

Age	Place	Athlete	Team	Perf	Points	Score	Medal	Records
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**Results of all Finals and Heats**

Ordered by Program Sequence

Performance Scores: ABSA\_2007 table, Hand time, Height above sea=0

<b>Item 1</b>	<b>08:00 Final Women MixAge HighJump ((Youth, Junior, Seni</b>							
15	0	MEMELA,NOLWAZI	KHS	DNS	0	0		
15	0	RACITI,PAOLO	KHS	DNS	0	0		
19	1	MATHONSI,AKHONA	GTHS	1.45	8	0		
<b>Item 2</b>	<b>08:00 Final Men MixAge LongJump ((Youth, Junior, Senior</b>							
13	0	DLAMINI,SIBONGAKONKE	KHS	DNS	0	0		
15	1	COETZEE,JARYD	WBHS	5.08	8	0		
15	2	TSHABALALA,KHUMO	KHS	4.26	7	0		
15	3	ANDREW,MATTHEW	WBHS	3.88	6	0		
15	4	DLAMINI,MPHO	KHS	3.48	5	0		
15	5	SLATER,ZACI	KHS	3.40	4	0		
15	0	BROTHERHOOD,BLAKE	KHS	DNS	0	0		
15	0	NSINDANE,NGOY	KHS	DNS	0	0		
15	0	GWAMBE,TINHIKO	KHS	DNS	0	0		
15	0	ZUNGU,CEBO	KHS	DNS	0	0		
15	0	VAN VUUREN,VINCIENT	WBHS	DNS	0	0		
15	0	DONIA,JOEL	WBHS	DNS	0	0		
16	1	SEKESE,KARABO	KEHS	5.89	8	0		
16	2	NONJIJI,KAMVA	KEHS	5.24	7	0		
16	3	FENI,SINBULELE	KEHS	4.28	6	0		
17	1	XULU,SIYABULELA	GTHS	6.46	8	0		
17	2	MSEZANE,NTSIKA	WBHS	5.26	7	0		
17	3	O'BRIEN,DEAN	WBHS	4.61	6	0		
17	0	NTSHANGASE,KWANELE	WBHS	DNS	0	0		
19	1	DENYSSEN,KYLE	WBHS	5.84	8	0		
19	0	ROBINS,JUSTIN	WBHS	DNS	0	0		
20	1	NDLOVU,ANDILE	KHS	6.75	8	0		
20	2	BERU,JOASH	UKZN	6.61	7	0		
20	3	MABASO,MLUNGISI	SAC	6.44	6	0		
20	0	NDLOVU,ANELE	DAC	DNS	0	0		
45	1	NAIDOO,MOSES	FF	5.57	8	0		
<b>Item 3</b>	<b>08:00 Final Women MixAge Javelin ((Youth, Junior, Senior</b>							
15	1	VAN ZYL,CATHELENE	DNC	29.20	8	0		
15	2	OLUMENE,RUWAYDA	KHS	12.45	7	0		
15	3	GUMEDE,MANDISA	KHS	08.85	6	0		
19	1	GOOSEN,VALERIE	CKS	28.74	8	0		
20	1	ELMS,LETOYA	KHS	13.23	8	0		
50	1	RAWLINS,VALERY-ANN	IND	09.10	8	0		
<b>Item 4</b>	<b>08:00 Final Men MixAge 5km Walk ((Youth, Junior, Senior</b>							
20	1	LONWABO,SENZELA	UDAC	26:48.84	8	0		
20	2	BHENGU,SIMPHIWE	IND	26:57.18	7	0		
20	3	MNYANDU,SPHIWESIHLE	UDAC	29:47.95	6	0		
20	0	MEMELA,PHELELANI	UDAC	DNS	0	0		
<b>Item 5</b>	<b>08:00 Final Men MixAge Discus ((Youth, Junior, Senior a</b>							
15	0	ELLIS,RICHARD	WBHS	DNR	0	0		
16	1	DICKSON,BENJAMIN	KEHS	20.80	8	0		
16	0	NONJIJI,KAMVA	KEHS	DNR	0	0		
17	1	MATAM,SINELIZIWI	KEHS	37.20	8	0		
17	2	EVERSON,ROBERT	WBHS	34.58	7	0		
17	3	SOTSHONGAYE,UNAM	KEHS	20.84	6	0		
17	0	CHIDZONGA,DAVID	WBHS	DNR	0	0		
19	1	LOMBARD,AARON	KEHS	42.08	8	0		
20	1	MAPHUMULO,MTHOKO	AMA	15.80	8	0		
<b>Item 6</b>	<b>08:00 Final Women MixAge 5km Walk ((Youth, Junior, Seni</b>							
35	1	LE ROUX,NATALIE	KAC	25:40.73	8	0		
50	1	LE FEBOUR,JEANINE	PIN	33:12.83	8	0		

