

2015 ASA Senior & Combined Events Championships - 2015/04/17 to 2015/04/18
www.saseniors.co.za
Coetzenburg
Results

Event 1 Boys Outdoor Pentathlon Sub-Youth

| Name | Age | Team | Finals |
|----------------------------|-----|-------|--------|
| 1 317 Liam Pietersen | 15 | Wpa-I | 3008 |
| 2 606 Neil Scott | 15 | Ampu | 3003 |
| 3 677 Sandile Matjeni | 14 | Cga | 2491 |
| 4 679 Koketso Seane | 14 | Cga | 2491 |
| 5 680 Matome Shabangu | 15 | Cga | 2345 |
| 6 255 Stefan Hoffmeister | 15 | Wpa | 2339 |
| 7 299 Ezzart De Villiers | 15 | Wpa-I | 2144 |
| 8 322 Riyo Serfontein | 15 | Wpa-I | 2142 |
| 9 303 Mieqa-Eel Fredericks | 15 | Wpa-I | 1561 |
| 10 327 Brandon Williams | 15 | Wpa-I | 1040 |

Event 1 Outdoor Pentathlon: #1 Boys 100 Meter Hurdles Sub-Youth

| Name | Age | Team | Finals |
|----------------------------|-----|-------|---------|
| Heat 1 Wind: -3.4 | | | |
| 1 255 Stefan Hoffmeister | 15 | Wpa | 14.45 1 |
| 2 606 Neil Scott | 15 | Ampu | 15.36 1 |
| 3 322 Riyo Serfontein | 15 | Wpa-I | 16.44 1 |
| 4 679 Koketso Seane | 14 | Cga | 17.57 1 |
| 5 303 Mieqa-Eel Fredericks | 15 | Wpa-I | 19.01 1 |
| 6 327 Brandon Williams | 15 | Wpa-I | 20.83 1 |
| Heat 2 Wind: -3.5 | | | |
| 1 317 Liam Pietersen | 15 | Wpa-I | 14.66 2 |
| 2 680 Matome Shabangu | 15 | Cga | 15.91 2 |
| 3 677 Sandile Matjeni | 14 | Cga | 16.47 2 |
| 4 299 Ezzart De Villiers | 15 | Wpa-I | 16.57 2 |

Event 2 Men 10000 Meter Run Senior

SA Senior: 27:29.94 R 1999 Hendrick Ramaala, Port Elizabeth

IAAF WC: 27:45.00 Q 2015

| Name | Age | Team | Finals |
|------------------------|-----|------|----------|
| Heat 1 | | | |
| 1 535 Stephen Mokoka | 30 | Agn | 28:15.56 |
| 2 164 Nzima Sibusiso | 29 | Cga | 28:49.99 |
| 3 531 Precious Mashele | 25 | Agn | 29:06.38 |
| 4 551 Kgosi Tsosane | 29 | Agn | 29:26.65 |
| 5 658 Xolisani Zamkele | 29 | Atra | 30:01.26 |
| 6 170 Xolisa Tyali | 27 | Cga | 30:02.12 |

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|-----|--------------------------|----|--------|----------|
| 7 | 716 Philani Buthelezi | 26 | Kzna | 30:38.16 |
| 8 | 134 Dorocious Makhobalo | 27 | Cga | 30:42.48 |
| 9 | 270 Nkosinathi Sotyantya | 22 | Wpa | 30:44.49 |
| 10 | 641 Khaya Buthele | 23 | Atra | 31:05.21 |
| 11 | 453 Samuel Matsepe | 32 | Afs | 31:06.38 |
| 12 | 122 Prince Jali | 26 | Cga | 31:10.15 |
| 13 | 539 Collen Mulaudzi | 24 | Agn | 31:13.11 |
| 14 | 665 Adam Lipschitz | 21 | Kzna-I | 31:14.63 |
| 15 | 169 Thato Tsotetsi | 20 | Cga | 32:23.71 |
| 16 | 613 Mathews Leeto | 25 | Anwn | 32:42.95 |
| 17 | 130 Tshepo Majwafi | 20 | Cga | 33:36.89 |
| 18 | 151 Zithulele Ntanzu | 20 | Cga | 34:08.52 |
| --- | 376 Elroy Gelant | 29 | Acnw | DNF |

Event 3 Outdoor Pentathlon: #3 Boys High Jump Sub-Youth

| | Name | Age | Team | Finals |
|-----------------|--------------------------|------------|-------------|---------------|
| Flight 1 | | | | |
| 1 | 317 Liam Pietersen | 15 | Wpa-I | 1.73m |
| 2 | 606 Neil Scott | 15 | Ampu | 1.70m |
| 3 | 255 Stefan Hoffmeister | 15 | Wpa | 1.55m |
| 4 | 677 Sandile Matjeni | 14 | Cga | 1.50m |
| 4 | 679 Koketso Seane | 14 | Cga | 1.50m |
| 4 | 322 Riyo Serfontein | 15 | Wpa-I | 1.50m |
| 7 | 299 Ezzart De Villiers | 15 | Wpa-I | 1.40m |
| 8 | 303 Mieqa-Eel Fredericks | 15 | Wpa-I | 1.35m |
| --- | 327 Brandon Williams | 15 | Wpa-I | NH |
| --- | 680 Matome Shabangu | 15 | Cga | NH |

Event 4 Men Shot Put Standing EAD

| | Name | Age | Team | Finals |
|-----------------|----------------------|------------|-------------|---------------|
| Flight 1 | | | | |
| 1 | 688 Anthony Butler | | Sasapd | 10.97m |
| 2 | 693 Fred Furstenburg | | Sasapd | 10.55m |
| 3 | 700 Dewald Pretorius | | Sasapd | 9.76m |
| 4 | 694 Juanre Jenkinson | | Sasapd | 9.72m |

Event 5 Men Javelin Throw Senior

SA Senior: 88.75m R 1998 Marius Corbett, Kuala Lumpur

IAAF WC: 82.00m Q

| | Name | Age | Team | Finals |
|--|-------------|------------|-------------|---------------|
|--|-------------|------------|-------------|---------------|

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Flight 1

| | | | | |
|----|---------------------------|----|--------|--------|
| 1 | 274 Rocco Van Rooyen | 23 | Wpa | 77.96m |
| 2 | 521 Chad Herman | 23 | Agn | 73.14m |
| 3 | 524 Tobie Holtzhauzen | 28 | Agn | 70.56m |
| 4 | 553 Phil-Mar Van Rensburg | 26 | Agn | 70.35m |
| 5 | 258 Stephen Klue | 21 | Wpa | 68.63m |
| 6 | 386 Leon Laubser | 19 | Acnw | 64.65m |
| 7 | 377 Jayson Henning | 25 | Acnw | 62.03m |
| 8 | 367 LJ Basson | 20 | Acnw | 60.79m |
| 9 | 385 Pieter Kriel | 20 | Acnw | 57.73m |
| 10 | 55 Dewaldt Cooke | 20 | Bola-I | 56.01m |

Event 6 Women Heptathlon Senior

IAAF WC: 6075 Q 2015

| | Name | Age | Team | Finals |
|---|-------------------------------|-----|-------|--------|
| 1 | 501 June Roelofse | 23 | Agn | 4809 |
| 2 | 16 Helene Peens | 21 | Bola | 4393 |
| 3 | 193 Jolanda Loubser | 27 | Epa-I | 3495 |
| 4 | 360 Nadine Van Der Westhuizen | 27 | Acnw | 3204 |

Event 6 Women Pole Vault Senior

SA Senior: 4.42m R 2000 Elmarie Gerryts, Wesel

IAAF WC: 4.50m Q 2015

| | Name | Age | Team | Finals |
|---|---------------------|-----|--------|--------|
| 1 | 507 Marileze Vos | 20 | Agn | 3.60m |
| 2 | 245 Carla Werth | 18 | Wpa | 3.50m |
| 3 | 203 Dominique Mann | 30 | Kzna | 3.40m |
| 4 | 710 Kulthom Gaidien | 21 | Bola-I | 3.30m |

Flight 1 ... (Event 6 Women Pole Vault Senior)

| | Name | Age | Team | Finals |
|-----|-------------------|-----|------|--------|
| 4 | 14 Christy Nell | 17 | Bola | 3.30m |
| 6 | 18 Jodie Sedras | 21 | Bola | 3.00m |
| --- | 21 Kaitlyn Sparks | 18 | Bola | NH |
| --- | 490 Deone Joubert | 27 | Agn | NH |

Event 7 Women Hammer Throw Senior

SA Senior: 59.37m R 2002 Elmarie Knoetzen, Bloemfontein

IAAF WC: 70.00m Q 2015

| | Name | Age | Team | Finals |
|---|-------------------------|-----|------|--------|
| 1 | 479 Margo Chene Coetzee | 21 | Agn | 52.64m |

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|---|------------------------------|----|-------|--------|
| 2 | 341 Letitia Janse Van Vuuren | 19 | Acnw | 50.72m |
| 3 | 337 Stefanie Greyling | 19 | Acnw | 49.82m |
| 4 | 423 Nadia Meiring | 18 | Afs | 45.09m |
| 5 | 229 Marilize Coetzee | 39 | Wpa | 44.54m |
| 6 | 225 Tanya Treurnicht | 31 | Saps | 38.72m |
| 7 | 282 Chandré Fredericks | 22 | Wpa-I | 29.20m |

Event 7 Women Heptathlon Junior

SA Junior: 5868 J

| | Name | Age | Team | Finals |
|---|-----------------------|------------|-------------|---------------|
| 1 | 5 Nienka Du Toit | 18 | Bola | 4775 |
| 2 | 233 Carla Johnson | 18 | Wpa | 4724 |
| 3 | 351 Anri Salim | 19 | Acnw | 3570 |
| 4 | 671 Sherica Van Graan | 18 | Cga | 3300 |
| 5 | 717 Michelle Koch | 18 | Acnw | 2768 |

Event 8 Girls Heptathlon Youth

| | Name | Age | Team | Finals |
|---|----------------------|------------|-------------|---------------|
| 1 | 504 Cindy Van Bers | 16 | Agn | 4160 |
| 2 | 477 Megan Bogner | 17 | Agn | 4042 |
| 3 | 84 Marne Kriederman | 17 | Cga | 3789 |
| 4 | 481 Mahlatsi Dombeni | 16 | Agn | 3745 |

Event 8 Men Long Jump EAD

| | Name | Age | Team | Finals | Wind |
|-----------------|------------------------|------------|-------------|---------------|-------------|
| Flight 1 | | | | | |
| 1 | 695 Hilton Langenhoven | | Sasapd | 6.64m | 4.7 |
| 2 | 687 Dyan Buis | | Sasapd | 6.07m | 3.2 |
| 3 | 697 Denswill Maans | | Sasapd | 5.33m | -0.1 |

Event 9 Boys Decathlon Youth

| | Name | Age | Team | Finals |
|---|-----------------------|------------|-------------|---------------|
| 1 | 30 Everhardus Loubser | 17 | Bola | 6002 |
| 2 | 257 Nurdeen Joshua | 17 | Wpa | 5080 |
| 3 | 310 Daniel Marais | 16 | Wpa-I | 4854 |
| 4 | 319 Johua Rhode | 16 | Wpa-I | 4841 |
| 5 | 436 Grove Coetzee | 17 | Afs | 4075 |

Event 9 Heptathlon: #1 Women 100 Meter Hurdles Senior

| | Name | Age | Team | Finals |
|--------------------------|-------------------|------------|-------------|---------------|
| Heat 1 Wind: -3.6 | | | | |
| 1 | 335 Bianca Erwee | 25 | Acnw | 15.75 |
| 2 | 501 June Roelofse | 23 | Agn | 16.26 |

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| | | | |
|---------------------------------|-----------------------|--|---------------|
| Heat 1 | Wind: -3.6 ... | (Event 9 Heptathlon: #1 Women 100 Meter Hurdles Senior) | |
| Name | Age | Team | Finals |
| 3 16 Helene Peens | 21 | Bola | 18.07 |
| 4 193 Jolanda Loubser | 27 | Epa-I | 18.10 |
| 5 360 Nadine Van Der Westhuizen | 27 | Acnw | 20.59 |

Event 10 Men Decathlon Junior

SA Senior: 7380 R 2010 Gert Swanepoel, Potchefstroom

SA Junior: 7380 J 2010 Gert Swanepoel, Potchefstroom

| | | | |
|-----------------------|------------|-------------|---------------|
| Name | Age | Team | Finals |
| 1 25 Wynand Du Toit | 18 | Bola | 6208 |
| 2 176 Chris Wepener | 18 | Cga | 5854 |
| 3 266 Keagan Peters | 19 | Wpa | 5690 |
| 4 268 Dillon Solomons | 19 | Wpa | 5475 |

Event 10 Heptathlon: #1 Women 100 Meter Hurdles Junior

| | | | |
|-------------------------|-------------------|-------------|---------------|
| Name | Age | Team | Finals |
| Heat 1 | Wind: -4.0 | | |
| 1 5 Nienka Du Toit | 18 | Bola | 14.76 |
| 2 233 Carla Johnson | 18 | Wpa | 15.17 |
| 3 671 Sherica Van Graan | 18 | Cga | 18.31 |
| 4 506 Jurisa Van Wyk | 18 | Agn | 18.71 |
| 5 351 Anri Salim | 19 | Acnw | 19.32 |
| 6 717 Michelle Koch | 18 | Acnw | 21.11 |

Event 11 Men Decathlon Senior

SA Senior: 8343 R 2013 Willem Coertzen, Moscow

IAAF WC: 8075 Q 2015

| | | | |
|-------------------------|------------|-------------|---------------|
| Name | Age | Team | Finals |
| 1 405 Gert Swanepoel | 24 | Acnw | 6818 |
| 2 410 Lee Van Den Berg | 21 | Acnw | 6763 |
| 3 441 Nardus Greyling | 24 | Afs | 6635 |
| 4 467 JC Van Biljon | 20 | Afs | 5841 |
| 5 579 Duncan McGladdery | 21 | Agn-I | 5690 |
| 6 366 Brandon Barnard | 22 | Acnw | 5670 |
| 7 629 Mihan Roos | 37 | Aswd | 4720 |

Event 11 Heptathlon: #1 Girls 100 Meter Hurdles Youth

| | | | |
|------------------------|-------------------|-------------|---------------|
| Name | Age | Team | Finals |
| Heat 1 | Wind: -2.4 | | |
| 1 481 Mahlatsi Dombeni | 16 | Agn | 16.66 |
| 2 477 Megan Bogner | 17 | Agn | 17.23 |
| 3 84 Marne Kriederman | 17 | Cga | 17.93 |

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|---|-----------------------------------|---|-------------|---------------|---|
| 4 | 504 Cindy Van Bers | 16 | Agn | 18.50 | |
| 5 | 284 Antonina Hendricks | 17 | Wpa-I | 18.73 | |
| Event 12 Decathlon: #1 Boys 100 Meter Sprint Youth | | | | | |
| | Name | Age | Team | Finals | |
| Heat 1 | Wind: -1.6 | | | | |
| 1 | 263 Zinedine Meiring | 17 | Wpa | 11.81 | 1 |
| 2 | 30 Everhardus Loubser | 17 | Bola | 12.06 | 1 |
| Heat 2 | Wind: NWI | | | | |
| 1 | 257 Nurdeen Joshua | 17 | Wpa | 12.59 | 2 |
| 2 | 319 Johua Rhode | 16 | Wpa-I | 12.61 | 2 |
| 3 | 310 Daniel Marais | 16 | Wpa-I | 12.62 | 2 |
| 4 | 312 Mikhal Nash | 16 | Wpa-I | 12.64 | 2 |
| Heat 2 | Wind: NWI ... | (Event 12 Decathlon: #1 Boys 100 Meter Sprint Youth) | | | |
| | Name | Age | Team | Finals | |
| 5 | 306 Ricardo Human | 17 | Wpa-I | 13.03 | 2 |
| 6 | 436 Grove Coetzee | 17 | Afs | 13.13 | 2 |
| Event 13 Decathlon: #1 Men 100 Meter Sprint Junior | | | | | |
| | Name | Age | Team | Finals | |
| Heat 1 | Wind: -3.7 | | | | |
| 1 | 25 Wynand Du Toit | 18 | Bola | 11.21 | |
| 2 | 266 Keagan Peters | 19 | Wpa | 11.49 | |
| 3 | 311 Tebuo Mzimase | 19 | Wpa-I | 11.56 | |
| 4 | 265 Sherman Parrish | 18 | Wpa | 11.57 | |
| 5 | 268 Dillon Solomons | 19 | Wpa | 11.80 | |
| 6 | 176 Chris Wepener | 18 | Cga | 12.31 | |
| Event 14 Decathlon: #1 Men 100 Meter Sprint Senior | | | | | |
| | Name | Age | Team | Finals | |
| Heat 1 | Wind: -4.0 | | | | |
| 1 | 366 Brandon Barnard | 22 | Acnw | 11.44 | 1 |
| 2 | 579 Duncan McGladdery | 21 | Agn-I | 11.89 | 1 |
| 3 | 405 Gert Swanepoel | 24 | Acnw | 12.01 | 1 |
| Heat 2 | Wind: -3.3 | | | | |
| 1 | 441 Nardus Greyling | 24 | Afs | 11.37 | 2 |
| 2 | 410 Lee Van Den Berg | 21 | Acnw | 11.71 | 2 |
| 3 | 467 JC Van Biljon | 20 | Afs | 11.96 | 2 |
| 4 | 629 Mihan Roos | 37 | Aswd | 13.03 | 2 |
| Event 15 Women 5000 Meter Run Senior | | | | | |
| | SA Senior: 14:44.05 R 1995 | Elana Meyer, Hechtel | | | |
| | IAAF WC: 15:20.00 Q 2015 | | | | |

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| Heat | Name | Age | Team | Results | Finals |
|-------------|------------------------|------------|-------------|----------------|---------------|
| 1 | 96 Lebo Phalula | 32 | Cga | | 16:19.72 |
| 2 | 73 Nolene Conrad | 30 | Cga | | 16:24.24 |
| 3 | 601 Glenrose Xaba | 21 | Ampu | | 16:42.72 |
| 4 | 87 Mpho Mabuza | 36 | Cga | | 16:52.41 |
| 5 | 240 Bulelwa Simae | 38 | Wpa | | 17:13.68 |
| 6 | 88 Maria Magoshing | 23 | Cga | | 17:27.28 |
| 7 | 100 Ashleigh Schnetler | 24 | Cga | | 17:28.05 |
| 8 | 105 Michelle Strydom | 21 | Cga | | 17:54.31 |
| 9 | 344 Palesa Madoa | 24 | Acnw | | 17:59.95 |
| 10 | 636 Vuyiseka Nkumenge | 20 | Atra | | 18:16.80 |
| 11 | 630 Lusanda Bomvana | 24 | Atra | | 18:21.27 |
| 12 | 640 Zikhona Sonamzi | 20 | Atra | | 18:54.51 |
| 13 | 631 Nontle Diko | 20 | Atra | | 19:00.64 |

Event 16 Heptathlon: #2 Girls High Jump Youth

| Flight | Name | Age | Team | Finals |
|---------------|------------------------|------------|-------------|---------------|
| 1 | 481 Mahlatsi Dombeni | 16 | Agn | 1.66m |
| 2 | 84 Marne Kriederman | 17 | Cga | 1.60m |
| 3 | 504 Cindy Van Bers | 16 | Agn | 1.54m |
| 4 | 477 Megan Bogner | 17 | Agn | 1.45m |
| 5 | 284 Antonina Hendricks | 17 | Wpa-I | 1.39m |

