

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16
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Results

Women 100 Meter Sprint

SA Best: R 11.06 2015 Carina Horn
 Africa Best: C 10.79 2012 Blessing Okagbare-Ighoteguono
 Olympics QS: O 11.32
 Africa Sen Q: A 11.94
 World Lead: W 11.07

Name	Age	Team	Heat
Heat 1 Heat Wind: 2.0			
1 Carina Horn	27	Agn	A 11.35Q
2 Melissa Swanepoel	25	Acnw	A 11.80Q
3 Robyn Haupt	20	Wpa	A 11.94Q
4 Elsabe Du Plessis	17	Epa	12.00q
5 Anja Van Heerden	17	Wpa	12.29q
6 Christelle Knoetze	25	Wpa-Ind	13.05
-- Jolene Jacobs	24	Nam	X12.32
Heat 2 Heat Wind: 0.2			
1 Alyssa Conley	25	Cga	A 11.42Q
2 Tebogo Mamatu	21	Agn	A 11.65Q
3 Ilse Hayes	31	Bola	12.20Q
4 Samantha Pretorius	24	Bola	12.22q
5 Leana Du Toit	30	Cga	12.26q
6 Shanice Marnce	21	Kzna	12.42
-- Limakatso Selala	20	Les	X13.48
Heat 3 Heat Wind: 2.0			
1 Tamzin Thomas	19	Wpa	A 11.80Q
2 Madia Ehlers	18	Agn-Ind	A 11.89Q
3 Welme Van Zyl	28	Agn	12.26Q
4 Olivia Jordaan	21	Acnw	12.50
5 Zanri Strydom	21	Epa	12.61
6 Taylor Underhay	17	Cga	12.82
Heat 4 Heat Wind: 2.0			
1 Cherese Jones	31	Agn-Ind	A 11.83Q
2 Jean-Marie Vermeulen	18	Agw	12.13Q
3 Colleen May	25	Wpa-Ind	12.22Q
4 Louisa Stramrood	18	Cga	12.32
5 Keasha Wentzel	24	Wpa-Ind	12.72

Women 100 Meter Sprint

SA Best: R 11.06 2015 Carina Horn
 Africa Best: C 10.79 2012 Blessing Okagbare-Ighoteguono
 Olympics QS: O 11.32
 Africa Sen Q: A 11.94
 World Lead: W 11.07

Name	Age	Team	Semis
Heat 1 Semi-Finals Wind: -0.8			
1 Carina Horn	27	Agn	O 11.26Q
2 Tebogo Mamatu	21	Agn	A 11.61Q
3 Cherese Jones	31	Agn-Ind	A 11.82Q
4 Robyn Haupt	20	Wpa	12.10q
5 Elsabe Du Plessis	17	Epa	12.13
6 Welme Van Zyl	28	Agn	12.17
7 Jean-Marie Vermeulen	18	Agw	12.25
8 Anja Van Heerden	17	Wpa	12.33
Heat 2 Semi-Finals Wind: 0.3			
1 Alyssa Conley	25	Cga	A 11.35Q

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16
www.liveresults.co.za
Coetzenburg
Results

2 Tamzin Thomas 19 Wpa A 11.55Q

....Women 100 Meter Sprint

3 Melissa Swanepoel	25 Acnw	A 11.80Q
4 Madia Ehlers	18 Agn-Ind	12.02q
5 Leana Du Toit	30 Cga	12.22
6 Samantha Pretorius	24 Bola	12.24
7 Ilse Hayes	31 Bola	12.32

Women 100 Meter Sprint

SA Best: R 11.06 2015 Carina Horn
 Africa Best: C 10.79 2012 Blessing Okagbare-Ighoteguono
 Olympics QS: O 11.32
 Africa Sen Q: A 11.94
 World Lead: W 11.07

Name	Age Team	Finals
Heat 1 Finals Wind: -0.2		
1 Alyssa Conley	25 Cga	11.36A
2 Carina Horn	27 Agn	11.37A
3 Tamzin Thomas	19 Wpa	11.67A
4 Melissa Swanepoel	25 Acnw	11.98
5 Cherese Jones	31 Agn-Ind	11.99
6 Madia Ehlers	18 Agn-Ind	12.04
7 Robyn Haupt	20 Wpa	12.13

Women 100 Meter Sprint EAD Ambulatory

Name	Age Team	Finals
Heat 1 Wind: -1.3		
1 Elna Durr (T12)	28 Sasapd	14.88

Women 100 Meter Sprint Wheelchair

Name	Age Team	Finals
Heat 1 Wind: NWI		
1 Renise Van Ys	Sasapd	22.30

Women 200 Meter Sprint

SA Best: R 22.06 1989 Evette De Klerk
 Africa Best: C 22.07 1996 Mary Onyali-Omagbemi, NGR
 Olympics QS: O 23.20
 Africa Sen Q: A 24.24
 World Lead: W 22.53

Name	Age Team	Heat
Heat 1 Heat Wind: NWI		
1 Alyssa Conley	25 Cga	A 23.79Q
2 Thea Penberthy	18 Cga	24.97Q
3 Petunia Obisi	23 Wpa-Ind	25.08q
4 Elsabe Du Plessis	17 Epa	25.12q
5 Shanice Marncce	21 Kzna	25.54
6 Leana Du Toit	30 Cga	25.65
Heat 2 Heat Wind: NWI		
-- Tamzin Thomas	19 Wpa	SCR

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

1 Robyn Haupt	20 Wpa	24.54Q
2 Olivia Jordaan	21 Acnw	25.23Q

....Women 200 Meter Sprint

Heat 3 Heat Wind: NWI

1 Melissa Swanepoel	25 Acnw	24.56Q
2 Madia Ehlers	18 Agn-Ind	24.89Q
3 Louisa Stramrood	18 Cga	25.62
4 Anja Van Heerden	17 Wpa	25.70
5 Keasha Wentzel	24 Wpa-Ind	26.02

Women 200 Meter Sprint EAD Ambulatory

Name	Age	Team	Finals
Heat 1 Wind: -2.0			
1 Ilse Hayes	31	Bola	25.03
2 Anrune Liebenberg (T47)		Sasapd	26.82
3 Elna Durr (T12)	28	Sasapd	30.64

Women 200 Meter Sprint

SA Best: R 22.06	1989	Evette De Klerk
Africa Best: C 22.07	1996	Mary Onyali-Omagbemi, NGR
Olympics QS: O 23.20		
Africa Sen Q: A 24.24		
World Lead: W 22.53		

Name	Age	Team	Finals
Heat 1 Finals Wind: 0.7			
1 Alyssa Conley	25	Cga	23.010
2 Melissa Swanepoel	25	Acnw	24.13A
3 Madia Ehlers	18	Agn-Ind	24.24A
4 Robyn Haupt	20	Wpa	24.56
5 Petunia Obisi	23	Wpa-Ind	24.86
6 Thea Penberthy	18	Cga	25.14
7 Elsabe Du Plessis	17	Epa	25.41

Women 400 Meter Sprint

SA Best: R 50.05	2000	Heide Seyerling-Quinn
Africa Best: C 49.10	1996	Falilat Ogunkoya-Osheku, NGR
Olympics QS: O 52.20		
Africa Sen Q: A 55.74		
World Lead: W 50.91		

Name	Age	Team	Heat
Heat 1 Heat			
1 Caster Semenya	25	Acnw	A 55.16Q
2 Armoure Le Roux	18	Cga	A 55.49Q
3 Danel Holton	22	Acnw	56.63
4 Boitumelo Seleka	26	Anwn	58.58
Heat 2 Heat			
1 Tsholofelo Thipe	30	Anwn	A 52.88Q
2 Sonja Van Der Merwe	24	Wpa	A 55.46Q
3 Cindy Von Alefeldt	18	Cga	55.79
4 Carina Swiegers	21	Acnw	59.29
-- Thakane Maphoho	18	Les	X1:03.51
Heat 3 Heat			
1 Zoe Engler	24	Kzna	A 54.83Q

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

2 Rorisang Rammony	26 Anwn	A 55.28Q
3 Soandri Meyer	28 Agn	A 55.61q

....Women 400 Meter Sprint

4 Jeanelle Griesel	19 Agn	A 55.64q
5 Janet Seeliger	21 Agn-Ind	58.35
6 Anrune Liebenberg (T47)	Sasapd	59.60

Women 400 Meter Sprint

SA Best: R 50.05 2000 Heide Seyerling-Quinn
 Africa Best: C 49.10 1996 Falilat Ogunkoya-Osheku, NGR
 Olympics QS: O 52.20
 Africa Sen Q: A 55.74
 World Lead: W 50.91

Name	Age	Team	Finals
Heat 1 Finals			
1 Caster Semenya	25	Acnw	50.74W
2 Zoe Engler	24	Kzna	53.30A
3 Tsholofelo Thipe	30	Anwn	54.11A
4 Rorisang Rammony	26	Anwn	54.45A
5 Jeanelle Griesel	19	Agn	54.59A
6 Sonja Van Der Merwe	24	Wpa	55.04A
7 Soandri Meyer	28	Agn	55.35A
8 Armoure Le Roux	18	Cga	55.38A

Women 800 Meter Run

SA Best: R 1:55.45 2009 Caster Semenya
 Africa Best: C 1:54.01 2008 Pamela Jelimo, KEN
 Olympics QS: O 2:01.50
 Africa Sen Q: A 2:06.00
 World Lead: W 2:00.23

Name	Age	Team	Heat
Heat 1 Heat			
1 Caster Semenya	25	Acnw	O 2:00.46Q
2 Liza Kellerman	17	Cga	2:08.52Q
3 Mandie Brandt	34	Bola	2:08.75Q
4 Gena Lofstrand	21	Acnw	2:10.14q
5 Cindy Von Alefeldt	18	Cga	2:10.85q
6 Celia Stramrood	18	Cga-Ind	2:12.12
-- Rorisang Rammony	26	Anwn	DNF
-- Thandi Sehohle	20	Cga	DNF
Heat 2 Heat			
1 Simonay Weitsz	17	Cga	2:10.32Q
2 Fina Dube	21	Cga	2:11.16Q
3 Beetrice Themane	16	Cga	2:11.50Q
4 Anuscha Nice	25	Agn	2:11.85
5 Kelly Fletcher	22	Kzna	2:11.86
6 Malethabo Seema	19	Agn	2:12.78
7 Lushano Smith	22	Kzna	2:13.50

Women 800 Meter Run

SA Best: R 1:55.45 2009 Caster Semenya
 Africa Best: C 1:54.01 2008 Pamela Jelimo, KEN
 Olympics QS: O 2:01.50

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16
www.liveresults.co.za
Coetzenburg
Results

Africa Sen Q: A 2:06.00
World Lead: W 2:00.23

Name	Age	Team	Finals
Heat 1 Finals			
1 Caster Semenya	25	Acnw	1:58.45W
2 Liza Kellerman	17	Cga	2:05.75A
3 Gena Lofstrand	21	Acnw	2:06.65
4 Mandie Brandt	34	Bola	2:07.16
5 Fina Dube	21	Cga	2:08.90
6 Simonay Weitsz	17	Cga	2:09.89
7 Cindy Von Alefeldt	18	Cga	2:12.44
8 Beetrice Themane	16	Cga	2:15.48

Women 1500 Meter Run

SA Best: R 4:01.81 1984 Zola Budd-Pieterse
Africa Best: C 3:50.07 2015 Genzebe Dibaba, ETH
Olympics QS: O 4:07.00
Africa Sen Q: A 4:21.00
World Lead: W 4:09.67

Name	Age	Team	Finals
Heat 1			
1 Caster Semenya	25	Acnw	4:10.91A
2 Dominique Scott	24	Wpa	4:14.23A
3 Lebogang Phalula	33	Cga	4:21.59
4 Simonay Weitsz	17	Cga	4:22.16
5 Stella Marais	24	Agn	4:24.48
6 Yandisa Shange	27	Cga	4:25.66
7 Mandie Brandt	34	Bola	4:25.90
8 Kesa Molotsane	24	Afs	4:29.52
9 Lorraine Novela	25	Cga	4:29.62
10 Thobile Vilakazi	17	Cga	4:30.21
11 Thandi Sehohle	20	Cga	4:30.69
12 Anel Terblanche	29	Wpa	4:30.82
13 Carina Viljoen	19	Cga	4:40.07
14 Anneline Roffey	35	Wpa	4:41.25
15 Sunel Jacobs	23	Bola-Ind	4:41.83

