



**YELLOW PAGES SA
SENIOR TRACK & FIELD
CHAMPIONSHIPS
KINGSPARK ATHLETICS STADIUM
Durban
Friday, 26 February 2010**



Place	First Name	Surname	Team	Perform	Wind
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Item	Heptathlon Women Final Results			00:00		
1	MARGARET	SIMPSON	GHA		5886	
2	SELLOANE	TSOAEI	LES		5112	
3	JANET	WIENAND	BOLA		5043	
4	BIANCA	ERWEE	ACNW		4650	
5	BIANCA	ERASMUS	AGN		4300	
6	ANGELIQUE	PEPLER	AGN		4149	
7	NICOLE	OFFNER	BOLA		3668	

Item	Decathlon Men Final Results			00:00		
1	SORS	JOUBERT	BOLA		7323	
2	GUILLAUME	THIERRY	MRI		6992	
3	ZAVION	KOTZE	ACNW		6665	
4	WILLEM	DE BRUIN	CGA		6539	
5	GERT	SWANEPOEL	ACNW		6201	
6	TERRY	WEPENER	CGA		5257	
7	ANGELO	DOWMAN	INWPA		5211	
8	MARVIN	MARTIN	INWPA		5151	
9	HEINRICH	SMITH	CGA		4554	

Day 1 - 2010/03/20

Item 1 Long Jump Men Qualifying Round 10:00 Cancelled - Direct to Final

Item	2 Shotput Women			10:00		
1	BIANCA	VAN ROOYEN	CGA		14.03	
2	SONIA	SMUTS	AGN		13.81	
3	JUSTINE	ROBBESON	ACNW		13.39	
4	SONNIKA	KNOETZE	ACNW		12.93	
5	LLETTE	VAN SCHALKWYK	AFS		12.73	
6	ELIZAAN	MOSTERT	CGA		12.10	
7	SIMONE	MEYER	KZNA		12.03	
8	YOLANI	UYS	AFS		11.00	
0	TANYA	TREUNICHT	CGA		DNS	

Item	3 Polevault Women			10:00		
1	NISHIKORI	CREIGHTON	INCGA		3.80	
2	DEONE	JOUBERT	CGA		3.80	
3	HONORATA	SAAR	AGN		3.70	
4	MONIQUE	VAN NOORDWYK	BOLA		3.60	
5	EVA	THORNTON	EPA		3.60	
6	JANITA	STANDER	WPA		3.50	
7	ANNE	NIEWOUDT	BOLA		3.10	

Item	4 Hammer Throw Women			10:00		
1	ANNEMIE	SMITH	ASWD		52.75	
2	KARIN	LE ROUX	BOLA		52.03	
3	MAGDALEEN	LOUW	EPA		50.00	
4	MARIZETTE	BADENHORST	AFS		49.78	
5	MARILIZE	COETZEE	WPA		45.25	
6	TANYA	TREUNICHT	CGA		45.10	
7	ANGELINE	R-DE FRANCA	AGN		42.93	
8	NANETTE	STAPELBERG	ACNW		42.91	
9	NADIA	BOTHA	AFS		42.70	
10	ANKE	UYS	BOLA		40.88	
0	LEANDRE	DE BEER	CGA		NRA	

Item	5 100m Hurdles Women Heptathlon			10:00		Wind=+0.5
1	JANET	WIENAND	BOLA		13.95	

2	MARGARET	SIMPSON	GHA	14.06
3	SELLOANE	TSOAEI	LES	15.25
4	BIANCA	ERASMUS	AGN	15.87
5	BIANCA	ERWEE	ACNW	16.06
6	ANGELIQUE	PEPLER	AGN	16.44
7	NICOLE	OFFNER	BOLA	16.67

Item 6 100m Men Decathlon 10:10 Wind=+1.3

1	SORS	JOUBERT	BOLA	11.08
2	MARVIN	MARTIN	INWPA	11.10
3	WILLEM	DE BRUIN	CGA	11.15
4	ZAVION	KOTZE	ACNW	11.31
5	TERRY	WEPENER	CGA	11.37
6	ANGELO	DOWMAN	INWPA	11.47
7	GERT	SWANEPOEL	ACNW	11.61
8	GUILLAUME	THIERRY	MRI	11.67
9	HEINRICH	SMITH	CGA	11.98

Item 7 5000m Women 10:20

1	RENE	KALMER	CGA	15:51.32
2	LEBO	PHALULA	CGA	15:58.34
3	THOZAMA	APRIL	AGN	16:12.69
4	IRVETTE	VAN BLERK	CGA	16:20.55
5	LEBOGANG	PHALULA	CGA	16:42.98
6	NTOMBISINTU	MFUNZI	EPA	16:44.20
7	CATHERINE	SKOSANA	AGN	17:07.25
8	CHRISTINE	KALMER	AGN	17:24.04
9	ZINTLE	SINQUE	AGN	17:46.02
10	DELIWE	NYANGA	EPA	18:21.45
11	PUSELETSO	DLADLA	KZNA	19:01.03
12	VUYISEKA	DLONSWANA	ATRA	20:11.12
0	MPHO	MABUZA	CGA	DNF
0	NOLENE	CONRAD	CGA	DNS
0	SIBONGILE	SHEZI	KZNA	DNS

Item 8 400m Hurdles Men Heat 1 of 2 10:40

1	LJ	VAN ZYL	AGN	51.07
2	WOUTER	LE ROUX	AGN	51.53
3	THABISO	KEKANA	AGN	52.68
4	PIETER	KOEKEMOER	ACNW	52.83
5	FRANCOIS	MALAN	AGN	53.44
6	RHODWIN	VAN VUUREN	CGA	53.45

Item 8 400m Hurdles Men Heat 2 of 2 10:40

1	CORNEL	FREDERICKS	BOLA	51.99
2	JOHAN	HANEKOM	AGN	52.11
3	ANTONIO	VIELLESSE	MRI	52.20
4	OCKERT	GROENEWALD	AGN	53.41
5	RELEBOHILE	MOSITO	LES	54.65

Item 9 400m Hurdles Women Heat 1 of 2 10:55

1	WENDA	THERON	AGN	59.81
2	MARISKA	MEINTJIES	AVT	61.34
3	JEAN-MARIE	SENEKAL	BOLA	61.93
4	MARLI	SPIES	AGN	62.77
5	TESSA	HEYSTEK	AMPU	63.28
0	MEGAN	GODDARD	INBOL	DNS

Item 9 400m Hurdles Women Heat 2 of 2 10:55

1	OLGA	RAZANAMALALA	MAD	60.06
2	JANA	THERON	ACNW	61.19
3	ANNERI	EBERSOHN	AFS	61.35
4	ULRIKA	RAUTENBACH	ANWN	65.74

Item 10 HighJump Women Heptathlon 11:00

1	MARGARET	SIMPSON	GHA	1.74
2	SELLOANE	TSOAEI	LES	1.71
3	JANET	WIENAND	BOLA	1.71
4	BIANCA	ERWEE	ACNW	1.68
5	BIANCA	ERASMUS	AGN	1.55
6	ANGELIQUE	PEPLER	AGN	1.55
0	NICOLE	OFFNER	BOLA	NRA

Item 11 100m Women Heat 1 of 4		11:05	Wind=-1.7
1	CINDY STEWART	EPA	11.94
2	ARLENE GOWER	AGN	12.10
3	ISABEL LE ROUX	AGN	12.17
4	ANRE' ZANBERG	BOLA	12.26
5	CLAUDINE J-VAN RENSBURG	AGN	12.53
6	BERNICA MASHABA	CGA	12.86
7	THEMBISA SIYATSHA	ATRA	13.31

Item 11 100m Women Heat 2 of 4		11:05	Wind=-0.8
1	CARINA HORN	AGN	11.99
2	STACEY GARDINER	INWPA	12.03
3	THANDIWE VILAKAZI	CGA	12.18
4	NONTOBEKO GUMEDE	KZNA	12.36
5	LEA-NE VAN ZYL	BOLA	12.74
6	TALISSA SWART	AFS	12.79