Event 17 Heptathlon: #2 Women High Jump Junior

| Flight | Name | Age | Team | Finals |
|---------------|-----------------------|------------|-------------|---------------|
| 1 | 351 Anri Salim | 19 | Acnw | 1.72m |
| 2 | 233 Carla Johnson | 18 | Wpa | 1.66m |
| 3 | 5 Nienka Du Toit | 18 | Bola | 1.63m |
| 4 | 671 Sherica Van Graan | 18 | Cga | 1.45m |
| 4 | 717 Michelle Koch | 18 | Acnw | 1.45m |

Event 18 Heptathlon: #2 Women High Jump Senior

| Flight | Name | Age | Team | Finals |
|---------------|---------------------|------------|-------------|---------------|
| 1 | 501 June Roelofse | 23 | Agn | 1.75m |
| 2 | 16 Helene Peens | 21 | Bola | 1.60m |
| 3 | 193 Jolanda Loubser | 27 | Epa-I | 1.36m |

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4 360 Nadine Van Der Westhuizen 27 Acnw 1.33m

Event 19 Men 400 Meter Hurdles Senior

SA Senior: 47.66 R 2011 LJ van Zyl, Ostrava

IAAF WC: 49.50 Q

| Heat | Name | Age | Team | Heats | |
|---------------------|------------------------|-----|-------|-------|-----|
| Heat 1 Heats | | | | | |
| 1 | 509 PC Beneke | 25 | Agn | 52.72 | Q 1 |
| 2 | 518 Le Roux Hamman | 23 | Agn | 53.03 | Q 1 |
| 3 | 583 Tshegfatso Mothopa | 20 | Agn-I | 53.27 | Q 1 |
| 4 | 259 Niel Le Roux | 25 | Wpa | 53.48 | q 1 |
| 5 | 474 Adriaan Wessels | 21 | Afs | 54.46 | 1 |

Heat 2 Heats

| | | | | | |
|---|-----------------------|----|-------|---------|-----|
| 1 | 554 LJ Van Zyl | 30 | Agn | 51.72 | Q 2 |
| 2 | 520 Lindsay Hanekom | 22 | Agn | 52.38 | Q 2 |
| 3 | 124 Larry Lombard | 19 | Cga | 52.54 | Q 2 |
| 4 | 588 Bernard Pretorius | 22 | Agn-I | 52.58 | q 2 |
| 5 | 402 Lloyd Qhoba | 22 | Acnw | 55.34 | 2 |
| 6 | 326 Wesley Timmy | 21 | Wpa-I | 1:00.34 | 2 |

Event 21 Outdoor Pentathlon: #2 Boys Shot Put Sub-Youth

| Flight | Name | Age | Team | Finals |
|-----------------|--------------------------|-----|-------|--------|
| Flight 1 | | | | |
| 1 | 606 Neil Scott | 15 | Ampu | 12.71m |
| 2 | 327 Brandon Williams | 15 | Wpa-I | 10.77m |
| 3 | 317 Liam Pietersen | 15 | Wpa-I | 10.74m |
| 4 | 679 Koketso Seane | 14 | Cga | 10.35m |
| 5 | 255 Stefan Hoffmeister | 15 | Wpa | 10.20m |
| 6 | 322 Riyo Serfontein | 15 | Wpa-I | 9.67m |
| 7 | 680 Matome Shabangu | 15 | Cga | 9.52m |
| 8 | 299 Ezzart De Villiers | 15 | Wpa-I | 9.39m |
| 9 | 677 Sandile Matjeni | 14 | Cga | 8.19m |
| 10 | 303 Mieqa-Eel Fredericks | 15 | Wpa-I | 7.74m |

Event 22 Decathlon: #2 Boys Long Jump Youth

| Flight | Name | Age | Team | Finals | Wind |
|-----------------|----------------------|-----|-------|--------|------|
| Flight 1 | | | | | |
| 1 | 310 Daniel Marais | 16 | Wpa-I | 6.20m | 3.0 |
| 2 | 319 Johua Rhode | 16 | Wpa-I | 6.14m | 3.6 |
| 3 | 263 Zinedine Meiring | 17 | Wpa | 6.08m | 2.0 |

Flight 1 ... (Event 22 Decathlon: #2 Boys Long Jump Youth)

| Name | Age | Team | Finals | Wind |
|------|-----|------|--------|------|
|------|-----|------|--------|------|

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| 4 | 257 Nurdeen Joshua | 17 | Wpa | 5.75m | 2.4 |
| 5 | 30 Everhardus Loubser | 17 | Bola | 5.68m | 3.4 |
| 6 | 436 Grove Coetzee | 17 | Afs | 5.02m | 2.4 |
| 6 | 306 Ricardo Human | 17 | Wpa-I | 5.02m | 1.3 |

Event 23 Decathlon: #2 Men Long Jump Junior

SA Junior: 8.19m J 2010 Luvo Manyonga, Bottrop

| Name | Age | Team | Finals | Wind | |
|-----------------|---------------------|------|--------|-------|-----|
| Flight 1 | | | | | |
| 1 | 25 Wynand Du Toit | 18 | Bola | 6.70m | 2.5 |
| 2 | 268 Dillon Solomons | 19 | Wpa | 6.67m | 2.3 |
| 3 | 266 Keagan Peters | 19 | Wpa | 6.60m | 1.3 |
| 4 | 176 Chris Wepener | 18 | Cga | 6.30m | 3.9 |
| 5 | 311 Tebuo Mzimase | 19 | Wpa-I | 6.24m | 2.9 |

Event 24 Decathlon: #2 Men Long Jump Senior

| Name | Age | Team | Finals | Wind | |
|-----------------|-----------------------|------|--------|-------|-----|
| Flight 1 | | | | | |
| 1 | 441 Nardus Greyling | 24 | Afs | 6.91m | 4.9 |
| 2 | 410 Lee Van Den Berg | 21 | Acnw | 6.68m | 2.7 |
| 3 | 405 Gert Swanepoel | 24 | Acnw | 6.49m | 2.9 |
| 4 | 366 Brandon Barnard | 22 | Acnw | 6.21m | 4.8 |
| 5 | 579 Duncan McGladdery | 21 | Agn-I | 5.99m | 3.2 |
| 6 | 467 JC Van Biljon | 20 | Afs | 5.87m | NWI |
| 7 | 629 Mihan Roos | 37 | Aswd | 5.39m | 2.3 |

Event 25 Women 100 Meter Sprint Senior

SA Senior: 11.06 R 1990 Evette de Klerk, Germiston

IAAF WC: 11.33 Q 2015

| Name | Age | Team | Heats | |
|--------------------------------|-----------------------|------|--------|-----------|
| Heat 1 Heats Wind: -2.1 | | | | |
| 1 | 568 Welme Van Zyl | 27 | Agn-I | 12.41 Q 1 |
| 2 | 45 Nabeela Parker | 21 | Bola-I | 12.42 Q 1 |
| 3 | 567 Julette Speek | 23 | Agn-I | 12.60 q 1 |
| 4 | 289 Simone Morris | 24 | Wpa-I | 13.21 1 |
| 5 | Tshepang Khumalo | 25 | Anwn | 13.54 1 |
| 6 | 42 Christelle Knoetze | 24 | Bola-I | 13.69 1 |
| Heat 2 Heats Wind: -2.5 | | | | |
| 1 | 242 Tamzin Thomas | 18 | Wpa | 11.83 Q 2 |
| 2 | 565 Adri Schoeman | 45 | Agn-I | 12.09 Q 2 |
| 3 | 7 Luca Hartman | 17 | Bola | 12.50 q 2 |
| 4 | 279 Stephanie Amos | 20 | Wpa-I | 13.36 2 |
| Heat 3 Heats Wind: -2.4 | | | | |
| 1 | 339 Melissa Hewitt | 24 | Acnw | 12.25 Q 3 |
| 2 | 17 Samantha Pretorius | 25 | Bola | 12.45 Q 3 |

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| 3 | 9 Illse Hayes | 30 | Bola | 12.56 | q | 3 |
| 4 | 76 Leana Du Toit | 29 | Cga | 12.81 | q | 3 |
| 5 | 244 Janke Van Wyk | 18 | Wpa | 12.88 | | 3 |
| 6 | 283 Aneesha Haupt | 19 | Wpa-I | 13.71 | | 3 |
| Heat 4 Heats Wind: NWI | | | | | | |
| 1 | 561 Cherese Jones | 30 | Agn-I | 12.16 | Q | 4 |
| 2 | 430 Bevin Smith | 24 | Afs | 12.43 | Q | 4 |
| 3 | 291 Tarryn Solomon | 19 | Wpa-I | 12.91 | | 4 |
| Heat 4 Heats Wind: NWI ... (Event 25 Women 100 Meter Sprint Senior) | | | | | | |
| | Name | Age | Team | | | Heats |
| 4 | 560 Claudine Jansen Van Rensburg | 26 | Agn-I | 13.00 | | 4 |
| 5 | 204 Samukelisiwe Mthembu | 18 | Kzna | 13.19 | | 4 |
| Heat 5 Heats Wind: -2.9 | | | | | | |
| 1 | 489 Carina Horn | 26 | Agn | 11.50 | Q | 5 |
| 2 | 609 Tsholofelo Thipe | 29 | Anwn | 11.89 | Q | 5 |
| 3 | 557 Simone Du Plooy | 19 | Agn-I | 12.34 | q | 5 |
| 4 | 573 Stacey Welsch | 21 | Agn-I | 12.53 | q | 5 |
| 5 | 227 Alice Adeolu | 19 | Wpa | 12.87 | | 5 |
| 6 | 358 Yolandie Van Aswegen | 33 | Acnw | 13.01 | | 5 |
| Event 26 Men 100 Meter Sprint Senior | | | | | | |
| SA Senior: 10.06 R Johan Rossouw & Simon Magakwe, Johannesburg | | | | | | |
| IAAF WC: 10.16 Q 2015 | | | | | | |
| | Name | Age | Team | | | Heats |
| Heat 1 Heats Wind: -1.3 | | | | | | |
| 1 | 546 Akani Simbine | 22 | Agn | 10.64 | Q | 1 |
| 2 | 271 Brent Stevens | 25 | Wpa | 10.94 | Q | 1 |
| 3 | 577 Llewellyn Kruger | 21 | Agn-I | 10.95 | Q | 1 |
| 4 | 596 Walter Ungerer | 20 | Agn-I | 11.20 | q | 1 |
| 4 | 378 Quinton Hitge | 22 | Acnw | 11.20 | q | 1 |
| 6 | 54 Cody Cloete | 20 | Bola-I | 11.53 | | 1 |
| 7 | 304 Ightishaam Haupt | 22 | Wpa-I | 11.78 | | 1 |
| Heat 2 Heats Wind: -2.3 | | | | | | |
| 1 | 175 Quincy Voster | 20 | Cga | 11.11 | Q | 2 |
| 2 | 412 Chedrick Van Wyk | 20 | Acnw | 11.16 | Q | 2 |
| 3 | 177 St John Whindus | 24 | Cga | 11.29 | Q | 2 |
| 4 | 300 Jonathan Dreyer | 34 | Wpa-I | 11.60 | | 2 |
| 5 | 50 Garth Bloemfontein | 22 | Bola-I | 11.68 | | 2 |

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| | | | | | |
|-----------------|--|------------|-------------------------------|--------------|---|
| 6 | 53 Anthony Clark | 22 | Bola-I | 11.89 | 2 |
| 7 | 220 Katlego Magwai | 21 | Lima | 11.97 | 2 |
| Heat 3 | 3 Heats Wind: -4.9 | | | | |
| 1 | 615 Lebogang Moeng | 26 | Anwn | 10.90 Q | 3 |
| 2 | 580 Keenen Michau | 20 | Agn-I | 10.96 Q | 3 |
| 3 | 591 Lebakeng Sesele | 25 | Agn-I | 11.09 Q | 3 |
| 4 | 217 Zamani Khumalo | 28 | Kzna-I | 11.47 | 3 |
| 5 | 190 Sergio Mullins | 35 | Epa | 11.83 | 3 |
| 6 | 156 Phineas Ramokgatla | 18 | Cga | 11.93 | 3 |
| Heat 4 | 4 Heats Wind: -3.0 | | | | |
| 1 | 382 Hendrik Khumalo | 21 | Acnw | 11.01 Q | 4 |
| 2 | 223 France Ntene | 27 | Lima | 11.03 Q | 4 |
| 3 | 595 Mehdi Suleman | 31 | Agn-I | 11.19 Q | 4 |
| 3 | 448 Thomas Jonda | 25 | Afs | 11.19 Q | 4 |
| 5 | 208 Ntokozo Magubane | 20 | Kzna | 11.28 q | 4 |
| 6 | 296 Kurt Cameron | 22 | Wpa-I | 11.54 | 4 |
| Heat 5 | 5 Heats Wind: NWI | | | | |
| 1 | 466 Gideon Trotter | 23 | Afs | 10.97 Q | 5 |
| 2 | 543 Thando Roto | 20 | Agn | 11.07 Q | 5 |
| 3 | 314 Ethan Nobel | 17 | Wpa-I | 11.23 Q | 5 |
| 4 | 594 Dewald Steyn | 22 | Agn-I | 11.29 q | 5 |
| 5 | 133 Prince Makgato | 23 | Cga | 11.35 q | 5 |
| 6 | 475 Peter Mukuena | 24 | Afs-I | 11.39 | 5 |
| Heat 6 | 6 Heats Wind: -3.4 | | | | |
| 1 | 253 Roscoe Engel | 26 | Wpa | 10.83 Q | 6 |
| Heat 6 | 6 Heats Wind: -3.4 ... (Event 26 Men 100 Meter Sprint Senior) | | | | |
| | Name | Age | Team | Heats | |
| 2 | 575 Emile Erasmus | 23 | Agn-I | 10.92 Q | 6 |
| 3 | 597 Isak Van Wyk | 17 | Agn-I | 11.36 Q | 6 |
| Event 27 | Women 800 Meter Run Senior | | | | |
| | SA Senior: 1:55.45 R 2009 | | Caster Semenya, Berlin | | |
| | IAAF WC: 2:01.00 Q 2015 | | | | |
| | Name | Age | Team | Heats | |
| Heat 1 | 1 Heats | | | | |
| 1 | 433 Rizani Van Aswegen | 23 | Afs | 2:12.40 Q | 1 |
| 2 | 498 Anuscha Nice | 24 | Agn | 2:12.67 Q | 1 |
| 3 | 201 Kelly Fletcher | 21 | Kzna | 2:12.73 Q | 1 |
| 4 | 89 Thato Makhafola | 21 | Cga | 2:13.62 | 1 |

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| | | | | | |
|---------------------|-----------------------|----|------|-----------|---|
| 5 | 496 Happiness Mkhize | 23 | Agn | 2:16.44 | 1 |
| 6 | 638 Athenkosi Sentiwe | 18 | Atra | 2:46.41 | 1 |
| Heat 2 Heats | | | | | |
| 1 | 97 Lebogang Phalula | 32 | Cga | 2:09.03 Q | 2 |
| 2 | 353 Caster Semenya | 24 | Acnw | 2:09.08 Q | 2 |
| 3 | 1 Mandie Brandt | 33 | Bola | 2:09.19 Q | 2 |
| 4 | 343 Gena Lofstrand | 20 | Acnw | 2:12.05 q | 2 |
| 5 | 104 Celia Stramrood | 17 | Cga | 2:12.76 q | 2 |

Event 28 Men 800 Meter Run Senior

SA Senior: 1:42.69 R 1999 Hezekiel Sepeng, Brussels

IAAF WC: 1:46.00 Q

| | Name | Age | Team | Heats | |
|---------------------|-----------------------|-----|-------|-----------|---|
| Heat 1 Heats | | | | | |
| 1 | 272 Darren Stevens | 19 | Wpa | 1:55.19 Q | 1 |
| 2 | 211 Linda Mhlongo | 23 | Kzna | 1:55.29 Q | 1 |
| 3 | 139 Thabang Matiwane | 20 | Cga | 1:55.61 Q | 1 |
| 4 | 113 Solomon Botholo | 21 | Cga | 1:56.22 | 1 |
| 5 | 651 Thabile Mkhupheni | 17 | Atra | 2:04.03 | 1 |
| Heat 2 Heats | | | | | |
| 1 | 438 Treasure Derison | 23 | Afs | 1:52.50 Q | 2 |
| 2 | 125 Yster Louw | 18 | Cga | 1:52.75 Q | 2 |
| 3 | 589 Koketso Ramasita | 23 | Agn-I | 1:54.96 Q | 2 |
| 4 | 461 Bennie Prinsloo | 20 | Afs | 1:55.45 q | 2 |
| 5 | 408 Morena Tsotetsi | 24 | Acnw | 1:58.85 | 2 |
| 6 | 581 Thapelo Modishana | 22 | Agn-I | 1:59.26 | 2 |
| 7 | 650 Tshayeki Mdidi | 20 | Atra | 2:07.83 | 2 |
| Heat 3 Heats | | | | | |
| 1 | 409 Henco Uys | 23 | Acnw | 1:52.26 Q | 3 |
| 2 | 724 Duran Faro | 21 | Wpa | 1:52.36 Q | 3 |
| 3 | 616 Kabelo Mohlosi | 22 | Anwn | 1:52.51 Q | 3 |
| 4 | 111 Henk Beukes | 25 | Cga | 1:52.91 q | 3 |
| 5 | 400 Emile Pieterse | 22 | Acnw | 1:52.93 q | 3 |
| 6 | 212 Thabo Mkhwanazi | 19 | Kzna | 1:56.20 | 3 |
| 7 | 297 Ashwyn Classens | 29 | Wpa-I | 1:57.70 | 3 |
| Heat 4 Heats | | | | | |
| 1 | 399 Andre Olivier | 26 | Acnw | 1:51.35 Q | 4 |
| 2 | 605 William Mothosola | 25 | Ampu | 1:51.73 Q | 4 |
| 3 | 676 Thato Massamini | 19 | Cga | 1:52.45 Q | 4 |