Age	Place	Athlete	Team	Perf	Points	Score	Medal	Records
50	2	TROLL,SHARON	STAC	34:58.53	7	0		
<b>Item 7 09:00 Final Women MixAge 800m ((Youth, Junior, Senior a</b>								
17	1	DLADLA,ANDISWA	MUD	3:04.40	8	0		
20	1	MTSHALI,NOMCEBO	MUD	2:38.34	8	0		
20	2	MSTHALI,NOKUKHANYA	MUD	2:46.12	7	0		
20	3	FYNN,TAMIA	SAC	2:53.18	6	0		
20	0	MHLAWULI,THANDIWE	UDAC	DNR	0	0		
20	0	MHLAWULI,THANDIWE	UML	DNS	0	0		
<b>Item 8 09:20 Final Men MixAge 800m ((Youth, Junior, Senior and</b>								
15	1	ZONDO,THULANI	DUT	2:02.41	8	0		
15	2	ZWANE,SBONGAKONKE	PHAN	2:07.98	7	0		
15	3	NDLEKO,MINENHLE	AMA	2:22.27	6	0		
15	4	NGCOBO,NQUBEKO	MUD	2:23.64	5	0		
15	5	MUZAMA,GENIUS	CKS	2:39.38	4	0		
15	6	SHANGASE ,FROMETION	INA	2:41.93	3	0		
15	7	JACOBS,JAN-CHRISTIAN	WBHS	2:45.10	2	0		
15	8	FAIRMAN,TRISTAN	KHS	2:49.69	1	0		
15	0	MSOMI,LUYANDA	AMA	DNS	0	0		
17	1	KUNENE,SPHESJLE	OGW	2:07.37	8	0		
17	2	TSHAPHA,PHELELANI	MUD	2:17.23	7	0		
17	3	MTHETHWA,WANDILE	MASI	2:22.14	6	0		
17	4	ROETS,KRISTOFER	WBHS	2:22.43	5	0		
17	5	MINNIE,RYAN	WBHS	2:23.71	4	0		
17	0	MATTHEWS,LUKE	WBHS	DNS	0	0		
17	0	LAMBERT,CHRISTIAN	WBHS	DNS	0	0		
17	0	NGCOBO,ANDILE	CKS	DNS	0	0		
17	0	MZOLO,MENZI	MUD	DNS	0	0		
19	1	KHATHI,CEBO	PHAN	2:09.57	8	0		
19	2	NDAWONDE,SIWAKHILE	MUD	2:12.42	7	0		
19	3	BUTLER,JAMES	WBHS	2:28.25	6	0		
19	0	MAYER,JAMES	WBHS	DNS	0	0		
20	1	HADEBE,KHETHELO	UDAC	1:59.86	8	0		
20	2	MTHABELA,ANDISWA	MUD	2:13.65	7	0		
20	3	SHOZI,PHILELINKOSI	SAC	2:16.33	6	0		
20	4	SHEZI,LUTHANDO	SAC	2:20.52	5	0		
70	1	STRYDOM,WILLEM (TROMPIE)	HAC	2:19.70	8	0		
<b>Item 9 09:30 Final 1 of 2 Women MixAge 100m ((Youth, Junior, S</b>								
15	1	NGCOBO,OMUHLE	SAC	15.17		-1.0		
17	1	HENSTOCK,CHLOE PAIGE	PIO	14.46		0		
19	1	MATHONSI,AKHONA	GTHS	13.80		0		
20	1	NGUBANE,AYANDA	KHS	16.70		0		
20	0	MHLONGO,SHEREEN	ESH	DNS: DNS		0		
40	0	SIGUBUDU,NANA	DUT	DNS: DNS		0		
<b>Item 10 09:35 FinalResults Women MixAge 100m ((Youth, Junior, S</b>								
15	1	KOEKEMOER,DAYLE	FF	13.18	8	0		
15	2	NGCOBO,OMUHLE	SAC	15.17	7	0		
15	0	MCUNU,AMAHLE	SAC	DNS	0	0		
17	1	MUZAMA,DEBORAH	CKS	13.96	8	0		
17	2	HENSTOCK,CHLOE PAIGE	PIO	14.46	7	0		
19	1	MATHONSI,AKHONA	GTHS	13.80	8	0		
20	1	NGEMA,SNETHEMBA	UKZNAC	13.01	8	0		
20	2	KADER,SKIRRIMAN	IND	14.33	7	0		
20	3	GREEN,MAXINE	KHS	16.02	6	0		
20	4	NGUBANE,AYANDA	KHS	16.70	5	0		
20	0	MHLONGO,SHEREEN	ESH	DNS	0	0		
40	0	SIGUBUDU,NANA	DUT	DNS	0	0		
<b>Item 10 09:35 Final 2 of 2 Women MixAge 100m ((Youth, Junior, S</b>								
15	1	KOEKEMOER,DAYLE	FF	13.18		0		
15	0	MCUNU,AMAHLE	SAC	DNS		0		