Item 11 100m Women Heat 3 of 4		11:05	Wind=-0.2
1	JUSTINE PALFRAMAN	KZNA	12.08
2	MELISSA HEWITT	BOLA	12.24
3	CHANTE VAN TONDER	CGA	12.33
4	STACEY WELSCH	WPA	12.45
5	MIANDRA DORFLING	AFS	12.62
6	NIKKI HORN	AGN	12.74
7	SBUSISIWE GAVU	KZNA	12.91

Item 11 100m Women Heat 4 of 4		11:05	Wind=-0.5
1	CHRISTY COETZEE	AGN	12.15
2	CHERESE JONES	AGN	12.20
3	NOMBULULELO MKENKU	AFS	12.25
4	TASQUANE HUFKIE	EPA	12.42
5	BERNICE ROMAN	INWPA	12.50
6	KATELYN PALFRAMAN	KZNA	12.62
7	ZASKIA STRUWIG	EPA	12.64

Item 12 100m Men Heat 1 of 7		11:20	Wind=-1.7
1	RAPULA SEFANYETSO	ANWN	10.80
2	THUSO MPUANG	AFS	10.85
3	ANTONIO ALKANA	WPA	10.99
4	NJABULE MKIZE	AFS	11.30
5	NELIS DE KOCK	AFS	11.42
6	KYLE FORD	ANWN	11.48
7	TIAAN BEZUIDENHOUT	AGN	11.60
0	SNYMAN PRINSLOO	CGA	DNS

Item 12 100m Men Heat 2 of 7		11:20	Wind=-0.2
1	SIMON MAGAKWE	ACNW	10.64
2	BRENDON MINNIE	EPA	10.67
3	CHE HARMSE	EPA	11.04
4	CJ KOTZE	EPA	11.12
5	JACO FOURIE	AGN	11.14
0	DENVER MULLER	BOLA	Disq
0	THABO MATHUBEDI	AGN	DNS

Item 12 100m Men Heat 3 of 7		11:20	Wind=-0.8
1	LEIGH JULIUS	EPA	10.62
2	ROSCOE ENGEL	WPA	10.67
3	WAIDE JOOSTE	CGA	10.75
4	PRINCE MAKGATO	AMPU	10.82
5	PATRICK VOSLOO	ACNW	10.99
6	SYLVESTER ABRAHAMS	AGN	11.15
7	MPHO MOLOTO	LIMA	11.38
0	BERTUS ODENDAAL	AFS	DNS

Item 12 100m Men Heat 4 of 7		11:20	Wind=-0.8
1	ANTON BOUWER	CGA	10.93
2	JOHANNES MOSALA	AFS	11.07
3	MACKSON MATLALA	AMPU	11.08
4	MICHAEL KOCH	AVT	11.10
5	ETHAN FLORUS	BOLA	11.12
6	DEAN KROSSYNSKI	CGA	11.15

7	SPHAMANDLA	NGWENYA	KZNA	11.31
0	WILLEM	JAPHTA	ANWC	DNS

Item 12 100m Men Heat 5 of 7 11:20 Wind=-0.4

1	KAGISO	KUMBANE	AFS	10.88
2	MOSITO	LEHATA	LES	10.94
3	LEON	DU TOIT	AGN	11.00
4	TSHEGOFATSO	MESHOE	ANWN	11.03
5	QUINTIN	HITGE	KZNA	11.11
6	SABELO	BHODOZA	KZNA	11.14
7	SIYETHEMBA	DLUDLA	KZNA	11.59
0	FABRICE	COIFFIC	MRI	DNS

Item 12 100m Men Heat 6 of 7 11:20 Wind=-0.1

1	WILHELM	VAN DER VYVER	BOLA	10.55
2	ISAAK	VAN WYK	AGN	10.58
3	BRENT	STEVENS	WPA	10.61
4	STEPHEN	BUCKLAND	MRI	10.76
5	RENIER	KOEN	KZNA	11.11
6	BRAAM	VAN TUBBERGH	KZNA	11.12
0	BOKAMOSO	CHAUKE	ANWN	Disq

Item 12 100m Men Heat 7 of 7 11:20 Wind=+0.7

1	HANNES	DREYER	AGN	10.59
2	HITJVIRUE	KAANJUKA	NAM	10.63
3	SHAUN	DE KLERK	AFS	10.65
4	RUWALDO	JEGGELS	EPA	11.01
5	TEZRIN	PANDITHER	KZNA	11.07
6	HEINE	FORTUIN	BOLA	11.33
7	ASHFORD	MOTSAU	AFS	11.38

Item 13 Hammer Throw Men 11:30

1	CHRIS	HARMSE	AFS	73.54
2	JOHAN	KRUGER	BOLA	60.39
3	DOUW	STEENKAMP	AMPU	60.18
4	CHRISTIAAN	BEKKER	CGA	59.35
5	MIQUEL	LE ROUX	CGA	55.52
6	MARTIN	VENTER	AGN	51.31
7	THEHANN	VAN NIEKERK	ACNW	48.96
8	PIETER	BARDENHORST	AFS	48.94
9	TONE	VAN RENSBURG	AGN	48.03
10	RUDOLF	ROODT	KZNA	46.06
0	LODEWALT	VENTER	ACNW	DNS

Item 14 Long Jump Men Decathlon 11:30

1	ZAVION	KOTZE	ACNW	7.23	+1.3
2	GUILLAUME	THIERRY	MRI	7.08	+1.5
3	SORS	JOUBERT	BOLA	6.90	+1.9
4	WILLEM	DE BRUIN	CGA	6.72	-0.2
5	ANGELO	DOWMAN	INWPA	6.52	-0.7
6	HEINRICH	SMITH	CGA	6.49	-1.5
7	TERRY	WEPENER	CGA	6.42	+2.8
8	MARVIN	MARTIN	INWPA	6.29	+0.4
9	GERT	SWANEPOEL	ACNW	6.10	+0.4

Item 15 800m Women Heats 10:00 Cancelled - Direct to Final

Item 16 800m Men Heat 1 of 3 12:00

1	ETTIENNE	PLAATJIES	ACNW	1:48.18
2	HANNES	NAUDE	AFS	1:50.35
3	BRAD	BONNER	AGN	1:50.38
4	NATHAN	BEUKES	BOLA	1:51.06
5	DANIEL	NGHIPANDULWA	NAM	1:52.53
6	TEBOGO	KHANYE	KZNA	1:56.35
7	JURGEN	BURGER	EPA	2:02.59
8	SELBY	METH	ATRA	2:06.48

Item 16 800m Men Heat 2 of 3 12:00

1	WILLIAM	MOTHOSOLA	AFS	1:50.79
2	HENK	BEUKES	CGA	1:50.96
3	ABBEY	MORULANE	LIMA	1:52.87
4	VUSI	MTHEMBU	KZNA	1:53.71

5	EDRINE	MUKASA	INKZN	1:56.32
0	TREVOR	ROBERTSON	AGW	DNS
0	FOLAVIA	SEHOHLE	CGA	DNS
0	JAN	MASANAMELA	AMPU	DNS

Item 16 800m Men Heat 3 of 3 12:00

1	ADRIAAN	VAN WYK	AGN	1:51.31
2	VUYOLWETHU	KAYI	WPA	1:51.44
3	ZWELAKHE	SEBOTO	ACNW	1:51.67
4	SHAUN	ABRAHAMS	WPA	1:51.90
5	DONALD	SEDISE	ANWN	1:53.45
6	MPHO	SEKAKAMPA	LIMA	1:56.13
7	DAVID	MOALUSI	CGA	2:02.79
0	SAMSON	NGOEPE	AMPU	DNS

Item 17 400m Women Heat 1 of 2 12:15

1	ESTIE	WITTSTOCK	AGN	54.39
2	SONJA	VAN DER MERWE	WPA	54.57
3	ALET	VAN WYK	AGN	54.71
4	RORISANG	RAMONNYE	ANWN	55.40
5	ZOE	ENGLER	KZNA	56.03
6	DONE	VERMAAK	AGN	57.39