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| | | | | | | |
|---|--------------------------|--------------|---------------|--------------------------------|--------------|---|
| 4 | 120 Heinrich Herbst | 18 | Cga | 1:53.14 | q | 4 |
| 5 | 158 Andrew John Roodt | 25 | Cga | 1:54.96 | q | 4 |
| Heat 4 Heats ... (Event 28 Men 800 Meter Run Senior) | | | | | | |
| | Name | Age | Team | | Heats | |
| 6 | 325 Dylan Stevenson | 20 | Wpa-I | 1:56.94 | | 4 |
| Heat 5 Heats | | | | | | |
| 1 | 458 Hannes Naude | 25 | Afs | 1:50.81 | Q | 5 |
| 2 | 626 Jacob Rozani | 27 | Anwn | 1:50.90 | Q | 5 |
| 3 | 602 Tian Basson | 22 | Ampu | 1:51.33 | Q | 5 |
| 4 | 161 Tlou Seloba | 30 | Cga | 1:51.61 | q | 5 |
| Heat 6 Heats | | | | | | |
| 1 | 584 Theodore Nothling | 22 | Agn-I | 1:55.19 | Q | 6 |
| 2 | 470 Rynardt Van Rensburg | 23 | Afs | 1:55.35 | Q | 6 |
| 3 | 374 Pieter Conradie | 21 | Acnw | 1:55.46 | Q | 6 |
| 4 | 603 Gronighan Grobler | 18 | Ampu | 1:55.81 | | 6 |
| 5 | 178 Dougan Wright | 22 | Cga | 1:56.03 | | 6 |
| Event 29 Women 400 Meter Run Senior | | | | | | |
| | SA Senior: | 50.05 | R 2000 | Heide Seyerling, Sydney | | |
| | IAAF WC: | 52.00 | Q 2015 | | | |
| | Name | Age | Team | | Heats | |
| Heat 1 Heats | | | | | | |
| 1 | 486 Jeanelle Griesel | 18 | Agn | 55.44 | Q | 1 |
| 2 | 243 Sonja Van Der Merwe | 23 | Wpa | 56.48 | Q | 1 |
| 3 | 44 Anrune Liebenberg | 23 | Bola-I | 58.00 | | 1 |
| 4 | 379 Danel Holton | 21 | Acnw | 58.42 | | 1 |
| 5 | 94 Rita Obisi | 27 | Cga | 1:00.79 | | 1 |
| Heat 2 Heats | | | | | | |
| 1 | 15 Justine Palframan | 22 | Bola | 55.04 | Q | 2 |
| 2 | 608 Rorisang Ramonnye | 25 | Anwn | 55.05 | Q | 2 |
| 3 | 200 Zoe Engler | 23 | Kzna | 55.40 | q | 2 |
| 4 | 347 Suretha Muller | 23 | Acnw | 57.62 | q | 2 |
| 5 | 361 Anel Van Wyk | 21 | Acnw | 59.19 | | 2 |
| Heat 3 Heats | | | | | | |
| 1 | 562 Soandri Meyer | 27 | Agn-I | 55.90 | Q | 3 |
| 2 | 566 Janet Seeliger | 20 | Agn-I | 57.40 | Q | 3 |
| 3 | 287 Simone Kapp | 20 | Wpa-I | 58.65 | | 3 |
| 4 | 684 Anika Pretorius | | Sasapd | 1:02.29 | | 3 |

Event 30 Women 400 Meter Sprint EAD

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Results

| Name | Age | Team | Results | Finals |
|-----------------------|------------|-------------|----------------|---------------|
| Heat 1 | | | | |
| 1 684 Anika Pretorius | | Sasapd | | 1:02.29 |

Event 31 Outdoor Pentathlon: #4 Boys Long Jump Sub-Youth

| Name | Age | Team | Finals | Wind |
|-----------------------------|------------|-------------|---------------|-------------|
| Flight 1 | | | | |
| 1 680 Matome Shabangu | 15 | Cga | 6.15m | 3.9 |
| 2 324 Jesse Solomons | 15 | Wpa-I | 5.62m | NWI |
| 2 322 Riyo Serfontein | 15 | Wpa-I | 5.62m | NWI |
| 4 679 Koketso Seane | 14 | Cga | 5.51m | NWI |
| 5 255 Stefan Hoffmeister | 15 | Wpa | 5.50m | NWI |
| 6 677 Sandile Matjeni | 14 | Cga | 5.49m | NWI |
| 7 317 Liam Pietersen | 15 | Wpa-I | 5.41m | NWI |
| 8 606 Neil Scott | 15 | Ampu | 5.36m | NWI |
| 9 299 Ezzart De Villiers | 15 | Wpa-I | 5.17m | NWI |
| 10 303 Mieqa-Eel Fredericks | 15 | Wpa-I | 4.93m | NWI |

Flight 1 .. (Event 31 Outdoor Pentathlon: #4 Boys Long Jump Sub-Youth)

| Name | Age | Team | Finals | Wind |
|-------------------------|------------|-------------|---------------|-------------|
| 11 327 Brandon Williams | 15 | Wpa-I | 4.53m | NWI |

Event 32 Girls Outdoor Pentathlon Sub-Youth

| Name | Age | Team | Finals |
|---------------------------|------------|-------------|---------------|
| 1 10 Rogail Joseph | 15 | Bola | 2962 |
| 2 669 Prudence Kgadima | 15 | Cga | 2914 |
| 3 11 Leandre Ketch | 15 | Bola | 2841 |
| 4 70 Ancker Botha | 15 | Cga | 2716 |
| 5 292 Carla Stevens | 14 | Wpa-I | 2382 |
| 6 599 Monique Language | 15 | Ampu | 2371 |
| 7 670 Itumaleng Raskhanye | 15 | Cga | 2360 |
| 8 278 Donough Ameerah | 14 | Wpa-I | 2162 |
| 9 79 Clarinda Heystack | 15 | Cga | 1971 |
| 10 285 Lesley Jonas | 15 | Wpa-I | 1701 |
| 11 286 Nawaal Joshua | 14 | Wpa-I | 1319 |

Event 32 Men 400 Meter Run Senior

SA Senior: 44.59 R 1999 Arnaud Malherbe & Henderik Moganyetsi, Roodepoort & Yokohama
 IAAF WC: 45.50 Q

| Name | Age | Team | Heats |
|----------------------|------------|-------------|--------------|
| Heat 1 Heats | | | |
| 1 719 Luxolo Adams | 25 | Epa-I | 47.67 Q 1 |
| 2 516 Ranti Dikgale | 28 | Agn | 47.93 Q 1 |
| 3 180 Quinton Norris | 23 | Cga-I | 48.80 Q 1 |

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| | | | | | | |
|-----------------|--|------------|-------------|---------------|---|---|
| 4 | 155 Ivan Prinsloo | 18 | Cga | 51.03 | Q | 1 |
| Heat 2 | Heats | | | | | |
| 1 | 264 Rodwell Ndlovu | 24 | Wpa | 47.62 | Q | 2 |
| 2 | 523 Ashley Hlungwani | 24 | Agn | 47.86 | Q | 2 |
| 3 | 587 Tapelo Phora | 24 | Agn-I | 48.30 | Q | 2 |
| 4 | 471 Braam Van Tubbergh | 23 | Afs | 49.39 | Q | 2 |
| 5 | 712 Trevor Maltolose | 23 | Cga | 50.82 | q | 2 |
| 6 | 623 Koketso Pule | 22 | Anwn | 51.02 | | 2 |
| Heat 3 | Heats | | | | | |
| 1 | 534 Ofentse Mogawane | 33 | Agn | 48.01 | Q | 3 |
| 2 | 544 Jon Seeliger | 20 | Agn | 48.06 | Q | 3 |
| 3 | 393 Lesedi Mokgobinyane | 22 | Acnw | 48.18 | Q | 3 |
| 4 | 60 Jaden Flagg | 21 | Bola-I | 48.59 | Q | 3 |
| 5 | 51 Jannie Briers-Louw | 22 | Bola-I | 48.64 | q | 3 |
| 6 | 62 Diwan Kamoetie | 20 | Bola-I | 50.69 | q | 3 |
| 7 | 140 Xolani Mbudula | 21 | Cga | 50.77 | q | 3 |
| Heat 4 | Heats | | | | | |
| 1 | 256 Jeremia Jelwana | 19 | Wpa-I | 48.26 | Q | 4 |
| 2 | 222 Oscar Mavundla | 23 | Lima | 48.91 | Q | 4 |
| 3 | 207 Andrew Barnes | 27 | Kzna | 50.12 | Q | 4 |
| 4 | 63 Benje Momberg | 17 | Bola-I | 50.60 | Q | 4 |
| 5 | 302 Duncun Frans | 21 | Wpa-I | 51.54 | | 4 |
| 6 | 147 Thabo Motloug | 21 | Cga | 52.08 | | 4 |
| Heat 5 | Heats | | | | | |
| 1 | 469 Wayde Van Niekerk | 23 | Afs | 47.73 | Q | 5 |
| 2 | 196 Berend Koekemoer | 20 | Epa-I | 47.87 | Q | 5 |
| 3 | 578 Christian Lubbe | 21 | Agn-I | 49.36 | Q | 5 |
| 4 | 713 Mihle Nukwe | 23 | Cga | 50.46 | Q | 5 |
| 5 | 650 Tshayeki Mdidi | 20 | Atra | 50.96 | | 5 |
| Heat 5 | Heats ... (Event 32 Men 400 Meter Run Senior) | | | | | |
| | Name | Age | Team | Heats | | |
| 6 | 126 Thabang Mabena | 21 | Cga | 51.49 | | 5 |
| Event 33 | Men Javelin Throw Standing EAD | | | | | |
| | Name | Age | Team | Finals | | |
| Flight 1 | | | | | | |
| 1 | 707 Jan Van Staden | | Sasapd | 45.49m | | |
| 2 | 702 Casper Schutte | | Sasapd | 41.51m | | |

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| | | | |
|---|--------------------|--------|--------|
| 3 | 698 Visser Maarten | Sasapd | 29.56m |
|---|--------------------|--------|--------|

Event 34 Decathlon: #3 Boys Shot Put Youth

| | Name | Age | Team | Finals |
|--|------|-----|------|--------|
|--|------|-----|------|--------|

Flight 1

| | | | | |
|---|-----------------------|----|-------|--------|
| 1 | 436 Grove Coetzee | 17 | Afs | 12.78m |
| 2 | 30 Everhardus Loubser | 17 | Bola | 11.60m |
| 3 | 257 Nurdeen Joshua | 17 | Wpa | 10.09m |
| 4 | 319 Johua Rhode | 16 | Wpa-I | 9.34m |
| 5 | 306 Ricardo Human | 17 | Wpa-I | 9.13m |
| 6 | 310 Daniel Marais | 16 | Wpa-I | 8.75m |

Event 35 Decathlon: #3 Men Shot Put Junior

SA Junior: 20.50m J 1997 Janus Robberts, Naboomspruit

| | Name | Age | Team | Finals |
|--|------|-----|------|--------|
|--|------|-----|------|--------|

Flight 1

| | | | | |
|---|---------------------|----|-------|--------|
| 1 | 176 Chris Wepener | 18 | Cga | 12.19m |
| 2 | 266 Keagan Peters | 19 | Wpa | 10.49m |
| 3 | 25 Wynand Du Toit | 18 | Bola | 10.01m |
| 4 | 268 Dillon Solomons | 19 | Wpa | 9.89m |
| 5 | 311 Tebuo Mzimase | 19 | Wpa-I | 8.21m |

Event 36 Decathlon: #3 Men Shot Put Senior

| | Name | Age | Team | Finals |
|--|------|-----|------|--------|
|--|------|-----|------|--------|

Flight 1

| | | | | |
|---|-----------------------|----|-------|--------|
| 1 | 579 Duncan McGladdery | 21 | Agn-I | 12.69m |
| 2 | 441 Nardus Greyling | 24 | Afs | 12.57m |
| 3 | 366 Brandon Barnard | 22 | Acnw | 12.50m |
| 4 | 405 Gert Swanepoel | 24 | Acnw | 12.02m |
| 5 | 410 Lee Van Den Berg | 21 | Acnw | 11.68m |
| 6 | 629 Mihan Roos | 37 | Aswd | 10.79m |
| 7 | 467 JC Van Biljon | 20 | Afs | 10.06m |

Event 37 Men 100 Meter Sprint EAD

| | Name | Age | Team | Finals |
|--|------|-----|------|--------|
|--|------|-----|------|--------|

Heat 1 Wind: -2.5

| | | | |
|---|-------------------------|--------|-------|
| 1 | 705 Fanie Van Der Merwe | Sasapd | 11.98 |
| 2 | 706 Ruhan Van Rooyen | Sasapd | 12.80 |
| 3 | 704 Vukile Skoti | Sasapd | 13.01 |
| 4 | 701 JP Rust | Sasapd | 13.18 |

Event 38 Women 100 Meter Sprint EAD

| | Name | Age | Team | Finals |
|--|------|-----|------|--------|
|--|------|-----|------|--------|

Heat 1 Wind: -3.7

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1 682 Elna Durr Sasapd 15.06

Event 39 Women 200 Meter Sprint Senior

SA Senior: 22.06 R 1989 Evette de Klerk, Pietersburg

IAAF WC: 23.20 Q 2015

| Name | Age | Team | Heats | |
|--------------------------------|-----|--------|---------|---|
| Heat 1 Heats Wind: -2.4 | | | | |
| 1 339 Melissa Hewitt | 24 | Acnw | 24.61 Q | 1 |
| 2 430 Bevin Smith | 24 | Afs | 24.95 Q | 1 |
| 3 557 Simone Du Plooy | 19 | Agn-I | 25.05 | 1 |
| 4 76 Leana Du Toit | 29 | Cga | 25.69 | 1 |
| 5 42 Christelle Knoetze | 24 | Bola-I | 26.20 | 1 |
| Heat 2 Heats Wind: -2.0 | | | | |
| 1 15 Justine Palframan | 22 | Bola | 23.61 Q | 2 |
| 2 565 Adri Schoeman | 45 | Agn-I | 24.25 Q | 2 |
| 3 242 Tamzin Thomas | 18 | Wpa | 24.41 q | 2 |
| 4 8 Robyn Haupt | 19 | Bola | 24.56 q | 2 |
| 5 47 Rese Smit | 19 | Bola-I | 24.82 | 2 |
| 6 291 Tarryn Solomon | 19 | Wpa-I | 26.68 | 2 |
| Heat 3 Heats Wind: -3.7 | | | | |
| 1 499 Margaret Olwoch | 24 | Agn | 24.67 Q | 3 |
| 2 568 Welme Van Zyl | 27 | Agn-I | 25.30 Q | 3 |
| 3 567 Julette Speek | 23 | Agn-I | 25.53 | 3 |
| 4 227 Alice Adeolu | 19 | Wpa | 26.11 | 3 |
| 5 358 Yolandie Van Aswegen | 33 | Acnw | 26.65 | 3 |

Event 40 Men Long Jump Senior

SA Senior: 8.50m R 2009 Khotso Mokoena, Madrid

IAAF WC: 8.10m Q

| Name | Age | Team | Finals | Wind |
|---------------------------|-----|--------|---------|------|
| Flight 1 | | | | |
| 1 159 Ruswahl Samaai | 24 | Cga | 8.38m Q | 1.4 |
| 2 510 Duwayne Boer | 20 | Agn | 7.80m | 4.6 |
| 3 392 Koketso Mogapi | 23 | Acnw | 7.71m | 0.1 |
| 4 115 Dylon Cotter | 24 | Cga | 7.70m | 3.2 |
| 5 119 Jason Farao | 19 | Cga | 7.48m | 2.2 |
| 6 542 Fredriech Pretorius | 20 | Agn | 7.30m | 4.8 |
| 8 226 Gladstone Shabangu | 30 | Saps | 7.14m | 5.3 |
| 9 384 Christo Krause | 21 | Acnw | 6.83m | 2.6 |
| 9 262 Ryan Meiring | 20 | Wpa | 6.83m | 1.6 |
| 11 Regan Julius | 25 | Bola-I | 6.79m | 2.7 |
| 12 65 Gregory Pietersen | 22 | Bola-I | 6.75m | 2.7 |
| 13 Kyle Green | 25 | Bola-I | 6.69m | 4.3 |

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|----|-----------------------|----|--------|-------|-----|
| 14 | 722 Ingvar Van Rooyen | 20 | Bola-I | 6.61m | 4.2 |
| 7 | Asif Suliman | 20 | Sasapd | 7.27m | 2.6 |

Event 41 Men 200 Meter Sprint Senior

SA Senior: 20.11 R 2002 Morne Nagel, Germiston

IAAF WC: 20.50 Q 2015

| Heat | Name | Age | Team | Heats | |
|---------------|---------------------|-------------------|-------|-------|-----|
| Heat 1 | Heats | Wind: -1.3 | | | |
| 1 | 596 Walter Ungerer | 20 | Agn-I | 21.87 | Q 1 |
| 2 | 597 Isak Van Wyk | 17 | Agn-I | 21.93 | Q 1 |
| 3 | 594 Dewald Steyn | 22 | Agn-I | 22.03 | Q 1 |
| 4 | 222 Oscar Mavundla | 23 | Lima | 22.44 | q 1 |
| 5 | 300 Jonathan Dreyer | 34 | Wpa-I | 22.75 | q 1 |

Heat 2 Heats Wind: -4.2 ... (Event 41 Men 200 Meter Sprint Senior)

| Heat | Name | Age | Team | Heats | |
|---------------|---------------------|-------------------|-------|-------|-----|
| Heat 2 | Heats | Wind: -4.2 | | | |
| 1 | 466 Gideon Trotter | 23 | Afs | 21.42 | Q 2 |
| 2 | 247 Kyle Appel | 17 | Wpa | 21.45 | Q 2 |
| 3 | 223 France Ntene | 27 | Lima | 21.79 | Q 2 |
| 4 | 448 Thomas Jonda | 25 | Afs | 21.83 | q 2 |
| 5 | 591 Lebakeng Sesele | 25 | Agn-I | 22.18 | q 2 |

Heat 3 Heats Wind: -3.7

| | | | | | |
|---------------|--------------------------|-------------------|--------|-------|-----|
| 1 | 296 Kurt Cameron | 22 | Wpa-I | 23.46 | Q 3 |
| Heat 4 | Heats | Wind: -5.1 | | | |
| 1 | 253 Roscoe Engel | 26 | Wpa | 21.92 | Q 4 |
| 2 | 177 St John Whindus | 24 | Cga | 22.19 | Q 4 |
| 3 | 314 Ethan Nobel | 17 | Wpa-I | 22.37 | Q 4 |
| 4 | 586 Anele Nzwanzwa | 19 | Agn-I | 22.81 | q 4 |
| 5 | 220 Katlego Magwai | 21 | Lima | 23.19 | q 4 |
| 6 | 618 Lebogang Motswenyane | 20 | Anwn | 23.32 | 4 |
| 7 | 54 Cody Cloete | 20 | Bola-I | 23.36 | 4 |

Heat 5 Heats Wind: -2.6

| | | | | | |
|---|---------------------|----|-------|-------|-----|
| 1 | 382 Hendrik Khumalo | 21 | Acnw | 22.13 | Q 5 |
| 2 | 590 Eckhard Rossouw | 19 | Agn-I | 22.14 | Q 5 |
| 3 | 307 Yusuf Ismail | 21 | Wpa-I | 22.26 | Q 5 |

Heat 6 Heats Wind: -3.4

| | | | | | |
|---|---------------------|----|-------|-------|-----|
| 1 | 615 Lebogang Moeng | 26 | Anwn | 21.16 | Q 6 |
| 2 | 189 Anaso Jobodwana | 23 | Epa | 21.48 | Q 6 |
| 3 | 575 Emile Erasmus | 23 | Agn-I | 22.07 | Q 6 |

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| | | | | |
|---|-------------------|-----------|---------|---|
| 4 | 62 Diwan Kamoetie | 20 Bola-I | 22.20 q | 6 |
| 5 | 475 Peter Mukuena | 24 Afs-I | 22.29 q | 6 |

Event 42 Men Hammer Throw Senior

SA Senior: 80.63m R 2005 Chris Harmse, Durban

IAAF WC: 76.00m Q

| | Name | Age | Team | Finals |
|-----------------|-----------------------------|-----|------|--------|
| Flight 1 | | | | |
| 1 | 443 Chris Harmse | 42 | Afs | 71.98m |
| 2 | 29 Johan Kruger | 25 | Bola | 63.39m |
| 3 | 452 Tshepang Makhete | 19 | Afs | 60.79m |
| 4 | 110 Kristiaan Bekker | 35 | Cga | 58.97m |
| 5 | 166 Donovan Stebbing | 23 | Cga | 57.71m |
| 6 | 375 Alan Cumming | 19 | Acnw | 56.55m |
| 7 | 457 Juan Muller | 20 | Afs | 56.21m |
| 8 | 173 Vincent Van Rensburg | 25 | Cga | 55.85m |
| 9 | 447 Dean Janse Van Rensburg | 26 | Afs | 49.29m |
| 10 | 440 Faan Greyling | 20 | Afs | 44.43m |