Age	Place	Athlete	Team	Perf	Points	Score	Medal	Records	
17	1	MUZAMA,DEBORAH	CKS	13.96		0			
20	1	NGEMA,SNETHEMBA	UKZNAC	13.01		0			
20	2	KADER,SKIRRIMAN	IND	14.33		0			
20	3	GREEN,MAXINE	KHS	16.02		0			
<b>Item 11</b>	<b>09:40 Final 1 of 7 Men MixAge 100m ((Youth, Junior, Se</b>						<b>-1.4</b>		
15	1	SHABANE,STEMBISO	AMA	13.69		0			
15	2	ALDER,NICHOLAS	WBHS	16.06		0			
15	0	SLATER,ZACI	KHS	DNR: DNR		0			
19	1	VAN ROOYEN,JOSH	WBHS	13.05		0			
20	1	NGEMA,LUTHANDO	FF	12.09		0			
20	0	MABHIDA,MBONGENI	UDAC	DNR: DNR		0			
20	0	YENI,LUVUYO	KHS	DNS: DNS		0			
20	0	BUKENYA,JOHNSON	AMA	DNS: DNS		0			
<b>Item 12</b>	<b>09:42 Final 2 of 7 Men MixAge 100m ((Youth, Junior, Se</b>						<b>-2.6</b>		
15	1	STAINBANK,TYE	DUT	11.80		0			
15	2	MPANZA,MALWANDE	KHS	16.70		0			
15	0	BROTHERHOOD,BLAKE	KHS	DNS: DNS		0			
17	1	XULU,SIYABULELA	GTHS	12.14		0			
20	1	MGUNI,TYRESE	KHS	12.59		0			
20	0	YONGA,MANZI	DAC	DNS: DNS		0			
20	0	BEZUIDENHOUT,KYLE	MC	DNS: DNS		0			
<b>Item 13</b>	<b>09:44 Final 3 of 7 Men MixAge 100m ((Youth, Junior, Se</b>						<b>-1.6</b>		
15	1	TSHABALALA,KHUMO	KHS	14.62		0			
15	2	MHLANGU,ANDILE	EMS	17.92		0			
15	0	GWAMBE,TINHICO	KHS	DNS: DNS		0			
17	1	SOTSHONGAYE,UNAM	KEHS	12.95		0			
19	1	SHLONGWA,SEHLISELWE	UKZNAC	11.61		0			
20	1	MALAWU,MINUS	UKZNA	12.81		0			
20	2	RHODES,T	MC	13.80		0			
20	0	MASEKO,VALENTINE	DUT	DNS: DNS		0			
<b>Item 14</b>	<b>09:46 Final 4 of 7 Men MixAge 100m ((Youth, Junior, Se</b>						<b>-1.4</b>		
13	1	NGCOBO,FISUMNOTHO	EMS	17.82		0			
15	1	DLAMINI,MPHO	KHS	25.23		0			
15	0	VILLAI,PRIYAN	EMS	Disq: CHANGE LANE		0			
17	1	MARINUS,WYNAND	PIO	12.30		0			
19	1	PIPER,SHAUN	ESK	11.80		0			
20	1	BEYA,JACQUES	FF	11.91		0			
20	2	ZWALO,ZAFIKA	SAC	12.75		0			
20	0	XOLO,THOMAS	ESH	DNS: DNS		0			
<b>Item 15</b>	<b>09:48 Final 5 of 7 Men MixAge 100m ((Youth, Junior, Se</b>						<b>-2.1</b>		
13	1	DLAMINI,SIBONGAKONKE	KHS	14.69		0			
15	1	MUJENI,KUMBRIRAI	KHS	13.17		0			
15	2	NGCUNGAMA,SIYANDA	EMS	20.08		0			
17	1	RAVELL,MATTHEW	WBHS	13.00		0			
19	0	NEL,JUSTIN	KEHS	DNS: DNS		0			
20	1	GAINES,MARK	UKZNAC	11.22		0			
20	2	NHLANHLA,PRIDE	FF	13.60		0			
30	1	LUTHAULI,WANDILE	INA	13.42		0			
<b>Item 16</b>	<b>09:50 Final 6 of 7 Men MixAge 100m ((Youth, Junior, Se</b>						<b>-2.8</b>		
15	1	ELLIS,RICHARD	WBHS	14.79		0			
15	0	NSINDANE,NGOY	KHS	DNS: DNS		0			
17	1	MPUNGOSE,LONDANI	WBHS	12.03		0			
19	0	ROBINS,JUSTIN	WBHS	DNS		0			
20	1	NTOKOZO,NGESI	FF	11.40		0			
20	2	LWANDILE,MALAWU	UKZNAC	12.90		0			
20	0	MABHIDA,MBONGENI	UML	DNS		0			
40	1	VOSLOO,RIAAN	AMA	13.58		0			
<b>Item 17</b>	<b>09:52 FinalResults Men MixAge 100m ((Youth, Junior, Sen</b>								
13	1	DLAMINI,SIBONGAKONKE	KHS	14.69	8	0			

Age	Place	Athlete	Team	Perf	Points	Score	Medal	Records
13	2	NGCOBO,FISUMNOTHO	EMS	17.82	7	0		
15	1	STAINBANK,TYE	DUT	11.80	8	0		
15	2	MUJENI,KUMBRIRAI	KHS	13.17	7	0		
15	3	SHABANE,STEMBISO	AMA	13.69	6	0		
15	4	TSHABALALA,KHUMO	KHS	14.62	5	0		
15	5	ELLIS,RICHARD	WBHS	14.79	4	0		
15	6	ANDREW,MATTHEW	WBHS	15.16	3	0		
15	7	ALDER,NICHOLAS	WBHS	16.06	2	0		
15	8	MPANZA,MALWANDE	KHS	16.70	1	0		
15	9	MHLANGU,ANDILE	EMS	17.92	0	0		
15	10	NGCUNGAMA,SIYANDA	EMS	20.08	0	0		
15	11	DLAMINI,MPHO	KHS	25.23	0	0		
15	0	VILLAI,PRIYAN	EMS	Disq	0	0		
15	0	SLATER,ZACI	KHS	DNR	0	0		
15	0	BROTHERHOOD,BLAKE	KHS	DNS	0	0		
15	0	NSINDANE,NGOY	KHS	DNS	0	0		
15	0	BARNETT,KHAELLEN	KHS	DNS	0	0		
15	0	GWAMBE,TINHICO	KHS	DNS	0	0		
16	1	FENI,SINBULELE	KEHS	13.09	8	0		
17	1	MPUNGOSE,LONDANI	WBHS	12.03	8	0		
17	2	XULU,SIYABULELA	GTHS	12.14	7	0		
17	3	MARINUS,WYNAND	PIO	12.30	6	0		
17	4	SOTSHONGAYE,UNAM	KEHS	12.95	5	0		
17	5	RAVELL,MATTHEW	WBHS	13.00	4	0		
19	1	SHLONGWA,SEHLISELWE	UKZNAC	11.61	8	0		
19	2	PIPER,SHAUN	ESK	11.80	7	0		
19	3	VAN ROOYEN,JOSH	WBHS	13.05	6	0		
19	0	DENYSSSEN,KYLE	WBHS	DNS	0	0		
19	0	ROBINS,JUSTIN	WBHS	DNS	0	0		
19	0	NEL,JUSTIN	KEHS	DNS	0	0		
20	1	GAINES,MARK	UKZNAC	11.22	8	0		
20	2	MZOBE,MFUNDO	FF	11.32	7	0		
20	3	NTOKOZO,NGESI	FF	11.40	6	0		
20	4	BEYA,JACQUES	FF	11.91	5	0		
20	5	TENZA,MFANELO	UCLUB	11.99	4	0		
20	6	NGEMA,LUTHANDO	FF	12.09	3	0		
20	7	MGUNI,TYRESE	KHS	12.59	2	0		
20	8	ZWALO,ZAFIKA	SAC	12.75	1	0		
20	9	MALAWU,MINUS	UKZNA	12.81	0	0		
20	10	LWANDILE,MALAWU	UKZNAC	12.90	0	0		
20	11	NHLANHLA,PRIDE	FF	13.60	0	0		
20	12	RHODES,T	MC	13.80	0	0		
20	0	MABHIDA,MBONGENI	UDAC	DNR	0	0		
20	0	YONGA,MANZI	DAC	DNS	0	0		
20	0	BEZUIDENHOUT,KYLE	MC	DNS	0	0		
20	0	YENI,LUVUYO	KHS	DNS	0	0		
20	0	BUKENYA,JOHNSON	AMA	DNS	0	0		
20	0	MABHIDA,MBONGENI	UML	DNS	0	0		
20	0	XOLO,THOMAS	ESH	DNS	0	0		
20	0	MASEKO,VALENTINE	DUT	DNS	0	0		
30	1	LUTHAULI,WANDILE	INA	13.42	8	0		
40	1	VOSLOO,RIAAN	AMA	13.58	8	0		
70	0	MOTALA,YACOOB	SHAC	DNS	0	0		