Item 17 400m Women Heat 2 of 2 12:15

1	TJIPEKAPORA	HERUNGU	NAM	55.46
2	EUGENIE	WICKSELL	AGN	56.53
3	MONIQUE	MAREE	CGA	58.61
4	JOLANDA	LOUBSER	EPA	58.74
5	OHNA	VISSER	CGA	59.50
0	JANA	THERON	ACNW	DNS

Item 18 400m Men Heat 1 of 4 12:30

1	SIBUSISO	SISHI	CGA	47.30
2	JACOB	RAMOKOKA	ANWN	47.55
3	RICHARD	BREUKEL	CGA	47.88
4	ANDRE	HATTINGH	AGN	49.03
5	RIFAAT	JAPPIE	BOLA	49.70
6	BONSIKOSI	MBHAMALI	ATRA	50.99
0	THUSI	KWADI	INCGA	DNS

Item 18 400m Men Heat 2 of 4 12:30

1	OFENTSE	MOGAWANE	ANWN	47.36
2	RANTI	DIKGALE	LIMA	47.71
3	SHAUN	DE JAGER	BOLA	48.11
4	ERNST	HATTINGH	AGN	48.56
5	COLLEN	WOWANA	ANWN	50.56
6	PTSO	RAMONTLE	ANWN	52.43

Item 18 400m Men Heat 3 of 4 12:30

1	THAPELO	KETLUGEBWE	CGA	47.84
2	PIETER	MARX	AFS	47.89
3	DONALD	MATLALA	AGN	47.92
4	OSCAR	PISTORIUS	AGN	47.94
5	PC	BENEKE	AFS	48.62
6	RELEBOHILE	MOSITO	LES	49.08
7	KOKETSO	RAMASITE	ANWN	49.16

Item 18 400m Men Heat 4 of 4 12:30

1	SIDWELL	MITHI	CGA	47.60
2	WILLIE	DE BEER	AGN	47.72
3	SHANE	VICTOR	KZNA	47.79
4	JUNAID	SMERDON	KZNA	49.25
5	KOKETSO	MOIMANE	ANWN	50.05
0	MOMELEZI	MQUQU	ATRA	DNS
0	RHODWIN	VAN VUUREN	CGA	DNS
0	FERNANDO	AUGUSTIN	MRI	DNS

Item 19 Shotput Men Decathlon 14:15

1	TERRY	WEPENER	CGA	13.08
2	GUILLAUME	THIERRY	MRI	12.71
3	SORS	JOUBERT	BOLA	12.68
4	HEINRICH	SMITH	CGA	11.74

5	ZAVION	KOTZE	ACNW	11.34
6	WILLEM	DE BRUIN	CGA	10.40
7	GERT	SWANEPOEL	ACNW	9.84
8	ANGELO	DOWMAN	INWPA	7.75
9	MARVIN	MARTIN	INWPA	7.12

Item 20 Long Jump Women

14:15

1	JANICE	JOSEPHS	BOLA	6.32	-0.9
2	DELIA	SMITH	AMPU	6.19	+1.3
3	PATIENCE	NTSHINGILA	ACNW	6.18	-0.1
4	LYNIQUE	PRINSLOO	AGN	6.17	+0.1
5	CHARLENE	HENNING	AFS	6.06	+0.2
6	MONJA	GOOSEN	AGN	5.86	+1.2
7	CARLA	MARAIS	AGN	5.83	-0.5
8	MARYKE	BRITS	BOLA	5.78	+0.5
9	CLAUDINE	J-VAN RENSBURG	AGN	5.75	-0.7
10	KELLY	KINGWELL	CGA	5.58	-0.7
11	BRITTAN	SMITH	KZNA	5.45	-1.4
12	SAMANTHA	PRETORIUS	WPA	5.28	-0.4
13	CIANI	LOUBSER	BOLA	5.24	0.0
14	JANINE	WEBBER	CGA	5.20	+1.9
15	TAMRYN	CUPIDO	BOLA	5.14	+0.4
0	ROCHELLE	VAN DER MERWE	EPA	NRA	

Item 21 Polevault Men

14:15

1	JOHAN	DU PLESSIS	BOLA	4.80
2	RIAAN	BOTHA	AGN	4.80
3	EBEN	BEUKES	CGA	4.70
0	RUAAN	VAN WYK	WPA	NRA
0	MICHAEL	CELLIERS	AGN	NRA

Item 22 200m Women Heat 1 of 3

14:30

Wind=-1.7

1	TJIPEKAPORA	HERUNGU	NAM	24.43
2	CINDY	STEWART	EPA	24.53
3	CHRISTY	COETZEE	AGN	24.66
4	ARLENE	GOWER	AGN	24.74
5	LYNETTE	MORGAN	WPA	25.13
6	BERNICE	ROMAN	INWPA	25.73
7	THEMBISA	SIYATSHA	ATRA	27.73

Item 22 200m Women Heat 2 of 3

14:30

Wind=-0.3

1	JUSTINE	PALFRAMAN	KZNA	23.81
2	CARINA	HORN	AGN	24.05
3	ISABEL	LE ROUX	AGN	24.70
4	TASQUANE	HUFKIE	EPA	25.22
5	STACEY	WELSCH	WPA	25.35
6	TALISSA	SWART	AFS	26.13
0	CHERESE	JONES	AGN	DNS
0	THANDIWE	VILAKAZI	CGA	DNS

Item 22 200m Women Heat 3 of 3

14:30

Wind=-1.0

1	ARISTA	HEFER	ACNW	24.42
2	SONJA	VAN DER MERWE	WPA	24.46
3	RORISANG	RAMONNYE	ANWN	24.85
4	MELISSA	HEWITT	BOLA	25.04
5	CINDY	PETERS	CGA	25.15
6	KATELYN	PALFRAMAN	KZNA	25.35
7	ZASKIA	STRUWIG	EPA	25.67

Item 23 200m Men Heat 1 of 7

14:45

Wind=+0.1

1	THUSO	MPUANG	AFS	21.10
2	HITJVIRUE	KAANJUKA	NAM	21.17
3	ROSCOE	ENGEL	WPA	21.18
4	MOSITO	LEHATA	LES	21.22
5	BRENT	STEVENS	WPA	21.29
6	SHAUN	DE KLERK	AFS	21.48
0	PATRICK	VOSLOO	ACNW	DNS

Item 23 200m Men Heat 2 of 7

14:45

Wind=-0.9

1	SNYMAN	PRINSLOO	CGA	21.27
2	WILHELM	VAN DER VYVER	BOLA	21.29
3	TSHEGOFATSO	MESHOE	ANWN	21.51

4	LEON	DU TOIT	AGN	21.73
5	CJ	KOTZE	EPA	22.20
6	ZINGH	DAANYAL	CGA	22.62
0	DMITRI	BOOYSEN	AGW	DNS

Item 23 200m Men Heat 3 of 7 **14:45** **Wind=-0.4**

1	RAPULA	SEFANYETSO	ANWN	21.51
2	ANTON	BOUWER	CGA	21.60
3	SYLVESTER	ABRAHAMS	AGN	21.76
4	BOKAMOSO	CHAUKE	ANWN	22.38
5	ETHAN	FLORUS	BOLA	22.39
6	ASHFORD	MOTSAU	AFS	22.51
0	ERIC	MILAZAR	MRI	DNS

Item 23 200m Men Heat 4 of 7 **14:45** **Wind=-0.4**

1	BRENDON	MINNIE	EPA	21.27
2	AHMED-ODIMBA	BONGO	MRI	21.64
3	JACO	FOURIE	AGN	22.15
4	MICHAEL	KOCH	AVT	22.37
5	PIERRE	TRUTER	CGA	22.39
6	MAX	MOGOTSI	CGA	22.53
0	THABO	MATHUBEDI	AGN	DNS

Item 23 200m Men Heat 5 of 7 **14:45** **Wind=-0.6**

1	ISAAK	VAN WYK	AGN	21.18
2	LEIGH	JULIUS	EPA	21.20
3	KAGISO	KUMBANE	AFS	21.21
4	PRINCE	MAKGATO	AMPU	21.38
5	FABRICE	COIFFIC	MRI	21.54
6	SBUSISO	MKHIZE	KZNA	22.29
0	MPHO	MOLOTO	LIMA	DNS