Event 43 Men Pole Vault Senior

SA Senior: 6.03m R 1995 Okkert Brits, Cologne

IAAF WC: 5.65m Q

| | Name | Age | Team | Finals |
|-----------------|---------------------|-----|------|--------|
| Flight 1 | | | | |
| 1 | 35 Cheyne Rohme | 24 | Bola | 5.20m |
| 1 | 673 Eben Beukes | 25 | Cga | 5.20m |
| 3 | 547 Heinrich Smit | 28 | Agn | 5.10m |
| 4 | 24 Juan De Swardt | 21 | Bola | 4.90m |
| 5 | 512 Migaël Celliers | 22 | Agn | 4.70m |

Flight 1 ... (Event 43 Men Pole Vault Senior)

| | Name | Age | Team | Finals |
|-----|-------------------------|-----|--------|--------|
| 5 | 542 Fredriech Pretorius | 20 | Agn | 4.70m |
| 7 | 37 Lucas Van Der Watt | 25 | Bola | 4.50m |
| 7 | 459 Willie Naude | 16 | Afs | 4.50m |
| 9 | 36 Ekhardt Van Der Watt | 25 | Bola | 4.30m |
| 9 | 49 Hennie Beukes | 19 | Bola-I | 4.30m |
| --- | 52 Wilhelm Bronn | 19 | Bola-I | NH |

Event 44 Outdoor Pentathlon: #5 Boys 1000 Meter Run Sub-Youth

| | Name | Age | Team | Finals |
|---------------|---------------------|-----|------|---------|
| Heat 1 | | | | |
| 1 | 677 Sandile Matjeni | 14 | Cga | 2:53.23 |

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|----|--------------------------|----|-------|---------|
| 2 | 317 Liam Pietersen | 15 | Wpa-I | 2:53.62 |
| 3 | 606 Neil Scott | 15 | Ampu | 2:54.28 |
| 4 | 679 Koketso Seane | 14 | Cga | 2:55.64 |
| 5 | 680 Matome Shabangu | 15 | Cga | 2:56.70 |
| 6 | 299 Ezzart De Villiers | 15 | Wpa-I | 3:22.31 |
| 7 | 303 Mieqa-Eel Fredericks | 15 | Wpa-I | 3:47.11 |
| 8 | 322 Riyo Serfontein | 15 | Wpa-I | 3:59.05 |
| 9 | 255 Stefan Hoffmeister | 15 | Wpa | 4:01.65 |
| 10 | 327 Brandon Williams | 15 | Wpa-I | 4:31.63 |

Event 45 Heptathlon: #3 Girls Shot Put Youth

| Name | Age | Team | Finals |
|------|-----|------|--------|
|------|-----|------|--------|

Flight 1

| | | | | |
|---|------------------------|----|-------|--------|
| 1 | 84 Marne Kriederman | 17 | Cga | 10.48m |
| 2 | 504 Cindy Van Bers | 16 | Agn | 9.64m |
| 3 | 284 Antonina Hendricks | 17 | Wpa-I | 9.61m |
| 4 | 477 Megan Bogner | 17 | Agn | 9.30m |
| 5 | 481 Mahlatsi Dombeni | 16 | Agn | 8.93m |

Event 46 Heptathlon: #3 Women Shot Put Junior

| Name | Age | Team | Finals |
|------|-----|------|--------|
|------|-----|------|--------|

Flight 1

| | | | | |
|---|-----------------------|----|------|--------|
| 1 | 5 Nienka Du Toit | 18 | Bola | 11.00m |
| 2 | 233 Carla Johnson | 18 | Wpa | 8.64m |
| 3 | 351 Anri Salim | 19 | Acnw | 8.28m |
| 4 | 671 Sherica Van Graan | 18 | Cga | 7.15m |
| 5 | 717 Michelle Koch | 18 | Acnw | 6.89m |

Event 47 Heptathlon: #3 Women Shot Put Senior

| Name | Age | Team | Finals |
|------|-----|------|--------|
|------|-----|------|--------|

Flight 1

| | | | | |
|---|-------------------------------|----|-------|--------|
| 1 | 16 Helene Peens | 21 | Bola | 10.28m |
| 2 | 501 June Roelofse | 23 | Agn | 9.81m |
| 3 | 360 Nadine Van Der Westhuizen | 27 | Acnw | 8.37m |
| 4 | 193 Jolanda Loubser | 27 | Epa-I | 8.16m |

Event 48 Women 1500 Meter Run Senior

SA Senior: 4:01.81 R 1984 Zola Budd, Port Elizabeth

IAAF WC: 4:06.50 Q 2015

| Name | Age | Team | Heats |
|------|-----|------|-------|
|------|-----|------|-------|

Heat 1 Heats

| | | | | |
|---|--------------------|----|------|-----------|
| 1 | 353 Caster Semenya | 24 | Acnw | 4:37.85 Q |
|---|--------------------|----|------|-----------|

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|--|--------------------------|------------|-------------|---------------|---|---|
| 2 | 102 Mamphielo Sibanda | 22 | Cga | 4:38.21 | Q | 1 |
| Heat 1 Heats ... (Event 48 Women 1500 Meter Run Senior) | | | | | | |
| | Name | Age | Team | Heats | | |
| 3 | 92 Lorraine Novela | 24 | Cga | 4:38.23 | Q | 1 |
| 4 | 293 Anel Terblanche | 28 | Wpa-I | 4:41.13 | Q | 1 |
| 5 | 290 Anneline Roffey | 34 | Wpa-I | 4:42.99 | | 1 |
| 6 | 108 Nicole Van Der Merwe | 17 | Cga | 4:44.53 | | 1 |
| 7 | 240 Bulelwa Simae | 38 | Wpa | 4:48.46 | | 1 |
| 8 | 237 Pamela Moyikwa | 19 | Wpa | 4:51.99 | | 1 |
| 9 | 43 Zani Kruger | 19 | Bola-I | 5:07.04 | | 1 |
| 10 | 636 Vuyiseka Nkumenge | 20 | Atra | 5:11.91 | | 1 |
| 11 | 635 Uyanda Mehlo | 18 | Atra | 5:20.29 | | 1 |
| Heat 2 Heats | | | | | | |
| 1 | 96 Lebo Phalula | 32 | Cga | 4:28.58 | Q | 2 |
| 2 | 97 Lebogang Phalula | 32 | Cga | 4:29.85 | Q | 2 |
| 3 | 109 Simonay Weitsz | 16 | Cga | 4:30.42 | Q | 2 |
| 4 | 558 Lizerie Ferreira | 19 | Agn-I | 4:30.62 | Q | 2 |
| 5 | 6 Thineke Fourie | 24 | Bola | 4:31.23 | q | 2 |
| 6 | 672 Carina Viljoen | 18 | Cga | 4:34.24 | q | 2 |
| 7 | 215 Lisha Van Onselen | 18 | Kzna-I | 4:41.92 | q | 2 |
| 8 | 281 Leanda Du Bruyn | 21 | Wpa-I | 4:42.28 | q | 2 |
| 9 | 640 Zikhona Sonamzi | 20 | Atra | 5:25.35 | | 2 |
| Event 49 Decathlon: #4 Boys High Jump Youth | | | | | | |
| | Name | Age | Team | Finals | | |
| Flight 1 | | | | | | |
| 1 | 30 Everhardus Loubser | 17 | Bola | 1.67m | | |
| 2 | 310 Daniel Marais | 16 | Wpa-I | 1.58m | | |
| 3 | 319 Johua Rhode | 16 | Wpa-I | 1.55m | | |
| 4 | 257 Nurdeen Joshua | 17 | Wpa | 1.52m | | |
| 5 | 436 Grove Coetzee | 17 | Afs | 1.49m | | |
| 6 | 306 Ricardo Human | 17 | Wpa-I | 1.46m | | |
| Event 50 Decathlon: #4 Men High Jump Junior | | | | | | |
| | Name | Age | Team | Finals | | |
| Flight 1 | | | | | | |
| 1 | 176 Chris Wepener | 18 | Cga | 1.90m | | |
| 2 | 268 Dillon Solomons | 19 | Wpa | 1.84m | | |
| 3 | 25 Wynand Du Toit | 18 | Bola | 1.81m | | |

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|---|-------------------|----|-------|-------|
| 4 | 266 Keagan Peters | 19 | Wpa | 1.72m |
| 4 | 311 Tebuo Mzimase | 19 | Wpa-I | 1.72m |

Event 51 Decathlon: #4 Men High Jump Senior

| Name | | Age | Team | Finals |
|-----------------|-----------------------|-----|-------|--------|
| Flight 1 | | | | |
| 1 | 410 Lee Van Den Berg | 21 | Acnw | 1.96m |
| 2 | 405 Gert Swanepoel | 24 | Acnw | 1.90m |
| 3 | 467 JC Van Biljon | 20 | Afs | 1.87m |
| 4 | 579 Duncan McGladdery | 21 | Agn-I | 1.81m |
| 5 | 366 Brandon Barnard | 22 | Acnw | 1.75m |
| 6 | 441 Nardus Greyling | 24 | Afs | 1.72m |
| 7 | 629 Mihan Roos | 37 | Aswd | 1.57m |

Event 52 Men 1500 Meter Run Senior

SA Senior: 3:31.93 R 2013 Johan Cronje, Reiti

IAAF WC: 3:36.20 Q

| Name | | Age | Team | Heats | |
|---------------------|-------------------------|-----|--------|-----------|---|
| Heat 1 Heats | | | | | |
| 1 | 114 Marko Bucurizza | 27 | Cga | 3:50.76 Q | 1 |
| 2 | 369 Armin Botha | 23 | Acnw | 3:50.90 Q | 1 |
| 3 | 167 Clinton Swanepoel | 26 | Cga | 3:52.30 Q | 1 |
| 4 | 251 Bruce-Lynn Damons | 19 | Wpa | 3:54.15 q | 1 |
| 5 | 153 William Potgieter | 18 | Cga | 3:56.59 | 1 |
| 6 | 214 Nkosinathi Sibiyi | 21 | Kzna | 4:00.66 | 1 |
| 7 | 657 Thusile Nobanda | 20 | Atra | 4:01.10 | 1 |
| 8 | 647 Sakhumzi Matiso | 21 | Atra | 4:04.12 | 1 |
| 9 | 613 Mathews Leeto | 25 | Anwn | 4:26.57 | 1 |
| Heat 2 Heats | | | | | |
| 1 | 396 Jerry Motsau | 25 | Acnw | 3:52.55 Q | 2 |
| 2 | 162 Folavia Seohle | 25 | Cga | 3:52.61 Q | 2 |
| 3 | 394 Rantso Mokopane | 21 | Acnw | 3:55.03 Q | 2 |
| 4 | 131 Henry Makane | 22 | Cga | 3:55.15 q | 2 |
| 5 | 113 Solomon Botlholo | 21 | Cga | 3:55.51 | 2 |
| 6 | 61 Llewellyn Groeneveld | 20 | Bola-I | 3:56.49 | 2 |
| 7 | 645 Yanga Malusi | 18 | Atra | 4:04.52 | 2 |
| 8 | 651 Thabile Mkhupheni | 17 | Atra | 4:09.95 | 2 |
| 9 | 654 Mongezi Ngobe | 18 | Atra | 4:10.75 | 2 |
| Heat 3 Heats | | | | | |

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|---|-------------------------|----------|-----------|---|
| 1 | 121 Dumisani Hlasele | 26 Cga | 3:54.81 Q | 3 |
| 2 | 437 Johan Cronje | 33 Afs | 3:54.90 Q | 3 |
| 3 | 192 Amos Nyongo | 29 Epa | 3:54.99 Q | 3 |
| 4 | 137 Samuel Mathabata | 22 Cga | 3:55.05 q | 3 |
| 5 | 574 Jonathan Bredenkamp | 22 Agn-I | 3:55.71 | 3 |
| 6 | 315 Emiele Paulsen | 21 Wpa-I | 3:57.70 | 3 |
| 7 | 644 Zuko Khuphiso | 20 Atra | 4:07.50 | 3 |
| 8 | 646 Ndilisa Mangcipu | 23 Atra | 4:22.52 | 3 |

Event 53 Women 100 Meter Sprint Senior

SA Senior: 11.06 R 1990 Evette de Klerk, Germiston

IAAF WC: 11.33 Q 2015

| Heat | Name | Age | Team | Semis | |
|--------------------------------------|--------------------|-----|--------|---------|---|
| Heat 1 Semi-Finals Wind: -3.0 | | | | | |
| 1 | 489 Carina Horn | 26 | Agn | 11.45 Q | 1 |
| 2 | 339 Melissa Hewitt | 24 | Acnw | 12.00 Q | 1 |
| 3 | 573 Stacey Welsch | 21 | Agn-I | 12.23 Q | 1 |
| 4 | 568 Welme Van Zyl | 27 | Agn-I | 12.29 q | 1 |
| 5 | 45 Nabeela Parker | 21 | Bola-I | 12.34 | 1 |
| 6 | 76 Leana Du Toit | 29 | Cga | 12.42 | 1 |
| 7 | 430 Bevin Smith | 24 | Afs | 12.43 | 1 |
| 8 | 7 Luca Hartman | 17 | Bola | 12.81 | 1 |

Heat 2 Semi-Finals Wind: -4.7

| | | | | | |
|---|-----------------------|----|-------|---------|---|
| 1 | 609 Tsholofelo Thipe | 29 | Anwn | 12.11 Q | 2 |
| 2 | 242 Tamzin Thomas | 18 | Wpa | 12.18 Q | 2 |
| 3 | 561 Cherese Jones | 30 | Agn-I | 12.24 Q | 2 |
| 4 | 17 Samantha Pretorius | 25 | Bola | 12.31 q | 2 |
| 5 | 9 Illse Hayes | 30 | Bola | 12.36 | 2 |
| 6 | 565 Adri Schoeman | 45 | Agn-I | 12.38 | 2 |

Heat 2 Semi-Finals Wind: -4.7 ... (Event 53 Women 100 Meter Sprint Senior)

| Heat | Name | Age | Team | Semis | |
|------|---------------------|-----|-------|-------|---|
| 7 | 557 Simone Du Plooy | 19 | Agn-I | 12.56 | 2 |
| 8 | 567 Julette Speek | 23 | Agn-I | 12.81 | 2 |

Event 54 Women Long Jump Senior

SA Senior: 6.93m R 2007 Karin Mey, Bad Langensalza

IAAF WC: 6.70m Q 2015

| Flight | Name | Age | Team | Finals | Wind |
|--------|---------------------|-----|------|--------|------|
| 1 | 500 Linque Prinsloo | 24 | Agn | 6.55m | 5.4 |

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|-----|------------------------|----|--------|-------|-----|
| 2 | 494 Carla Marais | 28 | Agn | 6.53m | 2.3 |
| 3 | 72 Zinzi Chabangu | 19 | Cga | 6.32m | 4.2 |
| 4 | 78 Kayla Gilbert | 22 | Cga | 6.29m | 2.7 |
| 5 | 17 Samantha Pretorius | 25 | Bola | 6.24m | 3.2 |
| 6 | 71 Maryke Brits | 21 | Cga | 6.20m | 2.9 |
| 7 | 93 Patience Ntshingila | 26 | Cga | 6.12m | 2.2 |
| 8 | 555 Tamryn Cupido | 21 | Agn-I | 5.88m | 3.4 |
| 9 | 41 Birdie Carstens | 23 | Bola-I | 5.63m | 1.8 |
| 10 | 238 Samantha Ross | 20 | Wpa | 5.57m | 3.2 |
| 11 | 349 Cindy Naude | 24 | Acnw | 5.10m | 1.5 |
| --- | 600 Nicholeen Mcclaren | 25 | Ampu | FOUL | |

Event 55 Men 100 Meter Sprint Senior

SA Senior: 10.06 R

Johan Rossouw & Simon Magakwe, Johannesburg

IAAF WC: 10.16 Q 2015

| Heat | Name | Age | Team | Semis | |
|--------------------------------------|----------------------|-----|-------|---------|---|
| Heat 1 Semi-Finals Wind: -1.9 | | | | | |
| 1 | 546 Akani Simbine | 22 | Agn | 10.20 Q | 1 |
| 2 | 175 Quincy Voster | 20 | Cga | 10.65 Q | 1 |
| 3 | 575 Emile Erasmus | 23 | Agn-I | 10.69 q | 1 |
| 4 | 577 Llewellyn Kruger | 21 | Agn-I | 10.75 | 1 |
| 5 | 412 Chedrick Van Wyk | 20 | Acnw | 10.99 | 1 |
| 6 | 177 St John Whindus | 24 | Cga | 11.11 | 1 |
| 7 | 597 Isak Van Wyk | 17 | Agn-I | 11.17 | 1 |
| Heat 2 Semi-Finals Wind: -1.6 | | | | | |
| 1 | 253 Roscoe Engel | 26 | Wpa | 10.44 Q | 2 |
| 2 | 543 Thando Roto | 20 | Agn | 10.69 Q | 2 |
| 3 | 271 Brent Stevens | 25 | Wpa | 10.71 q | 2 |
| 4 | 382 Hendrik Khumalo | 21 | Acnw | 10.88 | 2 |
| 5 | 314 Ethan Nobel | 17 | Wpa-I | 10.93 | 2 |
| 6 | 591 Lebakeng Sesele | 25 | Agn-I | 10.94 | 2 |
| 7 | 378 Quinton Hitge | 22 | Acnw | 11.01 | 2 |
| 8 | 594 Dewald Steyn | 22 | Agn-I | 11.10 | 2 |
| Heat 3 Semi-Finals Wind: NWI | | | | | |
| 1 | 466 Gideon Trotter | 23 | Afs | 10.66 Q | 3 |
| 2 | 580 Keenen Michau | 20 | Agn-I | 10.70 Q | 3 |
| 3 | 596 Walter Ungerer | 20 | Agn-I | 10.88 | 3 |
| 4 | 223 France Ntene | 27 | Lima | 10.93 | 3 |
| 5 | 448 Thomas Jonda | 25 | Afs | 11.06 | 3 |
| 6 | 208 Ntokozo Magubane | 20 | Kzna | 11.14 | 3 |

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|---|-------------------|----|-------|-------|---|
| 7 | 595 Mehdi Suleman | 31 | Agn-I | 11.16 | 3 |
|---|-------------------|----|-------|-------|---|

Event 56 Men Discus Throw EAD

| | Name | Age | Team | Finals |
|-----------------|----------------------|-----|--------|--------|
| Flight 1 | | | | |
| 1 | 703 Lean Simon | | Sasapd | 42.20m |
| 2 | 699 Kerwin Noemdo | | Sasapd | 41.77m |
| 3 | 693 Fred Furstenburg | | Sasapd | 33.79m |
| 4 | 688 Anthony Butler | | Sasapd | 20.55m |

Event 57 Heptathlon: #4 Girls 200 Meter Sprint Youth

| | Name | Age | Team | Finals |
|--------------------------|------------------------|-----|-------|--------|
| Heat 1 Wind: -2.7 | | | | |
| 1 | 504 Cindy Van Bers | 16 | Agn | 26.86 |
| 2 | 477 Megan Bogner | 17 | Agn | 27.99 |
| 3 | 284 Antonina Hendricks | 17 | Wpa-I | 28.09 |
| 4 | 481 Mahlatsi Dombeni | 16 | Agn | 29.21 |
| 5 | 84 Marne Kriederman | 17 | Cga | 30.20 |