**Item 17 09:52 Final 7 of 7 Men MixAge 100m ((Youth, Junior, Se -4.9**

15	1	ANDREW,MATTHEW	WBHS	15.16		0		
15	0	BARNETT,KHAELLEN	KHS	DNS: DNS		0		
16	1	FENI,SINBULELE	KEHS	13.09		0		
19	0	DENYSSSEN,KYLE	WBHS	DNS: DNS		0		
20	1	MZOBE,MFUNDO	FF	11.32		0		

Age	Place	Athlete	Team	Perf	Points	Score	Medal	Records
20	2	TENZA,MFANELO	UCLUB	11.99		0		
70	0	MOTALA,YACOOB	SHAC	DNS: DNS		0		
<b>Item 18</b>	<b>09:55 Final Women MixAge 5000m ((Youth, Junior, Senior</b>							
19	1	NTULI,NONTOBEKO	IND	21:56.57	8	0		
19	0	MHLONGO,NTOMBIFIKILE	MUD	DNS	0	0		
20	1	NJUNGUZA,ANDISWA	DUT	18:03.11	8	0		
20	2	KHUMALO,AYANDA	COS	21:29.45	7	0		
20	0	MSTHALI,NOKUKHANYA	MUD	DNS	0	0		
50	1	NANA,SGUBUDU	IND	24:52.28	8	0		
<b>Item 19</b>	<b>10:00 Final Men MixAge HighJump ((Youth, Junior, Senior</b>							
15	4	MUJENI,KUMBRIRAI	KHS	1.55	5	0		
15	6	TSHABALALA,KHUMO	KHS	1.35	3	0		
15	7	DLAMINI,MPHO	KHS	1.30	2	0		
15	8	ELLIS,RICHARD	WBHS	1.25	1	0		
15	0	GROSS - MITCHELL,TRAVIS	WBHS	DNS	0	0		
15	0	GWAMBE,TINHICO	KHS	DNS	0	0		
15	0	ZUNGU,CEBO	KHS	DNS	0	0		
16	5	VINCENT,CALEB	KEHS	1.50	4	0		
17	2	LANGA,MONGEZI	GTHS	1.75	7	0		
17	3	NDULI,KHAYA	GTHS	1.65	6	0		
19	1	VALLY,USAAMAH	CKS	1.95	8	0		
<b>Item 20</b>	<b>10:00 Final Women MixAge LongJump ((Youth, Junior, Seni</b>							
15	1	OLUMENE,RUWAYDA	KHS	3.23	8	0		
15	2	GUMEDE,MANDISA	KHS	2.54	7	0		
15	0	MEMELA,NOLWAZI	KHS	DNS	0	0		
15	0	RACITI,PAOLO	KHS	DNS	0	0		
19	1	MATHONSI,AKHONA	GTHS	4.79	8	0		
20	1	GREEN,MAXINE	KHS	3.94	8	0		
20	2	NGUBANE,AYANDA	KHS	3.69	7	0		
20	0	MHLONGO,SHEREEN	ESH	DNS	0	0		
<b>Item 21</b>	<b>10:00 Final Men MixAge 5000m ((Youth, Junior, Senior an</b>							
15	1	ELLIS,DANIEL	WBHS	17:33.93	8	0		
15	0	ZWANE,SBONGAKONKE	PHAN	DNS	0	0		
17	1	SOKHELA,ZOLA	MICH	16:24.08	8	0		
17	0	MZOLO,MENZI	MUD	DNS	0	0		
19	1	KHAMBULE,THULISANG	PHAN	15:58.15	8	0		
19	2	KHATHI,CEBO	PHAN	16:13.80	7	0		
19	3	NALA,QINISO	INA	17:22.70	6	0		
19	4	MNDABA,NKOSINATHI	PHAN	17:33.68	5	0		
19	5	MGAGA,SPHESIHLE	OGW	19:09.56	4	0		
19	0	MTHABELA,ANDISWA	MUD	DNS	0	0		
20	1	SIBIYA,NKOSINATHI	COS	14:41.86	8	0		
20	2	NGCOBO,AYANDA	PHAN	14:55.91	7	0		
20	3	MBHASOBHI,GUMEDE	OGW	15:12.99	6	0		
20	4	SIPHIKA,SAKHILE	SAV	15:27.83	5	0		
20	5	GOBA,SPHAMANDLA	ROC	15:34.27	4	0		
20	6	IKALAFENG,RAPULA	IND	16:31.24	3	0		
20	7	STHOLE,SPHESIHLE	INA	19:29.50	2	0		
20	0	LONWABO,SENZELA	UDAC	DNS	0	0		
20	0	LONWABO,SENZELA	UML	DNS	0	0		
30	1	LUTHAULI,WANDILE	INA	18:57.78	8	0		
40	1	PHAKU,THUBALETHU	DUT	20:41.82	8	0		
40	0	BAQWA,PHUMELELE	INA	DNS	0	0		
50	0	OXLEY,AFRICA	IND	DNS	0	0		
<b>Item 22</b>	<b>10:00 Final Men MixAge Shotput ((Youth, Junior, Senior</b>							
15	1	VAN DER BERG,KEVIN	WBHS	11.47	8	0		
15	0	DONIA,JOEL	WBHS	DNS	0	0		
16	1	DICKSON,BENJAMIN	KEHS	11.90	8	0		
17	1	MATAM,SINELIZIWI	KEHS	12.30	8	0		