Women 5000 Meter Run

SA Best: R 14:44.05 1995 Elana Meyer
Africa Best: C 14:11.15 2008 Tirunesh Dibaba, ETH
Olympics QS: O 15:24.00
Africa Sen Q: A 16:18.00
World Lead: W 15:25.10

Name	Age	Team	Finals
1 Irvette Van Zyl	29	Agn	16:02.63A
2 Kesa Molotsane	24	Afs	16:20.26
3 Glenrose Xaba	22	Ampu	16:35.36
4 Jenet Dlamini	22	Kzna	17:10.40
5 Murendwa Davhana	22	Agn	17:12.79
6 Nicole Van Der Merwe	18	Cga	17:19.49

....Women 5000 Meter Run

7 Ntombesintu Mfunzi 35 Epa 17:20.73

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

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Results

8 Bulelwa Simae	39 Wpa	17:24.66
9 Thobile Mkhize	20 Kzna	17:34.58
10 Sherilene Gelderblom	20 Acnw	17:36.65
11 Tanya Scott	26 Wpa	17:36.92
12 Leanda Du Bruyn	22 Wpa	17:55.79
13 Jeanette Mckenzie	30 Cga	18:04.44
14 Helen Phanyane	28 Lima	18:07.72
15 Nwabisi Mjoli	24 Kzna	18:08.08
16 Megan Dempster	29 Epa	18:25.80
17 Patience Khumalo	28 Agn	18:37.11
18 Bathobile Mkhize	20 Kzna	18:49.30
19 Vuyiseka Nkumenge	21 Atra	19:09.62
20 Nokuthula Mokoana	23 Agn	19:22.52
-- Fortunate Chidzivo	26 Zim	X17:30.78

Women 10000 Meter Run

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SA Best: R 30:52.51	1994	Elana Meyer
Africa Best: C 29:53.80	2009	Meselech Melkamu, ETH
Olympics QS: O 32:15.00		
Africa Sen Q: A 35:20.00		
World Lead: W 31:52.94		

Name	Age	Team	Finals
1 Glenrose Xaba	22	Ampu	34:23.56A
2 Keneilwe Sesing	28	Cga	35:00.50A
3 Jenet Dlamini	22	Kzna	35:20.49
4 Puseletso Dladla	25	Kzna	37:00.26
5 Lusanda Bomvana	25	Atra	37:13.40
6 Tanya Scott	26	Wpa	37:15.98
7 Tumi Matlou	26	Cga	38:08.02
8 Nomsa Cossa	22	Cga	39:51.36
9 Jacqueringe Kotze	19	Bola-Ind	40:16.91
10 Amy Abrahams	22	Wpa	40:31.11
11 Prudence Mhaua		Cga	43:09.24
-- Nokuthula Mokoana	23	Agn	DNF
-- Patience Khumalo	28	Agn	DNF

Women 100 Meter Hurdles

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SA Best: R 12.94	1998	Corien Botha
Africa Best: C 12.44	1999	Glory Alozie, NGR
Olympics QS: O 13.00		
Africa Sen Q: A 14.24		
World Lead: W 12.36		

Name	Age	Team	Heat
=====			
Heat 1 Heat Wind: -0.1			
1 Claudia Heunis	27	Agn	A 13.55Q
2 Maryke Brits	22	Afs	A 13.82Q
3 Ansulet Potgieter	25	Afs	14.32Q
4 Carina Lindeque	26	Agn-Ind	14.49q
5 Janke Van Wyk	19	Bola	14.67q
6 Chrizanne Markram	21	Cga	14.78
7 Thea Penberthy	18	Cga	14.86
Heat 2 Heat Wind: 0.2			
1 Lizzy Kriel	22	Afs	A 14.19Q

....Women 100 Meter Hurdles

2 Taylon Bieldt	18	Agn	14.26Q
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3 Kayla Gilbert	23 Cga	14.62Q
4 Mercia Venter	21 Acnw	14.71
5 Helga-Wendy Bensusan	22 Cga	14.98
6 Talita Vorster	22 Agn-Ind	15.01

Women 100 Meter Hurdles

SA Best: R 12.94	1998	Corien Botha
Africa Best: C 12.44	1999	Glory Alozie, NGR
Olympics QS: O 13.00		
Africa Sen Q: A 14.24		
World Lead: W 12.36		

Name	Age	Team	Finals
Heat 1 Finals Wind: -1.1			
1 Claudia Heunis	27	Agn	13.42A
2 Maryke Brits	22	Afs	13.53A
3 Taylon Bieldt	18	Agn	13.99A
4 Ansulet Potgieter	25	Afs	14.11A
5 Lizzy Kriel	22	Afs	14.19A
6 Carina Lindeque	26	Agn-Ind	14.27
7 Janke Van Wyk	19	Bola	14.41

Women 400 Meter Hurdles

SA Best: R 53.74	1986	Myrtle Bothma
Africa Best: C 52.90	1999	Nezha Bidouane, MAR
Olympics QS: O 56.20		
Africa Sen Q: A 59.64		
World Lead: W 55.45		

Name	Age	Team	Finals
Heat 1			
1 Wenda Nel	28	Agn	54.84W
2 Anneri Moolman	26	Afs	58.66A
3 Gezelle Magerman	19	Agn	59.03A
4 Jean-Mare Senekal	24	Bola	59.36A
5 Rogail Joseph	16	Bola-Ind	1:02.40
6 Juli Vercuiel	16	Wpa-Ind	1:05.78

Women 3000 Meter Steeplechase

SA Best: R 9:54.19	2011	Tebogo Masehla
Africa Best: C 9:05.36	2015	Habiba Ghribi, TUN
Olympics QS: O 9:45.00		
World Lead: W 9:34.44		

Name	Age	Team	Finals
1 Nolene Conrad	31	Wpa	10:38.35
2 Thembi Baloyi	27	Agn	10:43.77
3 Cherise Sims	23	Epa	10:57.30
4 Carina Swiegers	21	Acnw	11:05.87
5 Larra Orrock	17	Afs-Ind	11:05.88
6 Bathobile Mkhize	20	Kzna	11:07.58
7 Thobile Mkhize	20	Kzna	11:34.03
8 Elana Dreyer	20	Bola-Ind	12:09.51
9 Ronelda Valem	16	Bola-Ind	12:19.28

Women 4x100 Meter Relay

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

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Coetzenburg

Results

SA Best: R 38.35 2014 SA National Team
H Bruintjies, S Magakwe, N Titi, A Simbine

World Lead: W 42.80

Team Finals

1 Cga 'A'	47.33
1) Leana Du Toit 30	2) Alyssa Conley 25
3) Thea Penberthy 18	4) Patience Ntshingila 27
2 Wpa 'A'	47.80
1) Geraldine King 19	2) Sonja Van Der Merwe 24
3) Anja Van Heerden 17	4) Robyn Haupt 20

Women 4x400 Meter Relay

SA Best: R 3:30.12 2004 SA National Team
S Febbraio, A Schoeman, H Seyerling, E Wittstock

World Lead: W 3:26.28

Team Finals

1 Agn 'A'	3:44.66
1) Soandri Meyer 28	2) Gezelle Magerman 19
3) Jeanelle Griesel 19	4) Wenda Nel 28
2 Cga 'A'	3:48.41
1) Beetrice Themane 16	2) Armoure Le Roux 18
3) Fina Dube 21	4) Cindy Von Alefeldt 18
3 Cga 'B'	4:16.83
1) Thandi Sehohle 20	2) Simonay Weitsz 17
3) Liza Kellerman 17	4) Yandisa Shange 27

Women High Jump

SA Best: R 2.06m 2003 Hestrie Cloete
Africa Best: C 2.06m 2003 Hestrie Cloete, RSA
Olympics QS: O 1.93m
Africa Sen Q: A 1.75m
World Lead: W 1.93m

Name Age Team Finals

1 Julia Du Plessis	20 Acnw	1.80mA
1.55 1.65 1.70 1.75 1.80 1.83		
O O O O XO XXX		
2 Britanny Uys	20 Kzna	1.75mA
1.60 1.65 1.70 1.75 1.80		
O O O XO XXX		
3 Mariette Botha	32 Cga	1.70m
1.55 1.60 1.65 1.70 1.75		
O O O O XXX		
4 Geraldine King	19 Wpa	1.70m
1.55 1.60 1.65 1.70 1.75		
O O O XO XXX		
5 Karla Bronn	20 Bola	1.70m
1.55 1.60 1.65 1.70 1.75		
O O O XXO XXX		
5 Tillanie Grosskopf	28 Saps	1.70m
1.55 1.60 1.65 1.70 1.75		
O O O XXO XXX		

....Women High Jump

7 Berne-Susanna Krugell	29 Cga-Ind	1.65m
1.55 1.60 1.65 1.70		

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16
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Coetzenburg
Results

	O	O	O	XXX		
8 Erikah Semanya					22 Agn-Ind	1.65m
	1.55	1.60	1.65	1.70		
	O	O	XO	XXX		
8 Marilize Higgins					21 Cga	1.60m
	1.50	1.55	1.60	1.65		
	O	XO	XO	XXX		
10 Kristi Snyman					16 Wpa	1.65m
	1.50	1.55	1.60	1.65	1.70	
	O	O	O	XXO	XXX	

Women Pole Vault

SA Best: R 4.42m 2000 Elmarie Gerryts
Africa Best: C 4.42m 2000 Elmarie Gerryts, RSA
Olympics QS: O 4.50m
Africa Sen Q: A 3.40m
World Lead: W 4.80m

Name	Age	Team	Finals
1 Christy Nell	18	Bola	3.50mA
		3.20 3.30 3.40 3.50 3.60	
		O XO XXO O XXX	
2 Jody Sedras	22	Bola	3.50mA
		3.10 3.30 3.40 3.50 3.60	
		O O O XO XXX	
3 Kulthoom Gaidien	22	Wpa	3.30m
		3.00 3.10 3.20 3.30 3.40	
		O O O O XXX	
4 Nadja Fourie	17	Afs	3.30m
		3.00 3.10 3.20 3.30 3.40	
		O XO O XO XXX	
-- Deone Joubert	28	Agn	NH
		3.30	
		XXX	
-- Dominique Mann	31	Kzna	NH
		3.00	
		XXX	
-- Bianca De Wee	17	Bola	NH
		3.00	
		XXX	
-- Rozanne Compion	18	Wpa	NH
		3.00	
		XXX	

Women Long Jump

SA Best: R 6.93m 2007 Karin Mey Melis
Africa Best: C 7.12m 1996 Chioma Ajunwa, NGR
Olympics QS: O 6.70m
Africa Sen Q: A 6.15m
World Lead: W 7.05m

Name	Age	Team	Finals	Wind
1 Lynique Prinsloo	25	Cga	6.59mA	0.3
			6.59m(0.3) X(-0.2) 6.50m(-2.0) 6.44m(-0.1) 6.55m(-1.1) 6.54m(0.9)	

...Women Long Jump

2 Maryke Brits	22	Afs	6.54mA	-0.7
			6.03m(0.9) 6.25m(0.7) 6.20m(0.5) X(0.6) 6.54m(-0.7) X(1.0)	

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

3	Zinzi Chabangu	21	Cga	6.33mA	0.5
	6.33m(0.5) 4.90m(0.2) X(0.2) -(0.8) 4.63m(-0.7) -				
4	Samantha Pretorius	24	Bola	6.32mA	-0.1
	6.04m(0.4) 6.21m(0.2) X(0.5) 5.85m(-3.0) 6.32m(-0.1) 6.30m(-0.7)				
5	Renate Van Tonder	18	Agn	6.00m	1.0
	5.65m(0.6) 5.82m(0.5) 6.00m(1.0) 5.79m(-1.7) 5.66m(0.1) X(0.5)				
6	Kayla Gilbert	23	Cga	5.98m	1.9
	5.85m(0.1) 5.72m(-1.2) 5.98m(1.9) 5.77m(-0.5) X		X		
7	Carla Johnson	19	Wpa-Ind	5.79m	+0.0
	X(1.7) X(0.2) 5.76m(0.4) 5.65m(-2.6) X(-0.4) 5.79m(+0.0)				
8	Samantha Ross	21	Wpa	5.69m	-0.1
	X 5.69m(-0.1) X(0.4)				
9	Nicholeen Smit	26	Ampu	5.59m	0.6
	X(1.9) 5.49m(1.0) 5.59m(0.6)				
10	Anne Naude	19	Acnw	5.47m	-0.1
	5.47m(-0.1) 5.23m(-1.0) X(+0.0)				
--	Kristine Kruger	19	Nam	X5.79m	0.1
	5.69m(0.2) 5.33m(-1.2) 5.45m(-0.8) 5.73m(-2.2) X(0.9) 5.79m(0.1)				
--	Carla Marais	29	Agn	FOUL	
	X(-0.2) X(1.1) X(0.3)				