Event 58 Men Shot Put Senior

SA Senior: 21.97m R 2001 Janus Robberts, Eugene
IAAF WC: 20.45m Q

| | Name | Age | Team | Finals |
|-----------------|-------------------------|-----|------|----------|
| Flight 1 | | | | |
| 1 | 514 Orazio Cremona | 26 | Agn | 20.49m Q |
| 2 | 117 Jaco Engelbrecht | 28 | Cga | 20.45m Q |
| 3 | 517 Nico Grobler | 27 | Agn | 17.51m |
| 4 | 513 Ruan Combrink | 20 | Agn | 17.49m |
| 5 | 549 Tumelo Thage | 25 | Agn | 17.42m |
| 6 | 28 Brynn-Peter Kemp | 24 | Bola | 17.29m |
| 7 | 112 Johnny Botha | 22 | Cga | 16.95m |
| 8 | 397 Raun Murray | 24 | Acnw | 16.44m |
| 9 | 473 Ryno Van Winkel | 25 | Afs | 16.14m |
| 10 | 411 Constand Van Rooyen | 22 | Acnw | 15.36m |

Event 59 Heptathlon: #4 Women 200 Meter Sprint Junior

| | Name | Age | Team | Finals |
|--------------------------|-------------------|-----|------|--------|
| Heat 1 Wind: -1.5 | | | | |
| 1 | 5 Nienka Du Toit | 18 | Bola | 25.7h |
| 2 | 233 Carla Johnson | 18 | Wpa | 25.9h |
| 3 | 717 Michelle Koch | 18 | Acnw | 27.6h |
| 4 | 351 Anri Salim | 19 | Acnw | 28.2h |

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5 671 Sherica Van Graan 18 Cga 28.9h

Event 60 Heptathlon: #4 Women 200 Meter Sprint Senior

| Name | Age | Team | Finals |
|------|-----|------|--------|
|------|-----|------|--------|

Heat 1 Wind: -2.3

1 501 June Roelofse 23 Agn 26.69

2 360 Nadine Van Der Westhuizen 27 Acnw 27.22

3 16 Helene Peens 21 Bola 27.27

4 193 Jolanda Loubser 27 Epa-I 27.94

Event 61 Women 200 Meter Sprint EAD

| Name | Age | Team | Finals |
|------|-----|------|--------|
|------|-----|------|--------|

Heat 1 Wind: -2.4

1 684 Anika Pretorius Sasapd 27.30

2 682 Elna Durr Sasapd 30.23

Event 62 Men 200 Meter Sprint EAD

| Name | Age | Team | Finals |
|------|-----|------|--------|
|------|-----|------|--------|

Heat 1 Wind: -3.4

1 695 Hilton Langenhoven Sasapd 23.70

2 705 Fanie Van Der Merwe Sasapd 23.86

3 689 Kena Cloete Sasapd 25.05

4 704 Vukile Skoti Sasapd 26.70

Event 64 Men 400 Meter Run Senior

SA Senior: 44.59 R 1999 Arnaud Malherbe & Henderik Moganyetsi, Roodepoort & Yokohama

IAAF WC: 45.50 Q

| Name | Age | Team | Semis |
|------|-----|------|-------|
|------|-----|------|-------|

Heat 1 Semi-Finals

1 469 Wayde Van Niekerk 23 Afs 46.36 Q 1

2 534 Ofentse Mogawane 33 Agn 46.60 Q 1

3 544 Jon Seeliger 20 Agn 47.05 q 1

4 207 Andrew Barnes 27 Kzna 48.39 1

5 60 Jaden Flagg 21 Bola-I 48.68 1

6 222 Oscar Mavundla 23 Lima 48.87 1

7 51 Jannie Briers-Louw 22 Bola-I 49.35 1

8 62 Diwan Kamoetie 20 Bola-I 50.71 1

Heat 2 Semi-Finals

1 516 Ranti Dikgale 28 Agn 47.08 Q 2

2 719 Luxolo Adams 25 Epa-I 47.17 Q 2

3 578 Christian Lubbe 21 Agn-I 47.75 q 2

4 393 Lesedi Mokgobinyane 22 Acnw 47.80 2

5 256 Jeremia Jelwana 19 Wpa-I 48.09 2

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|--|------------------------|------------|-------------|---------|---------------|
| 6 | 471 Braam Van Tubbergh | 23 | Afs | 48.55 | 2 |
| 7 | 155 Ivan Prinsloo | 18 | Cga | 49.93 | 2 |
| Heat 3 Semi-Finals | | | | | |
| 1 | 264 Rodwell Ndlovu | 24 | Wpa | 46.72 Q | 3 |
| 2 | 196 Berend Koekemoer | 20 | Epa-I | 47.27 Q | 3 |
| 3 | 523 Ashley Hlungwani | 24 | Agn | 47.79 | 3 |
| 4 | 587 Tapelo Phora | 24 | Agn-I | 47.82 | 3 |
| 5 | 180 Quinton Norris | 23 | Cga-I | 48.05 | 3 |
| 6 | 63 Benje Momberg | 17 | Bola-I | 50.62 | 3 |
| 7 | 712 Trevor Maltolose | 23 | Cga | 51.49 | 3 |
| 8 | 713 Mihle Nukwe | 23 | Cga | 52.73 | 3 |
| Event 65 Decathlon: #5 Boys 400 Meter Sprint Youth | | | | | |
| | Name | Age | Team | | Finals |
| Heat 1 | | | | | |
| 1 | 30 Everhardus Loubser | 17 | Bola | 54.68 | 1 |
| 2 | 436 Grove Coetzee | 17 | Afs | 1:00.29 | 1 |
| 3 | 306 Ricardo Human | 17 | Wpa-I | 1:00.77 | 1 |
| Heat 2 | | | | | |
| 1 | 257 Nurdeen Joshua | 17 | Wpa | 53.16 | 2 |
| 2 | 310 Daniel Marais | 16 | Wpa-I | 55.57 | 2 |
| 3 | 319 Johua Rhode | 16 | Wpa-I | 57.27 | 2 |
| Event 66 Decathlon: #5 Men 400 Meter Sprint Junior | | | | | |
| | Name | Age | Team | | Finals |
| Heat 1 | | | | | |
| 1 | 25 Wynand Du Toit | 18 | Bola | 49.87 | |
| 2 | 311 Tebuo Mzimase | 19 | Wpa-I | 52.99 | |
| Heat 1 ... (Event 66 Decathlon: #5 Men 400 Meter Sprint Junior) | | | | | |
| | Name | Age | Team | | Finals |
| 3 | 266 Keagan Peters | 19 | Wpa | 53.34 | |
| 4 | 268 Dillon Solomons | 19 | Wpa | 54.99 | |
| 5 | 176 Chris Wepener | 18 | Cga | 55.99 | |
| Event 67 Decathlon: #5 Men 400 Meter Sprint Senior | | | | | |
| | Name | Age | Team | | Finals |
| Heat 1 | | | | | |
| 1 | 405 Gert Swanepoel | 24 | Acnw | 50.42 | 1 |
| 2 | 441 Nardus Greyling | 24 | Afs | 51.28 | 1 |
| 3 | 579 Duncan McGladdery | 21 | Agn-I | 53.48 | 1 |
| Heat 2 | | | | | |

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| | | | | | |
|---|----------------------|----|------|-------|---|
| 1 | 410 Lee Van Den Berg | 21 | Acnw | 51.54 | 2 |
| 2 | 467 JC Van Biljon | 20 | Afs | 51.58 | 2 |
| 3 | 366 Brandon Barnard | 22 | Acnw | 53.67 | 2 |
| 4 | 629 Mihan Roos | 37 | Aswd | 55.88 | 2 |

Event 68 Women 20000 Meter Race Walk Senior

SA Senior:1:36:43.50 R 2005

Nicolene Cronje, Germiston

IAAF WC:1:36:00.00 Q 2015

| Name | Age | Team | Finals | |
|---------------|---------------------|------|--------|------------|
| Heat 1 | | | | |
| 1 | 95 Anel Oosthuizen | 20 | Cga | 1:38:03.00 |
| 2 | 503 Corli Swart | 24 | Agn | 1:42:07.00 |
| 3 | 205 Zeldia Schultz | 23 | Kzna | 1:48:29.00 |
| 4 | 81 Michelle Hopkins | 27 | Cga | 1:53:17.00 |
| 5 | 101 Rose Shabalala | 22 | Cga | 1:57:46.00 |
| 6 | 91 Nthatsi Mokhele | 22 | Cga | 2:01:16.00 |
| --- | 723 Inge Kotze | 23 | Bola-I | DQ |
| --- | 492 Chanice Klink | 20 | Agn | DQ |

Event 69 Men 20000 Meter Race Walk Senior

SA Senior:1:22:21.00 R 1996

Chris Britz, Eissenhutzenstadt

IAAF WC:1:25:00.00 Q

| Name | Age | Team | Finals | |
|---------------|-------------------------|------|--------|--------------|
| Heat 1 | | | | |
| 1 | 725 Lebogang Shange | 25 | Cga | 1:23:00.00 Q |
| 2 | 548 Wayne Snyman | 30 | Agn | 1:23:42.00 Q |
| 3 | 435 Mthembi Chauque | 22 | Afs | 1:31:31.00 |
| 4 | 252 Pierre De Villiers | 30 | Wpa | 1:32:18.00 |
| 5 | 533 Mthunzi Mnisi | 27 | Agn | 1:32:31.00 |
| 6 | 210 Sizwe Mdebele | 21 | Kzna | 1:35:07.00 |
| 7 | 213 Lindokuhle Ntombela | 22 | Kzna | 1:36:28.00 |
| 8 | 540 Mark Mundell | 32 | Agn | 1:36:57.00 |
| 9 | 135 Moeketsi Mamarara | 21 | Cga | 1:37:14.00 |
| 10 | 250 Gideon Cillie | 38 | Wpa | 1:39:40.00 |
| 11 | 528 Thando Lumkwana | 27 | Agn | 1:41:10.00 |
| 12 | 248 Stefano Aracena | 33 | Wpa | 1:42:02.00 |
| 13 | 127 Mduduzi Mabvundla | 21 | Cga | 1:42:36.00 |
| 14 | 152 Ntoane Ntoane | 20 | Cga | 1:45:32.00 |
| 15 | 714 Danny Boy Schemo | 20 | Cga | 1:47:06.00 |
| 16 | 318 Envor Rhodas | 23 | Wpa-I | 1:48:48.00 |

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Results

--- 181 George Seldon 24 Cga-I DNF

--- 209 Aaron Mahlangu 24 Kzna DQ

Event 71 Men 400 Meter Sprint EAD

| Name | Age | Team | Finals |
|-------------------------|-----|--------|---------|
| Heat 1 | | | |
| 1 691 Charl Du Toit | | Sasapd | 52.45 |
| 2 689 Kena Cloete | | Sasapd | 55.33 |
| 3 692 Divan Engelbrecht | | Sasapd | 1:04.00 |

Event 72 Men 800 Meter Run Senior

SA Senior: 1:42.69 R 1999 Hezekiel Sepeng, Brussels

IAAF WC: 1:46.00 Q

| Name | Age | Team | Semis |
|----------------------------|-----|-------|-------------|
| Heat 1 Semi-Finals | | | |
| 1 589 Koketso Ramasita | 23 | Agn-I | 1:49.08 Q 1 |
| 2 409 Henco Uys | 23 | Acnw | 1:49.22 Q 1 |
| 3 724 Duran Faro | 21 | Wpa | 1:49.30 q 1 |
| 4 616 Kabelo Mohlosi | 22 | Anwn | 1:49.70 q 1 |
| 5 111 Henk Beukes | 25 | Cga | 1:50.89 1 |
| 6 125 Yster Louw | 18 | Cga | 1:51.17 1 |
| 7 438 Treasure Derison | 23 | Afs | 1:51.54 1 |
| 8 400 Emile Pieterse | 22 | Acnw | 1:54.80 1 |
| Heat 2 Semi-Finals | | | |
| 1 399 Andre Olivier | 26 | Acnw | 1:49.50 Q 2 |
| 2 374 Pieter Conradie | 21 | Acnw | 1:49.98 Q 2 |
| 3 605 William Mothosola | 25 | Ampu | 1:50.29 2 |
| 4 211 Linda Mhlongo | 23 | Kzna | 1:50.89 2 |
| 5 272 Darren Stevens | 19 | Wpa | 1:51.04 2 |
| 6 161 Tlou Seloba | 30 | Cga | 1:51.19 2 |
| 7 676 Thato Massamini | 19 | Cga | 1:52.44 2 |
| 8 120 Heinrich Herbst | 18 | Cga | 1:52.50 2 |
| Heat 3 Semi-Finals | | | |
| 1 470 Rynardt Van Rensburg | 23 | Afs | 1:46.72 Q 3 |
| 2 626 Jacob Rozani | 27 | Anwn | 1:48.54 Q 3 |
| 3 602 Tian Basson | 22 | Ampu | 1:49.78 3 |
| 4 584 Theodore Nothling | 22 | Agn-I | 1:49.89 3 |
| 5 158 Andrew John Roodt | 25 | Cga | 1:51.39 3 |
| 6 458 Hannes Naude | 25 | Afs | 1:53.66 3 |

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7 139 Thabang Matiwane 20 Cga 1:54.22 3

Event 73 Decathlon: #6 Men 110 Meter Hurdles Senior

| Name | Age | Team | Finals |
|-------------------------|-----|-------|--------|
| Heat 1 Wind: 0.2 | | | |
| 1 410 Lee Van Den Berg | 21 | Acnw | 15.08 |
| 2 441 Nardus Greyling | 24 | Afs | 15.81 |
| 3 405 Gert Swanepoel | 24 | Acnw | 16.01 |
| 4 467 JC Van Biljon | 20 | Afs | 16.41 |
| 5 366 Brandon Barnard | 22 | Acnw | 16.57 |
| 6 579 Duncan McGladdery | 21 | Agn-I | 16.86 |
| 7 629 Mihan Roos | 37 | Aswd | 21.67 |

Event 74 Decathlon: #6 Men 110 Meter Hurdles Junior

| Name | Age | Team | Finals |
|--------------------------|-----|------|--------|
| Heat 1 Wind: -0.2 | | | |
| 1 25 Wynand Du Toit | 18 | Bola | 15.88 |
| 2 266 Keagan Peters | 19 | Wpa | 15.95 |
| 3 268 Dillon Solomons | 19 | Wpa | 16.03 |

| Heat 1 Wind: -0.2 ... (Event 74 Decathlon: #6 Men 110 Meter Hurdles Junior) | | | |
|--|-----|------|--------|
| Name | Age | Team | Finals |
| 4 176 Chris Wepener | 18 | Cga | 16.10 |

Event 75 Decathlon: #6 Boys 110 Meter Hurdles Youth

| Name | Age | Team | Finals |
|--------------------------|-----|-------|---------|
| Heat 1 Wind: +0.0 | | | |
| 1 310 Daniel Marais | 16 | Wpa-I | 16.21 1 |
| 2 257 Nurdeen Joshua | 17 | Wpa | 17.20 1 |

| Heat 2 Wind: 1.4 | | | |
|-------------------------|-----|-------|---------|
| Name | Age | Team | Finals |
| 1 30 Everhardus Loubser | 17 | Bola | 15.21 2 |
| 2 319 Johua Rhode | 16 | Wpa-I | 15.64 2 |
| 3 306 Ricardo Human | 17 | Wpa-I | 16.83 2 |
| 4 436 Grove Coetzee | 17 | Afs | 17.97 2 |

Event 76 Outdoor Pentathlon: #1 Girls 90 Meter Hurdles Sub-Youth

| Name | Age | Team | Finals |
|---------------------------|-----|-------|---------|
| Heat 1 Wind: -0.6 | | | |
| 1 669 Prudence Kgadima | 15 | Cga | 14.04 1 |
| 2 599 Monique Language | 15 | Ampu | 16.29 1 |
| 3 278 Donough Ameerah | 14 | Wpa-I | 16.37 1 |
| 4 670 Itumaleng Raskhanye | 15 | Cga | 18.09 1 |
| 5 286 Nawaal Joshua | 14 | Wpa-I | 18.37 1 |

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Heat 2 Wind: 0.4

| | | | | | |
|---|----------------------|----|-------|-------|---|
| 1 | 10 Rogail Joseph | 15 | Bola | 13.89 | 2 |
| 2 | 11 Leandre Ketch | 15 | Bola | 14.50 | 2 |
| 3 | 70 Ancker Botha | 15 | Cga | 15.68 | 2 |
| 4 | 79 Clarinda Heystack | 15 | Cga | 16.34 | 2 |
| 5 | 292 Carla Stevens | 14 | Wpa-I | 16.66 | 2 |
| 6 | 285 Lesley Jonas | 15 | Wpa-I | 17.80 | 2 |

Event 77 Women 10000 Meter Run Senior

SA Senior: 30:52.51 R 1994 Elana Meyer, London

IAAF WC: 32:00.00 Q 2015

| | Name | Age | Team | Finals |
|---------------|------------------------|-----|-------|----------|
| Heat 1 | | | | |
| 1 | 73 Nolene Conrad | 30 | Cga | 34:26.63 |
| 2 | 601 Glenrose Xaba | 21 | Ampu | 34:59.20 |
| 3 | 87 Mpho Mabuza | 36 | Cga | 35:19.51 |
| 4 | 199 Jenet Dlamini | 21 | Kzna | 35:44.79 |
| 5 | 92 Lorraine Novela | 24 | Cga | 36:03.44 |
| 6 | 13 Ebeth Marais | 20 | Bola | 36:03.85 |
| 7 | 630 Lusanda Bomvana | 24 | Atra | 37:23.34 |
| 8 | 505 Marli Van Staden | 22 | Agn | 37:25.43 |
| 9 | 241 Ashleigh Simonis | 17 | Wpa | 37:51.93 |
| 10 | 485 Vuyohazi Gebe | 24 | Agn | 38:14.66 |
| 11 | 198 Silindile Chili | 21 | Kzna | 38:44.21 |
| 12 | 183 Natalie Ross | 25 | Epa | 39:02.83 |
| 13 | 431 Maryna Swanepoel | 29 | Afs | 39:14.50 |
| 14 | 75 Nonhlanhla Dlamini | 19 | Cga | 39:14.79 |
| 15 | 80 Precious Hlaka | 23 | Cga | 40:36.18 |
| 16 | 422 Kebileng Mahloko | 20 | Afs | 43:04.44 |
| 17 | 432 Nthathi Tshabalala | 21 | Afs | 44:25.60 |
| 18 | 631 Nontle Diko | 20 | Atra | 44:27.77 |
| --- | 276 Amy Abrahams | 21 | Wpa-I | DNF |

Heat 1 ... (Event 77 Women 10000 Meter Run Senior)

| | Name | Age | Team | Finals |
|-----|-----------------------|-----|------|--------|
| --- | 202 Lindokuhle Gabela | 29 | Kzna | DNF |
| --- | 491 Patience Khumalo | 27 | Agn | DNF |
| --- | 239 Tanya Scott | 25 | Wpa | DNF |

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Results

--- 354 Maria Shai 28 Acnw DNF

Event 78 Heptathlon: #5 Girls Long Jump Youth

| Name | Age | Team | Finals | Wind |
|----------------------------|-----|-------|--------|------|
| Flight 1 | | | | |
| 1 481 Mahlatsi Dombeni | 16 | Agn | 5.31m | 0.7 |
| 2 504 Cindy Van Bers | 16 | Agn | 5.21m | 0.4 |
| 3 477 Megan Bogner | 17 | Agn | 5.04m | 0.3 |
| 4 84 Marne Kriederman | 17 | Cga | 4.50m | -0.4 |
| --- 284 Antonina Hendricks | 17 | Wpa-I | FOUL | |