Item 23 200m Men Heat 6 of 7 **14:45** **Wind=+1.7**

1	HANNES	DREYER	AGN	21.48
2	QUINTIN	HITGE	KZNA	22.09
3	BRAAM	VAN TUBBERGH	KZNA	22.11
4	JOHANNES	MOSALA	AFS	22.65
5	NJABULE	MKIZE	AFS	22.99
6	PTSO	RAMONTLE	ANWN	23.02
7	MARTIN	RAS	AMPU	24.25
0	RANTI	DIKGALE	LIMA	DNS

Item 23 200m Men Heat 7 of 7 **14:45** **Wind=-0.8**

1	SIMON	MAGAKWE	ACNW	21.41
2	SERGIO	MULLINS	WPA	21.74
3	ANTONIO	ALKANA	WPA	21.78
4	CHE	HARMSE	EPA	22.67
5	MACKSON	MATLALA	AMPU	22.85
6	NELIS	DE KOCK	AFS	23.04
0	BERTUS	ODENDAAL	AFS	DNS

Item 24 Shotput Women Heptathlon **14:55** **4 kg**

1	MARGARET	SIMPSON	GHA	12.55
2	NICOLE	OFFNER	BOLA	10.82
3	SELLOANE	TSOAELI	LES	10.54
4	ANGELIQUE	PEPLER	AGN	9.55
5	BIANCA	ERASMUS	AGN	8.96
6	BIANCA	ERWEE	ACNW	8.85
0	JANET	WIENAND	BOLA	NRA

Item 25 1500m Women Heats **10:00 Cancelled - Direct to Final**

Item 26 High Jump Men Decathlon **15:15**

1	ZAVION	KOTZE	ACNW	2.03
2	SORS	JOUBERT	BOLA	1.97
3	TERRY	WEPENER	CGA	1.97
4	WILLEM	DE BRUIN	CGA	1.85
5	GERT	SWANEPOEL	ACNW	1.82
6	GUILLAUME	THIERRY	MRI	1.79
7	ANGELO	DOWMAN	INWPA	1.73
8	MARVIN	MARTIN	INWPA	1.73
9	HEINRICH	SMITH	CGA	1.60

Item 27 Long Jump Men				15:30	
1	KHOTSO	MOKOENA	AGN	8.01	-0.4
2	KEENAN	WATSON	WPA	7.75	-0.3
3	ZARCK	VISSER	CGA	7.70	-0.6
4	DYLAN	COTTER	CGA	7.24	-0.6
5	ROELF	PIENAAR	ACNW	7.23	-0.7
6	ADEWALE	ADEJUMO	KZNA	7.16	-0.4
7	ETHAN	ALEXANDER	EPA	6.98	+1.2
8	ANDILE	MTSHALI	INKZN	6.92	-0.3
9	APELELE	RASMENI	CGA	6.60	-0.4
10	KYLE	FORD	ANWN	6.59	+0.4
11	LUVO	MANIYONGA	BOLA	6.06	-0.1
0	RODGER	HAITENGI	NAM	DNS	

Item 28 1500m Men Heat 1 of 2				15:30	
1	STEPHEN	MOKOKA	AGN	3:42.81	
2	WINDY	JONAS	AFS	3:42.82	
3	PARSON	MGAGANE	LIMA	3:43.02	
4	DUMISANI	HLASELO	AFS	3:43.10	
5	MOLEFE	MOLEFE	CGA	3:43.14	
6	RATHALE	MOKONE	AFS	3:43.52	
7	JERRY	MATSAU	INCGA	3:44.95	
8	JACQUES	PRETORIUS	BOLA	3:44.95	
9	ADRIAAN	GELDENHUYS	BOLA	3:45.05	
0	MONWABISI	CELE	KZNA	NRA	
0	THOBANI	CHAGWE	INKZN	DNS	
0	JACOB	DANSTER	AGW	DNS	
0	PIETER	VD WESTHUIZEN	CGA	DNS	
0	IZAAC	MBUYASE	CGA	DNS	
0	DONALD	SEDISE	ANWN	DNS	

Item 28 1500m Men Heat 2 of 2				15:30	
1	ENOCK	MANYANDI	INCGA	3:46.37	
2	MTHOBISI	BALOYI	ACNW	3:46.64	
3	FOLAVIA	SEHOHLE	CGA	3:47.54	
4	JUAN	VAN DEVENTER	CGA	3:47.77	
5	LEBOGANG	MASILO	ACNW	3:48.59	
6	DANIEL	NGHIPANDULWA	NAM	3:49.92	
7	DEAN	BRUMMER	ACNW	3:50.40	
8	ISHMAEL	PHOKWANE	ANWN	3:51.58	
9	MARKO	BUCARIZZA	INCGA	3:52.15	
10	JACOB	ROZANI	ANWN	3:59.21	
11	LESIBA	PEU	LIMA	4:01.09	
0	SAMSON	NGOEPE	AMPU	DNS	
0	TREVOR	ROBERTSON	AGW	DNS	

Item 29 100m Women Semi Final 1 of 2				15:45		Wind=-0.4
1	CINDY	STEWART	EPA	11.79		
2	JUSTINE	PALFRAMAN	KZNA	11.99		
3	ARLENE	GOWER	AGN	12.02		
4	CHERESE	JONES	AGN	12.13		
5	THANDIWE	VILAKAZI	CGA	12.14		
6	CHANTE	VAN TONDER	CGA	12.31		
7	ANRE'	ZANBERG	BOLA	12.32		
8	STACEY	WELSCH	WPA	12.43		

Item 29 100m Women Semi Final 2 of 2				15:45		Wind=-0.8
1	CARINA	HORN	AGN	11.91		
2	STACEY	GARDINER	INWPA	12.01		
3	CHRISTY	COETZEE	AGN	12.11		
4	NONTOBEKO	GUMEDE	KZNA	12.15		
5	MELISSA	HEWITT	BOLA	12.18		
6	NOMBULULELO	MKENKU	AFS	12.21		
7	ISABEL	LE ROUX	AGN	12.30		
8	TASQUANE	HUFKIE	EPA	12.39		

Item 30 Shotput Men				15:45	
1	ROELIE	POTGIETER	AGN	19.38	
2	BURGER	LAMBRECHTS	AGN	18.46	
3	ORAZIO	CREMONA	AGN	17.87	
4	DEAN	WATTRUS	ACNW	17.84	

5	DONAVAN	SNYMAN	CGA	17.54
6	JACO	ENGELBRECHT	CGA	17.02
7	STEPHAN	BRINK	AGN	16.14
8	RYNO	VAN WINKEL	AFS	15.86
9	RUSSEL	TUCKER	AGN	15.29
10	CONRADIE	SCHEEPERS	AFS	15.13
11	JOHAN	LABUSCHAGNE	KZNA	14.58
12	GARETH	BROWN	KZNA	13.85

Item 31 100m Men Semi Final 1 of 3 15:55 Wind=-0.3

1	SIMON	MAGAKWE	ACNW	10.44
2	HITJVIRUE	KAANJUKA	NAM	10.52
3	RAPULA	SEFANYETSO	ANWN	10.55
4	STEPHEN	BUCKLAND	MRI	10.58
5	PATRICK	VOSLOO	ACNW	10.74
6	MOSITO	LEHATA	LES	10.74
0	WILHELM	VAN DER VYVER	BOLA	Disq
0	MACKSON	MATLALA	AMPU	Disq

Item 31 100m Men Semi Final 2 of 3 15:55 Wind=-0.4

1	LEIGH	JULIUS	EPA	10.48
2	ISAAK	VAN WYK	AGN	10.62
3	WAIDE	JOOSTE	CGA	10.66
4	SHAUN	DE KLERK	AFS	10.70
5	PRINCE	MAKGATO	AMPU	10.81
6	ANTON	BOUWER	CGA	10.84
7	ANTONIO	ALKANA	WPA	10.87
8	JOHANNES	MOSALA	AFS	11.05