Women Triple Jump

SA Best: R 13.89m 2012 Patience Ntshingila
 Africa Best: C 15.39m 2008 Francoise Mbango Etonne, CMR
 Olympics QS: O 14.15m
 Africa Sen Q: A 13.00m
 World Lead: W 14.57m

Name	Age	Team	Finals	Wind
1 Patience Ntshingila	27	Cga	13.57mA	0.5
			X(1.2) X(1.4) 13.39m(0.6) 13.12m(0.1) X(1.5) 13.57m(0.5)	
2 Zinzi Chabangu	21	Cga	13.53mA	0.6
			13.33m(0.1) X(2.0) X(1.3) X(0.8) X(0.3) 13.53m(0.6)	
3 Matsie Dikotla	29	Agn-Ind	12.80m	1.3
			X(2.1) 12.80m(1.3) 12.59m(1.4) 12.50m(1.4) X(1.8) 12.50m(0.6)	
4 Helga-Wendy Bensusan	22	Cga	12.50m	0.5
			12.43m(2.3) 12.46m(2.0) 12.16m(1.6) 12.19m(0.2) 12.16m(0.3) 12.50m(0.5)	
5 Taylia Visagie	20	Agn	12.14m	1.7
			12.14m(1.7) X(1.0) 11.97m(0.6) 11.69m(0.7) X(0.1) 11.80m(0.5)	
6 Renate Van Tonder	18	Agn	12.10m	0.2
			X(-0.3) 12.10m(0.2) 11.65m(0.8) X(-0.2) 11.35m(-0.4) 12.10m(1.1)	
7 Somien Schutte	18	Agn	11.97m	0.3
			X(0.8) X(1.2) 11.84m(-0.3) 11.90m(0.1) 11.77m(-0.3) 11.97m(0.3)	
8 Maruska Janse Van Rensbu	19	Epa	11.89m	1.4
			11.86m(2.1) 11.89m(1.4) 11.53m(1.0) 11.40m(0.5) 11.44m(-1.1) 11.84m(0.6)	
9 Nicole Dirk	24	Wpa	11.66m	1.2
			11.40m(-0.1) 11.66m(1.2) 11.42m(0.9)	
10 Kunutu Manthibe	19	Agn-Ind	11.47m	1.4
			11.34m(2.5) 11.21m(0.6) 11.47m(1.4)	

Women Shot Put

SA Best: R 17.88m 2002 Drienkie Van Wyk
 Africa Best: C 18.43m 2003 Vivian Chukwuemeka, NGR
 Olympics QS: O 17.75m
 Africa Sen Q: A 14.50m
 World Lead: W 19.43m

Name	Age	Team	Finals
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2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16
www.liveresults.co.za
Coetzenburg
Results

1	Ischke Senekal	23	Epa					15.28mA
	13.81m	14.78m	14.40m	14.92m	14.84m	15.28m		
2	Meike Strydom	16	Aswd					13.84m
	12.75m	13.63m	13.84m	13.14m	13.14m	13.67m		
3	Monique Wagner	19	Cga					13.74m
	13.38m	13.74m	13.57m	13.51m	13.50m	12.94m		
4	Angeline Smit	18	Bola					13.15m
	12.77m	12.72m	X	12.44m	12.62m	13.15m		
5	Wanzel Breytenbach	20	Cga					13.07m
	13.07m	13.01m	X	X	13.04m	12.53m		
6	Yolandi Stander	18	Agn					12.59m
	12.04m	11.71m	12.01m	12.48m	11.49m	12.59m		

Women Shot Put EAD Ambulatory

Name	Age	Team	Finals
1 Maria Combrink (F44)	39	Sasapd	8.64m
	8.64m	8.47m	8.06m
	8.59m	8.13m	8.51m
2 Chenelle Van Zyl (F35)	32	Sasapd	8.30m
	8.30m	7.94m	7.87m
	8.22m	8.06m	7.89m

Women Discus Throw EAD Ambulatory

Name	Age	Team	Finals
1 Maria Combrink (F44)	39	Sasapd	23.65m
	23.31m	23.65m	22.08m
			21.71m

Women Discus Throw

SA Best: R 64.87m 2007 Elizna Naude
 Africa Best: C 64.87m 2007 Elizna Naude, RSA
 Olympics QS: O 61.00m
 Africa Sen Q: A 48.00m
 World Lead: W 70.59m

Name	Age	Team	Finals
1 Ischke Senekal	23	Epa	56.86mA
	51.68m	50.30m	53.68m
	53.87m	51.84m	56.86m
2 Leandri Geel	19	Cga	50.95mA
	50.07m	X	50.05m
	X	50.95m	48.34m
3 Angeline Smit	18	Bola	47.77m
	45.80m	X	40.76m
	42.80m	47.77m	X
4 Tharina Van Der Walt	16	Afs	46.74m
	29.85m	44.73m	46.74m
	X	46.07m	44.71m
5 Yolandi Stander	18	Agn	45.02m
	X	X	45.02m
	X	43.65m	X
6 Ashley Nieuwenhuyzen	19	Acnw	44.88m
	44.88m	34.76m	X
	X	X	44.08m
	X		X

....Women Discus Throw

7 Claudia Van Der Westhuiz	15	Wpa	36.12m
	36.12m	X	32.60m
	X	33.81m	X
8 Chandre Fredericks	23	Wpa	31.91m
	23.09m	X	31.91m
	X	X	X

Women Discus Throw Mixed Throws Wheelchair

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

Name	Age	Team	Finals
1 Ntombizanele Situ (F54)	45	Sasapd	14.28m
		13.43m 13.73m 13.89m 14.28m 13.62m 14.22m	

Women Hammer Throw

SA Best: R 60.99m 2015 Annemie Smith
 Africa Best: C 69.70m 2014 Amy Sène, SEN
 Olympics QS: O 71.00m
 Africa Sen Q: A 48.00m
 World Lead: W 74.50m

Name	Age	Team	Finals
1 Stefanie Greyling	20	Acnw	54.61mA
		54.61m X X X 49.80m X	
2 Tharina Van Der Walt	16	Afs	53.67mA
		53.67m X X X 51.35m X	
3 Nadia Botha	25	Afs	53.52mA
		49.19m 51.57m X 53.52m X X	
4 Margo-Chene Coetzee	22	Agn	50.57mA
		50.57m X 47.33m 47.10m X X	
5 Lizelle Fourie	17	Cga	48.23mA
		44.73m X 44.46m X 47.91m 48.23m	
6 Tamlynn Leornard	17	Epa	47.51m
		43.09m 44.97m 44.93m X 47.51m 44.13m	
7 Letitia Janse Van Vuuren	20	Acnw	46.39m
		X X 46.39m X 45.60m X	
8 Marilize Coetzee	40	Wpa	44.23m
		44.23m X 41.86m X X 42.01m	
-- Marga Cumming	18	Epa	FOUL
		X X X	

Women Javelin Throw Mixed Throws Wheelchair

Name	Age	Team	Finals
1 Ntombizanele Situ (F54)	45	Sasapd	17.28m
		15.17m 15.95m 16.70m 16.52m 16.64m 17.28m	

Women Javelin Throw

SA Best: R 69.35m 2012 Sunette Viljoen
 Africa Best: C 69.35m 2012 Sunette Viljoen, RSA
 Olympics QS: O 62.00m
 Africa Sen Q: A 48.50m
 World Lead: W 64.37m

Name	Age	Team	Finals
1 Sunette Viljoen	33	Acnw	59.39mA
		56.18m 58.73m 59.39m 55.85m X 52.85m	

....Women Javelin Throw

2 Jo-Ane Van Dyk	19	Acnw	50.17mA
		45.58m X 48.35m 47.83m 50.17m 49.03m	
3 Megan Wilke	21	Acnw	49.33mA
		46.85m 49.33m 48.88m X 46.98m 46.47m	
4 Linda Van Vreden	31	Cga	47.90m
		46.15m X X 42.15m 40.43m 47.90m	
5 Zandri Bailey	22	Wpa	46.23m

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

46.23m	45.55m	X	42.91m	45.38m	44.48m	
6 Kelsy-Ann Mostert			19 Agn-Ind			43.62m
39.39m	38.55m	X	X	43.62m	43.62m	
7 Anneke Germishuys			18 Wpa			39.54m
39.40m	X	X	39.54m	37.55m	X	
-- Jessica Rosun			25 Mri			X45.69m
X	45.69m	X	43.91m	44.53m	45.05m	

Heptathlon: #4 Women 200 Meter Sprint

SA Best: R 22.06	1989	Evette De Klerk
Africa Best: C 22.07	1996	Mary Onyali-Omagbemi, NGR
Olympics QS: O 23.20		
Africa Sen Q: A 24.24		

Name	Age	Team	Finals	Points
Heat 1 Wind: 0.4				
1 Bianca Erwee	26	Acnw	25.87	809
2 Nicola Schoeman	21	Agn	26.36	766
3 Anri Salim	20	Acnw	27.64	659

Heptathlon: #7 Women 800 Meter Run

SA Best: R 1:55.45	2009	Caster Semenya
Africa Best: C 1:54.01	2008	Pamela Jelimo, KEN
Olympics QS: O 2:01.50		
Africa Sen Q: A 2:06.00		

Name	Age	Team	Finals	Points
Heat 1				
1 Bianca Erwee	26	Acnw	2:25.25	754
2 Nicola Schoeman	21	Agn	2:33.97	644
3 Anri Salim	20	Acnw	2:43.72	531

Heptathlon: #1 Women 100 Meter Hurdles

SA Best: R 12.94	1998	Corien Botha
Africa Best: C 12.44	1999	Glory Alozie, NGR
Olympics QS: O 13.00		
Africa Sen Q: A 14.24		

Name	Age	Team	Finals	Points
Heat 1 Wind: 0.3				
1 Bianca Erwee	26	Acnw	15.01	840
2 Anri Salim	20	Acnw	16.72	628
3 Nicola Schoeman	21	Agn	16.94	603

Heptathlon: #2 Women High Jump

SA Best: R 2.06m	2003	Hestrie Cloete
Africa Best: C 2.06m	2003	Hestrie Cloete, RSA
Olympics QS: O 1.93m		
Africa Sen Q: A 1.75m		

Name	Age	Team	Finals	Points
Heat 1				
1 Bianca Erwee	26	Acnw	1.77mA	941
1.71 1.74 1.77 1.80				
O XXO XXO XXX				
2 Anri Salim	20	Acnw	1.68m	830

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

1.50 1.53 1.56 1.59 1.62 1.65 1.68 1.71
 XO XO XO O XO XO XXO XXX
 3 Nicola Schoeman 21 Agn 1.56m 689
 1.50 1.53 1.56 1.59
 XO XO XXO XXX

Heptathlon: #5 Women Long Jump

Name	Age	Team	Finals	Wind	Points
SA Best: R 6.93m	2007	Karin Mey Melis			
Africa Best: C 7.12m	1996	Chioma Ajunwa, NGR			
Olympics QS: O 6.70m					
Africa Sen Q: A 6.15m					
1 Bianca Erwee	26	Acnw	5.97m	-0.5	840
2 Anri Salim	20	Acnw	5.17m	0.3	606
3 Nicola Schoeman	21	Agn	4.72m	-0.2	485

Heptathlon: #3 Women Shot Put

Name	Age	Team	Finals	Points
SA Best: R 17.88m	2002	Drienkie Van Wyk		
Africa Best: C 18.43m	2003	Vivian Chukwuemeka, NGR		
Olympics QS: O 17.75m				
Africa Sen Q: A 14.50m				
1 Bianca Erwee	26	Acnw	10.94m	591
10.57m 10.67m 10.94m				
2 Nicola Schoeman	21	Agn	9.67m	508
X 8.56m 9.67m				
3 Anri Salim	20	Acnw	9.50m	497
9.13m 8.99m 9.50m				