Event 79 Heptathlon: #5 Women Long Jump Junior

| Name | Age | Team | Finals | Wind |
|-------------------------|-----|------|--------|------|
| Flight 1 | | | | |
| 1 233 Carla Johnson | 18 | Wpa | 5.78m | 0.8 |
| 2 5 Nienka Du Toit | 18 | Bola | 5.44m | 0.1 |
| 3 717 Michelle Koch | 18 | Acnw | 4.90m | 0.4 |
| 4 351 Anri Salim | 19 | Acnw | 4.80m | 2.0 |
| 5 671 Sherica Van Graan | 18 | Cga | 4.43m | 0.6 |

Event 80 Heptathlon: #5 Women Long Jump Senior

| Name | Age | Team | Finals | Wind |
|---------------------------------|-----|-------|--------|------|
| Flight 1 | | | | |
| 1 501 June Roelofse | 23 | Agn | 5.85m | 1.4 |
| 2 16 Helene Peens | 21 | Bola | 5.67m | 0.1 |
| 3 193 Jolanda Loubser | 27 | Epa-I | 4.83m | 0.9 |
| 4 360 Nadine Van Der Westhuizen | 27 | Acnw | 4.23m | 1.9 |

Event 81 Women Javelin Throw Senior

SA Senior: 69.35m R 2012 Sunette Viljoen, New York

IAAF WC: 61.00m Q 2015

| Name | Age | Team | Finals |
|------------------------|-----|-------|----------|
| Flight 1 | | | |
| 1 363 Sunette Viljoen | 32 | Acnw | 64.14m Q |
| 2 627 Jo-Ané Van Dyk | 18 | Aswd | 49.83m |
| 3 364 Megan Wilke | 20 | Acnw | 47.87m |
| 4 342 Janike Kotze | 22 | Acnw | 47.28m |
| 5 228 Zandri Bailey | 21 | Wpa | 45.45m |
| 6 330 Gezelle Bernard | 24 | Acnw | 44.54m |
| 7 277 Jolandri Alberts | 22 | Wpa-I | 37.19m |

Event 82 Outdoor Pentathlon: #3 Girls High Jump Sub-Youth

| Name | Age | Team | Finals |
|------------------------|-----|------|--------|
| Flight 1 | | | |
| 1 11 Leandre Ketch | 15 | Bola | 1.52m |
| 1 10 Rogail Joseph | 15 | Bola | 1.52m |
| 3 669 Prudence Kgadima | 15 | Cga | 1.49m |
| 4 70 Ancker Botha | 15 | Cga | 1.46m |

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| | | | | |
|---|----------------------|----|-------|-------|
| 5 | 599 Monique Language | 15 | Ampu | 1.43m |
| 6 | 79 Clarinda Heystack | 15 | Cga | 1.40m |
| 7 | 278 Donough Ameerah | 14 | Wpa-I | 1.34m |

Flight 1 ... (Event 82 Outdoor Pentathlon: #3 Girls High Jump Sub-Youth)

| | Name | Age | Team | Finals |
|----|-------------------------|------------|-------------|---------------|
| 8 | 670 Itumaleng Raskhanye | 15 | Cga | 1.25m |
| 8 | 285 Lesley Jonas | 15 | Wpa-I | 1.25m |
| 8 | 292 Carla Stevens | 14 | Wpa-I | 1.25m |
| 11 | 286 Nawaal Joshua | 14 | Wpa-I | 1.22m |

Event 83 Decathlon: #7 Boys Discus Throw Youth

| | Name | Age | Team | Finals |
|--|-------------|------------|-------------|---------------|
|--|-------------|------------|-------------|---------------|

Flight 1

| | | | | |
|---|-----------------------|----|-------|--------|
| 1 | 30 Everhardus Loubser | 17 | Bola | 37.04m |
| 2 | 436 Grove Coetzee | 17 | Afs | 30.22m |
| 3 | 257 Nurdeen Joshua | 17 | Wpa | 29.79m |
| 4 | 306 Ricardo Human | 17 | Wpa-I | 28.35m |
| 5 | 319 Johua Rhode | 16 | Wpa-I | 27.77m |
| 6 | 310 Daniel Marais | 16 | Wpa-I | 26.64m |

Event 84 Decathlon: #7 Men Discus Throw Junior

SA Senior: 63.94m R 2008 Victor Hogan, Pretoria

SA Junior: 63.94m J 2008 Victor Hogan, Pretoria

| | Name | Age | Team | Finals |
|--|-------------|------------|-------------|---------------|
|--|-------------|------------|-------------|---------------|

Flight 1

| | | | | |
|---|---------------------|----|------|--------|
| 1 | 176 Chris Wepener | 18 | Cga | 39.43m |
| 2 | 25 Wynand Du Toit | 18 | Bola | 31.70m |
| 3 | 268 Dillon Solomons | 19 | Wpa | 28.35m |
| 4 | 266 Keagan Peters | 19 | Wpa | 26.69m |

Event 85 Decathlon: #7 Men Discus Throw Senior

| | Name | Age | Team | Finals |
|--|-------------|------------|-------------|---------------|
|--|-------------|------------|-------------|---------------|

Flight 1

| | | | | |
|---|-----------------------|----|-------|--------|
| 1 | 441 Nardus Greyling | 24 | Afs | 37.90m |
| 2 | 405 Gert Swanepoel | 24 | Acnw | 37.42m |
| 3 | 467 JC Van Biljon | 20 | Afs | 33.73m |
| 4 | 410 Lee Van Den Berg | 21 | Acnw | 30.13m |
| 5 | 629 Mihan Roos | 37 | Aswd | 29.97m |
| 6 | 579 Duncan McGladdery | 21 | Agn-I | 29.53m |
| 7 | 366 Brandon Barnard | 22 | Acnw | 24.04m |

Event 86 Women Javelin Throw Seated EAD

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Results

| Name | Age | Team | Results | Finals |
|-------------------|------------|-------------|----------------|---------------|
| Flight 1 | | | | |
| 1 685 Zanele Situ | | Sasapd | | 16.44m |

Event 86 Men Shot Put Seated EAD

| Name | Age | Team | Results | Finals |
|------------------------|------------|-------------|----------------|---------------|
| Flight 1 | | | | |
| 1 696 Michael Louwrens | | Sasapd | | 10.53m |

Event 87 Men 110 Meter Hurdles Senior

SA Senior: 13.24 R 2012 Lehann Fourie, Bruxelles

IAAF WC: 13.47 Q

| Name | Age | Team | Results | Finals |
|--------------------------------|------------|-------------|----------------|---------------|
| Heat 1 Heats Wind: -0.6 | | | | |
| 1 246 Antonio Alkana | 25 | Wpa | 13.70 Q | 1 |
| 2 526 Tshepo Lefete | 23 | Agn | 14.22 Q | 1 |
| 3 542 Fredriech Pretorius | 20 | Agn | 14.61 Q | 1 |

Heat 1 Heats Wind: -0.6 ... (Event 87 Men 110 Meter Hurdles Senior)

| Name | Age | Team | Results | Finals |
|---------------------|------------|-------------|----------------|---------------|
| 4 197 Bongo Mankayi | 20 | Epa-I | 14.91 q | 1 |
| 5 585 Tshepo Nyathi | 21 | Agn-I | 14.97 q | 1 |

Heat 2 Heats Wind: -0.8

| | | | | |
|-----------------------|----|-------|---------|---|
| 1 515 Ruan De Vries | 29 | Agn | 13.77 Q | 2 |
| 2 538 Kobus Moolman | 24 | Agn | 14.38 Q | 2 |
| 3 519 Muntingh Hamman | 25 | Agn | 14.47 Q | 2 |
| 4 321 André September | 22 | Wpa-I | 15.73 | 2 |

Event 88 Women 100 Meter Hurdles Senior

SA Senior: 12.94 R 1998 Corien Botha, Salamanca

IAAF WC: 13.00 Q 2015

| Name | Age | Team | Results | Finals |
|--------------------------------|------------|-------------|----------------|---------------|
| Heat 1 Heats Wind: -0.4 | | | | |
| 1 78 Kayla Gilbert | 22 | Cga | 14.20 Q | 1 |
| 2 194 Cayla Seddon | 18 | Epa-I | 14.36 Q | 1 |
| 3 572 Talita Vorster | 21 | Agn-I | 15.01 Q | 1 |
| 4 67 Helga-Wendy Bensusan | 21 | Cga | 15.07 q | 1 |
| 5 421 Lizzy Kriel | 21 | Afs | 25.14 q | 1 |
| Heat 2 Heats Wind: -0.1 | | | | |
| 1 487 Claudia Heunis | 26 | Agn | 13.61 Q | 2 |
| 2 244 Janke Van Wyk | 18 | Wpa | 14.62 Q | 2 |
| 3 484 Carina Etsebeth | 25 | Agn | 14.68 Q | 2 |

Event 90 Men 200 Meter Sprint Senior

SA Senior: 20.11 R 2002 Morne Nagel, Germiston

IAAF WC: 20.50 Q 2015

| Name | Age | Team | Results | Finals |
|--------------|------------|-------------|----------------|---------------|
| Semis | | | | |

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Heat 1 Semi-Finals Wind: 0.3

| | | | | |
|---|---------------------|----------|---------|---|
| 1 | 253 Roscoe Engel | 26 Wpa | 20.85 Q | 1 |
| 2 | 590 Eckhard Rossouw | 19 Agn-I | 21.32 Q | 1 |
| 3 | 222 Oscar Mavundla | 23 Lima | 21.60 | 1 |
| 4 | 596 Walter Ungerer | 20 Agn-I | 21.62 | 1 |
| 5 | 307 Yusuf Ismail | 21 Wpa-I | 21.84 | 1 |
| 6 | 314 Ethan Nobel | 17 Wpa-I | 21.89 | 1 |
| 7 | 597 Isak Van Wyk | 17 Agn-I | 21.95 | 1 |
| 8 | 300 Jonathan Dreyer | 34 Wpa-I | 22.76 | 1 |

Heat 2 Semi-Finals Wind: -0.2

| | | | | |
|---|---------------------|----------|---------|---|
| 1 | 189 Anaso Jobodwana | 23 Epa | 21.05 Q | 2 |
| 2 | 448 Thomas Jonda | 25 Afs | 21.52 Q | 2 |
| 3 | 466 Gideon Trotter | 23 Afs | 21.55 q | 2 |
| 4 | 382 Hendrik Khumalo | 21 Acnw | 21.62 | 2 |
| 5 | 177 St John Whindus | 24 Cga | 21.77 | 2 |
| 6 | 475 Peter Mukuena | 24 Afs-I | 22.28 | 2 |
| 7 | 586 Anele Nzwanzwa | 19 Agn-I | 22.55 | 2 |

Heat 3 Semi-Finals Wind: +0.0

| | | | | |
|---|---------------------|-----------|---------|---|
| 1 | 615 Lebogang Moeng | 26 Anwn | 20.94 Q | 3 |
| 2 | 247 Kyle Appel | 17 Wpa | 21.02 Q | 3 |
| 3 | 223 France Ntene | 27 Lima | 21.59 q | 3 |
| 4 | 594 Dewald Steyn | 22 Agn-I | 21.72 | 3 |
| 5 | 591 Lebakeng Sesele | 25 Agn-I | 21.89 | 3 |
| 6 | 62 Diwan Kamoetie | 20 Bola-I | 22.00 | 3 |
| 7 | 220 Katlego Magwai | 21 Lima | 22.83 | 3 |
| 8 | 296 Kurt Cameron | 22 Wpa-I | 23.09 | 3 |

Event 91 Men 3000 Meter Steeplechase Senior

SA Senior: 8:11.50 R 2011 Ruben Ramolefi, Daegu

IAAF WC: 8:28.00 Q

| Heat | Name | Age | Team | Finals |
|------|-------------------------|-----|------|---------|
| 1 | 144 Tumisang Monnatlala | 20 | Cga | 8:33.02 |
| 2 | 146 Tumelo Motlagale | 29 | Cga | 8:37.33 |
| 3 | 675 Ikageng Gaorekwe | 18 | Cga | 8:37.51 |
| 4 | 370 Lucas Bothobutle | 24 | Acnw | 8:59.30 |
| 5 | 715 Ruben Ramolefi | 37 | Cga | 9:08.76 |

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| | | | | | |
|---------------|---------------------------|----|-------|----------|---|
| 6 | 593 Tumisang Siyabonga | 20 | Agn-I | 9:26.77 | 1 |
| 7 | 674 Creel Chavalala | 19 | Cga | 9:28.70 | 1 |
| 8 | 129 Kotopetsa Mahlangu | 25 | Cga | 9:34.03 | 1 |
| 9 | 611 Obed Kopong | 27 | Anwn | 9:38.55 | 1 |
| 10 | 620 Katlego Nthathe | 23 | Anwn | 9:53.08 | 1 |
| 11 | 617 Ofentse Mokotelakwena | 21 | Anwn | 9:54.78 | 1 |
| Heat 2 | | | | | |
| 1 | 387 Dikotsi Lekopa | 27 | Acnw | 8:32.17 | 2 |
| 2 | 309 Merlin Klaaste | 23 | Wpa-I | 9:03.18 | 2 |
| 3 | 536 Simon Mokonyama | 23 | Agn | 9:04.16 | 2 |
| 4 | 456 Khothatso Mokone | 26 | Afs | 9:11.65 | 2 |
| 5 | 628 Lloyd Bosman | 27 | Aswd | 9:20.59 | 2 |
| 6 | 323 Siboniso Soldaka | 25 | Wpa-I | 9:29.52 | 2 |
| 7 | 463 Sprinkaan Smons | 25 | Afs | 9:35.62 | 2 |
| 8 | 678 Palacious Mukwevho | 22 | Cga | 10:01.39 | 2 |
| 9 | 646 Ndilisa Mangcipu | 23 | Atra | 10:40.60 | 2 |

Event 92 Women 3000 Meter Steeplechase Senior

SA Senior: 9:54.19 R 2011 Tebogo Masehla, Ordegem

IAAF WC: 9:44.00 Q 2015

| | Name | Age | Team | Finals |
|---------------|------------------------|-----|--------|----------|
| Heat 1 | | | | |
| 1 | 476 Thembi Baloyi | 26 | Agn | 10:28.33 |
| 2 | 666 Jeanette Bokadi | 19 | Cga | 10:40.40 |
| 3 | 429 Cherise Sims | 22 | Afs | 11:01.24 |
| 4 | 100 Ashleigh Schnetler | 24 | Cga | 11:14.82 |
| 5 | 40 Sharlan Boer | 17 | Bola-I | 12:17.92 |
| 6 | 280 Ileana Dreyer | 19 | Wpa-I | 12:22.46 |
| 7 | 38 Vernoschka Abrahams | 18 | Bola-I | 12:22.94 |
| 8 | 634 Asive Mazaleni | 19 | Atra | 14:19.89 |

Event 93 Decathlon: #8 Boys Pole Vault Youth

| | Name | Age | Team | Finals |
|-----------------|-----------------------|-----|-------|--------|
| Flight 1 | | | | |
| 1 | 30 Everhardus Loubser | 17 | Bola | 4.20m |
| 2 | 257 Nurdeen Joshua | 17 | Wpa | 2.90m |
| 3 | 310 Daniel Marais | 16 | Wpa-I | 2.60m |
| 4 | 319 Johua Rhode | 16 | Wpa-I | 2.20m |
| --- | 436 Grove Coetzee | 17 | Afs | NH |

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Event 94 Decathlon: #8 Men Pole Vault Junior

SA Junior: 5.50m J 2010 Cheyne Rahme, Germiston

| Name | Age | Team | Finals |
|---------------------|-----|------|--------|
| Flight 1 | | | |
| 1 25 Wynand Du Toit | 18 | Bola | 3.00m |

Flight 1 ... (Event 94 Decathlon: #8 Men Pole Vault Junior)

| Name | Age | Team | Finals |
|-----------------------|-----|------|--------|
| 2 176 Chris Wepener | 18 | Cga | 2.90m |
| 3 266 Keagan Peters | 19 | Wpa | 2.80m |
| 4 268 Dillon Solomons | 19 | Wpa | 2.50m |

Event 95 Decathlon: #8 Men Pole Vault Senior

| Name | Age | Team | Finals |
|-------------------------|-----|-------|--------|
| Flight 1 | | | |
| 1 410 Lee Van Den Berg | 21 | Acnw | 4.20m |
| 2 405 Gert Swanepoel | 24 | Acnw | 4.10m |
| 3 441 Nardus Greyling | 24 | Afs | 4.00m |
| 4 467 JC Van Biljon | 20 | Afs | 3.60m |
| 4 366 Brandon Barnard | 22 | Acnw | 3.60m |
| 6 629 Mihan Roos | 37 | Aswd | 3.30m |
| 7 579 Duncan McGladdery | 21 | Agn-I | 3.10m |

Event 96 Women Discus Throw Senior

SA Senior: 64.87m R 2007 Elizna Naude, Stellenbosch

IAAF WC: 61.00m Q 2015

| Name | Age | Team | Finals |
|---------------------------|-----|------|--------|
| Flight 1 | | | |
| 1 334 Geraldene Duvenhage | 20 | Acnw | 53.00m |
| 2 184 Ischke Senekal | 22 | Epa | 49.54m |
| 3 668 Leandrie Geel | 18 | Cga | 46.44m |
| 4 20 Angeline Smit | 17 | Bola | 42.49m |
| 5 3 Chane Coetzee | 17 | Bola | 42.32m |
| 6 225 Tanya Treurnicht | 31 | Saps | 35.81m |
| 7 232 Caioly Gabriel | 19 | Wpa | 29.91m |

Event 97 Women Triple Jump Senior

SA Senior: 13.89m R 2012 Patience Ntshingila, Potchefstroom

IAAF WC: 14.20m Q 2015

| Name | Age | Team | Finals | Wind |
|--------------------------|-----|-------|--------|------|
| Flight 1 | | | | |
| 1 93 Patience Ntshingila | 26 | Cga | 13.32m | 1.0 |
| 2 556 Matsie Dikotla | 28 | Agn-I | 13.18m | 0.9 |
| 3 72 Zinzi Chabangu | 19 | Cga | 13.14m | -0.8 |
| 4 480 Michelle Cornelius | 26 | Agn | 12.33m | 2.1 |

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| | | | | | |
|----|--------------------------|----|-------|--------|-----|
| 5 | 570 Taylia Visagie | 19 | Agn-I | 12.20m | 2.0 |
| 6 | 493 Manti Kunutu | 18 | Agn | 12.13m | 0.5 |
| 7 | 478 Bennita Botha | 21 | Agn | 11.96m | 0.5 |
| 8 | 67 Helga-Wendy Bensusan | 21 | Cga | 11.93m | 2.0 |
| 9 | 230 Nicole Dirk | 23 | Wpa | 11.61m | 1.0 |
| 10 | 418 Marelise Campher | 21 | Afs | 11.39m | 1.6 |
| 11 | 483 Stephanie Esonguwune | 18 | Agn | 11.03m | 0.2 |

Event 98 Heptathlon: #6 Girls Javelin Throw Youth

| Name | Age | Team | Finals |
|------|-----|------|--------|
|------|-----|------|--------|

