSINGA DEVELOPMENT
10	259	KUNENE BONGA	UKZN
11	98	KEKANA THABISO	FREE SPIRIT ATHLETICS CLUB
12	139	XIMBA SIYABONGA	MUDEN AC
13	26	VAN DEVENTER WILHELM	CKS ATHLETICS CLUB
14	422	KUBHEKA COLLEN	VLAM AC
15	423	MTHETHWA SIBONELO	VLAM AC

**Final Women 25 Discus (SENIOR )** **08:30:00 AM** **53**

1	191	SITHOLE LIHLE	ROCKFIELD AC
2	276	NGOBESE THOBILE	UMZINYATHI

**Final Men Mixed Weight (MASTERS 30 +)** **08:30:00 AM** **54**

1	13	RZEPECKI ANDRZEJ	ATHLETICS NORTH
2	83	MOOLMAN BERTU	FAST FEET AC

**Heat 1 of 3 Men 25 1500m (SENIOR)** **08:45:00 AM** **55**

1	89	ZULU NHLAKINPHO	FAST FEET AC
2	35	MADIBE GOODENOUGH	DURBAN UNIVERSITY OF TECHNOLOGY
3	136	MDLETSHE MZAMISENI	MUDEN AC
4	114	MKHWANAZI THABO	HOLLYWOODBETS AC
5	128	NGUBANE SANELE	MSINGA DEVELOPMENT
6	152	GAMA SABELA	NEWCASTLE SIYAYA AC
7	9	MOSIA PHALLANG	ARTHUR FORD
8	235	MTOLO MDUMISENI	SPEED EXPLOSION AC
9	100	LINDOKUHLE KUNENE	FREE SPIRIT ATHLETICS CLUB
10	207	SHANGE SANELE	SAVAGES ATHLETICS CLUB
11	274	NGUBANE SANELE	UMZINYATHI
12	58	NKALA MXOLISI	EMADADENI
13	197	KUNENE SIPHESIHLE	ROCKFIELD AC
14	233	SOSIBO SPHELELE	SPEED EXPLOSION AC
15	272	MDLETSHE MZAMISENI	UMZINYATHI
16	227	THOMAS SENZENI	SPEED EXPLOSION AC
17	291	MZIZI LANGALETHU	UMZINYATHI



**Heat 2 of 3 Men 25 1500m (SENIOR)****08:45:00 AM****56**

1	24	MAHARAJ (T47) CAMRON	CKS ATHLETICS CLUB
2	137	NGCOBO AYANDA	MUDEN AC
3	129	KHUMALO THUTHUKANI	MSINGA DEVELOPMENT
4	37	SIMELANE DERRICK	DURBAN UNIVERSITY OF TECHNOLOGY
5	6	NDUMISO SOHKELA	ARTHUR FORD
6	220	ZAKEO TERRENCE	SPEED EXPLOSION AC
7	196	NTULI NKOSIKHONA	ROCKFIELD AC
8	150	MHLAKAZA LUVYO	NEDBANK AC
9	161	NGWENYA SABELA	NEWCASTLE SIYAYA AC
10	71	NGUBANE NJABULO	FAST FEET AC
11	184	SIBIYA NKOSINATHI	PHANTANE AC
12	18	MBANJWA SIPHO	BOXER AC
13	57	KHUMALO WONDER	EMADADENI
14	273	NGCOBO AYANDA	UMZINYATHI
15	234	TSANYANE TSIELO	SPEED EXPLOSION AC
16	288	BUTHELEZI NJABULO	UMZINYATHI
17	289	KUNENE LETHUKUTHULA	UMZINYATHI