Age	Place	Athlete	Team	Perf	Points	Score	Medal	Records	
17	2	EVERSON,ROBERT	WBHS	10.74	7	0			
17	0	CHIDZONGA,DAVID	WBHS	DNS	0	0			
19	1	LOMBARD,AARON	KEHS	15.16	8	0			
20	1	SWARTZ,RIAN	MC	11.69	8	0			
35	1	PILLAY (F62),TYRONE (F62)	CKS	11.50	8	0			
<b>Item 23</b>	<b>10:00 Final Women MixAge Discus ((Youth, Junior, Senior</b>								
15	1	VAN ZYL,CATHLENE	DNC	36.94	8	0			
16	1	MADIKIZELA,ANATHI	KEHS	27.89	8	0			
50	1	CILLIERS,ANGELA	FOR	28.04	8	0			
50	2	RAWLINS,VALERY-ANN	IND	11.90	7	0			
<b>Item 24</b>	<b>10:30 Final Women MixAge 100m Hurdles ((Youth, Junior,</b>								
<b>Item 25</b>	<b>10:40 Final Men MixAge 110m Hurdles ((Youth, Junior, Se</b>								
<b>Item 26</b>	<b>10:50 Final Women MixAge 300m Hurdles ((Youth, Junior,</b>								
<b>Item 27</b>	<b>11:00 Final Men MixAge 300m Hurdles ((Youth, Junior, Se</b>								
<b>Item 28</b>	<b>11:10 Final Women MixAge 400m Hurdles ((Youth, Junior,</b>								
<b>Item 29</b>	<b>11:20 Final Men MixAge 400m Hurdles ((Youth, Junior, Se</b>								
<b>Item 30</b>	<b>11:30 Final 1 of 2 Women MixAge 200m ((Youth, Junior,</b>						<b>-4.8</b>		
15	1	NGCOBO,OMUHLE	SAC	33.27		0			
15	0	GROSS-MITCHELL,ASHLEIGH	WGHS	DNS: DNS		0			
17	1	HENSTOCK,CHLOE PAIGE	PIO	31.48		0			
19	0	MATHONSI,AKHONA	GTHS	DNS: DNS		0			
20	1	MTHEMBU,SAMKELISIWE	IND	26.88		0			
20	0	MHLONGO,SHEREEN	ESH	DNS: DNS		0			
50	0	NANA,SGUBUDU	IND	DNS: DNS		0			
<b>Item 31</b>	<b>11:35 FinalResults Women MixAge 200m ((Youth, Junior, S</b>								
15	1	KOEKEMOER,DAYLE	FF	27.26	8	0			
15	2	NGCOBO,OMUHLE	SAC	33.27	7	0			
15	0	GROSS-MITCHELL,ASHLEIGH	WGHS	DNS	0	0			
15	0	MCUNU,AMAHLE	SAC	DNS	0	0			
17	1	MUZAMA,DEBORAH	CKS	29.37	8	0			
17	2	HENSTOCK,CHLOE PAIGE	PIO	31.48	7	0			
19	0	MATHONSI,AKHONA	GTHS	DNS	0	0			
20	1	NDZINISA,PHUMLILE	IND	26.03	8	0			
20	2	MTHEMBU,SAMKELISIWE	IND	26.88	7	0			
20	0	NGEMA,SNETHEMBA	UKZNAC	DNS	0	0			
20	0	MHLONGO,SHEREEN	ESH	DNS	0	0			
40	0	SIGUBUDU,NANA	DUT	DNS	0	0			
50	0	NANA,SGUBUDU	IND	DNS	0	0			
<b>Item 31</b>	<b>11:35 Final 2 of 2 Women MixAge 200m ((Youth, Junior,</b>						<b>-3.7</b>		
15	1	KOEKEMOER,DAYLE	FF	27.26		0			
15	0	MCUNU,AMAHLE	SAC	DNS: DNS		0			
17	1	MUZAMA,DEBORAH	CKS	29.37		0			
20	1	NDZINISA,PHUMLILE	IND	26.03		0			
20	0	NGEMA,SNETHEMBA	UKZNAC	DNS: DNS		0			
40	0	SIGUBUDU,NANA	DUT	DNS: DNS		0			
<b>Item 32</b>	<b>11:45 Final 1 of 6 Men MixAge 200m ((Youth, Junior, Se</b>						<b>-3.4</b>		
15	0	BARNETT,KHAELN	KHS	DNS: DNS		0			
15	0	MHLANGU,ANDILE	EMS	DNS: DNS		0			
17	1	XULU,SIYABULELA	GTHS	24.66		0			
17	0	NTSHANGASE,KWANELE	WBHS	DNS: DNS		0			
20	1	MYENI,BRIAN	IND	23.90		0			
20	2	MASEKO,VALENTINE	DUT	24.00		0			
20	3	BUKENYA,JOHNSON	AMA	24.70		0			