Heptathlon: #6 Women Javelin Throw

Name	Age	Team	Finals	Points
SA Best: R 69.35m	2012	Sunette Viljoen		
Africa Best: C 69.35m	2012	Sunette Viljoen, RSA		
Olympics QS: O 62.00m				
Africa Sen Q: A 48.50m				
1 Bianca Erwee	26	Acnw	37.53m	620
2 Nicola Schoeman	21	Agn	37.26m	615
3 Anri Salim	20	Acnw	22.76m	340

Women Heptathlon

Name	Age	Team	Finals
SA Best: R 6181	2006	Janice Josephs	
Africa Best: C 6423	2005	Margaret Simpson, GHA	
Olympics QS: O 6200			
Africa Sen Q: A 4900			
World Lead: W 6307			
1 Bianca Erwee	26	Acnw	5395A
2 Nicola Schoeman	21	Agn	4310
3 Anri Salim	20	Acnw	4091

Women 16-19 10000 Meter Race Walk Junior

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

SA Best: R 48:59.00 2014 Anel Oosthuizen
World Lead: W 44:29.00

Name	Age	Team	Finals
Heat 1			
1 Annette Koen	17	Acnw	51:32.00
2 Salume Heymans	18	Afs-Ind	1:01:36.00

Women 20000 Meter Race Walk

SA Best: R 1:34:49.00 2016 Anel Oosthuizen
Africa Best: C 1:34:19.00 2010 Grace Wanjiru Njuw, KEN
Olympics QS: O 1:36:00.00
Africa Sen Q: A 1:40:00.00
World Lead: W 1:25:54.00

Name	Age	Team	Finals
1 Anel Oosthuizen	21	Cga	1:37:21.00A
2 Corli Swart	25	Agw	1:41:46.00
3 Zelda Schultz	24	Kzna	1:44:18.00
4 Natalie Le Roux	34	Kzna	1:44:55.00
-- Chanice Klink	21	Agn	DQ

Heptathlon: #4 Women 200 Meter Sprint Under 20

SA Best: R 22.76 1984 Evette De klerk
Africa Best: C 22.52 1987 Mary Onyali-Omagbemi, NGR
Africa Sen Q: A 24.24

Name	Age	Team	Finals	Points
Heat 1 Wind: 0.8				
1 Nienka Du Toit	19	Bola	26.25	775
2 Elizna Von Allemann	18	Cga	26.87	723
3 Danica Kirsten	19	Acnw	28.44	597
4 Sherica Van Graan	19	Cga	28.81	568
5 Eljone Kruger	18	Acnw	28.85	565

Heptathlon: #7 Women 800 Meter Run Under 20

SA Best: R 1:55.46 2009 Caster Semenya
Africa Best: C 1:54.01 2008 Pamela Jelimo, KEN
Africa Sen Q: A 2:06.00

Name	Age	Team	Finals	Points
Heat 1				
1 Sherica Van Graan	19	Cga	2:35.11	630
2 Nienka Du Toit	19	Bola	2:35.75	623
3 Elizna Von Allemann	18	Cga	2:36.92	609
4 Danica Kirsten	19	Acnw	2:51.98	443
5 Eljone Kruger	18	Acnw	2:52.13	442

Heptathlon: #1 Women 100 Meter Hurdles Under 20

SA Best: R 13.47 1997 Arnell Jacobs
Africa Best: C 13.11 2015 Ayomide Oluwatobiloba Amusan, NGR
Africa Sen Q: A 14.24

Name	Age	Team	Finals	Points
Heat 1 Wind: -0.5				
1 Nienka Du Toit	19	Bola	14.90	855

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

2 Danica Kirsten	19 Acnw	16.83	616
3 Elizna Von Allemann	18 Cga	17.39	553
3 Sherica Van Graan	19 Cga	17.39	553
5 Eljone Kruger	18 Acnw	17.41	551

Heptathlon: #2 Women High Jump Under 20

SA Best: R 1.96m 1981 Charmaine Gale
 Africa Best: C 1.96m 1981 Charmaine Weavers, RSA
 Africa Sen Q: A 1.75m

Name	Age Team	Finals	Points
Heat 1			
1 Nienka Du Toit	19 Bola	1.62m	759
1.50 1.53 1.56 1.59 1.62 1.65			
O O O XXO XXO XXX			
2 Danica Kirsten	19 Acnw	1.59m	724
1.50 1.53 1.56 1.59 1.62			
O O XO O XXX			
3 Sherica Van Graan	19 Cga	1.53m	655
1.40 1.45 1.50 1.53 1.55			
O O XXO XXO XXX			
4 Eljone Kruger	18 Acnw	1.45m	566
1.35 1.40 1.45 1.50			
O O O XXX			
4 Elizna Von Allemann	18 Cga	1.45m	566
1.30 1.35 1.40 1.45 1.50			
O O O XO XXX			

Heptathlon: #5 Women Long Jump Under 20

SA Best: R 6.54m 1990 Luzaan du Preez
 Africa Best: C 6.68m 2014 Ese Brumi, NGR
 Africa Sen Q: A 6.15m

Name	Age Team	Finals	Wind	Points
1 Nienka Du Toit	19 Bola	5.44m	1.7	683

....Heptathlon: #5 Women Long Jump Under 20

2 Elizna Von Allemann	18 Cga	5.32m	0.8	648
3 Eljone Kruger	18 Acnw	4.92m	0.1	538
3 Danica Kirsten	19 Acnw	4.92m	0.6	538
5 Sherica Van Graan	19 Cga	4.55m	0.7	441

Heptathlon: #3 Women Shot Put Under 20

SA Best: R 16.95m 2006 Simone du Toit
 Africa Best: C 16.95m 2006 Simone du Toit, RSA
 Africa Sen Q: A 14.50m

Name	Age Team	Finals	Points
1 Nienka Du Toit	19 Bola	12.61m	702
11.81m 12.61m 12.03m			
2 Danica Kirsten	19 Acnw	10.03m	531
9.61m 9.59m 10.03m			
3 Eljone Kruger	18 Acnw	8.19m	412
7.43m 7.34m 8.19m			
4 Elizna Von Allemann	18 Cga	8.01m	400
X 7.57m 8.01m			
5 Sherica Van Graan	19 Cga	7.37m	359

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16**www.liveresults.co.za****Coetzenburg****Results**

7.27m 7.37m 6.34m

Heptathlon: #6 Women Javelin Throw Under 20

SA Best: R 58.33m	2002	Sunette Viljoen		
Africa Best: C 58.33m	2002	Sunette Viljoen, RSA		
Africa Sen Q: A 48.50m				
Name	Age	Team	Finals	Points
1 Nienka Du Toit	19	Bola	36.62m	603
2 Danica Kirsten	19	Acnw	33.40m	541
3 Elizna Von Allemann	18	Cga	33.19m	537
4 Sherica Van Graan	19	Cga	23.36m	352
-- Eljone Kruger	18	Acnw	ND	

Women Heptathlon Under 20

SA Best: R 5868	2004	Justine Robbeson		
Africa Best: C 5868	2004	Justine Robbeson, RSA		
Africa Sen Q: A 4900				
IAAF u20 QS: J 5300				
World Lead: W 5547				
Name	Age	Team	Finals	
1 Nienka Du Toit	19	Bola	5000A	
2 Elizna Von Allemann	18	Cga	4036	
3 Danica Kirsten	19	Acnw	3990	
4 Sherica Van Graan	19	Cga	3558	
5 Eljone Kruger	18	Acnw	3074	

Heptathlon: #4 Women 200 Meter Sprint Under 18

SA Best: R 23.30	1982	Evette De Klerk		
Name	Age	Team	Finals	Points
Heat 1	Wind: +0.0			
1 Katelyn-Faye Rothballer	17	Cga	27.32	685
2 Cindy Van Bers	17	Agn	27.77	649
3 Mahlatsi Dombeni	17	Agn	28.31	607
4 Ancke Botha	16	Cga	28.54	589
5 Carla Lowe	16	Cga	29.91	488

Heptathlon: #7 Women 800 Meter Run Under 18

SA Best: R 2:02.57	2012	Monique Stander		
Name	Age	Team	Finals	Points
Heat 1				
1 Cindy Van Bers	17	Agn	2:25.47	751
2 Katelyn-Faye Rothballer	17	Cga	2:32.89	657
3 Ancke Botha	16	Cga	2:49.10	473
4 Mahlatsi Dombeni	17	Agn	2:57.10	393
5 Carla Lowe	16	Cga	3:27.16	154

Heptathlon: #1 Women 100 Meter Hurdles Under 18

SA Best: R 13.18	2015	Tylon Bieldt		
Name	Age	Team	Finals	Points
Heat 1	Wind: 0.1			

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

1 Mahlatsi Dombeni	17 Agn	15.73	748
2 Ancke Botha	16 Cga	16.41	665
3 Carla Lowe	16 Cga	16.82	617
4 Katelyn-Faye Rothballer	17 Cga	16.94	603
5 Cindy Van Bers	17 Agn	17.81	508

Heptathlon: #2 Women High Jump Under 18

SA Best: R 1.96m 1981		Charmaine Gale			
Name	Age Team		Finals	Points	
Heat 1					
1 Katelyn-Faye Rothballer	17 Cga		1.62m	759	
		1.50 1.53 1.56 1.59 1.62 1.65			
		O O O O XO XXX			
1 Mahlatsi Dombeni	17 Agn		1.62m	759	
		1.50 1.53 1.56 1.59 1.62 1.65			
		O O O XXO O XXX			
3 Ancke Botha	16 Cga		1.56m	689	
		1.50 1.53 1.56 1.59			
		O XO O XXX			
4 Cindy Van Bers	17 Agn		1.45m	566	
		1.30 1.35 1.40 1.45 1.50			
		O O O XO XXX			
5 Carla Lowe	16 Cga		1.40m	512	
		1.30 1.35 1.40 1.45			
		O XO O XXX			

Heptathlon: #5 Women Long Jump Under 18

SA Best: R 6.37m 2000		Delia Visser				
Name	Age Team		Finals	Wind	Points	
1 Mahlatsi Dombeni	17 Agn		5.34m	0.7	654	
2 Ancke Botha	16 Cga		5.06m	+0.0	576	
3 Katelyn-Faye Rothballer	17 Cga		4.98m	0.4	554	
4 Cindy Van Bers	17 Agn		4.81m	2.0	508	
5 Carla Lowe	16 Cga		4.42m	0.6	408	

Heptathlon: #3 Women Shot Put Under 18

SA Best: R 17.52m 2012		Lezaan Jordaan			
Name	Age Team		Finals	Points	
1 Ancke Botha	16 Cga		13.30m	747	
		12.67m 13.30m 13.12m			
2 Katelyn-Faye Rothballer	17 Cga		9.25m	480	
		8.65m 8.32m 9.25m			
3 Mahlatsi Dombeni	17 Agn		8.97m	462	
		8.33m 8.97m 8.74m			
4 Cindy Van Bers	17 Agn		8.83m	453	
		8.83m 7.17m 8.60m			
5 Carla Lowe	16 Cga		8.00m	399	
		7.32m 7.43m 8.00m			

Heptathlon: #6 Women Javelin Throw Under 18

SA Best: R 57.55m 2008		Tamzin Brits			
Name	Age Team		Finals	Points	

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

1 Ancke Botha	16 Cga	35.84m	588
2 Mahlatsi Dombeni	17 Agn	29.33m	464
3 Cindy Van Bers	17 Agn	24.33m	370
4 Katelyn-Faye Rothballer	17 Cga	23.17m	348
5 Carla Lowe	16 Cga	18.43m	260

Women Heptathlon Under 18

SA Best: R 5380 2002 Justine Robbeson
World Lead: W 5547

Name	Age Team	Finals
1 Ancke Botha	16 Cga	4327
2 Mahlatsi Dombeni	17 Agn	4087
3 Katelyn-Faye Rothballer	17 Cga	4086
4 Cindy Van Bers	17 Agn	3805
5 Carla Lowe	16 Cga	2838

Outdoor Pentathlon: #5 Women 800 Meter Run Under 16

SA Best: R 2:05.60 1988 Helena De Villiers

Name	Age Team	Finals	Points
Heat 1			
1 Gontse Morake	15 Agn	2:37.26	605
2 Annemieke Huijink	14 Afs	2:38.73	588
3 Ameerah Donough	15 Wpa	2:41.43	557

....Outdoor Pentathlon: #5 Women 800 Meter Run Under 16

4 Hanna Sullivan	14 Bola	2:44.41	523
5 Elismarie Venter	15 Cga	2:50.67	457
6 Esther Solarin	15 Agn	2:51.15	452
7 Amare Vlok	14 Cga	2:51.91	444
8 Leandre Ketch	15 Bola-Ind	2:57.43	389
-- Natillie Louw	15 Nam	X2:51.76	445