**Heat 1 of 4 Men 25 400m (SENIOR)****09:00:00 AM****57**

1	55	NGUBENI NKULULEKO	EMADADENI
2	148	KUNENE LETHUKUTHULA	MUDEN AC
3	277	KHOZA SIBONELO	UMZINYATHI
4	173	BUTHELEZI XOLANI	NEWCASTLE SIYAYA AC
5	40	MANTANGA LOYISO	ELITE PERFORMANCE GROUP
6	225	NGUBANE LINDOKUHLE	SPEED EXPLOSION AC
7	102	NTULI WANDILE	FREE SPIRIT ATHLETICS CLUB
8	163	NHLABATHI SIBUSISO	NEWCASTLE SIYAYA AC

**Heat 2 of 4 Men 25 400m (SENIOR)****09:00:00 AM****58**

1	222	MBATHA LWAZI	SPEED EXPLOSION AC
2	59	NKOSI NDUMISO	EMADADENI
3	254	NENE ZAKITHI	UKZN
4	267	SOSIBO SYANDA	UMLAZI DEVELOPMENT
5	171	MSIBI WANDILE	NEWCASTLE SIYAYA AC
6	195	GOBA SIPHAMANDLA	ROCKFIELD AC
7	271	XABA SIYANDA	UMZINYATHI

**Heat 3 of 4 Men 25 400m (SENIOR)****09:00:00 AM****59**

1	89	ZULU NHLAKINPHO	FAST FEET AC
2	51	MYENI BRIAN	ELITE PERFORMANCE GROUP
3	289	KUNENE LETHUKUTHULA	UMZINYATHI
4	165	THWALA LINDANI	NEWCASTLE SIYAYA AC
5	190	PIRI SANDILE	ROCKFIELD AC
6	132	ZUNGU SYANDA	MSINGA DEVELOPMENT
7	170	HLATSWAYO MELDO	NEWCASTLE SIYAYA AC

**Heat 4 of 4 Men 25 400m (SENIOR)****09:00:00 AM****60**

1	166	MKHIZE SKHUMBUZO	NEWCASTLE SIYAYA AC
2	97	MAJOZI SANELE	FREE SPIRIT ATHLETICS CLUB
3	119	MKHIZE SIMON	ILEMBE AC

4	71	NGUBANE NJABULO	FAST FEET AC
5	53	CELE SIYANDA	EMADADENI
6	49	MOOSA MIKHAIL	ELITE PERFORMANCE GROUP
7	174	ZULU SIYANDA	NEWCASTLE SIYAYA AC

### Final Men Mixed LongJump (MASTERS 30 +) 09:30:00 AM 61

1	91	STRYDOM RON	FISH HOEK AC
2	93	OELFSE WALTER	FOREVER YOUNG
3	33	MULLER RAYMOND	CKS ATHLETICS CLUB
4	82	MOOLMAN WESSEL	FAST FEET AC
5	202	JOSEPH ADRIAN	SAP STRIDERS

### Final Women Mixed 5000m (SENIOR & MASTERS) 09:30:00 AM 62

1	204	DUBE THABILE	SAP STRIDERS
2	7	DLAMINI SEBENZILE	ARTHUR FORD
3	263	GCINA NONTLANTLA	UMLAZI DEVELOPMENT
4	210	NTSHANGASE NOKUTHUKU	SAVAGES ATHLETICS CLUB
5	270	XABA NOMUSA	UMZINYATHI
6	120	CLOETE JOEY	IRENE (GAUTENG-NORTH)
7	113	MJOLI MNWABISO	HOLLYWOODBETS AC
8	135	XABA NOMUSA	MUDEN AC
9	4	GAGA NOMONDE	ARTHUR FORD
10	115	DLADLA PUSELETSO	HOLLYWOODBETS AC
11	133	GABELA LINDOKUHLE	MUDEN AC
12	145	MTSHALI MBALI	MUDEN AC
13	149	ZUNGU THEMBISILE	MUDEN AC
14	141	MKHIZE MINENHLE	MUDEN AC
15	146	MTSHALI NOKUKHANYA	MUDEN AC