Age	Place	Athlete	Team	Perf	Points	Score	Medal	Records	
20	4	HAKIZIMAN,OWAMI	LIV	25.46		0			
20	5	KHUMALO,THOKOZANI	UDAC	25.66		0			
20	0	NHLANHLA,PRIDE	FF	DNS: DNS		0			
20	0	MALAWU,MINUS	UKZNA	DNS: DNS		0			
<b>Item 33</b>	<b>11:47 Final 2 of 6 Men MixAge 200m ((Youth, Junior, Se</b>						<b>-6.5</b>		
15	1	MPANZA,MALWANDE	KHS	36.39		0			
15	0	NENE,WANELE POLLEN	TAC	DNS: DNS		0			
16	1	FENI,SINBULELE	KEHS	26.57		0			
17	1	MARINUS,WYNAND	PIO	25.04		0			
19	1	PIPER,SHAUN	ESK	24.70		0			
20	1	NDLOVU,LUNGISANI	FF	26.00		0			
20	2	MAPHUMULO,MTHOKO	AMA	26.83		0			
20	0	MABHIDA,MBONGENI	UDAC	DNS: DNS		0			
<b>Item 34</b>	<b>11:49 Final 3 of 6 Men MixAge 200m ((Youth, Junior, Se</b>						<b>-3.2</b>		
13	1	NGCOBO,FISUMNOTHO	EMS	36.29		0			
15	1	SHABANE,STEMBISO	AMA	28.25		0			
15	2	ANDREW,MATTHEW	WBHS	31.67		0			
17	1	RAVELL,MATTHEW	WBHS	27.06		0			
19	0	NEL,JUSTIN	KEHS	DNS: DNS		0			
19	0	SHLONGWA,SEHLISELWE	UKZNAC	DNS: DNS		0			
20	1	NAIDU,NICHOLAS	DAC	24.01		0			
20	2	MABASO,MLUNGISI	SAC	25.49		0			
<b>Item 35</b>	<b>11:51 Final 4 of 6 Men MixAge 200m ((Youth, Junior, Se</b>						<b>-7.3</b>		
13	1	DLAMINI,SIBONGAKONKE	KHS	33.63		0			
15	0	STAINBANK,TYE	DUT	DNS: DNS		0			
15	0	ALDER,NICHOLAS	WBHS	DNS: DNS		0			
17	1	ROETS,KRISTOFER	WBHS	26.00		0			
19	0	VAN ROOYEN,JOSH	WBHS	DNS: DNS		0			
20	1	ZWALO,ZAFIKA	SAC	27.44		0			
20	2	SITHOLE,SAKHILE	HILL	28.39		0			
20	0	XOLO,THOMAS	ESH	DNS: DNS		0			
<b>Item 36</b>	<b>11:53 Final 5 of 6 Men MixAge 200m ((Youth, Junior, Se</b>						<b>-4.7</b>		
15	0	MUJENI,KUMBIRIRAI	KHS	DNS: DNS		0			
15	0	NGCUNGAMA,SIYANDA	EMS	NT: NT		0			
17	1	HAKIZIMANA,OWAM	LIV	24.80		0			
17	2	MSEZANE,NTSIKA	WBHS	29.05		0			
19	0	ROBINS,JUSTIN	WBHS	DNS: DNS		0			
20	1	TENZA,MFANELO	UCLUB	24.54		0			
20	2	NGEMA,LUTHANDO	FF	25.19		0			
45	0	NAIDOO,MOSES	FF	DNS: DNS		0			
<b>Item 37</b>	<b>11:55 FinalResults Men MixAge 200m ((Youth, Junior, Sen</b>								
13	1	DLAMINI,SIBONGAKONKE	KHS	33.63	8	0			
13	2	NGCOBO,FISUMNOTHO	EMS	36.29	7	0			
15	1	SHABANE,STEMBISO	AMA	28.25	8	0			
15	2	ANDREW,MATTHEW	WBHS	31.67	7	0			
15	3	MPANZA,MALWANDE	KHS	36.39	6	0			
15	4	VILLAI,PRIYAN	EMS	39.08	5	0			
15	0	NENE,WANELE POLLEN	TAC	DNS	0	0			
15	0	MUJENI,KUMBIRIRAI	KHS	DNS	0	0			
15	0	NSINDANE,NGOY	KHS	DNS	0	0			
15	0	BARNETT,KHAELLEN	KHS	DNS	0	0			
15	0	MHLANGU,ANDILE	EMS	DNS	0	0			
15	0	STAINBANK,TYE	DUT	DNS	0	0			
15	0	ALDER,NICHOLAS	WBHS	DNS	0	0			
15	0	NGCUNGAMA,SIYANDA	EMS	NT	0	0			
16	1	FENI,SINBULELE	KEHS	26.57	8	0			
17	1	XULU,SIYABULELELA	GTHS	24.66	8	0			
17	2	HAKIZIMANA,OWAM	LIV	24.80	7	0			
17	3	MARINUS,WYNAND	PIO	25.04	6	0			

Age	Place	Athlete	Team	Perf	Points	Score	Medal	Records
17	4	ROETS,KRISTOFER	WBHS	26.00	5	0		
17	5	MPUNGOSE,LONDANI	WBHS	26.18	4	0		
17	6	RAVELL,MATTHEW	WBHS	27.06	3	0		
17	7	MSEZANE,NTSIKA	WBHS	29.05	2	0		
17	0	NTSHANGASE,KWANELE	WBHS	DNS	0	0		
19	1	PIPER,SHAUN	ESK	24.70	8	0		
19	0	DENYSSEN,KYLE	WBHS	DNS	0	0		
19	0	VAN ROOYEN,JOSH	WBHS	DNS	0	0		
19	0	ROBINS,JUSTIN	WBHS	DNS	0	0		
19	0	NEL,JUSTIN	KEHS	DNS	0	0		
19	0	SHLONGWA,SEHLISELWE	UKZNAC	DNS	0	0		
20	1	MZOBE,MFUNDO	FF	23.65	8	0		
20	2	MYENI,BRIAN	IND	23.90	7	0		
20	3	MASEKO,VALENTINE	DUT	24.00	6	0		
20	4	NAIDU,NICHOLAS	DAC	24.01	5	0		
20	5	TENZA,MFANELO	UCLUB	24.54	4	0		
20	6	BUKENYA,JOHNSON	AMA	24.70	3	0		
20	7	NGEMA,LUTHANDO	FF	25.19	2	0		
20	8	HAKIZIMAN,OWAMI	LIV	25.46	1	0		
20	9	MABASO,MLUNGISI	SAC	25.49	0	0		
20	10	KHUMALO,THOKOZANI	UDAC	25.66	0	0		
20	11	NDLOVU,LUNGISANI	FF	26.00	0	0		
20	12	MAPHUMULO,MTHOKO	AMA	26.83	0	0		
20	13	KHUMALO,THOKOZANI	UML	27.08	0	0		
20	14	ZWALO,ZAFIKA	SAC	27.44	0	0		
20	15	SITHOLE,SAKHILE	HILL	28.39	0	0		
20	0	NHLANHLA,PRIDE	FF	DNS	0	0		
20	0	MABHIDA,MBONGENI	UDAC	DNS	0	0		
20	0	MALAWU,MINUS	UKZNA	DNS	0	0		
20	0	MGUNI,TYRESE	KHS	DNS	0	0		
20	0	XOLO,THOMAS	ESH	DNS	0	0		
45	0	NAIDOO,MOSES	FF	DNS	0	0		
70	0	MOTALA,YACOOB	SHAC	DNS	0	0		