Outdoor Pentathlon: #1 Women 90 Meter Hurdles Under 16

SA Best: R 12.64 2003 Mariska Van Driel

Name	Age Team	Finals	Points
Heat 1 Wind: NWI			
1 Hanna Sullivan	14 Bola	14.5h	673
2 Ameerah Donough	15 Wpa	14.7h	649
3 Annemieke Huijink	14 Afs	15.2h	581
4 Elismarie Venter	15 Cga	15.9h	495
-- Natillie Louw	15 Nam	X13.9h	759
Heat 2 Wind: NWI			
1 Gontse Morake	15 Agn	13.4h	823
2 Esther Solarin	15 Agn	13.8h	772
3 Leandre Ketch	15 Bola-Ind	14.3h	697
4 Amare Vlok	14 Cga	14.9h	615
5 Kaylen-Lee Nazier	14 Wpa-Ind	19.0h	201

Outdoor Pentathlon: #2 Women High Jump Under 16

SA Best: R 1.85m 1996 Nicolize Steyn

Name	Age Team	Finals	Points
Heat 1			

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

1	Leandre Ketch	15	Bola-Ind	1.63m	771
2	Hanna Sullivan	14	Bola	1.55m	678
2	Esther Solarin	15	Agn	1.55m	678
4	Amare Vlok	14	Cga	1.45m	566
4	Gontse Morake	15	Agn	1.45m	566
4	Elismarie Venter	15	Cga	1.45m	566
7	Annemieke Huijink	14	Afs	1.40m	512
8	Ameerah Donough	15	Wpa	1.35m	460
--	Natillie Louw	15	Nam	X1.69m	842
--	Kaylen-Lee Nazier	14	Wpa-Ind		NH

Outdoor Pentathlon: #4 Women Long Jump Under 16

SA Best: R 6.16m 1998		Delia Visser				
Name	Age	Team	Finals	Wind	Points	
1	Esther Solarin	15	Agn	5.48m	0.2	694
2	Gontse Morake	15	Agn	5.30m	2.3	643
3	Leandre Ketch	15	Bola-Ind	5.26m	2.4	631
4	Ameerah Donough	15	Wpa	5.06m	2.5	576
5	Annemieke Huijink	14	Afs	5.02m	-0.8	565
6	Elismarie Venter	15	Cga	4.85m	2.8	519
7	Amare Vlok	14	Cga	4.63m	3.4	461
8	Hanna Sullivan	14	Bola	4.58m	1.5	448
9	Kaylen-Lee Nazier	14	Wpa-Ind	4.54m	0.8	438
--	Natillie Louw	15	Nam	X5.43m	-0.2	680

Outdoor Pentathlon: #3 Women Shot Put Under 16

SA Best: R 17.10m 2000		Anmare Sullivan			
Name	Age	Team	Finals	Points	
1	Leandre Ketch	15	Bola-Ind	12.12m	669
2	Annemieke Huijink	14	Afs	11.33m	617
3	Hanna Sullivan	14	Bola	11.24m	611
4	Esther Solarin	15	Agn	8.60m	438
5	Ameerah Donough	15	Wpa	8.14m	408
6	Elismarie Venter	15	Cga	7.92m	394
7	Gontse Morake	15	Agn	7.61m	374
8	Amare Vlok	14	Cga	7.33m	356
9	Kaylen-Lee Nazier	14	Wpa-Ind	6.97m	333
--	Natillie Louw	15	Nam	X11.04m	598

Women Outdoor Pentathlon Under 16

SA Best: R 2962 2015		Rogail Joseph		
Name	Age	Team	Finals	
1	Leandre Ketch	15	Bola-Ind	3157R
2	Esther Solarin	15	Agn	3034R
3	Gontse Morake	15	Agn	3011R
4	Hanna Sullivan	14	Bola	2933
5	Annemieke Huijink	14	Afs	2863
6	Ameerah Donough	15	Wpa	2650
7	Amare Vlok	14	Cga	2442
8	Elismarie Venter	15	Cga	2431
9	Natillie Louw	15	Nam	X3324

Men 100 Meter Sprint

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

SA Best: R 9.96 2016	Akani Simbini
Africa Best: C 9.85 2006	Olusoji Adetokunbo Fasuba, NG
Olympics QS: O 10.16	
Africa Sen Q: A 10.44	
World Lead: W 9.96	

Name	Age	Team	Heat
=====			
Heat 1	Heat	Wind: -0.1	
1 Akani Simbine	23	Agn	A 10.25Q
2 Hlapho Rantabane	20	Afs	10.55Q
3 France Ntene	28	Lima	10.57Q
4 Jayden Abrahams	17	Nwca	11.43
5 Juan Rall	23	Kzna-Ind	11.51
Heat 2	Heat	Wind: 1.5	
1 Samkelo Sabela	21	Cga	10.77Q
2 Casper Lotter	18	Epa	10.85Q
3 Shadley Potgieter	23	Nwca	11.44Q
-- Kabelo Lesole	18	Les	X11.82
Heat 3	Heat	Wind: 0.9	
1 Emile Erasmus	24	Agn	A 10.25Q
2 Amaan Africa	18	Bola	10.47Q
3 Obakeng Maoka	21	Cga	10.71Q
4 Molefe Nokwane	22	Anwn	10.77q
6 Johan Steyn	18	Epa	10.88
25 Aidan Tuohy	19	Epa	10.85
Heat 4	Heat	Wind: 0.4	

...Men 100 Meter Sprint

1 Henricho Bruintjies	23	Agn	A 10.32Q
2 Quincy Voster	21	Cga	10.49Q
3 Keenan Michau	21	Agn	10.55Q
5 Katlego Mogwai	22	Lima	10.93
24 Quintin Hitge	23	Acnw	10.85q
Heat 5	Heat	Wind: -0.9	
1 Thando Roto	21	Agn	10.54Q
2 Tshegofatso Meshoe	29	Anwn	10.79Q
3 Dewald Steyn	23	Agn-Ind	10.93Q
4 Lesego Motlala	21	Agn-Ind	10.98
5 Garth Bloemfontein	23	Bola-Ind	11.22
Heat 6	Heat	Wind: -0.5	
1 Tlotliso-Gift Leotlela	18	Agn	A 10.40Q
2 Roscoe Engel	27	Wpa	A 10.44Q
3 Yusuf Ismail	22	Wpa	10.73Q
4 Lebogang Maloka	20	Cga	10.87
5 Cheswill Johnson	19	Cga	10.89
Heat 7	Heat	Wind: -1.6	
1 Gideon Trotter	24	Afs	10.49Q
2 Lebakeng Sesele	26	Agn	10.61Q
3 Gerrit Wickens	20	Agn-Ind	10.67Q
4 Ethan Noble	18	Wpa	10.72q
5 Levert Pieterse	18	Epa	11.02
6 Archie Dlamini	24	Cga	11.21
6 Mahidi Suleman	22	Agn-Ind	11.21

Men 100 Meter Sprint EAD Ambulatory

Name	Age	Team	Heat
=====			
Heat 1	Heat	Wind: 2.0	
1 Arnu Fourie (T44)	31	Sasapd	11.01q

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

2 Jonathan Ntutu (T12)	30	Sasapd	11.40q
3 Mpumelelo Mhlongo (T44)	22	Sasapd	11.53q
4 Jacques De Bruyn (T12)	26	Sasapd	12.27q
Heat 2 Heat Wind: -0.4			
1 Dyan Buis (T11)	26	Sasapd	11.60q
2 Fanie Van Der Merwe (T37)	30	Sasapd	11.67q
3 Charl Du Toit (T37)	23	Sasapd	11.72q
4 Lwandile Malawu (T12)	25	Sasapd	12.22q
5 Ruhan Van Rooyen (T37)	22	Sasapd	12.39
6 Tebogo Mokgalagadi (T35)	33	Sasapd	13.39

Men 100 Meter Sprint

SA Best: R 9.96 2016 Akani Simbini
 Africa Best: C 9.85 2006 Olusoji Adetokunbo Fasuba, NG
 Olympics QS: O 10.16
 Africa Sen Q: A 10.44
 World Lead: W 9.96

Name	Age	Team	Semis
Heat 1 Semi-Finals Wind: -0.1			
1 Akani Simbine	23	Agn	O 10.06Q
2 Thando Roto	21	Agn	A 10.33Q
3 Samkelo Sabela	21	Cga	A 10.39q
4 Lebakeng Sesele	26	Agn	A 10.44q
5 Yusuf Ismail	22	Wpa	10.71

....Men 100 Meter Sprint

6 Tshegofatso Meshoe	29	Anwn	10.78
7 Obakeng Maoka	21	Cga	10.85
8 Quintin Hitge	23	Acnw	10.92
Heat 2 Semi-Finals Wind: 0.1			
1 Emile Erasmus	24	Agn	A 10.23Q
2 Roscoe Engel	27	Wpa	A 10.37Q
3 Gideon Trotter	24	Afs	10.45
4 Hlapho Rantabane	20	Afs	10.46
5 Gerrit Wickens	20	Agn-Ind	10.70
6 Casper Lotter	18	Epa	10.84
7 Dewald Steyn	23	Agn-Ind	10.89
8 Molefe Nokwane	22	Anwn	10.91
Heat 3 Semi-Finals Wind: 0.5			
1 Henricho Bruintjies	23	Agn	O 10.16Q
2 Tlotliso-Gift Leotlela	18	Agn	A 10.30Q
3 Amaan Africa	18	Bola	10.55
4 Keenan Michau	21	Agn	10.58
5 Quincy Voster	21	Cga	10.61
6 Ethan Noble	18	Wpa	10.65
7 France Ntene	28	Lima	10.73
8 Shadley Potgieter	23	Nwca	11.51

Men 100 Meter Sprint

SA Best: R 9.96 2016 Akani Simbini
 Africa Best: C 9.85 2006 Olusoji Adetokunbo Fasuba, NG
 Olympics QS: O 10.16
 Africa Sen Q: A 10.44
 World Lead: W 9.96

Name	Age	Team	Finals
Heat 1 Finals Wind: -0.2			

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

1	Henricho Bruintjies	23	Agn	10.17A
2	Akani Simbine	23	Agn	10.21A
3	Emile Erasmus	24	Agn	10.29A
4	Tlotliso-Gift Leotlela	18	Agn	10.34A
5	Thando Roto	21	Agn	10.35A
6	Samkelo Sabela	21	Cga	10.43A
7	Roscoe Engel	27	Wpa	10.46
8	Lebakeng Sesele	26	Agn	10.63

Men 100 Meter Sprint EAD Ambulatory

Name	Age	Team	Finals
Heat 1 Finals Wind: 1.8			
1	Arnu Fourie (T44)	31 Sasapd	11.00
2	Jonathan Ntutu (T12)	30 Sasapd	11.27
3	Mpumelelo Mhlongo (T44)	22 Sasapd	11.41
4	Fanie Van Der Merwe (T37)	30 Sasapd	11.46
5	Dyan Buis (T11)	26 Sasapd	11.55
6	Charl Du Toit (T37)	23 Sasapd	11.61
7	Lwandile Malawu (T12)	25 Sasapd	11.98
8	Jacques De Bruyn (T12)	26 Sasapd	12.16

Men 100 Meter Sprint EAD Wheelchair

Name	Age	Team	Finals
Heat 1 Wind: NWI			
1	Eugene Klaasen	33 Sasapd	18.50
2	Brandon Beack	21 Sasapd	19.70
3	Akibanu Amisi	Sasapd	20.50

Men 200 Meter Sprint

SA Best: R 19.87	2015	Anaso Jobodwana	
Africa Best: C 19.68	1996	Frank Fredericks, NAM	
Olympics QS: O 20.50			
Africa Sen Q: A 21.24			
World Lead: W 20.16			
Name	Age	Team	Heat
Heat 1 Heat Wind: 0.2			
1	Walter Ungerer	21 Agn-Ind	21.62Q
2	Molefe Nokwane	22 Anwn	22.09Q
3	Lebogang Maloka	20 Cga	22.30Q
4	Mahidi Suleman	22 Agn-Ind	22.49
--	Fred-Charles Pieterse	23 Nam	X22.65
--	Teboho Mphatle	24 Les	X23.29
Heat 2 Heat Wind: 1.5			
1	Clarence Munyai	18 Agn	21.38Q
2	France Ntene	28 Lima	21.40Q
3	Christian Lubbe	22 Agn-Ind	21.49Q
4	Tshegofatso Meshoe	29 Anwn	21.69q
5	Quintin Hitge	23 Acnw	21.96q
6	Wikus Esterhuizen	23 Acnw	22.40q
Heat 3 Heat Wind: 1.2			
1	Ethan Noble	18 Wpa	21.65Q
2	Andrew Barnes	28 Agn-Ind	22.24Q
3	Solomon Mashiane	24 Lima	22.71Q
4	Jayden Abrahams	17 Nwca	22.74