### Heat 1 of 6 Men 25 100m (SENIOR ) 10:00:00 AM 63

1	69	NGESI NTOKOZO	FAST FEET AC
2	139	XIMBA SIYABONGA	MUDEN AC
3	1	MAPHUMULO MTHOKOZISI	AMANZINTOTI AC
4	249	NDEBELE ANDISWA	UKZN
5	175	ZWANE SANELE	NEWCASTLE SIYAYA AC
6	110	NGQUSEKA NTOBELA	HOLLYWOODBETS AC
7	422	KUBHEKA COLLEN	VLAM AC
8	36	SEETAL KEATON	DURBAN UNIVERSITY OF TECHNOLOGY

### Heat 2 of 6 Men 25 100m (SENIOR ) 10:00:00 AM 64

1	49	MOOSA MIKHAIL	ELITE PERFORMANCE GROUP
2	281	THANGO MBONISENI	UMZINYATHI
3	96	ZWENI MZIWAMANDLA	FOREVER YOUNG
4	261	MZOBE MFUNDO	UKZN
5	31	AUGUST TYREE	CKS ATHLETICS CLUB
6	221	MBATHA ZAZI	SPEED EXPLOSION AC
7	154	MABASO NKOSINGIPHILE	NEWCASTLE SIYAYA AC

### Heat 3 of 6 Men 25 100m (SENIOR ) 10:00:00 AM 65

1	266	SIKHOSANA THABANI	UMLAZI DEVELOPMENT
2	250	NDABEZITHA ANDILE	UKZN
3	213	GAMEDE NJABULO	SPEED EXPLOSION AC

4	40	MANTANGA LOYISO	ELITE PERFORMANCE GROUP
5	151	GAMA AARON	NEWCASTLE SIYAYA AC
6	287	NTOMBELA ANDILE	UMZINYATHI
7	32	DUFFY REECE	CKS ATHLETICS CLUB

### Heat 4 of 6 Men 25 100m (SENIOR ) 10:00:00 AM 66

1	256	THINA SIZWE	UKZN
2	68	BEYA JACQUES	FAST FEET AC
3	242	KHUMALO ZAMANI	SUNSHINEMP
4	24	MAHARAJ (T47) CAMRON	CKS ATHLETICS CLUB
5	43	MBATHA WANDILE	ELITE PERFORMANCE GROUP
6	230	NKONYANE SIBUSISO	SPEED EXPLOSION AC
7	157	SANGSENI SIFISO	NEWCASTLE SIYAYA AC

### Heat 5 of 6 Men 25 100m (SENIOR ) 10:00:00 AM 67

1	155	MAGUBANE NTOKOZO	NEWCASTLE SIYAYA AC
2	60	MLAMBO ZIPHOZINKE	EMADADENI
3	232	HLANGULELA BUSISWA	SPEED EXPLOSION AC
4	253	LESUTHU ITUMULENG	UKZN
5	159	NDLELA ANDISWA	NEWCASTLE SIYAYA AC
6	240	RALL JUAN	SUNSHINEMP
7	98	KEKANA THABISO	FREE SPIRIT ATHLETICS CLUB
8	85	STEVENS RATES	FAST FEET AC

### Heat 6 of 6 Men 25 100m (SENIOR ) 10:00:00 AM 68

1	111	KHUMALO MZIKAYISE	HOLLYWOODBETS AC
2	131	PHEWA SPHESIHLE	MSINGA DEVELOPMENT
3	243	JOBODWANA ANASA	SUNSHINEMP
4	119	MKHIZE SIMON	ILEMBE AC
5	53	CELE SIYANDA	EMADADENI
6	132	ZUNGU SYANDA	MSINGA DEVELOPMENT
7	70	NGCOBO GENA	FAST FEET AC
8	38	BOODHOO SUHKIL	DURBAN UNIVERSITY OF TECHNOLOGY