Flight 1

| | | | | |
|---|----------------------|----|-----|--------|
| 1 | 477 Megan Bogner | 17 | Agn | 29.26m |
| 2 | 504 Cindy Van Bers | 16 | Agn | 27.07m |
| 3 | 84 Marne Kriederman | 17 | Cga | 26.23m |
| 4 | 481 Mahlatsi Dombeni | 16 | Agn | 23.96m |

Event 99 Heptathlon: #6 Women Javelin Throw Junior

| Name | Age | Team | Finals |
|------|-----|------|--------|
|------|-----|------|--------|

Flight 1

| | | | | |
|---|-----------------------|----|------|--------|
| 1 | 5 Nienka Du Toit | 18 | Bola | 34.33m |
| 2 | 233 Carla Johnson | 18 | Wpa | 27.24m |
| 3 | 671 Sherica Van Graan | 18 | Cga | 21.01m |
| 4 | 351 Anri Salim | 19 | Acnw | 20.70m |
| 5 | 717 Michelle Koch | 18 | Acnw | 12.20m |

Event 100 Heptathlon: #6 Women Javelin Throw Senior

| Name | Age | Team | Finals |
|------|-----|------|--------|
|------|-----|------|--------|

Flight 1

| | | | | |
|---|-------------------------------|----|-------|--------|
| 1 | 16 Helene Peens | 21 | Bola | 29.59m |
| 2 | 501 June Roelofse | 23 | Agn | 29.42m |
| 3 | 360 Nadine Van Der Westhuizen | 27 | Acnw | 25.36m |
| 4 | 193 Jolanda Loubser | 27 | Epa-I | 19.97m |

Event 101 Women 800 Meter Run Senior

SA Senior: 1:55.45 R 2009 Caster Semenya, Berlin

IAAF WC: 2:01.00 Q 2015

| Name | Age | Team | Finals |
|------|-----|------|--------|
|------|-----|------|--------|

Heat 1 Finals

| | | | | |
|---|---------------------|----|------|---------|
| 1 | 353 Caster Semenya | 24 | Acnw | 2:05.05 |
| 2 | 97 Lebogang Phalula | 32 | Cga | 2:05.89 |
| 3 | 1 Mandie Brandt | 33 | Bola | 2:06.30 |
| 4 | 498 Anuscha Nice | 24 | Agn | 2:06.92 |
| 5 | 201 Kelly Fletcher | 21 | Kzna | 2:08.75 |

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| | | | | |
|---|------------------------|----|------|---------|
| 6 | 104 Celia Stramrood | 17 | Cga | 2:09.21 |
| 7 | 433 Rizani Van Aswegen | 23 | Afs | 2:10.45 |
| 8 | 343 Gena Lofstrand | 20 | Acnw | 2:12.46 |

Event 102 Men 800 Meter Run Senior

SA Senior: 1:42.69 R 1999 Hezekiel Sepeng, Brussels

IAAF WC: 1:46.00 Q

| | Name | Age | Team | Finals |
|----------------------|--------------------------|-----|-------|---------|
| Heat 1 Finals | | | | |
| 1 | 399 Andre Olivier | 26 | Acnw | 1:46.02 |
| 2 | 470 Rynardt Van Rensburg | 23 | Afs | 1:46.97 |
| 3 | 626 Jacob Rozani | 27 | Anwn | 1:47.37 |
| 4 | 724 Duran Faro | 21 | Wpa | 1:48.38 |
| 5 | 409 Henco Uys | 23 | Acnw | 1:49.07 |
| 6 | 374 Pieter Conradie | 21 | Acnw | 1:50.34 |
| 7 | 616 Kabelo Mohlosi | 22 | Anwn | 1:51.10 |
| --- | 589 Koketso Ramasita | 23 | Agn-I | DNF |

Event 103 Outdoor Pentathlon: #2 Girls Shot Put Sub-Youth

| | Name | Age | Team | Finals |
|-----------------|----------------------|-----|-------|--------|
| Flight 1 | | | | |
| 1 | 599 Monique Language | 15 | Ampu | 13.14m |
| 2 | 70 Ancker Botha | 15 | Cga | 13.02m |
| 3 | 11 Leandre Ketch | 15 | Bola | 10.70m |
| 4 | 292 Carla Stevens | 14 | Wpa-I | 8.30m |
| 5 | 669 Prudence Kgadima | 15 | Cga | 8.13m |
| 6 | 79 Clarinda Heystack | 15 | Cga | 7.91m |
| 7 | 278 Donough Ameerah | 14 | Wpa-I | 7.38m |

Flight 1 ... (Event 103 Outdoor Pentathlon: #2 Girls Shot Put Sub-Youth)

| | Name | Age | Team | Finals |
|----|-------------------------|-----|-------|--------|
| 8 | 286 Nawaal Joshua | 14 | Wpa-I | 7.08m |
| 9 | 670 Itumaleng Raskhanye | 15 | Cga | 6.87m |
| 10 | 10 Rogail Joseph | 15 | Bola | 6.61m |
| 11 | 285 Lesley Jonas | 15 | Wpa-I | 6.11m |

Event 104 Women High Jump Senior

SA Senior: 2.06m R 2003 Hestrie Cloete, Saint-Denis

IAAF WC: 1.94m Q 2015

| | Name | Age | Team | Finals |
|-----------------|----------------------|-----|------|--------|
| Flight 1 | | | | |
| 1 | 333 Julia Du Plessis | 19 | Acnw | 1.80m |
| 2 | 235 Geraldine King | 18 | Wpa | 1.75m |

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| | | | | |
|---|---------------------------|----|--------|-------|
| 2 | 335 Bianca Erwee | 25 | Acnw | 1.75m |
| 4 | 488 Marlize Higgens | 19 | Agn | 1.70m |
| 4 | 206 Brittany Uys | 19 | Kzna | 1.70m |
| 4 | 427 Mcayla Mienie | 18 | Afs | 1.70m |
| 4 | 563 Mieke Pretorius | 17 | Agn-I | 1.70m |
| 8 | 179 Berne Susanna Krugell | 28 | Cga-I | 1.65m |
| 9 | 182 Morita Botha | 23 | Epa | 1.60m |
| 9 | 2 Karla Bronn | 19 | Bola | 1.60m |
| 9 | 48 Remina Stephan | 23 | Bola-I | 1.60m |

Event 105 Men 400 Meter Hurdles Senior

SA Senior: 47.66 R 2011 LJ van Zyl, Ostrava
IAAF WC: 49.50 Q

| | Name | Age | Team | Finals |
|----------------------|-------------------------|-----|-------|---------|
| Heat 1 Finals | | | | |
| 1 | 554 LJ Van Zyl | 30 | Agn | 49.29 Q |
| 2 | 518 Le Roux Hamman | 23 | Agn | 50.16 |
| 3 | 509 PC Beneke | 25 | Agn | 50.17 |
| 4 | 520 Lindsay Hanekom | 22 | Agn | 50.92 |
| 5 | 588 Bernard Pretorius | 22 | Agn-I | 51.80 |
| 6 | 124 Larry Lombard | 19 | Cga | 51.88 |
| 7 | 583 Tshhegfatso Mothopa | 20 | Agn-I | 52.45 |
| 8 | 259 Niel Le Roux | 25 | Wpa | 53.63 |

Event 106 Women 400 Meter Hurdles Senior

SA Senior: 53.74 R 1986 Myrtle Bothma, Johannesburg
IAAF WC: 56.20 Q 2015

| | Name | Age | Team | Finals |
|---------------|-----------------------|-----|-------|---------|
| Heat 1 | | | | |
| 1 | 497 Wenda Nel | 27 | Agn | 55.27 Q |
| 2 | 482 Anneri Ebersohn | 25 | Agn | 57.79 |
| 3 | 19 Jean-Marie Senekal | 23 | Bola | 58.58 |
| 4 | 12 Gezelle Magerman | 18 | Bola | 59.40 |
| 5 | 236 Rozelle Meier | 19 | Wpa | 1:00.64 |
| 6 | 571 Bianca Visser | 21 | Agn-I | 1:02.08 |
| 7 | 74 Tracy-Leigh Cullis | 21 | Cga | 1:06.08 |
| 8 | 103 Zanele Sikalala | 20 | Cga | 1:11.04 |

Event 107 Women 100 Meter Sprint Senior

SA Senior: 11.06 R 1990 Evette de Klerk, Germiston
IAAF WC: 11.33 Q 2015

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Results

| Heat | Name | Age | Team | Finals |
|----------|------------------------------|-----------|--------------|--------------|
| 1 | 489 Carina Horn | 26 | Agn | 11.40 |
| 2 | 609 Tsholofelo Thipe | 29 | Anwn | 11.81 |
| 3 | 242 Tamzin Thomas | 18 | Wpa | 11.83 |
| 4 | 339 Melissa Hewitt | 24 | Acnw | 11.92 |
| 5 | 561 Cherese Jones | 30 | Agn-I | 11.94 |
| 6 | 17 Samantha Pretorius | 25 | Bola | 11.99 |
| 7 | 568 Welme Van Zyl | 27 | Agn-I | 12.15 |
| 8 | 573 Stacey Welsch | 21 | Agn-I | 12.28 |

Event 108 Men 100 Meter Sprint Senior

SA Senior: 10.06 R

Johan Rossouw & Simon Magakwe, Johannesburg

IAAF WC: 10.16 Q 2015

| Heat | Name | Age | Team | Finals |
|----------|---------------------------|-----------|--------------|--------------|
| 1 | 546 Akani Simbine | 22 | Agn | 10.25 |
| 2 | 253 Roscoe Engel | 26 | Wpa | 10.43 |
| 3 | 575 Emile Erasmus | 23 | Agn-I | 10.66 |
| 4 | 175 Quincy Voster | 20 | Cga | 10.70 |
| 4 | 580 Keenen Michau | 20 | Agn-I | 10.70 |
| 6 | 466 Gideon Trotter | 23 | Afs | 10.71 |
| 7 | 271 Brent Stevens | 25 | Wpa | 10.75 |

Event 109 Outdoor Pentathlon: #4 Girls Long Jump Sub-Youth

| Flight | Name | Age | Team | Finals | Wind |
|-----------|--------------------------------|-----------|--------------|--------------|-------------|
| 1 | 670 Itumaleng Raskhanye | 15 | Cga | 5.00m | 2.1 |
| 1 | 11 Leandre Ketch | 15 | Bola | 5.00m | 1.0 |
| 1 | 669 Prudence Kgadima | 15 | Cga | 5.00m | 0.9 |
| 4 | 10 Rogail Joseph | 15 | Bola | 4.99m | 1.6 |
| 5 | 285 Lesley Jonas | 15 | Wpa-I | 4.58m | 2.4 |
| 6 | 278 Donough Ameerah | 14 | Wpa-I | 4.53m | -0.4 |
| 7 | 70 Ancker Botha | 15 | Cga | 4.52m | 1.9 |
| 8 | 292 Carla Stevens | 14 | Wpa-I | 4.51m | 2.4 |
| 9 | 599 Monique Language | 15 | Ampu | 4.34m | 1.1 |
| 10 | 79 Clarinda Heystack | 15 | Cga | 4.29m | 1.3 |
| 11 | 286 Nawaal Joshua | 14 | Wpa-I | 3.08m | 1.9 |

Event 110 Men Discus Throw Senior

SA Senior: 70.32m R 2002

Frantz Kruger, Salon de Provence

IAAF WC: 65.00m Q

| Flight | Name | Age | Team | Finals |
|----------|------|-----|------|--------|
| 1 | | | | |

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| | | | | |
|---|------------------------|----|------|--------|
| 1 | 27 Victor Hogan | 25 | Bola | 62.86m |
| 2 | 552 Russel Tucker | 25 | Agn | 62.18m |
| 3 | 28 Brynn-Peter Kemp | 24 | Bola | 56.23m |
| 4 | 172 Dewalt Van Heerden | 24 | Cga | 55.88m |
| 5 | 397 Raun Murray | 24 | Acnw | 55.76m |
| 6 | 160 Johan Scholts | 19 | Cga | 55.00m |
| 7 | 249 Wynand Carstens | 23 | Wpa | 48.68m |
| 8 | 473 Ryno Van Winkel | 25 | Afs | 47.93m |

Flight 1 ... (Event 110 Men Discus Throw Senior)

| | Name | Age | Team | Finals |
|----|-------------------------|-----|-------|--------|
| 9 | 576 Charl Grobler | 23 | Agn-I | 47.65m |
| 10 | 411 Constand Van Rooyen | 22 | Acnw | 46.13m |

Event 111 Men 110 Meter Hurdles Senior

SA Senior: 13.24 R 2012 Lehann Fourie, Bruxelles

IAAF WC: 13.47 Q

| | Name | Age | Team | Finals |
|--------------------------------|-------------------------|-----|-------|--------|
| Heat 1 Finals Wind: 0.4 | | | | |
| 1 | 246 Antonio Alkana | 25 | Wpa | 13.54 |
| 2 | 515 Ruan De Vries | 29 | Agn | 13.83 |
| 3 | 526 Tshepo Lefete | 23 | Agn | 13.93 |
| 4 | 538 Kobus Moolman | 24 | Agn | 14.28 |
| 5 | 519 Muntingh Hamman | 25 | Agn | 14.33 |
| 6 | 542 Fredriech Pretorius | 20 | Agn | 14.65 |
| 7 | 585 Tshepo Nyathi | 21 | Agn-I | 14.88 |
| 8 | 197 Bongo Mankayi | 20 | Epa-I | 15.11 |

Event 112 Women 100 Meter Hurdles Senior

SA Senior: 12.94 R 1998 Corien Botha, Salamanca

IAAF WC: 13.00 Q 2015

| | Name | Age | Team | Finals |
|--------------------------------|-------------------------|-----|-------|--------|
| Heat 1 Finals Wind: 0.9 | | | | |
| 1 | 487 Claudia Heunis | 26 | Agn | 13.36 |
| 2 | 78 Kayla Gilbert | 22 | Cga | 13.91 |
| 3 | 421 Lizzy Kriel | 21 | Afs | 14.16 |
| 4 | 194 Cayla Seddon | 18 | Epa-I | 14.36 |
| 5 | 244 Janke Van Wyk | 18 | Wpa | 14.48 |
| 6 | 484 Carina Etsebeth | 25 | Agn | 14.58 |
| 7 | 67 Helga-Wendy Bensusan | 21 | Cga | 14.97 |
| 8 | 572 Talita Vorster | 21 | Agn-I | 15.14 |

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Event 113 Decathlon: #9 Boys Javelin Throw Youth

| Name | Age | Team | Finals |
|-------------------------|-----|-------|--------|
| Flight 1 | | | |
| 1 436 Grove Coetzee | 17 | Afs | 48.90m |
| 2 30 Everhardus Loubser | 17 | Bola | 39.70m |
| 3 319 Johua Rhode | 16 | Wpa-I | 38.88m |
| 4 310 Daniel Marais | 16 | Wpa-I | 34.12m |
| 5 257 Nurdeen Joshua | 17 | Wpa | 32.51m |

Event 114 Decathlon: #9 Men Javelin Throw Junior

SA Junior: 83.07m J 2006 Robert Oosthuizen, Beijing

| Name | Age | Team | Finals |
|-----------------------|-----|------|--------|
| Flight 1 | | | |
| 1 176 Chris Wepener | 18 | Cga | 49.95m |
| 2 266 Keagan Peters | 19 | Wpa | 43.46m |
| 3 25 Wynand Du Toit | 18 | Bola | 42.90m |
| 4 268 Dillon Solomons | 19 | Wpa | 40.74m |

Event 115 Decathlon: #9 Men Javelin Throw Senior

| Name | Age | Team | Finals |
|------------------------|-----|------|--------|
| Flight 1 | | | |
| 1 405 Gert Swanepoel | 24 | Acnw | 52.44m |
| 2 410 Lee Van Den Berg | 21 | Acnw | 51.03m |

Flight 1 ... (Event 115 Decathlon: #9 Men Javelin Throw Senior)

| Name | Age | Team | Finals |
|-------------------------|-----|-------|--------|
| 3 579 Duncan McGladdery | 21 | Agn-I | 50.07m |
| 4 441 Nardus Greyling | 24 | Afs | 45.89m |
| 5 467 JC Van Biljon | 20 | Afs | 42.58m |
| 6 366 Brandon Barnard | 22 | Acnw | 40.49m |
| 7 629 Mihan Roos | 37 | Aswd | 40.35m |

Event 116 Women 400 Meter Run Senior

SA Senior: 50.05 R 2000 Heide Seyerling, Sydney

IAAF WC: 52.00 Q 2015

| Name | Age | Team | Finals |
|---------------------------|-----|-------|--------|
| Heat 1 Finals | | | |
| 1 15 Justine Palframan | 22 | Bola | 52.49 |
| 2 608 Rorisang Ramonnye | 25 | Anwn | 53.36 |
| 3 486 Jeanelle Griesel | 18 | Agn | 53.38 |
| 4 200 Zoe Engler | 23 | Kzna | 53.42 |
| 5 562 Soandri Meyer | 27 | Agn-I | 54.14 |
| 6 243 Sonja Van Der Merwe | 23 | Wpa | 54.31 |

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7 566 Janet Seeliger 20 Agn-I 55.70

8 347 Suretha Muller 23 Acnw 58.33

Event 117 Men 400 Meter Run Senior

SA Senior: 44.59 R 1999 Arnaud Malherbe & Henderik Moganyetsi, Roodepoort & Yokohama

IAAF WC: 45.50 Q

| Heat | Name | Age | Team | Finals |
|------|-----------------------|-----|-------|---------|
| 1 | 469 Wayde Van Niekerk | 23 | Afs | 44.91 Q |
| 2 | 544 Jon Seeliger | 20 | Agn | 45.85 |
| 3 | 196 Berend Koekemoer | 20 | Epa-I | 46.01 |
| 4 | 719 Luxolo Adams | 25 | Epa-I | 46.38 |
| 5 | 534 Ofentse Mogawane | 33 | Agn | 46.46 |
| 6 | 264 Rodwell Ndlovu | 24 | Wpa | 46.53 |
| 7 | 516 Ranti Dikgale | 28 | Agn | 46.67 |
| 8 | 578 Christian Lubbe | 21 | Agn-I | 47.19 |

Event 118 Women 1500 Meter Run Senior

SA Senior: 4:01.81 R 1984 Zola Budd, Port Elizabeth

IAAF WC: 4:06.50 Q 2015

| Heat | Name | Age | Team | Finals |
|------|-----------------------|-----|--------|---------|
| 1 | 96 Lebo Phalula | 32 | Cga | 4:14.43 |
| 2 | 97 Lebogang Phalula | 32 | Cga | 4:17.33 |
| 3 | 6 Thineke Fourie | 24 | Bola | 4:21.43 |
| 4 | 109 Simonay Weitsz | 16 | Cga | 4:25.58 |
| 5 | 102 Mamphielo Sibanda | 22 | Cga | 4:26.22 |
| 6 | 92 Lorraine Novela | 24 | Cga | 4:26.38 |
| 7 | 558 Lizerie Ferreira | 19 | Agn-I | 4:29.10 |
| 8 | 353 Caster Semenya | 24 | Acnw | 4:29.60 |
| 9 | 672 Carina Viljoen | 18 | Cga | 4:37.12 |
| 10 | 281 Leanda Du Bruyn | 21 | Wpa-I | 4:37.34 |
| 11 | 293 Anel Terblanche | 28 | Wpa-I | 4:38.19 |
| 12 | 215 Lisha Van Onselen | 18 | Kzna-I | 4:40.49 |