Item 31 100m Men Semi Final 3 of 3 15:55 Wind=-0.6

1	KAGISO	KUMBANE	AFS	10.48
2	THUSO	MPUANG	AFS	10.50
3	ROSCOE	ENGEL	WPA	10.54
4	HANNES	DREYER	AGN	10.55
5	BRENT	STEVENS	WPA	10.69
6	BRENDON	MINNIE	EPA	10.90
7	LEON	DU TOIT	AGN	11.04
8	CHE	HARMSE	EPA	11.29

Item 32 200m Women Heptathlon 16:05

1	JANET	WIENAND	BOLA	24.72
2	MARGARET	SIMPSON	GHA	25.48
3	SELLOANE	TSOAELI	LES	26.27
4	BIANCA	ERWEE	ACNW	26.50
5	BIANCA	ERASMUS	AGN	26.60
6	ANGELIQUE	PEPLER	AGN	26.67
7	NICOLE	OFFNER	BOLA	27.62

Item 33 10000m Men 16:20

1	STEPHEN	MOKOKA	AGN	28:18.54
2	GLADWIN	MZAZI	AVT	28:20.40
3	LUNGISA	MDEDELWA	ATRA	28:32.18
4	MBONGENI	NGXAZOZO	CGA	28:50.17
5	ZOLANI	NTONGANA	INWPA	28:51.28
6	COOLBOY	NGAMOLE	ACNW	29:11.16
7	DAVID	NGAKANE	CGA	29:19.91
8	SAMUEL	SEGOABA	AFS	29:22.38
9	SIYABULELA	MTSHA	ATRA	30:01.47
10	LUCKY	MIYA	CGA	30:02.45
11	JOBO	KHATOANE	LES	30:29.50
12	PATRICK	SEFAKO	ACNW	30:58.33
13	TSHEPO	RAMONENE	LES	31:06.70
0	JEFFREY	GWEBU	CGA	DNS
0	RAPHEAL	SEGODI	CGA	DNS
0	XOLISA	TJALI	CGA	DNS
0	CHABELI	NYEDIMANE	AFS	DNS
0	KGOTSI	TSOTSANE	AFS	DNS
0	MOTSAMAI	MOTONE	AGN	DNS
0	BENEDICT	MOENG	AGN	DNS
0	OLEBOGENG	MASIRE	ACNW	DNS
0	SIYABONGA	NKONDE	KZNA	DNS
0	JACKSON	CHAUKE	INCGA	DNS

Item 34 400m Men Semi Final 1 of 2			17:00	
1	SIBUSISO	SISHI	CGA	46.76
2	SIDWELL	MITHI	CGA	47.32
3	THAPELO	KETLUGEBWE	CGA	47.39
4	RANTI	DIKGALE	LIMA	47.55
5	RICHARD	BREUKEL	CGA	47.87
6	OSCAR	PISTORIUS	AGN	47.94
7	SHAUN	DE JAGER	BOLA	49.02
8	ANDRE	HATTINGH	AGN	49.25

Item 34 400m Men Semi Final 2 of 2			17:00	
1	OFENTSE	MOGAWANE	ANWN	45.87
2	DONALD	MATLALA	AGN	47.36
3	JACOB	RAMOKOKA	ANWN	47.37
4	WILLIE	DE BEER	AGN	47.41
5	SHANE	VICTOR	KZNA	47.55
6	PIETER	MARX	AFS	47.97
7	ERNST	HATTINGH	AGN	49.08
8	PC	BENEKE	AFS	49.09

Item 35 400m Men Decathlon			17:15	
1	WILLEM	DE BRUIN	CGA	48.69
2	SORS	JOUBERT	BOLA	49.60
3	ZAVION	KOTZE	ACNW	49.70
4	GERT	SWANEPOEL	ACNW	49.93
5	ANGELO	DOWMAN	INWPA	50.58
6	TERRY	WEPENER	CGA	50.77
7	MARVIN	MARTIN	INWPA	51.70
8	GUILLAUME	THIERRY	MRI	52.15
9	HEINRICH	SMITH	CGA	54.78

Day 2 - 2010/03/21

Item 36 20km Walk Women			06:00		
1	SUSAN	SWANEPOEL	AGN	1:50:23	HT
2	NOMSA	BUTHELEZI	CGA	1:52:02	HT
3	MICHELLE	HOPKINS	CGA	1:53:19	HT
4	LESLEY	VAN BUUREN	CGA	1:55:53	HT
5	ESTLE	VAN SCHALKWYK	WPA	1:59:45	HT
6	BRENDA	NOOY	CGA	2:01:12	HT
7	YVONNE	IRMSCHER	KZNA	2:03:01	HT
8	ANNE	MC KENZIE	KZNA	2:06:41	HT
9	INGE	KOTZE	BOLA	2:10:09	HT

Item 37 20km Walk Men			07:15		
1	THAMI	HLATWAYO	AGN	1:30:47	HT
2	PIERRE	DE VILLIERS	CGA	1:35:27	HT
3	WERNER	APPEL	CGA	1:35:29	HT
4	MARC	MUNDELL	AGN	1:36:09	HT
5	ROSS	MC DONALD	WPA	1:38:16	HT
6	MOJALEFA	MOLISE	AVT	1:43:06	HT
7	WAYNE	SNYMAN	AGN	1:44:41	HT
8	GIDEON	CILLIE	WPA	1:46:11	HT
9	WADE	FRASER	KZNA	1:46:21	HT
10	PROFESSOR	CELE	KZNA	1:53:52	HT
11	MFANA	MBATHA	CGA	2:01:27	HT
0	THANDO	LUMKWANA	ATRA	DNF	

Item 38 110m Hurdles Men Decathlon 1 of 2			09:00		Wind=-0.4
1	SORS	JOUBERT	BOLA	14.63	
2	TERRY	WEPENER	CGA	14.85	
3	GERT	SWANEPOEL	ACNW	15.47	
4	ANGELO	DOWMAN	INWPA	15.89	
5	ZAVION	KOTZE	ACNW	16.36	

Item 38 110m Hurdles Men Decathlon 2 of 2			09:00		Wind=-1.6
4	GUILLAUME	THIERRY	MRI	15.79	
5	WILLEM	DE BRUIN	CGA	15.86	
8	MARVIN	MARTIN	INWPA	17.03	
0	HEINRICH	SMITH	CGA	DNS	

Item 38 110m Hurdles Men Decathlon Combine				
1	SORS	JOUBERT	BOLA	14.63
2	TERRY	WEPENER	CGA	14.85
3	GERT	SWANEPOEL	ACNW	15.47
4	GUILLAUME	THIERRY	MRI	15.79
5	WILLEM	DE BRUIN	CGA	15.86
6	ANGELO	DOWMAN	INWPA	15.89
7	ZAVION	KOTZE	ACNW	16.36
8	MARVIN	MARTIN	INWPA	17.03
0	HEINRICH	SMITH	CGA	DNS

Item 39 10000m Women				
			09:15	
1	IRVETTE	VAN BLERK	CGA	34:20.17
2	THOZAMA	APRIL	AGN	34:35.27
3	MPHO	MABUZA	CGA	35:05.62
4	PRISILLA	KUBU	CGA	40:32.40
5	MERISKA	VAN DER VLIES	CGA	41:00.54
6	NOMSA	NTSETHE	ATRA	42:18.64
0	ZINTLE	SINQUE	AGN	DNS

Item 40 Discus Men Decathlon				
			10:00	
1	GUILLAUME	THIERRY	MRI	41.96
2	TERRY	WEPENER	CGA	41.65
3	SORS	JOUBERT	BOLA	35.73
4	HEINRICH	SMITH	CGA	35.54
5	WILLEM	DE BRUIN	CGA	33.70
6	ZAVION	KOTZE	ACNW	31.07
7	MARVIN	MARTIN	INWPA	27.23
8	GERT	SWANEPOEL	ACNW	26.99
9	ANGELO	DOWMAN	INWPA	23.22

Item 41 110m Hurdles Men Heat 1 of 2				
			10:00	Wind=-1.0
1	RUAN	DE VRIES	AGN	14.36
2	JANKO	KOTZE	CGA	14.41
3	EDUAN	NEL	CGA	14.75
4	LOUTJIE	DALHAUZIE	AVT	16.30
5	ROHAN	DU TOIT	EPA	17.52