### Final Women Mixed Weight (MASTERS 30 +) 10:00:00 AM 69

1	94	CILLIERS ANGELA	FOREVER YOUNG
2	34	RAWLINS VALERY-ANN	DURBAN ATHLETICS CLUB

### Heat 1 of 2 Women 25 100m (SENIOR ) 10:20:00 AM 70

1	239	KUBHEKA PHINDILE	SPEED EXPLOSION AC
2	223	MCHUNU SANELISIWE	SPEED EXPLOSION AC
3	244	JOBODJWANA TAYLOR	SUNSHINEMP
4	153	MADI SIPHESIHLE	NEWCASTLE SIYAYA AC
5	66	MBAMBO NOKUHANYA	FAST FEET AC
6	224	NDLOVU THULILE	SPEED EXPLOSION AC
7	64	GAVU SIBUSIWE	FAST FEET AC

### Heat 2 of 2 Women 25 100m (SENIOR ) 10:20:00 AM 71

1	29	GOOSEN MARILIZE	CKS ATHLETICS CLUB
2	236	MTHEMBU SAMUKELISIWE	SPEED EXPLOSION AC
3	247	MARNCE SHANICE	UKZN
4	255	REDINGER RAYNE	UKZN
5	73	SITHOLE AMANDA	FAST FEET AC

6	228	NJILO NOLWAZI	SPEED EXPLOSION AC
7	88	ZULU NOMCEBO	FAST FEET AC

---

**Final Men 25 HighJump (SENIOR) 10:30:00 AM 72**


---

1	45	REHMAN LIAM	ELITE PERFORMANCE GROUP
2	285	NMCUBE MBUSO	UMZINYATHI
3	25	VALLY USSAAMAH	CKS ATHLETICS CLUB
4	423	MTHETHWA SIBONELO	VLAM AC

---

**Final Women 25 LongJump (SENIOR) 10:30:00 AM 73**


---

1	88	ZULU NOMCEBO	FAST FEET AC
2	156	MAGUBANE MBALENHLE	NEWCASTLE SIYAYA AC
3	66	MBAMBO NOKUHANYA	FAST FEET AC
4	168	NKABINDE NOKWAZI	NEWCASTLE SIYAYA AC
5	29	GOOSEN MARILIZE	CKS ATHLETICS CLUB

---

**Final Men Mixed 2000m SteepleChase (MASTERS 60 +) 10:30:00 AM 74**


---



---

**Final Women Mixed 2000m SteepleChase (MASTERS 60 +) 10:30:00 AM 75**


---



---

**Final Women Mixed 80m Hurdles (MASTERS 40 +) 10:40:00 AM 76**


---

1	178	SIGUEUOU NANA	NO CLUB
---	-----	---------------	---------

---

**Final Women 25 100m Hurdles (SENIOR & MASTERS 40 +) 10:45:00 AM 77**


---

1	169	SKHOSANE THOBILE	NEWCASTLE SIYAYA AC
---	-----	------------------	---------------------

---

**Final Men Mixed 100m Hurdles (MASTERS 50 +) 10:50:00 AM 78**


---

1	33	MULLER RAYMOND	CKS ATHLETICS CLUB
---	----	----------------	--------------------

---

**Final Women Mixed 200m Hurdles (MASTERS 70 +) 10:55:00 AM 79**


---



---

**Final Men Mixed 110m Hurdles (SNR & MAST 30 - 49) 10:55:00 AM 80**


---

1	160	NGUBENI FANYANA	NEWCASTLE SIYAYA AC
2	280	SHANGE NHLAKANIPHO	UMZINYATHI
3	56	KHUMALO SIPHMANDLA	EMADADENI
4	26	VAN DEVENTER WILHELM	CKS ATHLETICS CLUB
5	166	MKHIZE SKHUMBUZO	NEWCASTLE SIYAYA AC