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

5 Sanele Hlengwa	22 Atra	22.92
Heat 4 Heat Wind: 0.7		
1 Malasela Senona	17 Agn	21.66Q
2 Yusuf Ismail	22 Wpa	21.70Q
3 Lesego Motlala	21 Agn-Ind	22.02Q
4 Oscar Mavundla	24 Agn-Ind	22.19q
5 Katlego Mogwai	22 Lima	22.41
6 Dywili Tshepiso	17 Atra	23.31
-- Khereng Khereng	19 Les	X23.32
Heat 5 Heat Wind: 0.4		
1 Ncincilli Titi	23 Agn-Ind	21.26Q
2 Kyle Appel	18 Wpa	21.44Q
3 Hlapho Rantabane	20 Afs	21.48Q
4 Dewald Steyn	23 Agn-Ind	22.23q
5 Manny Khumalo	20 Cga	22.77
6 Devinito Fourie	19 Atra	22.78
Heat 6 Heat Wind: 0.2		
1 Hendrik Maartens	20 Afs	21.55Q
2 Roscoe Engel	27 Wpa	21.76Q
3 Johan Kruger	19 Cga	22.11Q
4 Casper Lotter	18 Epa	22.14q
5 Tumi Khunou	25 Cga	23.30

Men 200 Meter Sprint

=====			
SA Best: R 19.87	2015	Anaso Jobodwana	
Africa Best: C 19.68	1996	Frank Fredericks, NAM	
Olympics QS: O 20.50			
Africa Sen Q: A 21.24			
World Lead: W 20.16			
Name	Age	Team	Semis
=====			
Heat 1 Semi-Finals Wind: 0.2			
1 Ncincilli Titi	23	Agn-Ind	A 21.06Q
2 Malasela Senona	17	Agn	21.27Q
3 France Ntene	28	Lima	21.33q
4 Hlapho Rantabane	20	Afs	21.51
5 Tshegofatso Meshoe	29	Anwn	21.67
6 Andrew Barnes	28	Agn-Ind	22.26
7 Wikus Esterhuizen	23	Acnw	22.43
8 Solomon Mashiane	24	Lima	22.94
Heat 2 Semi-Finals Wind: 0.7			
1 Clarence Munyai	18	Agn	A 20.72Q
2 Kyle Appel	18	Wpa	A 21.18Q
3 Ethan Noble	18	Wpa	21.50q
4 Dewald Steyn	23	Agn-Ind	22.08
5 Molefe Nokwane	22	Anwn	22.09
6 Quintin Hitge	23	Acnw	22.11
7 Lebogang Maloka	20	Cga	23.10
-- Christian Lubbe	22	Agn-Ind	DNF
Heat 3 Semi-Finals Wind: 0.7			
1 Roscoe Engel	27	Wpa	21.45Q
2 Hendrik Maartens	20	Afs	21.50Q
3 Walter Ungerer	21	Agn-Ind	21.64
4 Yusuf Ismail	22	Wpa	21.68
5 Oscar Mavundla	24	Agn-Ind	22.07
6 Lesego Motlala	21	Agn-Ind	22.34
7 Casper Lotter	18	Epa	22.36
8 Johan Kruger	19	Cga	22.44

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

Men 200 Meter Sprint EAD Ambulatory

Name	Age	Team	Finals
Heat 1 Wind: 0.3			
1 Arnu Fourie (T44)	31	Sasapd	22.92
2 Ntando Mahlangu (T42)	14	Sasapd	25.25
3 Daniel Briers-Louw (T13)	14	Sasapd	25.29
4 Lwandile Malawu (T12)	25	Sasapd	25.66

Men 200 Meter Sprint

SA Best: R 19.87 2015 Anaso Jobodwana
 Africa Best: C 19.68 1996 Frank Fredericks, NAM
 Olympics QS: O 20.50
 Africa Sen Q: A 21.24
 World Lead: W 20.16

Name	Age	Team	Finals
Heat 1 Finals Wind: 0.4			
1 Clarence Munyai	18	Agn	20.73A
2 Ncincilli Titi	23	Agn-Ind	20.89A
3 Hendrik Maartens	20	Afs	21.02A

....Men 200 Meter Sprint

4 Roscoe Engel	27	Wpa	21.07A
5 Malasela Senona	17	Agn	21.20A
6 Kyle Appel	18	Wpa	21.33
7 Ethan Noble	18	Wpa	21.38
8 France Ntene	28	Lima	21.43

Men 400 Meter Sprint

SA Best: R 43.48 2015 Wayde Van Niekerk
 Africa Best: C 43.48 2015 Wayde Van Niekerk, RSA
 Olympics QS: O 45.40
 Africa Sen Q: A 46.64
 World Lead: W 44.41

Name	Age	Team	Heat
Heat 1 Heat			
1 Wayde Van Niekerk	24	Afs	47.26Q
2 Berend Koekemoer	21	Wpa	47.48Q
3 Phemelo Matlhabe	19	Anwn	47.67Q
4 Andrew Barnes	28	Agn-Ind	47.99q
5 Derick Mokaleng		Cga	48.01q
6 Darren Stevens	20	Wpa	48.36q
7 Solomon Mashiane	24	Lima	50.13
Heat 2 Heat			
1 Thapelo Phora	25	Agn	46.83Q
2 Stephan Bruwer	21	Acnw	47.11Q
3 Lehlogonolo Septokele	18	Agn-Ind	48.29Q
4 Herman Kritzinger	17	Cga-Ind	49.38
-- Mokoimihi Khalane	24	Les	X49.90
Heat 3 Heat			
1 Nicholas Marich	18	Cga	47.15Q
2 Jon Seeliger	21	Agn	47.63Q

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16www.liveresults.co.za**Coetzenburg****Results**

3	Gardeo Isaacs	18	Bola-Ind	48.08Q
4	Braam Bisschop	18	Agn-Ind	48.21q
5	Tebogo Selebi	19	Cga	48.44
6	Nicholas Loxton	20	Wpa-Ind	48.92
7	Devinito Fourie	19	Atra	49.25
8	Frens Matlala	21	Cga	50.24
Heat 4 Heat				
1	Quinton Norris	24	Cga	48.61Q
2	Lesedi Mokgobinyane	23	Acnw	48.69Q
3	Luxolo Adams	20	Epa	49.53Q
4	Mdidi Mtshayeki	21	Atra	51.29
5	Thapelo Modishana	23	Agn-Ind	52.24
--	Teboho Mokhethi	18	Les	X51.37
Heat 5 Heat				
1	Pieter Conradie	22	Acnw	47.23Q
2	Nkululeko Ngubeni	23	Kzna	47.38Q
2	Jaden Flagg	22	Bola-Ind	47.38Q
4	Willie De Beer	28	Agn	47.77q
5	Jan-Nicolaas Briers Louw	23	Bola-Ind	49.13
6	Ivan Prinsloo	19	Cga-Ind	49.71
7	Lincoln Taje	22	Acnw	51.40
Heat 6 Heat				
1	Ashley Hlungwani	25	Agn-Ind	A 46.57Q
2	Shaun De Jager	25	Bola	46.72Q
3	Oscar Mavundla	24	Agn-Ind	47.51Q
4	Willington Nukwa	24	Cga	48.12q

....Men 400 Meter Sprint

5	Xolani Mbudula	22	Cga	48.81
6	Sanele Hlengwa	22	Atra	51.25
7	Dywili Tshepiso	17	Atra	52.09
8	Ruben Ramolefi	38	Nwca	52.58

Men 400 Meter Sprint

=====				
SA Best:	R 43.48	2015	Wayde Van Niekerk	
Africa Best:	C 43.48	2015	Wayde Van Niekerk, RSA	
Olympics QS:	O 45.40			
Africa Sen Q:	A 46.64			
World Lead:	W 44.41			
Name	Age	Team	Semis	
=====				
Heat 1 Semi-Finals				
1	Shaun De Jager	25	Bola	A 46.51Q
2	Ashley Hlungwani	25	Agn-Ind	46.87Q
3	Quinton Norris	24	Cga	47.31q
4	Jon Seeliger	21	Agn	47.40q
5	Willie De Beer	28	Agn	47.92
6	Luxolo Adams	20	Epa	48.18
7	Lesedi Mokgobinyane	23	Acnw	48.87
Heat 2 Semi-Finals				
1	Wayde Van Niekerk	24	Afs	A 46.54Q
2	Thapelo Phora	25	Agn	47.77Q
3	Braam Bisschop	18	Agn-Ind	48.12
3	Berend Koekemoer	21	Wpa	48.12
5	Andrew Barnes	28	Agn-Ind	48.34
6	Stephan Bruwer	21	Acnw	48.42

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16**www.liveresults.co.za****Coetzenburg****Results**

7 Oscar Mavundla	24 Agn-Ind	48.62
8 Lehlogonolo Septokele	18 Agn-Ind	49.33
Heat 3 Semi-Finals		
1 Pieter Conradie	22 Acnw	A 46.50Q
2 Nkululeko Ngubeni	23 Kzna	47.49Q
3 Jaden Flagg	22 Bola-Ind	47.77
4 Phemelo Matlhabe	19 Anwn	47.89
5 Nicholas Marich	18 Cga	48.01
6 Derick Mokaleng	Cga	48.23
7 Gardeo Isaacs	18 Bola-Ind	49.09
8 Willington Nukwa	24 Cga	49.17

Men 400 Meter Sprint

SA Best: R 43.48	2015	Wayde Van Niekerk
Africa Best: C 43.48	2015	Wayde Van Niekerk, RSA
Olympics QS: O 45.40		
Africa Sen Q: A 46.64		
World Lead: W 44.41		

Name	Age	Team	Finals
Heat 1 Finals			
1 Wayde Van Niekerk	24	Afs	44.98O
2 Shaun De Jager	25	Bola	45.90A
3 Pieter Conradie	22	Acnw	45.95A
4 Ashley Hlungwani	25	Agn-Ind	46.38A
5 Jon Seeliger	21	Agn	46.42A
6 Thapelo Phora	25	Agn	46.50A
7 Nkululeko Ngubeni	23	Kzna	46.63A

....Men 400 Meter Sprint

8 Quinton Norris	24	Cga	46.86
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Men 400 Meter Sprint EAD Ambulatory

Name	Age	Team	Finals
Heat 1			
1 Dyan Buis (T11)	26	Sasapd	50.86
2 Charl Du Toit (T37)	23	Sasapd	51.21
3 Daniel Briers-Louw (T13)	14	Sasapd	56.49

Men 800 Meter Run

SA Best: R 1:42.69	1999	Hezekiel Sepeng
Africa Best: C 1:40.91	2012	David Rudisha, KEN
Olympics QS: O 1:46.00		
Africa Sen Q: A 1:47.30		
World Lead: W 1:44.75		

Name	Age	Team	Heat
Heat 1 Heat			
1 Themba Madima	27	Agn	1:50.25Q
2 Thabo Mkhwanazi	20	Kzna	1:51.51Q
3 Heinrich Herbst	19	Cga	1:51.75
4 Darren Stevens	20	Wpa	1:52.13
5 Abrie Ebersohn	19	Avt	1:53.47
6 Dylan Van Wyk	20	Aswd-Ind	1:53.55
7 Katlego Nthate	24	Anwn	1:53.59
8 Eric Ndabakayise	19	Atra	2:01.05