Item 41 110m Hurdles Men Heat 2 of 2				
			10:00	Wind=-1.1
1	ANDRE	STORM	ACNW	14.17
2	LOUW	SMIT	BOLA	14.44
3	KOBUS	MOOLMAN	AGN	14.95
4	JACO	WILLEMSE	ACNW	15.20
5	HJ	GORDON	AFS	16.02
0	SHAUN	BOWNES	ACNW	DNS

Item 42 100m Hurdles Women Heat 1 of 2				
			10:10	Wind=-0.3
1	JANET	WIENAND	BOLA	13.93
2	RIKANETTE	STEENKAMP	AGN	14.02
3	ERIKA	KLEINHANS	AGN	14.43
4	MARLI	SPIES	AGN	15.05
0	MARGIT	DE PLESSIS	AGN	Disq

Item 42 100m Hurdles Women Heat 2 of 2				
			10:10	Wind=-1.2
1	JANICE	JOSEPHS	BOLA	14.47
2	JEAN-MARIE	SENEKAL	BOLA	14.50
3	CHRISTINE	RAS	CGA	14.66
4	JACKIE	KRIEL	CGA	14.96
5	MIANDRA	DORFLING	AFS	15.04

Item 43 200m Women Semi-Finals **10:00 Cancelled - Direct to Final**

Item 44 200m Men Semi Final 1 of 3				
			10:30	Wind=+0.3
1	THUSO	MPUANG	AFS	20.98
2	SIMON	MAGAKWE	ACNW	21.02
3	KAGISO	KUMBANE	AFS	21.03
4	MOSITO	LEHATA	LES	21.35
5	SERGIO	MULLINS	WPA	21.44
6	MICHAEL	KOCH	AVT	22.00
7	JACO	FOURIE	AGN	22.19
0	PRINCE	MAKGATO	AMPU	DNS

Item	44	200m Men Semi Final 2 of 3	10:30	Wind=-1.9
1	HANNES	DREYER	AGN	21.10
2	HITJVIRUE	KAANJUKA	NAM	21.14
3	BRENDON	MINNIE	EPA	21.19
4	ANTON	BOUWER	CGA	21.44
5	BRENT	STEVENS	WPA	21.46
6	SYLVESTER	ABRAHAMS	AGN	21.85
7	BRAAM	VAN TUBBERGH	KZNA	22.06
0	LEIGH	JULIUS	EPA	Disq

Item	44	200m Men Semi Final 3 of 3	10:30	Wind=-2.2
1	WILHELM	VAN DER VYVER	BOLA	20.73
2	SNYMAN	PRINSLOO	CGA	21.01
3	TSHEGOFATSO	MESHOE	ANWN	21.14
4	ISAAK	VAN WYK	AGN	21.16
5	ROSCOE	ENGEL	WPA	21.22
6	RAPULA	SEFANYETSO	ANWN	21.31
7	QUINTIN	HITGE	KZNA	21.79
8	ANTONIO	ALKANA	WPA	21.88

Item	45	Long Jump Women Heptathlon	10:30		
1	MARGARET	SIMPSON	GHA	5.86	+2.3
2	JANET	WIENAND	BOLA	5.64	+1.7
3	SELLOANE	TSOAELI	LES	5.57	+1.2
4	BIANCA	ERWEE	ACNW	5.52	+0.1
5	BIANCA	ERASMUS	AGN	5.30	+0.2
6	ANGELIQUE	PEPLER	AGN	5.25	+2.8
7	NICOLE	OFFNER	BOLA	4.78	+0.8

Item	46	3000m Steeple Chase Men	10:45	
1	RUBEN	RAMOLEFE	CGA	8:21.74
2	EDWIN	MOLEPO	ACNW	8:38.53
3	TISETSO	MASEHLA	CGA	8:51.23
4	DICARDO	JACOBS	INBOL	8:59.79
5	DIKOTSI	LEKOPA	ACNW	9:02.70
6	SITHEMBELE	FANEKHO	ATRA	9:07.01
7	DEROCIOUS	MAKHUBALO	CGA	9:13.68
8	DONNEY	DANSTER	ACNW	9:15.63
9	THUSO	PHASWANE	CGA	9:15.73
10	MOKONE	KHOTATSO	AFS	9:28.38
11	SIBUSISO	MADIKIZELA	KZNA	10:13.27
0	WILLIAM	MOTHOSOLA	AFS	DNS
0	LEZOLE	ZIM	AFS	DNS
0	MACALENI	MHLANGU	AVT	DNS
0	SIKHUMBUZO	SEME	AGN	DNS
0	STEVE	NQOLA	AGN	DNS

Item	47	Polevault Men Decathlon	11:00	
1	SORS	JOUBERT	BOLA	4.40
2	GUILLAUME	THIERRY	MRI	4.40
3	WILLEM	DE BRUIN	CGA	3.80
4	ZAVION	KOTZE	ACNW	3.20
5	HEINRICH	SMITH	CGA	3.00
6	GERT	SWANEPOEL	ACNW	3.00
0	ANGELO	DOWMAN	INWPA	NRA
0	MARVIN	MARTIN	INWPA	NRA
0	TERRY	WEPENER	CGA	DNS

Item	48	Discus Women	11:00	
1	ELIZNA	NAUDE	AGN	57.47
2	MARYKE	OBERHOLZER	AGN	48.49
3	SIMONE	MEYER	KZNA	46.59
4	LINDIE	LIEBENBERG	ACNW	44.27
5	YOLANI	UYS	AFS	41.99
6	SURIETTE	BOTHA	AGN	41.52
7	SONIA	SMUTS	AGN	40.55
0	TANYA	TREUNICHT	CGA	DNS
0	LEANDRE	DE BEER	CGA	DNS

Item	49	3000m Steeple Chase Women	11:00	
1	TEBOGO	MASEHLA	CGA	10:00.84
2	MYRETTE	FILMALTER	AGN	10:03.07

3	NOLENE	CONRAD	CGA	10:35.52
4	CHRISTINE	KALMER	AGN	10:44.68
5	THEMBI	BALOYI	AGN	10:52.60
6	ASHLEIGH	SCHNETLER	CGA	10:52.64
7	THANDI	MALINDI	AFS	10:59.72
8	NOKUTHULA	SOGIBA	ATRA	12:57.58
0	PULANE	MOSOME	CGA	DNS

Item 50 Triple Jump Women

11:30

1	PATIENCE	NTSHINGILA	ACNW	12.83	+2.1
2	CINDY	PETERS	CGA	12.68	+2.9
3	KELLY	KINGWELL	CGA	12.23	+2.4
4	MATSIE	DIKOTLA	CGA	12.08	+3.3
5	ROCHELLE	VAN DER MERWE	EPA	11.92	+3.3
6	CIANI	LOUBSER	BOLA	11.88	+3.8
7	LUCHELLE	PRINSLOO	ACNW	11.77	+3.7
8	YOLANDE	MEIJER	AGN	11.74	+3.2
0	HANNELORE	DAGUTAT	AGN	NRA	
0	MICHELLE	CORNELIUS	AGN	NRA	

Item 51 Javelin Women

11:30

1	SUNETTE	VILJOEN	ACNW	63.45
2	TAZMIN	BRITS	ACNW	56.18
3	JUSTINE	ROBBESON	ACNW	55.90
4	GERLIZE	DE KLERK	ACNW	51.04
5	ANZEL	VAN DER SCHYFF	AGN	50.35
6	GEZELLE	BERNARD	ACNW	48.38
7	RENCIA	FOURIE	ACNW	47.10
8	BERNADETTE	RAVINA	MRI	46.77
9	JESSIKA	ROSUN	MRI	45.17
10	MARISKA	BOTES	ACNW	43.69

Item 52 High Jump Women

12:00

1	MARCOLEEN	PRETORIUS	ACNW	1.75
2	RENE	OOSTHUIZEN	AGN	1.75
3	JUNE	ROELOFSE	AGN	1.70
4	FRANCES	SEELIGER	AGN	1.65

Item 53 Javelin Women Heptathlon

12:30

1	MARGARET	SIMPSON	GHA	49.76
2	NICOLE	OFFNER	BOLA	42.62
3	JANET	WIENAND	BOLA	37.96
4	BIANCA	ERWEE	ACNW	31.24
5	SELLOANE	TSOAELI	LES	30.63
6	ANGELIQUE	PEPLER	AGN	26.42
7	BIANCA	ERASMUS	AGN	25.10