---

**Final Men Mixed 200m Hurdles (MASTERS 80 +) 11:00:00 AM 81**


---



---

**Final Men Mixed 5000m (SENIOR & MASTERS ) 11:05:00 AM 82**


---

1	8	MOSIA THUSO	ARTHUR FORD
2	294	SMITH LES	WESTVILLE AC
3	185	SITHOLE LINDOKUHLE	PHANTANE AC
4	278	KHUMALO SPHELELE	UMZINYATHI
5	18	MBANJWA SIPHO	BOXER AC
6	126	MABASO MVUSELELO	MSINGA DEVELOPMENT
7	150	MHLAKAZA LUVYO	NEDBANK AC
8	105	BURGERS ALF	HILLCREST VILLAGERS
9	121	MATHEBULA SPHAMANDLA	KWAMASHU STRIDERS
10	15	JALI MHOLI	BLUFF ACADEMY
11	212	SPENCE ANDREW	SOUTH COAST STRIDERS
12	143	MNTUNGWA SINDISIWE	MUDEN AC

13	61	NYEMBE MONDLI	EMADADENI
14	109	NGOBESE SICELO	HOLLYWOODBETS AC
15	248	MAANDE BRUCE	UKZN
16	162	KHUMALO BANELE	NEWCASTLE SIYAYA AC
17	187	MHLAKWANA NKOSINATHI	PHUMA KZN
18	6	NDUMISO SOHKELA	ARTHUR FORD
19	186	DLAMINI ANELE	PHANTANE AC
20	272	MDLETSHE MZAMISENI	UMZINYATHI
21	22	ZWANE BONGINKOSI	BOXER AC
22	130	KHUMALO SPHELELE	MSINGA DEVELOPMENT
23	122	SITHOLE NKOSIYAZI	KWAMASHU STRIDERS
24	16	PHUNGULA APHELELE	BLUFF ACADEMY
25	134	MAJOZI NHLAKANIPHO	MUDEN AC
26	52	NDLOVU LINDANE	EMADADENI
27	117	ZULU SIMPHIWE	HOLLYWOODBETS AC
28	158	MBHELE THATO	NEWCASTLE SIYAYA AC
29	5	MDELISWA LUZUKO	ARTHUR FORD
30	289	KUNENE LETHUKUTHULA	UMZINYATHI
31	128	NGUBANE SANELE	MSINGA DEVELOPMENT
32	137	NGCOBO AYANDA	MUDEN AC
33	54	SELEPE TSEPANG	EMADADENI
34	108	YEKELO SIPHESIHLE	HOLLYWOODBETS AC
35	152	GAMA SABELA	NEWCASTLE SIYAYA AC
36	10	MTHEMBU BONGUMUSA	ARTHUR FORD
37	275	NGUBANE FANELE	UMZINYATHI
38	136	MDLETSHE MZAMISENI	MUDEN AC
39	107	MBOLEKWA THOBILE	HOLLYWOODBETS AC
40	12	DUMAKUDE MANDLA	ARTHUR FORD
41	273	NGCOBO AYANDA	UMZINYATHI
42	148	KUNENE LETHUKUTHULA	MUDEN AC
43	118	NXUMALO SMILE	HOLLYWOODBETS AC
44	11	DUMA NKOSINATHI	ARTHUR FORD
45	268	MAJOZI NHLAKANIPHO	UMZINYATHI
46	116	GUMEDE MBHASOBHI	HOLLYWOODBETS AC
47	9	MOSIA PHALLANG	ARTHUR FORD
48	291	MZIZI LANGALETHU	UMZINYATHI
49	274	NGUBANE SANELE	UMZINYATHI