Event 119 Men 1500 Meter Run Senior

SA Senior: 3:31.93 R 2013 Johan Cronje, Reiti

IAAF WC: 3:36.20 Q

| Heat | Name | Age | Team | Finals |
|------|----------------------|-----|------|---------|
| 1 | 437 Johan Cronje | 33 | Afs | 3:37.93 |
| 2 | 121 Dumisani Hlaselo | 26 | Cga | 3:38.38 |

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| | | | | |
|----|-----------------------|----|------|---------|
| 3 | 396 Jerry Motsau | 25 | Acnw | 3:39.26 |
| 4 | 192 Amos Nyongo | 29 | Epa | 3:40.69 |
| 5 | 162 Folavia Seohle | 25 | Cga | 3:41.73 |
| 6 | 137 Samuel Mathabata | 22 | Cga | 3:42.76 |
| 7 | 369 Armin Botha | 23 | Acnw | 3:45.82 |
| 8 | 114 Marko Bucurizza | 27 | Cga | 3:46.35 |
| 9 | 394 Rantso Mokopane | 21 | Acnw | 3:47.20 |
| 10 | 251 Bruce-Lynn Damons | 19 | Wpa | 3:47.38 |
| 11 | 131 Henry Makane | 22 | Cga | 3:50.62 |
| 12 | 167 Clinton Swanepoel | 26 | Cga | 3:51.70 |

Event 120 Men Triple Jump Senior

SA Senior: 17.25m R 2005

Khotso Mokoena, Durban

IAAF WC: 16.90m Q

| Name | Age | Team | Finals | Wind |
|-------------------------|-----|---------|--------|------|
| Flight 1 | | | | |
| 1 142 Kgotso Mokoena | 30 | Cga | 16.63m | 1.5 |
| 2 267 Jayson Sewenyana | 33 | Wpa | 15.92m | 0.3 |
| 3 33 Kwezi Mtoba | 19 | Bola | 15.47m | 0.7 |
| 4 508 Reneilwe Aphane | 25 | Agn | 15.29m | 0.2 |
| 5 407 Tumelo Thagane | 31 | Acnw | 15.25m | 0.5 |
| 6 722 Ingvar Van Rooyen | 20 | Bola-I | 14.25m | -0.9 |
| --- 662 Roger Haitengi | 25 | Namibia | 16.37m | -0.1 |
| --- 157 Apelele Ramseni | 24 | Cga | DNF | NWI |

Event 121 Heptathlon: #7 Girls 800 Meter Run Youth

| Name | Age | Team | Finals |
|------------------------|-----|------|---------|
| Heat 1 | | | |
| 1 504 Cindy Van Bers | 16 | Agn | 2:22.67 |
| 2 477 Megan Bogner | 17 | Agn | 2:25.08 |
| 3 84 Marne Kriederman | 17 | Cga | 2:29.86 |
| 4 481 Mahlatsi Dombeni | 16 | Agn | 3:07.64 |

Event 122 Men High Jump Senior

SA Senior: 2.38m R 2005

Jacques Freitag, Oudtshoorn

IAAF WC: 2.28m Q

| Name | Age | Team | Finals |
|----------------------|-----|------|--------|
| Flight 1 | | | |
| 1 527 Mpho Links | 19 | Agn | 2.23m |
| 2 26 Keegan Fourie | 24 | Bola | 2.15m |
| 2 537 Chris Moleya | 18 | Agn | 2.15m |
| 4 384 Christo Krause | 21 | Acnw | 2.10m |
| 5 187 Garth Ellis | 23 | Epa | 2.05m |

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| | | | | |
|---|--------------------|----|-------|-------|
| 5 | 294 Shane Blows | 23 | Wpa-I | 2.05m |
| 5 | 22 Damian Boshoff | 25 | Bola | 2.05m |
| 5 | 34 Luvo Nkewu | 24 | Bola | 2.05m |
| 5 | 401 Sarel Prinsloo | 22 | Acnw | 2.05m |
| 5 | 465 Jva Steytler | 23 | Afs | 2.05m |

Flight 1 ... (Event 122 Men High Jump Senior)

| | Name | Age | Team | Finals |
|-----|-----------------------|------------|-------------|---------------|
| 11 | 31 Marcel Maree | 19 | Bola | 1.95m |
| 11 | 262 Ryan Meiring | 20 | Wpa | 1.95m |
| --- | 663 Kabelo Kgosiemang | 25 | Botswana | 2.20m |

Event 123 Heptathlon: #7 Women 800 Meter Run Junior

| | Name | Age | Team | Finals |
|---------------|-----------------------|------------|-------------|---------------|
| Heat 1 | | | | |
| 1 | 671 Sherica Van Graan | 18 | Cga | 2:31.90 |
| 2 | 233 Carla Johnson | 18 | Wpa | 2:32.19 |
| 3 | 351 Anri Salim | 19 | Acnw | 2:45.80 |
| 4 | 5 Nienka Du Toit | 18 | Bola | 2:47.44 |
| 5 | 717 Michelle Koch | 18 | Acnw | 3:03.21 |

Event 124 Heptathlon: #7 Women 800 Meter Run Senior

| | Name | Age | Team | Finals |
|---------------|-------------------------------|------------|-------------|---------------|
| Heat 1 | | | | |
| 1 | 16 Helene Peens | 21 | Bola | 2:27.93 |
| 2 | 193 Jolanda Loubser | 27 | Epa-I | 2:29.55 |
| 3 | 501 June Roelofse | 23 | Agn | 2:30.64 |
| 4 | 360 Nadine Van Der Westhuizen | 27 | Acnw | 2:34.13 |

Event 125 Outdoor Pentathlon: #5 Girls 800 Meter Run Sub-Youth

| | Name | Age | Team | Finals |
|---------------|-------------------------|------------|-------------|---------------|
| Heat 1 | | | | |
| 1 | 670 Itumaleng Raskhanye | 15 | Cga | 2:20.18 |
| 2 | 292 Carla Stevens | 14 | Wpa-I | 2:26.54 |
| 3 | 10 Rogail Joseph | 15 | Bola | 2:32.08 |
| 4 | 669 Prudence Kgadima | 15 | Cga | 2:40.01 |
| 5 | 278 Donough Ameerah | 14 | Wpa-I | 2:51.39 |
| 6 | 70 Ancker Botha | 15 | Cga | 2:53.47 |
| 7 | 11 Leandre Ketch | 15 | Bola | 3:00.19 |
| 8 | 285 Lesley Jonas | 15 | Wpa-I | 3:07.96 |
| 9 | 286 Nawaal Joshua | 14 | Wpa-I | 3:14.78 |

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Results

10 599 Monique Language 15 Ampu 3:16.90

11 79 Clarinda Heystack 15 Cga 3:17.85

Event 126 Women 200 Meter Sprint Senior

SA Senior: 22.06 R 1989 Evette de Klerk, Pietersburg

IAAF WC: 23.20 Q 2015

| Heat | Name | Age | Team | Finals |
|---------------------------------|----------------------|-----|-------|--------|
| Heat 1 Finals Wind: -2.2 | | | | |
| 1 | 15 Justine Palframan | 22 | Bola | 23.26 |
| 2 | 339 Melissa Hewitt | 24 | Acnw | 24.03 |
| 3 | 499 Margaret Olwoch | 24 | Agn | 24.15 |
| 4 | 242 Tamzin Thomas | 18 | Wpa | 24.36 |
| 5 | 568 Welme Van Zyl | 27 | Agn-I | 24.45 |
| 6 | 565 Adri Schoeman | 45 | Agn-I | 24.48 |
| 7 | 8 Robyn Haupt | 19 | Bola | 24.59 |
| 8 | 430 Bevin Smith | 24 | Afs | 24.86 |

Event 127 Men 200 Meter Sprint Senior

SA Senior: 20.11 R 2002 Morne Nagel, Germiston

IAAF WC: 20.50 Q 2015

| Heat | Name | Age | Team | Finals |
|---------------------------------|---------------------|-----|-------|---------|
| Heat 1 Finals Wind: -0.1 | | | | |
| 1 | 189 Anaso Jobodwana | 23 | Epa | 20.35 Q |
| 2 | 253 Roscoe Engel | 26 | Wpa | 20.70 |
| 3 | 615 Lebogang Moeng | 26 | Anwn | 20.72 |
| 4 | 247 Kyle Appel | 17 | Wpa | 20.90 |
| 5 | 466 Gideon Trotter | 23 | Afs | 21.04 |
| 6 | 590 Eckhard Rossouw | 19 | Agn-I | 21.18 |
| 7 | 448 Thomas Jonda | 25 | Afs | 21.26 |
| 8 | 223 France Ntene | 27 | Lima | 21.40 |

Event 128 Women Shot Put Senior

SA Senior: 17.88m R 2002 Drienkie van Wyk, Germiston

IAAF WC: 17.75m Q 2015

| Flight | Name | Age | Team | Finals |
|-----------------|-------------------------|-----|------|--------|
| Flight 1 | | | | |
| 1 | 184 Ischke Senekal | 22 | Epa | 15.51m |
| 2 | 334 Geraldene Duvenhage | 20 | Acnw | 15.47m |
| 3 | 502 Sonia Smuts | 24 | Agn | 15.22m |
| 4 | 426 Cecile Meyer | 21 | Afs | 13.58m |
| 5 | 86 Elizabeth Loots | 19 | Cga | 13.26m |
| 6 | 225 Tanya Treurnicht | 31 | Saps | 13.07m |

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7 20 Angeline Smit 17 Bola 13.00m

8 232 Caioly Gabriel 19 Wpa 10.03m

Event 129 Decathlon: #10 Boys 1500 Meter Run Youth

| | Name | Age | Team | Finals |
|--|-------------|------------|-------------|---------------|
|--|-------------|------------|-------------|---------------|

Heat 1

1 257 Nurdeen Joshua 17 Wpa 4:36.06

2 30 Everhardus Loubser 17 Bola 4:54.79

3 310 Daniel Marais 16 Wpa-I 5:06.21

4 319 Johua Rhode 16 Wpa-I 5:09.78

5 436 Grove Coetzee 17 Afs 6:06.78

Event 130 Decathlon: #10 Men 1500 Meter Run Junior

| | Name | Age | Team | Finals |
|--|-------------|------------|-------------|---------------|
|--|-------------|------------|-------------|---------------|

Heat 1

1 25 Wynand Du Toit 18 Bola 4:49.27

2 266 Keagan Peters 19 Wpa 5:04.48

3 268 Dillon Solomons 19 Wpa 5:19.42

4 176 Chris Wepener 18 Cga 5:25.24

Event 131 Decathlon: #10 Men 1500 Meter Run Senior

| | Name | Age | Team | Finals |
|--|-------------|------------|-------------|---------------|
|--|-------------|------------|-------------|---------------|

Heat 1

1 405 Gert Swanepoel 24 Acnw 4:30.21

2 629 Mihan Roos 37 Aswd 4:38.60

3 410 Lee Van Den Berg 21 Acnw 4:47.82

4 441 Nardus Greyling 24 Afs 4:55.85

5 467 JC Van Biljon 20 Afs 5:12.56

6 579 Duncan McGladdery 21 Agn-I 5:25.20

7 366 Brandon Barnard 22 Acnw 5:25.60

Event 132 Women 4x100 Meter Relay Senior

SA Senior: 43.25 R 2000

Team South African, Pietersburg

W Hartman, D Moropane, S Holtshauzen, H Seyerling

| | Team | Relay | Finals |
|--|-------------|--------------|---------------|
|--|-------------|--------------|---------------|

Heat 1

1 Agn-I B 45.96

1) 573 Stacey Welsch 21 2) 565 Adri Schoeman 45 3) 557 Simone Du Plooy 19 4) 561 Chereese Jones 30

2 Agn A 46.26

1) 484 Carina Etsebeth 25 2) 499 Margaret Olwoch 24 3) 487 Claudia Heunis 26 4) 489 Carina Horn 26

3 Agn-I A 46.35

1) 560 Claudine Jansen Van Rensburg 26 2) 567 Julette Speek 23 3) 562 Soandri Meyer 27 4) 568 Welme Van Zyl 27

4 Bola A 46.41

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1) 7 Luca Hartman 17 2) 8 Robyn Haupt 19 3) 12 Gezelle Magerman 18 4) 9 Illse Hayes 30

5 Wpa A 47.52

1) 244 Janke Van Wyk 18 2) 243 Sonja Van Der Merwe 23 3) 227 Alice Adeolu 19) 242 Tamzin Thomas 18

6 Cga A 47.88

1) 76 Leana Du Toit 29 2) 72 Zinzi Chabangu 19 3) 67 Helga-Wendy Bensusan 21) 93 Patience Ntshingila 26

Event 133 Men 4x100 Meter Relay Senior

SA Senior: 38.47 R 2001

SA National Team, Edmonton

M Nagel, C du Plessis, LR Newton, M Quinn

| Team | Relay | Finals |
|------------------------------|--------------------------------|---|
| Heat 1 | | |
| 1 Wpa | A | 39.66 |
| 1) 246 Antonio Alkana 25 | 2) 247 Kyle Appel 17 | 3) 253 Roscoe Engel 26 |
| 4) 271 Brent Stevens 25 | | |
| 2 Agn-I | B | 40.54 |
| 1) 590 Eckhard Rossouw 19 | 2) 577 Llewellyn Kruger 21 | 3) 580 Keenen Michau 20 |
| 4) 575 Emile Erasmus 23 | | |
| 3 Wpa-I | A | 41.47 |
| 1) 307 Yusuf Ismail 21 | 2) 296 Kurt Cameron 22 | 3) 314 Ethan Nobel 17 |
| 4) 300 Jonathan Dreyer 34 | | |
| 4 Agn-I | A | 41.53 |
| 1) 596 Walter Ungerer 20 | 2) 594 Dewald Steyn 22 | 3) 597 Isak Van Wyk 17 |
| 4) 591 Lebakeng Sesele 25 | | |
| 5 Anwn | A | 44.15 |
| 1) 615 Lebogang Moeng 26 | 2) 618 Lebogang Motswenyane 20 | 3) 619 Molefe Nokwane 21) 623 Koketso Pule 22 |
| 6 Cga | A | 44.34 |
| 1) 177 St John Whindus 24 | 2) 133 Prince Makgato 23 | 3) 154 Cuan Powell 18 |
| 4) 156 Phineas Ramokgatla 18 | | |

Event 134 Men 5000 Meter Run Senior

SA Senior: 13:14.16 R 1995

Shadrack Hoff, Gateshead

IAAF WC: 13:23.00 Q

| Name | Age | Team | Finals |
|---------------------------|-----|------|------------|
| Heat 1 | | | |
| 1 535 Stephen Mokoka | 30 | Agn | 13:11.44 R |
| 2 541 Gladwin Mzazi | 27 | Agn | 13:40.97 |
| 3 164 Nzima Sibusiso | 29 | Cga | 13:41.91 |
| 4 453 Samuel Matsepe | 32 | Afs | 13:43.00 |
| 5 143 Thato Molatedi | 24 | Cga | 14:23.97 |
| 6 273 Anthony Timoteus | 20 | Wpa | 14:24.93 |
| 7 144 Tumisang Monnatlala | 20 | Cga | 14:27.22 |
| 8 149 Duncan Mulaudzi | 23 | Cga | 14:34.73 |
| 9 191 Zolani Ngqaqa | 26 | Epa | 14:34.81 |
| 9 146 Tumelo Motlagale | 29 | Cga | 14:34.81 |
| 11 261 Nkosinathi Madyo | 27 | Wpa | 14:37.12 |
| 12 611 Obed Kopong | 27 | Anwn | 14:48.14 |
| 13 188 Melikhaya Frans | 25 | Epa | 14:57.87 |

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| | | | | |
|----|----------------------|----|------|----------|
| 14 | 642 Mfumaneko Fadane | 23 | Atra | 15:06.96 |
| 15 | 370 Lucas Bothobutle | 24 | Acnw | 15:09.90 |

Heat 1 ... (Event 134 Men 5000 Meter Run Senior)

| | Name | Age | Team | Finals |
|----|------------------------|-----|------|----------|
| 16 | 641 Khaya Buthele | 23 | Atra | 15:11.44 |
| 17 | 645 Yanga Malusi | 18 | Atra | 15:12.26 |
| 18 | 654 Mongezi Ngobe | 18 | Atra | 15:22.84 |
| 19 | 169 Thato Tsotetsi | 20 | Cga | 15:27.86 |
| 20 | 168 Njabulo Tshabalala | 20 | Cga | 15:31.48 |
| 21 | 612 Goodwill Leburu | 25 | Anwn | 15:47.79 |
| 22 | 624 Sartiel Pule | 34 | Anwn | 15:54.61 |

Event 135 Women 4x400 Meter Relay Senior

SA Senior: 3:30.12 R 2004

Team South Africa, Brazzaville

S Febbraio, A Schoeman, H Seyerling, E Whitstock

| Heat | Team | Relay | Finals |
|---------------|-----------------------------|---------------------------|---|
| Heat 1 | | | |
| 1 | Agn | A | 3:35.57 |
| | 1) 498 Anuscha Nice 24 | 2) 482 Anneri Ebersohn 25 | 3) 486 Jeanelle Griesel 18 4) 497 Wenda Nel 27 |
| 2 | Bola | A | 3:40.12 |
| | 1) 19 Jean-Marie Senekal 23 | 2) 12 Gezelle Magerman 18 | 3) 8 Robyn Haupt 19 4) 15 Justine Palframan 22 |
| 3 | Wpa | A | 3:44.83 |
| | 1) 236 Rozelle Meier 19 | 2) 237 Pamela Moyikwa 19 | 3) 227 Alice Adeolu 19 4) 243 Sonja Van Der Merwe 23 |
| 4 | Cga | A | 3:46.04 |
| | 1) 94 Rita Obisi 27 | 2) 89 Thato Makhafola 21 | 3) 97 Lebogang Phalula 32 4) 670 Itumaleng Raskhanye 15 |

Event 136 Men 4x400 Meter Relay Senior

SA Senior: 2:59.21 R 2011

SA National Team, Daegu

O Pistorius, W de Beer, S Victor, O Magawane

| Heat | Team | Relay | Finals |
|---------------|----------------------------|------------------------------|--|
| Heat 1 | | | |
| 1 | Agn | A | 3:10.11 |
| | 1) 509 PC Beneke 25 | 2) 518 Le Roux Hamman 23 | 3) 534 Ofentse Mogawane 33 4) 554 LJ Van Zyl 30 |
| 2 | Agn-I | A | 3:13.55 |
| | 1) 587 Tapelo Phora 24 | 2) 589 Koketso Ramasita 23 | 3) 583 Tshegfatso Mothopa 20 4) 578 Christian Lubbe 21 |
| 3 | Afs | A | 3:16.12 |
| | 1) 438 Treasure Derison 23 | 2) 461 Bennie Prinsloo 20 | 3) 458 Hannes Naude 25 4) 471 Braam Van Tubbergh 23 |
| 4 | Cga | A | 3:18.81 |
| | 1) 124 Larry Lombard 19 | 2) 713 Mihle Nukwe 23 | 3) 155 Ivan Prinsloo 18 4) 712 Trevor Maltolose 23 |
| 5 | Cga | B | 3:19.22 |
| | 1) 161 Tlou Seloba 30 | 2) 111 Henk Beukes 25 | 3) 676 Thato Massamini 19 4) 126 Thabang Mabena 21 |
| 6 | Atra | A | 3:32.17 |
| | 1) 647 Sakhumzi Matiso 21 | 2) 708 Nyhawunyhaw Mgcini 24 | 3) 651 Thabile Mkhupheni 174) 650 Tshayeki Mdidi 20 |