Item 54 Discus Men

13:00

1	VICTOR	HOGAN	BOLA	55.93
2	DEAN	WATTRUS	ACNW	53.60
3	DEWALD	VAN HEERDEN	CGA	52.69
4	WYNAND	COETZEE	CGA	52.51
5	DEWALD	MOOLMAN	CGA	50.04
6	JAMES	SINCLAIR	AMPU	49.33
7	LEON	VERSTER	AGN	47.47
8	RIGHARDT	KOTZE	KZNA	46.92
9	RUSSEL	TUCKER	AGN	45.78
10	RYNO	VAN WINKEL	AFS	44.50
11	CONRADIE	SCHEEPERS	AFS	43.82
0	BURGER	LAMBRECHTS	AGN	DNS

Item 55 Triple Jump Men

13:00

1	TUMELO	THAGANE	ACNW	17.05	+1.9
2	RODGER	HAITENGI	NAM	16.14	+3.0
3	CHARLES	LE ROUX	AGN	15.85	+0.9
4	JASON	SEWENYANA	WPA	15.67	+1.3
5	LUVU	MANIYONGA	BOLA	15.40	+2.6
6	APELELE	RASMENI	CGA	15.28	+3.1
7	RENIELWE	ALPHANE	AGN	14.81	+2.4
0	DYLAN	COTTER	CGA	DNS	
0	BOIPELO	MOTLAHLEGO	AGN	DNS	

Item 56 100m Women Final			13:00	Wind=-1.9
1	CINDY	STEWART	EPA	11.57
2	CARINA	HORN	AGN	11.74
3	STACEY	GARDINER	INWPA	11.83
4	ARLENE	GOWER	AGN	11.90
5	CHRISTY	COETZEE	AGN	11.95
6	CHERESE	JONES	AGN	11.98
7	THANDIWE	VILAKAZI	CGA	12.04
0	JUSTINE	PALFRAMAN	KZNA	DNF

Item 57 100m Men Final			13:10	Wind=+2.1
1	SIMON	MAGAKWE	ACNW	10.22
2	LEIGH	JULIUS	EPA	10.31
3	THUSO	MPUANG	AFS	10.36
4	KAGISO	KUMBANE	AFS	10.40
5	ROSCOE	ENGEL	WPA	10.42
6	HITJVIRUE	KAANJUKA	NAM	10.60
7	ISAAK	VAN WYK	AGN	10.69
8	RAPULA	SEFANYETSO	ANWN	10.72

Item 58 400m Hurdles Women Final			13:20	
1	WENDA	THERON	AGN	57.32
2	OLGA	RAZANAMALALA	MAD	59.07
3	MARISKA	MEINTJIES	AVT	59.51
4	JANA	THERON	ACNW	59.79
5	ANNERI	EBERSOHN	AFS	59.92
6	JEAN-MARIE	SENEKAL	BOLA	59.99
7	MARLI	SPIES	AGN	60.92
8	TESSA	HEYSTEK	AMPU	63.83

Item 59 400m Hurdles Men Final			13:30	
1	CORNEL	FREDERICKS	BOLA	49.70
2	WOUTER	LE ROUX	AGN	50.34
3	JOHAN	HANEKOM	AGN	51.23
4	PIETER	KOEKEMOER	ACNW	51.62
5	THABISO	KEKANA	AGN	51.79
6	ANTONIO	VIELLESSE	MRI	51.88
7	OCKERT	GROENEWALD	AGN	53.02
0	LJ	VAN ZYL	AGN	Disq

Item 60 800m Women Final			13:40	
1	MAPHASEKA	MAKHANYA	CGA	2:04.07
2	MANDI	BRAND	CGA	2:05.90
3	ANUSCHA	NICE	AGN	2:06.92
4	ELSIRE	ROOS	WPA	2:07.37
5	RONE	REYNECKE	AFS	2:07.84
6	ANNICA	COETZEE	EPA	2:08.69
7	CHANELLE	ANDERSON	BOLA	2:08.74
8	DONE	VERMAAK	AGN	2:14.86
9	KARON	MURLEY	ANWN	2:31.83
0	CARLA	JANSEN	EPA	DNF

Item 61 800m Men Final			13:50	
1	ETTIENNE	PLAATJIES	ACNW	1:47.67
2	WILLIAM	MOTHOSOLA	AFS	1:48.20
3	JAN	MASANAMELA	AMPU	1:48.21
4	ADRIAAN	VAN WYK	AGN	1:48.67
5	HENK	BEUKES	CGA	1:48.76
6	HANNES	NAUDE	AFS	1:49.61
7	VUYOLWETHU	KAYI	WPA	1:49.84
8	ZWELAKHE	SEBOTO	ACNW	1:49.86
9	NATHAN	BEUKES	BOLA	1:50.46
10	BRAD	BONNER	AGN	1:50.62
11	SHAUN	ABRAHAMS	WPA	1:51.28

Item 62 Javelin Men			14:00	
1	HARDUS	PIENAAR	AGN	79.22
2	ROBERT	OOSTHUIZEN	BOLA	77.80
3	TOBIE	HOLTZHAUZEN	ACNW	71.94
4	ULRICH	DAMON	ACNW	71.66
5	BERNARD	CROUS	ACNW	71.39
6	ROCCO	VAN ROOYEN	WPA	68.23

7	PHIL-MAR	J VAN RENSBURG	ACNW	66.02
8	JAYSON	HENNING	AGN	65.62
9	CHAD	HERMAN	EPA	64.38
10	ANDREW	GRANT-SMITH	BOLA	64.21
11	JURGEN	HOLS	INKZN	62.57
0	PIETER	GREEFF	ACNW	DNS

Item 63 110m Hurdles Men Final

14:05

Wind=+1.4

1	ANDRE	STORM	ACNW	13.86
2	LOUW	SMIT	BOLA	14.01
3	RUAN	DE VRIES	AGN	14.19
4	JANKO	KOTZE	CGA	14.21
5	JACO	WILLEMSE	ACNW	14.69
6	KOBUS	MOOLMAN	AGN	14.86
7	EDUAN	NEL	CGA	15.21
8	HJ	GORDON	AFS	15.86

Item 64 100m Hurdles Women Final

14:15

Wind=+1.6

1	RIKANETTE	STEENKAMP	AGN	13.66
2	JANET	WIENAND	BOLA	13.70
3	JANICE	JOSEPHS	BOLA	14.13
4	ERIKA	KLEINHANS	AGN	14.21
5	JEAN-MARIE	SENEKAL	BOLA	14.21
6	JACKIE	KRIEL	CGA	14.65
7	CHRISTINE	RAS	CGA	14.84
8	MIANDRA	DORFLING	AFS	14.88

Item 65 400m Women Final

14:30

1	TJIPEKAPORA	HERUNGU	NAM	52.59
2	ESTIE	WITTSTOCK	AGN	52.72
3	ALET	VAN WYK	AGN	53.66
4	SONJA	VAN DER MERWE	WPA	54.06
5	RORISANG	RAMONNYE	ANWN	55.03
6	EUGENIE	WICKSELL	AGN	55.12
7	ZOE	ENGLER	KZNA	56.04
8	MONIQUE	MAREE	CGA	58.26

Item 66 High Jump Men

14:40

1	CALVIN-LEE	MACLANGWE	CGA	2.15
2	HURBERT	DE BEER	AGN	2.10
3	RUAN	CLAASEN	CGA	2.05
4	JP	VAN DER SCHYFF	ACNW	2.05
5	JONATHAN	COETZEE	CGA	2.00
6	DAMIAN	BOSHOFF	CGA	2.00
7	GARETH	BRIEDENHANN	AFS	1.95
8	TIRO	MOSETE	ACNW	1.95
0	KEAGAN	FOURIE	INASWD	DNS
0	SALOMON	TAUAIRE	NAM	DNS