---

**Semi Final 1 of 3 Men 25 100m (SENIOR ) 11:30:00 AM 83**

---

**Semi Final 2 of 3 Men 25 100m (SENIOR ) 11:30:00 AM 84**

---

**Semi Final 3 of 3 Men 25 100m (SENIOR ) 11:30:00 AM 85**

---

**Semi Final 1 of 2 Men 25 400m (SENIOR) 11:30:00 AM 86**

---

**Semi Final 2 of 2 Men 25 400m (SENIOR) 11:30:00 AM 87**

---

**Final Women 25 Hammer (SENIOR) 11:30:00 AM 88**

1	251	CELE PHILILE	UKZN
2	191	SITHOLE LIHLE	ROCKFIELD AC

**Final Men Mixed HighJump (MASTERS 30 +) 11:50:00 AM 89****Final Women Mixed LongJump (MASTERS 30 +) 11:50:00 AM 90**

1	203	TSUTSU UNATHI	SAP STRIDERS
---	-----	---------------	--------------

**Final Women 25 Polevault (SENIOR) 12:00:00 PM 91****Final Men 25 Polevault (SENIOR) 12:00:00 PM 92**

1	27	THOMPSON WARWICK	CKS ATHLETICS CLUB
---	----	------------------	--------------------

**Final Women Mixed Hammer (MASTERS 30 +) 12:50:00 PM 93**

1	94	CILLIERS ANGELA	FOREVER YOUNG
2	34	RAWLINS VALERY-ANN	DURBAN ATHLETICS CLUB

**Final Men 25 Hammer (SENIOR) 12:50:00 PM 94****Final Men Mixed Hammer (MASTERS 30 +) 12:50:00 PM 95**

1	13	RZEPECKI ANDRZEJ	ATHLETICS NORTH
---	----	------------------	-----------------

**Final Women 25 3000m SteepleChase (SNR & MAST 30) 01:00:00 PM 96**

1	28	ELLERO CAYLEE	CKS ATHLETICS CLUB
---	----	---------------	--------------------

**Final Women Mixed Discus (MASTERS 30 +) 01:00:00 PM 97**

1	94	CILLIERS ANGELA	FOREVER YOUNG
2	34	RAWLINS VALERY-ANN	DURBAN ATHLETICS CLUB
3	14	RZEPECKI JANA	ATHLETICS NORTH
4	92	JACOBS MARLENE	FOREVER YOUNG

**Final Men 25 Discus (SENIOR) 01:00:00 PM 98**

1	172	MTHABELA LUNGISANI	NEWCASTLE SIYAYA AC
---	-----	--------------------	---------------------

**Final Men Mixed Discus (MASTERS 30 +) 01:00:00 PM 99**

1	13	RZEPECKI ANDRZEJ	ATHLETICS NORTH
2	293	WATSON ANDY	WESTVILLE AC

**Final Men 25 3000m SteepleChase (SNR & MAST 30 - ) 01:20:00 PM 100**

1	108	YEKELO SIPHESIHLE	HOLLYWOODBETS AC
2	183	NGIBA SIAYBONGA	PHANTANE AC
3	227	THOMAS SENZENI	SPEED EXPLOSION AC
4	128	NGUBANE SANELE	MSINGA DEVELOPMENT
5	196	NTULI NKOSIKHONA	ROCKFIELD AC
6	209	NKOMO MVELO	SAVAGES ATHLETICS CLUB
7	162	KHUMALO BANELE	NEWCASTLE SIYAYA AC
8	258	MOLELENYOANE LUCKY	UKZN
9	16	PHUNGULA APHELELE	BLUFF ACADEMY
10	116	GUMEDE MBHASOBHI	HOLLYWOODBETS AC
11	214	MADIBA SANELE	SPEED EXPLOSION AC
12	130	KHUMALO SPHELELE	MSINGA DEVELOPMENT
13	207	SHANGE SANELE	SAVAGES ATHLETICS CLUB
14	226	KHUZWAYO MUKELANI	SPEED EXPLOSION AC

<b>Final Women Mixed 100m (MASTERS 30 +)</b>	<b>01:40:00 PM</b>	<b>101</b>
--	--------------------	------------

1	63	CARLISLE JEANETTE	FAST FEET AC
2	205	MYEZA MAPULE	SAP STRIDERS
3	92	JACOBS MARLENE	FOREVER YOUNG
4	292	WALTERS EMALIE	VAAL TRIANGLE
5	297	LETSOALO LETHOKUHLE	ZABALAZA AC
6	50	DUFFY JANET	ELITE PERFORMANCE GROUP
7	86	BUSH LYDIA	FAST FEET AC
8	44	SCHMIDT ADELLE	ELITE PERFORMANCE GROUP