**Item 37 11:55 Final 6 of 6 Men MixAge 200m ((Youth, Junior, Se**

15	1	VILLAI,PRİYAN	EMS	39.08		0		
15	0	NSINDANE,NGOY	KHS	DNS: DNS		0		
17	1	MPUNGOSE,LONDANI	WBHS	26.18		0		
19	0	DENYSSEN,KYLE	WBHS	DNS: DNS		0		
20	1	MZOBE,MFUNDO	FF	23.65		0		
20	2	KHUMALO,THOKOZANI	UML	27.08		0		
20	0	MGUNI,TYRESE	KHS	DNS: DNS		0		
70	0	MOTALA,YACOOB	SHAC	DNS: DNS		0		

**Item 38 12:00 Final Men MixAge Javelin ((Youth, Junior, Senior**

15	1	VOSLOO,STEFAN	AMA	36.35	8	0		
15	2	COETZEE,JARYD	WBHS	34.22	7	0		
15	3	VAN DER BERG,KEVIN	WBHS	32.25	6	0		
15	0	VOSLOO,RUAN	AMA	DNR	0	0		
17	1	BAM,KHOLEKILE	KEHS	47.09	8	0		
17	2	O'BRIEN,DEAN	WBHS	38.08	7	0		
17	0	KRIEK,DANIEL	WBHS	DNS	0	0		
19	0	VAN ROOYEN,JOSH	WBHS	DNS	0	0		

**Item 39 12:00 Final Women MixAge Shotput ((Youth, Junior, Senior**

15	1	VAN ZYL,CATHLENE	DNC	11.71	8	0		
15	2	OLUMENE,RUWAYDA	KHS	06.08	7	0		
15	3	GUMEDE,MANDISA	KHS	05.50	6	0		
16	1	MADIKIZELA,ANATHI	KEHS	10.10	8	0		
50	1	RAWLINS,VALERY-ANN	IND	04.86	8	0		
50	0	CILLIERS,ANGELA	FOR	DNS	0	0		

**Item 40 12:10 Final Women MixAge 1500m ((Youth, Junior, Senior**



Age	Place	Athlete	Team	Perf	Points	Score	Medal	Records
15	1	HLATHAWAYO,LUTHAMDO	UML	05:08.66	8	0		
15	2	GULIWE,NKANYEZI	LIV	05:48.47	7	0		
15	0	DUMA,ZAMA	DUT	DNS	0	0		
17	1	MONAKALI,BALISA	OGW	05:24.34	8	0		
17	2	NKANYEZI,GULIWE	IND	05:32.15	7	0		
17	3	NTULI,NONTOBEKO	IND	05:58.60	6	0		
17	0	SISANDA,SKHAKHANE	INA	DNS	0	0		
17	0	NGUBANE,ASANDA	INA	DNS	0	0		
20	1	GABELA,LINDOKUHLE	DUT	05:06.94	8	0		
20	2	MSTHALI,NOKUKHANYA	MUD	05:26.85	7	0		
20	3	UNKNOWN,U	IND	05:48.47	6	0		
50	1	NANA,SGUBUDU	IND	06:35.97	8	0		

**Item 41 12:30 Final Men MixAge 1500m ((Youth, Junior, Senior an**

15	1	ZONDO,THULANI	DUT	04:21.63	8	0		
15	2	HAYLOCK,NATHAN	AMA	04:22.96	7	0		
15	3	SHANGASE,ENNOCENT	INA	04:26.80	6	0		
15	4	DLADLA,LUNGELO	MUD	04:29.69	5	0		
15	5	GWALA,THOKOZANI	INA	04:38.83	4	0		
15	6	ELLIS,DANIEL	WBHS	04:44.51	3	0		
15	7	NGCOBO,NQUBEKO	MUD	04:45.65	2	0		
15	8	GUMEDE,SYANDA	OGW	04:59.00	1	0		
15	9	MSOMI,SANELE	INA	05:08.04	0	0		
15	10	DLAMINI,OWAMI	INA	05:20.70	0	0		
15	11	JACOBS,JAN-CHRISTIAN	WBHS	05:31.74	0	0		
15	0	GROSS - MITCHELL,TRAVIS	WBHS	DNS	0	0		
15	0	MUZAMA,GENIUS	CKS	DNS	0	0		
15	0	FAIRMAN,TRISTAN	KHS	DNS	0	0		
15	0	MSOMI,LUYANDA	AMA	DNS	0	0		
15	0	SHANGASE ,FROMETION	INA	DNS	0	0		
17	1	MTHETHWA,WANDILE	MASI	04:18.04	8	0		
17	2	NGCOBO,ANDILE	CKS	04:36.25	7	0		
17	3	TSHAPHA,PHELELANI	MUD	04:42.62	6	0		
17	4	LAMBERT,CHRISTIAN	WBHS	04:53.66	5	0		
17	5	MATTHEWS,LUKE	WBHS	05:03.93	4	0		
17	6	MINNIE,RYAN	WBHS	05:06.16	3	0		
17	0	WATT,ELIJAH	WBHS	DNS	0	0		
17	0	DICKINSON,ROSS	WBHS	DNS	0	0		
17	0	MZOLO,MENZI	MUD	DNS	0	0		
19	1	ZUNGU,MUSA	INA	04:17.73	8	0		
19	2	NDAWONDE,SIWAKHILE	MUD	04:18.08	7	0		
19	3	MTHABELA,ANDISWA	MUD	04:34.32	6	0		
19	4	NALA,QINISO	INA	04:39.11	5	0		
19	5	CELE,BRIAN	LIV	04:54.87	4	0		
19	6	MAYER,JAMES	WBHS	05:07.55	3	0		
19	7	BUTLER,JAMES	WBHS	05:34.04	2	0		
19	0	MNDABA,NKOSINATHI	PHAN	DNS	0	0		
20	1	NGCOBO,AYANDA	PHAN	04:13.67	8	0		
20	2	GOBA,SPHAMANDLA	ROC	04:20.85	7	0		
20	3	UNKNOWN,U	IND	04:21.84	6	0		
20	4	UNKNOWN,U	IND	04:44.06	5	0		
20	5	SHOZI,PHILELINKOSI	SAC	04:45.63	4	0		
20	6	IKALAFENG,RAPULA	IND	04:45.66	3	0		
40	0	BAQWA,PHUMELELE	INA	DNS	0	0		