Item 67 400m Men Final

14:45

1	OFENTSE	MOGAWANE	ANWN	45.89
2	SIBUSISO	SISHI	CGA	46.09
3	WILLIE	DE BEER	AGN	46.86
4	THAPELO	KETLUGEBWE	CGA	47.01
5	JACOB	RAMOKOKA	ANWN	47.21
6	SIDWELL	MITHI	CGA	47.89
7	DONALD	MATLALA	AGN	48.18
0	RANTI	DIKGALE	LIMA	DNF

Item 68 1500m Women Final

15:00

1	RENE	KALMER	CGA	4:08.61
2	LEBOGANG	PHALULA	CGA	4:11.10
3	LEBO	PHALULA	CGA	4:13.98
4	MAXINE	HEINE-WACKER	CGA	4:21.91
5	VIOLET	RASEBOYA	AGN	4:23.26
6	CATHERINE	SKOSANA	AGN	4:26.34
7	DOMINIQUE	SCOTT	INBOL	4:30.47
8	DANEL	PRINSLOO	AFS	4:39.87
9	DANIELLE	ADLAM	KZNA	4:41.63
10	MELISA	VERMAAK	INCGA	4:42.09
11	MBALI	MOKOENA	INKZN	4:48.22
12	NTEPALENG	LETSELA	LES	4:55.17

0	MAPHASEKA	MAKHANYA	CGA	DNS
0	CLAIRE	CRONJE	AFS	DNS
0	ANUSCHA	NICE	AGN	DNS

Item 69 1500m Men Final

15:15

1	STEPHEN	MOKOKA	AGN	3:38.55
2	JUAN	VAN DEVENTER	CGA	3:38.73
3	PARSON	MGAGANE	LIMA	3:39.50
4	MOLEFE	MOLEFE	CGA	3:39.90
5	MTHOBISI	BALOYI	ACNW	3:39.97
6	WINDY	JONAS	AFS	3:40.28
7	DUMISANI	HLASELO	AFS	3:40.46
8	ENOCK	MANYANDI	INCGA	3:42.69
9	JERRY	MATSAU	INCGA	3:44.78
10	FOLAVIA	SEHOHLE	CGA	3:46.95
11	RATHALE	MOKONE	AFS	3:49.14
12	JACQUES	PRETORIUS	BOLA	3:50.81

Item 70 Javelin Men Decathlon

15:30

1	GUILLAUME	THIERRY	MRI	57.23
2	HEINRICH	SMITH	CGA	51.19
3	SORS	JOUBERT	BOLA	50.64
4	GERT	SWANEPOEL	ACNW	49.02
5	WILLEM	DE BRUIN	CGA	42.81
6	ZAVION	KOTZE	ACNW	41.86
7	MARVIN	MARTIN	INWPA	38.52
8	ANGELO	DOWMAN	INWPA	36.08
0	TERRY	WEPENER	CGA	DNS

Item 71 800m Women Heptathlon

15:30

1	JANET	WIENAND	BOLA	2:14.07
2	SELLOANE	TSOALI	LES	2:15.43
3	MARGARET	SIMPSON	GHA	2:21.29
4	BIANCA	ERWEE	ACNW	2:29.77
5	BIANCA	ERASMUS	AGN	2:33.13
6	NICOLE	OFFNER	BOLA	2:40.49
7	ANGELIQUE	PEPLER	AGN	2:43.97

Item 72 200m Women Final

15:45

Wind=+0.8

1	CINDY	STEWART	EPA	23.42
2	TJIPEKAPORA	HERUNGU	NAM	23.73
3	CARINA	HORN	AGN	23.86
4	SONJA	VAN DER MERWE	WPA	24.30
5	CHRISTY	COETZEE	AGN	24.46
0	ISABEL	LE ROUX	AGN	DNS
0	ARISTA	HEFER	ACNW	DNS
0	JUSTINE	PALFRAMAN	KZNA	DNS

Item 73 200m Men Final

16:00

Wind=+2.5

1	THUSO	MPUANG	AFS	20.57
2	WILHELM	VAN DER VYVER	BOLA	20.60
3	SIMON	MAGAKWE	ACNW	20.74
4	SNYMAN	PRINSLOO	CGA	20.76
5	HANNES	DREYER	AGN	21.06
6	TSHEGOFATSO	MESHOE	ANWN	21.09
7	HITJVIRUE	KAANJUKA	NAM	21.21
0	KAGISO	KUMBANE	AFS	DNF

Item 74 1500m Men Decathlon

16:15

1	GERT	SWANEPOEL	ACNW	4:23.31
2	ZAVION	KOTZE	ACNW	4:33.88
3	SORS	JOUBERT	BOLA	4:48.81
4	MARVIN	MARTIN	INWPA	4:55.80
5	ANGELO	DOWMAN	INWPA	4:57.60
6	WILLEM	DE BRUIN	CGA	4:57.83
7	GUILLAUME	THIERRY	MRI	4:59.58
0	TERRY	WEPENER	CGA	NRA
0	HEINRICH	SMITH	CGA	DNS

Item 75 5000m Men

16:25

1	TSHAMANO	SETONE	CGA	13:45.71
2	ELROY	GELANT	ACNW	13:45.84

3	OLEBOGENG	MASIRE	ACNW	13:46.32
4	SIBUSISO	NZIMA	INCGA	13:54.82
5	MOTSAMAI	MOTONE	AGN	14:03.17
6	KGOTSI	TSOTSANE	AFS	14:05.13
7	BOY	SOKE	AFS	14:09.18
8	LUNGILE	GONSQA	ATRA	14:12.47
9	DUMISANI	HLASELO	AFS	14:14.63
10	JOBO	KHATOANE	LES	14:20.67
11	COOLBOY	NGAMOLE	ACNW	14:24.86
12	TUMELO	MOTLAGALE	ACNW	14:25.19
13	LUCKY	MIYA	CGA	14:34.38
14	CHABELI	NYEDIMANE	AFS	14:50.66
15	JEAN	BRUMMER	ACNW	14:55.57
16	NKOSINATHI	MADYO	WPA	14:59.77
17	TSHEPO	RAMONENE	LES	15:04.37
18	ANELE	FAKU	ATRA	15:20.10
0	RODNEY	PRINS	EPA	DNS
0	ZOLANI	NGQAQA	EPA	DNS
0	ESAU	NKOSI	CGA	DNS
0	JEFFREY	GWEBU	CGA	DNS
0	IZAAC	MBUYASE	CGA	DNS
0	XOLISA	TJALI	CGA	DNS
0	ZUSIPHE	MPIYAKHE	ATRA	DNS
0	NKOSIVELILE	NTANTISO	ATRA	DNS
0	SAMUEL	SEGOABA	AFS	DNS
0	JACOB	DANSTER	AGW	DNS
0	STOFFEL	SEBUASENGWE	ACNW	DNS
0	DIKOTSI	LEKOPA	ACNW	DNS

Item 76 4X100m Relay Women

16:45

1	AGN (A)	AGN	45.73
2	BOLA	BOLA	46.42
3	EPA	EPA	46.95
4	CGA	CGA	47.38
5	AFS	AFS	47.80
6	KZNA	KZNA	48.38
7	WPA	WPA	55.11

Item 77 4X100m Relay Men

16:55

1	AFS	AFS	40.47
2	AGN	AGN	40.72
3	CGA	CGA	40.74
4	BOLA	BOLA	41.84
5	KZNA	KZNA	42.70
6	ATRA	ATRA	44.24

Item 78 4X400m Relay Women

17:05

1	AGN (A)	AGN	3:44.48
2	EPA	EPA	3:50.08
3	CGA	CGA	3:51.51
4	AGN (B)	AGN	3:52.04

Item 79 4X400m Relay Men

17:15

1	ANWN (A)	ANWN	3:09.79
3	CGA (A)	CGA	3:10.48
4	AFS	AFS	3:13.44
5	BOLA	BOLA	3:13.55
2	AGN (B)	AGN	3:14.20
6	KZNA	KZNA	3:19.14
7	ANWN (B)	ANWN	3:20.95
8	CGA (B)	CGA	3:26.72
0	AGN (A)	AGN	Disq