<b>Final Women 25 100m (SENIOR )</b>	<b>01:45:00 PM</b>	<b>102</b>
--------------------------------------	--------------------	------------

<b>Final Men Mixed 100m (MASTERS 30 +)</b>	<b>01:50:00 PM</b>	<b>103</b>
--	--------------------	------------

1	211	MOTALA TACOOB	SHAKALAND ATHLETICS CLUB
2	229	NKANDI SPHELELE	SPEED EXPLOSION AC
3	42	VARTY DENNIS	ELITE PERFORMANCE GROUP
4	177	SIMON MILNE	NO CLUB
5	91	STRYDOM RON	FISH HOEK AC
6	200	MBEKWANA ZB	SAP STRIDERS
7	93	OELEFSE WALTER	FOREVER YOUNG
8	80	KOEKEMOER PIETER (1)	FAST FEET AC
9	17	XAVIER ROBERT	BORDER ATHLETICS
10	33	MULLER RAYMOND	CKS ATHLETICS CLUB
11	164	THUSI XOLANI	NEWCASTLE SIYAYA AC
12	294	SMITH LES	WESTVILLE AC
13	217	MANQELE ZAMANI	SPEED EXPLOSION AC
14	76	DOWNWARD TREVOR	FAST FEET AC
15	237	NTULI MELODY	SPEED EXPLOSION AC
16	77	FOURIE DAVID	FAST FEET AC
17	78	HOLROYD WAYNE	FAST FEET AC
18	84	BRUCE-BRAND AVON	FAST FEET AC

<b>Final Men 25 100m (SENIOR )</b>	<b>01:55:00 PM</b>	<b>104</b>
------------------------------------	--------------------	------------

<b>Final Women Mixed 1500m (MASTERS 30 +)</b>	<b>02:00:00 PM</b>	<b>105</b>
---	--------------------	------------

1	133	GABELA LINDOKUHLE	MUDEN AC
2	74	SIGUBUDU NANA	FAST FEET AC
3	149	ZUNGU THEMBISILE	MUDEN AC

<b>Final Women 25 1500m (SENIOR )</b>	<b>02:10:00 PM</b>	<b>106</b>
---------------------------------------	--------------------	------------

1	146	MTSHALI NOKUKHANYA	MUDEN AC
2	169	SKHOSANE THOBILE	NEWCASTLE SIYAYA AC
3	210	NTSHANGASE NOKUTHUKU	SAVAGES ATHLETICS CLUB
4	265	JILEKA APHELELE	UMLAZI DEVELOPMENT
5	257	MKHIZE HAPPINES	UKZN
6	188	BIYELA KHOLEKA	ROCKFIELD AC

<b>Final Men Mixed 1500m (MASTERS 30 +)</b>	<b>02:20:00 PM</b>	<b>107</b>
---	--------------------	------------

1	8	MOSIA THUSO	ARTHUR FORD
2	140	XIMBA LUCKY	MUDEN AC
3	199	QASHA VINCENT	SAP STRIDERS

4	130	KHUMALO SPHELELE	MSINGA DEVELOPMENT
5	109	NGOBESE SICELO	HOLLYWOODBETS AC
6	219	RAMATEMA LESIA	SPEED EXPLOSION AC
7	62	SMITH MARK	ESKOM AC
8	143	MNTUNGWA SINDISIWE	MUDEN AC
9	117	ZULU SIMPHIWE	HOLLYWOODBETS AC