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

9	Ruben Ramolefi	38	Nwca		2:05.50
Heat 2 Heat					
1	Andre Olivier	27	Acnw		1:47.79Q
2	Rynhardt Van Rensburg	24	Afs		1:47.82Q
3	George Kusche	18	Agn-Ind		1:48.01q
4	Hannes Naude	26	Afs		1:48.51q
5	Tian Basson	23	Ampu		1:48.61
6	Theuns Ehlers	18	Agn-Ind		1:49.89
7	Casper Labuschaigne	22	Bola-Ind		1:52.92
8	Gronighan Grobler	19	Acnw		1:53.48
9	Yanga Malusi	19	Atra		1:54.06
10	Cunukelo Mafika	20	Cga		1:54.18
11	Jan-Hendrik Theron	21	Bola-Ind		2:01.15
12	Mdidi Mtshayeki	21	Atra		2:01.90
Heat 3 Heat					
1	Motlalepula Mothosola	26	Ampu	A	1:46.92Q
2	Thabang Matiwane	21	Cga		1:48.35Q
3	Theodore Nothling	23	Agn		1:48.49q
4	Duran Faro	22	Wpa		1:48.52q
5	Mohlosi Kabelo	23	Anwn		1:51.09
6	Johan Van Wyk	22	Bola-Ind		1:51.15
7	Thusile Nobanda	21	Atra		1:55.51
8	Tlou Seloba	31	Cga		1:55.82
9	Awethu Ntsotho	19	Atra		1:57.27
10	Thapelo Madiba	23	Cga		1:57.56
11	Johannes Esterhuizen	20	Bola-Ind		1:58.17
Heat 4 Heat					
1	Jacob Rozani	28	Anwn	A	1:46.69Q
2	Treasure Derison	24	Afs		1:48.41Q

....Men 800 Meter Run

3	Abram-Jabolane Ncamane	22	Agn		1:50.02
4	Phelani Maduwa	17	Avt		1:52.05
5	Tefo Siphwe	21	Cga		1:52.67
6	Henk Beukes	26	Cga-Ind		1:52.70
7	Henry Kelbrick	18	Agn-Ind		1:53.48
8	Thabile Mkhupheni	18	Atra		1:59.81
9	Zuko Kupiso	21	Atra		2:07.78
--	Tsepo Ramashamole	18	Les	X1	1:56.34
--	Henco Uys	24	Acnw		DNF

Men 800 Meter Run

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SA Best: R 1:42.69 1999 Hezekiel Sepeng
Africa Best: C 1:40.91 2012 David Rudisha, KEN
Olympics QS: O 1:46.00
Africa Sen Q: A 1:47.30
World Lead: W 1:44.75
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Name	Age	Team	Finals
Heat 1 Finals			
1	Jacob Rozani	28	Anwn 1:46.26A
2	Rynhardt Van Rensburg	24	Afs 1:46.58A
3	Motlalepula Mothosola	26	Ampu 1:46.71A
4	George Kusche	18	Agn-Ind 1:47.45
5	Treasure Derison	24	Afs 1:48.35
6	Themba Madima	27	Agn 1:48.38
7	Duran Faro	22	Wpa 1:49.00
8	Thabo Mkhwanazi	20	Kzna 1:49.51
9	Thabang Matiwane	21	Cga 1:49.55

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

10 Theodore Nothling	23 Agn	1:51.64
11 Hannes Naude	26 Afs	1:51.86
-- Andre Olivier	27 Acnw	DNF

Men 1500 Meter Run

SA Best: R 3:31.93	2003	Johan Cronje
Africa Best: C 3:26.00	1998	Hicham El Guerrouj, MAR
Olympics QS: O 3:36.20		
Africa Sen Q: A 3:39.00		
World Lead: W 3:35.77		

Name	Age	Team	Heat
Heat 1 Heat			
1 Nkosinathi Sibiyi	22	Kzna	3:48.87Q
2 Amos Nyongo	30	Epa	3:49.37Q
3 Jeromy Andreas	24	Cga	3:49.47Q
4 Clinton Swanepoel	27	Cga	3:49.56
5 Warno Potgieter	19	Cga-Ind	3:50.93
6 Thabang Matiwane	21	Cga	3:51.77
7 Thusile Nobanda	21	Atra	3:58.53
8 Awethu Ntsotho	19	Atra	3:59.31
Heat 2 Heat			
1 Dumisane Hlaselo	28	Cga	A 3:38.09Q
2 Johan Cronje	34	Afs	A 3:38.45Q
3 Folavia Sehohle	26	Cga	3:42.67Q
4 Emiele Paulsen	22	Wpa	3:47.91q
5 Ryan Mphahlele	18	Cga	3:51.05
6 Johan Van Wyk	22	Bola-Ind	3:51.35

....Men 1500 Meter Run

7 Llewellyn Groeneveld	21	Bola-Ind	3:52.32
7 Khanya Ngubenani		Atra	3:52.32
9 Zuko Kupiso	21	Atra	4:14.05
10 Masibulele Mtshakaza	24	Atra	4:22.05
-- Badboy Toka	18	Les	X3:53.50
Heat 3 Heat			
1 Jerry Motsau	26	Acnw	3:44.94Q
2 Treasure Derison	24	Afs	3:45.33Q
3 Bruce-Lynn Damons	20	Wpa	3:45.51Q
4 Samuel Mathabatha	23	Cga	3:46.13q
5 Solomon Bothlolo	22	Cga	3:47.96q
6 Dais Malebana	17	Agn-Ind	3:51.65
7 Xaba Mavuso	21	Afs	4:01.73
8 Yanga Malusi	19	Atra	4:02.49
9 Thabile Mkhupheni	18	Atra	4:06.12

Men 1500 Meter Run

SA Best: R 3:31.93	2003	Johan Cronje
Africa Best: C 3:26.00	1998	Hicham El Guerrouj, MAR
Olympics QS: O 3:36.20		
Africa Sen Q: A 3:39.00		
World Lead: W 3:35.77		

Name	Age	Team	Finals
Heat 1 Finals			
1 Folavia Sehohle	26	Cga	3:42.41
2 Dumisane Hlaselo	28	Cga	3:42.54
3 Johan Cronje	34	Afs	3:42.58

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16www.liveresults.co.za**Coetzenburg****Results**

4	Jerry Motsau	26	Acnw	3:42.72
5	Treasure Derison	24	Afs	3:43.84
6	Nkosinathi Sibiyi	22	Kzna	3:43.97
7	Jeromy Andreas	24	Cga	3:44.81
8	Bruce-Lynn Damons	20	Wpa	3:47.52
9	Emiele Paulsen	22	Wpa	3:50.49
10	Samuel Mathabatha	23	Cga	3:50.53
11	Solomon Bothlolo	22	Cga	3:51.54
12	Amos Nyongo	30	Epa	3:52.56

Men 5000 Meter Run

=====

SA Best: R 13:11.44 2015 Stephen Mokoka
 Africa Best: C 12:37.35 2004 Kenenisa Bekele, ETH
 Olympics QS: O 13:25.00
 Africa Sen Q: A 13:30.00
 World Lead: W 13:13.93

Name	Age	Team	Finals
=====			
Heat 1			
1	Stephen Mokoka	31 Agn	13:40.81
2	Elroy Gelant	30 Acnw	13:43.43
3	Sibusiso Nzima	30 Cga	13:46.73
4	Precious Mashele	26 Agn	14:04.40
5	Marko Bucarizza	28 Cga	14:10.48
6	Phillimon Mathiba	24 Cga	14:17.63
7	Anthony Timoteus	21 Wpa	14:17.98
8	Xaba Mavuso	21 Afs	14:18.90
9	Thobile Mosito	21 Agn	14:19.04

....Men 5000 Meter Run

10	Siyabulela Mstha	29	Atra	14:20.52
11	Magwai Reghen	25	Agn	14:21.73
11	Marianio Eesou	25	Epa	14:21.73
13	Collen Mulaudzi	25	Agn	14:22.56
14	Nkosinathi Madyo	28	Wpa	14:29.54
15	Petrus Malherbe	24	Bola	14:35.65
16	Xolisani Zamkele	30	Atra	14:35.73
17	Du-Wayne Philander	22	Wpa	14:37.31
18	Anglo Booysen	25	Bola-Ind	14:37.63
19	Adam Lipschitz	22	Kzna-Ind	14:39.25
20	Khaya Butele	24	Atra	14:45.22
21	Melikhaya Frans	26	Epa	14:46.98
22	Vuyolwethu Madikiza	23	Atra	14:48.71
23	Kwanele Mthembu	19	Agn-Ind	14:51.86
24	Mfumaneko Fadane	24	Atra	15:05.37
25	Duncan Mulaudzi	24	Cga	15:11.31
26	Ryan Mphahlele	18	Cga	15:20.75
27	Lungile Mbobhana	18	Atra	15:39.23
28	Aphelele Nkonyeni	18	Atra	15:44.31
29	Mongezi Ngobe	26	Atra	15:44.35

Men 10000 Meter Run

=====

SA Best: R 27:29.94 1999 Hendrik Ramaala
 Africa Best: C 26:17.53 2005 Kenenisa Bekele, ETH
 Olympics QS: O 28:00.00
 Africa Sen Q: A 28:30.00
 World Lead: W 27:58.65

Name	Age	Team	Finals
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2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16www.liveresults.co.za**Coetzenburg****Results**

1	Stephen Mokoka	31	Agn	27:57.50W
2	Gladwin Mzazi	28	Cga	28:28.68A
3	Sibusiso Nzima	30	Cga	28:36.85
4	Precious Mashele	26	Agn	29:23.24
5	Collen Mulaudzi	25	Agn	29:26.43
6	Phillimon Mathiba	24	Cga	29:31.16
7	Marianio Eesou	25	Epa	29:31.25
8	Xolisani Zamkele	30	Atra	29:39.43
9	Zolani Ngqaga	27	Epa	29:53.07
10	Magwai Reghen	25	Agn	30:04.13
11	Siviwe Nkombi	28	Wpa	30:26.97
12	Philani Buthelezi	27	Kzna	30:33.12
13	Prince Jali	27	Cga	30:37.84
14	Kwanele Mthembu	19	Agn-Ind	30:41.15
15	Kabelo Melamu	19	Cga	30:53.20
16	Mcmarshall Hartzenberg	19	Wpa	30:54.56
17	Khaya Butele	24	Atra	30:56.84
18	Ndumiso Sokhela	21	Kzna	30:58.37
--	Adam Lipschitz	22	Kzna-Ind	DNF
--	Elroy Gelant	30	Acnw	DNF
--	Bonginkosi Zwane	25	Kzna	DNF
--	Mfumaneko Fadane	24	Atra	DNF
--	Vuyolwethu Madikiza	23	Atra	DNF
--	Thobile Mosito	21	Agn	DNF
--	Siyabonga Mabena	20	Cga	DNF
--	Mpuru Moeketsi	19	Cga	DNF
--	Siyabulela Mstha	29	Atra	DNF

Men 110 Meter Hurdles

SA Best: R 13.24	2012	Lehann Fourie
Africa Best: C 13.24	2012	Lehann Fourie, RSA
Olympics QS: O 13.47		
Africa Sen Q: A 14.24		
World Lead: W 13.39		

Name	Age	Team	Heat
Heat 1 Heat Wind: -0.3			
1 Ruan De Vries	30	Agn	A 13.99Q
2 Muntingh Hamman	26	Agn	A 14.01Q
3 Tiaan Smit	21	Agn	A 14.02Q
4 Kobus Moolman	25	Afs	14.79q
5 Zweli Ngoma	21	Cga	15.06
6 Thulani Makhanya	21	Afs	15.43
-- Fred-Charles Pieterse	23	Nam	X14.93
Heat 2 Heat Wind: 0.1			
1 Antonio Alkana	26	Wpa	A 13.79Q
2 Tshepo Lefete	24	Cga-Ind	A 13.83Q
3 Tiaan Kleynhans	20	Acnw	14.65Q
4 Theodor Young	20	Acnw	14.67q
5 Leighton Payle	22	Wpa	15.01
6 Cobus Hamman	21	Afs	15.37

Men 110 Meter Hurdles

SA Best: R 13.24	2012	Lehann Fourie
Africa Best: C 13.24	2012	Lehann Fourie, RSA
Olympics QS: O 13.47		

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16
www.liveresults.co.za
Coetzenburg
Results

Africa Sen Q: A 14.24
World Lead: W 13.39

Name	Age	Team	Finals
Heat 1 Finals Wind: -0.1			
1 Antonio Alkana	26	Wpa	13.37W
2 Tshepo Lefete	24	Cga-Ind	13.65A
3 Ruan De Vries	30	Agn	13.70A
4 Tiaan Smit	21	Agn	13.78A
5 Muntingh Hamman	26	Agn	14.10A
6 Theodor Young	20	Acnw	14.61
7 Kobus Moolman	25	Afs	14.71
8 Tiaan Kleynhans	20	Acnw	14.84