**Item 42 12:50 Final Women MixAge 400m ((Youth, Junior, Senior a**

15	1	MCHUNU,NKOSAZANA	SAC	1:06.58	8	0		
17	1	MUZAMA,DEBORAH	CKS	1:08.05	8	0		
17	2	DLADLA,ANDISWA	MUD	1:21.93	7	0		
20	0	MHLAWULI,THANDIWE	UDAC	DNS	0	0		
20	0	MHLAWULI,THANDIWE	UML	DNS	0	0		

Age	Place	Athlete	Team	Perf	Points	Score	Medal	Records
20	0	MTSHALI,NOMCEBO	MUD	DNS	0	0		
<b>Item 43 13:20 Final 1 of 3 Men MixAge 400m ((Youth, Junior, Se</b>								
15	1	NGCUNGAMA,SIYANDA	EMS	1:34.91		0		
15	0	MPANZA,MALWANDE	KHS	DNS: DNS		0		
17	1	KRIEK,DANIEL	WBHS	0:50.78		0		
19	1	PIPER,SHAUN	ESK	0:54.11		0		
20	1	SEETAL,KEATON	IND	0:51.34		0		
20	2	HADEBE,KHETHELO	UDAC	0:52.32		0		
20	3	MAPHUMULO,MTHOKO	AMA	0:59.73		0		
20	0	MBOKAZI,SIHLE	UML	DNS: DNS		0		
40	1	VOSLOO,RIAAN	AMA	0:59.41		0		
<b>Item 44 13:25 Final 2 of 3 Men MixAge 400m ((Youth, Junior, Se</b>								
15	1	SHABANE,STEMBISO	AMA	1:01.34		0		
15	2	VILLAI,PRIYAN	EMS	1:30.01		0		
15	0	BARNETT,KHAELLEN	KHS	DNS: DNS		0		
17	0	SOTSHONGAYE,UNAM	KEHS	DNR: NDS		0		
20	1	CLARK,ANTHONY	CKS	0:54.39		0		
20	2	GXUMISA,MIHLALI	SAC	0:57.91		0		
20	3	SITHOLE,SAKHILE	HILL	0:59.47		0		
20	0	MBOKAZI,SIHLE	UDAC	DNS: DNS		0		
<b>Item 45 13:30 FinalResults Men MixAge 400m ((Youth, Junior, Sen</b>								
13	1	NGCOBO,FISUMNOTHO	EMS	1:22.99	8	0		
15	1	SHABANE,STEMBISO	AMA	1:01.34	8	0		
15	2	MUZAMA,GENIUS	CKS	1:12.36	7	0		
15	3	VILLAI,PRIYAN	EMS	1:30.01	6	0		
15	4	NGCUNGAMA,SIYANDA	EMS	1:34.91	5	0		
15	0	NENE,WANELE POLLEN	TAC	DNS	0	0		
15	0	MPANZA,MALWANDE	KHS	DNS	0	0		
15	0	BARNETT,KHAELLEN	KHS	DNS	0	0		
17	1	KRIEK,DANIEL	WBHS	0:50.78	8	0		
17	2	KUNENE,SPHESJLE	OGW	0:53.51	7	0		
17	0	SOTSHONGAYE,UNAM	KEHS	DNR	0	0		
17	0	NTSHANGASE,KWANELE	WBHS	DNS	0	0		
19	1	PIPER,SHAUN	ESK	0:54.11	8	0		
20	1	NTOKOZO,NGESI	FF	0:50.54	8	0		
20	2	SEETAL,KEATON	IND	0:51.34	7	0		
20	3	HADEBE,KHETHELO	UDAC	0:52.32	6	0		
20	4	GOGGE,LESEDI	FF	0:53.58	5	0		
20	5	CLARK,ANTHONY	CKS	0:54.39	4	0		
20	6	HABIB,CHE	SAC	0:57.66	3	0		
20	7	GXUMISA,MIHLALI	SAC	0:57.91	2	0		
20	8	SITHOLE,SAKHILE	HILL	0:59.47	1	0		
20	9	MAPHUMULO,MTHOKO	AMA	0:59.73	0	0		
20	0	MBOKAZI,SIHLE	UDAC	DNS	0	0		
20	0	MBOKAZI,SIHLE	UML	DNS	0	0		
40	1	VOSLOO,RIAAN	AMA	0:59.41	8	0		
<b>Item 45 13:30 Final 3 of 3 Men MixAge 400m ((Youth, Junior, Se</b>								
13	1	NGCOBO,FISUMNOTHO	EMS	1:22.99		0		
15	1	MUZAMA,GENIUS	CKS	1:12.36		0		
15	0	NENE,WANELE POLLEN	TAC	DNS: DNS		0		
17	1	KUNENE,SPHESJLE	OGW	0:53.51		0		
17	0	NTSHANGASE,KWANELE	WBHS	DNS: DNS		0		
20	1	NTOKOZO,NGESI	FF	0:50.54		0		
20	2	GOGGE,LESEDI	FF	0:53.58		0		
20	3	HABIB,CHE	SAC	0:57.66		0		