**Heat 3 of 3 Men 25 1500m (SENIOR)****02:55:00 PM****108**

1	192	MKHWANAZI BONGELANI	ROCKFIELD AC
2	126	MABASO MVUSELELO	MSINGA DEVELOPMENT
3	215	MAHASE BONANG	SPEED EXPLOSION AC
4	158	MBHELE THATO	NEWCASTLE SIYAYA AC
5	1	MAPHUMULO MTHOKOZISI	AMANZINTOTI AC
6	275	NGUBANE FANELE	UMZINYATHI
7	147	DUMAKUDE ZIPHO	MUDEN AC
8	99	LEMBETHE MSINGATHI	FREE SPIRIT ATHLETICS CLUB
9	112	MHLONGO LINDA	HOLLYWOODBETS AC
10	187	MHLAKWANA NKOSINATHI	PHUMA KZN
11	22	ZWANE BONGINKOSI	BOXER AC
12	209	NKOMO MVELO	SAVAGES ATHLETICS CLUB
13	214	MADIBA SANELE	SPEED EXPLOSION AC
14	277	KHOZA SIBONELO	UMZINYATHI
15	142	HLONGWA LINDANI	MUDEN AC
16	218	MAZIBUKO MTHOKOZISI	SPEED EXPLOSION AC
17	284	HLONGWA LINDANI	UMZINYATHI

**Final Men 25 1500m (SENIOR)****02:55:00 PM****109****Final Women Mixed 400m (MASTERS 30 +)****03:05:00 PM****110**

1	92	JACOBS MARLENE	FOREVER YOUNG
2	297	LETSOALO LETHOKUHLE	ZABALAZA AC
3	205	MYEZA MAPULE	SAP STRIDERS
4	179	NTOMBI NTSHABA	NO CLUB
5	74	SIGUBUDU NANA	FAST FEET AC
6	231	SKHOSANA NKELETSENG	SPEED EXPLOSION AC
7	201	MDUBEKI NOXOLO	SAP STRIDERS
8	75	ALEXANDER ELIZABETH	FAST FEET AC
9	203	TSUTSU UNATHI	SAP STRIDERS

**Heat 1 of 2 Women 25 400m (SENIOR)****03:10:00 PM****111**

1	269	MAKHANYA NOMPUMELELO	UMZINYATHI
2	257	MKHIZE HAPPINES	UKZN
3	81	LOFSTRAND GENA	FAST FEET AC
4	189	BIYELA NELISWA	ROCKFIELD AC
5	168	NKABINDE NOKWAZI	NEWCASTLE SIYAYA AC

**Heat 2 of 2 Women 25 400m (SENIOR)****03:10:00 PM****112**

1	204	DUBE THABILE	SAP STRIDERS
2	252	GEORGE DANE'LLE	UKZN
3	193	DLAMINI NOKUBONGA	ROCKFIELD AC
4	72	KHUMALO PHUMI	FAST FEET AC



5	194	HLATSWAYO SILINDILE	ROCKFIELD AC
<b>Final Women 25 400m (SENIOR)</b>			<b>03:10:00 PM 113</b>
<b>Final Men Mixed 400m (MASTERS 30 +)</b>			<b>03:15:00 PM 114</b>
1	2	VOSLOO RIAAN	AMANZINTOTI AC
2	3	MBHAMALI BONGINKOSI	AMAPONDO
3	42	VARTY DENNIS	ELITE PERFORMANCE GROUP
4	200	MBEKWANA ZB	SAP STRIDERS
5	77	FOURIE DAVID	FAST FEET AC
6	296	HUGO JON MARK	YELLOWWOOD PARK AC
7	138	SIKHAKHANE MFANAFUTHI	MUDEN AC
8	76	DOWNWARD TREVOR	FAST FEET AC
9	80	KOEKEMOER PIETER (1)	FAST FEET AC
10	78	HOLROYD WAYNE	FAST FEET AC
11	67	SCHRODER MICHAEL	FAST FEET AC
<b>Final Men 25 400m (SENIOR)</b>			<b>03:20:00 PM 115</b>
<b>Final Women 25 4X100m Relay</b>			<b>03:25:00 PM 116</b>
<b>Final Men 25 4X100m Relay</b>			<b>03:30:00 PM 117</b>