Men 400 Meter Hurdles

SA Best: R 47.66 2011 LJ Van Zyl
World Lead: W 48.92

Name	Age	Team	Heat
Heat 1 Heat			
1 LJ Van Zyl	31	Agn	50.15Q
2 Cornel Fredericks	26	Agn	50.21Q
3 Bernard Pretorius	23	Agn	51.80Q
4 Tshegofatso Mothopa	21	Agn-Ind	53.01
5 Vian Louw	31	Aswd	55.93
Heat 2 Heat			
1 Lindsay Hanekom	23	Agn	50.99Q
2 LeRoux Hamman	24	Agn	51.03Q
3 Constant Pretorius	22	Agn	51.64Q

....Men 400 Meter Hurdles

4 Neil Le Roux	26	Wpa	52.80q
5 Marcus Bornman	20	Agn-Ind	53.00q
6 Elshami Eksteen	24	Afs	53.92
7 Pieter-Christiaan Beneke	26	Agn	1:05.59

Men 400 Meter Hurdles

SA Best: R 47.66 2011 LJ Van Zyl
World Lead: W 48.92

Name	Age	Team	Finals
Heat 1 Finals			
1 LJ Van Zyl	31	Agn	49.34
2 Cornel Fredericks	26	Agn	49.75
3 Constant Pretorius	22	Agn	50.00
4 LeRoux Hamman	24	Agn	50.34
5 Bernard Pretorius	23	Agn	51.35
6 Lindsay Hanekom	23	Agn	51.55
7 Neil Le Roux	26	Wpa	53.71

Men 3000 Meter Steeplechase

SA Best: R 8:11.50	2011	Ruben Ramolefi
Africa Best: C 7:53.64	2011	Birmin Kiprop Kipruto, KEN
Olympics QS: O 8:30.00		
Africa Sen Q: A 8:36.00		

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16
www.liveresults.co.za
Coetzenburg
Results

World Lead: W 8:18.60

Name	Age	Team	Finals
Heat 1			
1 Rantso Mokopane	22	Acnw	8:35.09A
2 Tumisang Monnatlala	21	Cga	8:36.35
3 Tumelo Motlagale	30	Cga	8:39.82
4 Sibusiso Madikizela	25	Wpa	8:52.55
5 Sibuniso Soldaka	26	Wpa	8:55.85
6 Dikotsi Lekopa	28	Acnw	8:59.89
7 Merlin Klaaste	24	Wpa	8:59.91
8 Ikageng Gaorekwe	20	Cga	8:59.96
9 Kabelo Seboko	26	Cga	9:00.07
10 Unathi Nteta	23	Wpa-Ind	9:08.82
11 Ashley Smith	20	Wpa	9:12.49
12 Ontiretse Motlagale	19	Acnw	9:12.75
13 Lucas Bothobutle	25	Acnw	9:13.59
14 Sphiwe Mohlomi	18	Cga	9:27.69
15 Creel Chavalala	20	Cga	9:33.29
16 Mongezi Ngobe	26	Atra	9:34.16
17 Thato Rampa	20	Cga	9:38.18
-- Luthando Ndongyela	19	Atra	DNF
-- Dorocious Makhobalo	28	Cga	DNF

Men 4x100 Meter Relay

SA Best: R 43.25 2000 SA National Team
W Hartman, D Moropane, S Holtshausen, H Seyerling

World Lead: W 38.11

Team	Finals
1 Agn-Ind 'A'	41.19R

....Men 4x100 Meter Relay

1) Walter Ungerer 21	2) Ncincilli Titi 23
3) Gerrit Wickens 20	4) Dewald Steyn 23
2 Cga 'B'	42.24R
1) Manny Khumalo 20	2) Cheswill Johnson 19
3) Tumi Khunou 25	4) Archie Dlamini 24
3 Wpa 'B'	42.25R
1) Sherman Parrish 19	2) Yusuf Ismail 22
3) Leighton Payle 22	4) Dillon Solomons 20
4 Les 'A'	45.01
1) Khereng Khereng 19	2) Teboho Mphatle 24
3) Teboho Mokhethi 18	4) Mokoimihi Khalane 24
Heat 2	
1 Agn 'A'	40.02R
1) Malasela Senona 17	2) Thando Roto 21
3) Clarence Munyai 18	4) Tlotliso-Gift Leotlela 18
2 Wpa 'A'	40.07R
1) Antonio Alkana 26	2) Kyle Appel 18
3) Roscoe Engel 27	4) Ethan Noble 18
3 Epa 'A'	40.97R
1) Casper Lotter 18	2) Aidan Tuohy 19
3) Johan Steyn 18	4) Luxolo Adams 20
4 Cga 'A'	41.10R
1) Samkelo Sabela 21	2) Quincy Voster 21
3) Obakeng Maoka 21	4) Lebogang Maloka 20
-- Acnw 'A'	DNF
1) Theodor Young 20	2) Tiaan Kleynhans 20

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16
www.liveresults.co.za
Coetzenburg
Results

3) Wikus Esterhuizen 23

4) Quintin Hitge 23

Men 4x400 Meter Relay

SA Best: R 2:59.21 2011 SA National Team
 O Pistorius, W Beer, S Victor, O Magawane

World Lead: W 3:00.96
 Team

Finals

Heat 1			
1 Cga-Ind 'A'			3:12.71
1) Henk Beukes 26		2) Warno Potgieter 19	
3) Ivan Prinsloo 19		4) Herman Kritzinger 17	
2 Atra 'A'			3:13.53
1) Devinito Fourie 19		2) Dywili Tshepiso 17	
3) Mddidi Mtshayeki 21		4) Sanele Hlengwa 22	
3 Agn 'B'			3:16.61
1) Bernard Pretorius 23		2) LeRoux Hamman 24	
3) Themba Madima 27		4) Pieter-Christiaan Beneke 26	
4 Agn-Ind 'A'			3:25.15
1) Lehlogonolo Septokele 18		2) George Kusche 18	
3) Theuns Ehlers 18		4) Braam Bisschop 18	
Heat 2			
1 Agn 'A'			3:08.28
1) Lindsay Hanekom 23		2) Jon Seeliger 21	
3) Thapelo Phora 25		4) Willie De Beer 28	
2 Cga 'A'			3:09.97
1) Quinton Norris 24		2) Nicholas Marich 18	
3) Willington Nukwa 24		4) Derick Mokaleng	
3 Wpa 'A'			3:16.19
1) Neil Le Roux 26		2) Darren Stevens 20	
3) Kyle Appel 18		4) Berend Koekemoer 21	

....Men 4x400 Meter Relay

4 Anwn 'A'			3:16.37
1) Mohlosi Kabelo 23		2) Tshegofatso Meshoe 29	
3) Phemelo Matlhabe 19		4) Jacob Rozani 28	

Men High Jump

SA Best: R 2.38m 2005 Jacques Freitag
 Africa Best: C 2.38m 2005 Jacques Freitag, RSA
 Olympics QS: O 2.29m
 Africa Sen Q: A 2.12m
 World Lead: W 2.30m

Name	Age	Team	Finals
Heat 1			
1 Keegan Fourie	25	Bola	2.15mA
2.00 2.05 2.10 2.15 2.20			
O O XXO XO XXX			
2 Chris Moleya	19	Agn	2.10m
2.00 2.05 2.10 2.15			
XXO O XO XXX			
3 Garth Ellis	24	Epa	2.10m
1.95 2.00 2.05 2.10 2.15			
O O XO XXO XXX			
4 Clyde Ruiters	22	Wpa	2.05m

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16
www.liveresults.co.za
Coetzenburg
Results

	1.95	2.00	2.05	2.10			
	O	O	O	XXX			
5 Mpho Links					20 Agn		2.05m
	2.00	2.05	2.10				
	O	XXO	XXX				
6 Breyton Poole					16 Wpa		2.05m
	1.90	1.95	2.00	2.05	2.10		
	O	O	XXO	XXO	XXX		
7 Luvo Nkewu					25 Bola-Ind		2.00m
	1.95	2.00	2.05				
	XO	XXO	XXX				
8 Sarel Prinsloo					23 Acnw		2.00m
	1.95	2.00	2.05				
	XXO	XO	XXX				
-- Kabelo Kgosimang					30 Bot		X2.05m
	2.05	2.10					
	O	XXX					

Men Pole Vault

SA Best: R 6.03m 1995 Okkert Brits
 Africa Best: C 6.03m 1995 Okkert Brits, RSA
 Olympics QS: O 5.70m
 Africa Sen Q: A 5.00m
 World Lead: W 5.91m

Name	Age	Team	Finals
1 Ebenhaeser Beukes	26	Agn	5.50mA
			5.30 5.50 5.70
			XO XXO XXX
2 Migaël Celliers	23	Agn	5.00mA
			5.00 5.20
			O XXX

....Men Pole Vault

3 Coleman Brits	19	Agn	5.00mA
			4.80 5.00 5.10
			O XO XXX
3 Lukas Van Der Watt	18	Bola	5.00mA
			4.80 5.00 5.10
			O XO XXX
-- Ekhardt Van Der Watt	17	Bola	NH
			4.80
			XXX

Men Long Jump EAD Ambulatory

Name	Age	Team	Finals	Wind
1 Mpumelelo Mhlongo (T44)	22	Sasapd	6.76m	-0.2
			6.03m(+0.0) 6.58m(-0.6) 6.61m(-0.7) X(-0.6) 6.76m(-0.2) X(0.3)	
2 Andrea Dalle Ave (T37)	24	Sasapd	5.47m	0.1
			X(0.6) X(0.5) 5.47m(0.1) X(-0.1) - -	

Men Long Jump

SA Best: R 8.50m 2009 Godfrey Khotso Mokoena
 Africa Best: C 8.50m 2009 Godfrey Khotso Mokoena, RSA
 Olympics QS: O 8.15m
 Africa Sen Q: A 7.80m

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

World Lead: W 8.30m

Name	Age	Team	Finals	Wind
1 Ruswahl Samaai	25	Cga-Ind	8.34mW	0.6
8.34m(0.6) 8.21m(0.7) X(0.1) X(1.3) - 7.94m(0.9)				
2 Dylon Cotter	25	Cga	7.86mA	1.8
X(1.1) X(0.8) 7.60m(0.3) X(0.1) 7.86m(1.8) X(-0.2)				
3 Stefan Brits	24	Bola	7.80mA	1.4
7.75m(-1.0) X(1.3) 7.62m(0.1) X(-0.2) 7.80m(1.4) X(0.6)				
4 Peter Makgato	20	Cga	7.65m	-0.1
7.28m(-0.9) X(-0.4) X(0.7) X(1.9) 7.65m(-0.1) X(0.6)				
5 Koketso Mogapi	24	Acnw	7.36m	-0.6
X(-0.5) 7.06m(-0.5) 7.28m(1.3) 7.05m(0.2) 7.36m(-0.6) X(-0.2)				
6 Duwayne Boer	21	Agn	7.29m	0.6
X(0.1) X(-0.8) 7.24m(0.2) 7.29m(0.6) X(-0.7) X(0.6)				
7 Jason Faroa	20	Cga	7.23m	1.5
X(1.4) 7.23m(1.5) X(1.1) 7.20m(0.1) X(0.8) X(2.3)				
8 Jesse Perez	19	Cga-Ind	7.11m	0.7
6.58m(-0.3) 7.11m(0.7) 7.00m(-0.3) 7.10m(1.1) 6.87m(1.1) 6.77m(-0.1)				
9 Cheswill Johnson	19	Cga	6.99m	0.6
6.85m(-0.7) 6.99m(0.6) X(-0.8)				
10 Junior Mpefu	18	Bola	6.86m	0.8
6.86m(0.8) 6.79m(1.3) 6.78m(-0.5)				
10 Regan Julius	30	Saps	6.86m	1.3
6.66m(0.8) X(0.8) 6.86m(1.3)				
12 Dillon Solomons	20	Wpa	6.81m	1.2
6.81m(1.5) 6.63m(0.6) 6.81m(1.2)				
13 Luvo Manyonga	25	Agn	6.70m	-0.8
X(0.5) X(1.4) 6.70m(-0.8)				
-- Asif Sulleman	20	Zam	X6.74m	0.1
6.74m(0.1) 6.55m(0.2) 6.69m(-0.6)				
-- Lezlo Bramwill	24	Cga	FOUL	
X(+0.0) X(-1.2) X(1.1)				

....Men Long Jump

-- Brent Stevens	26	Wpa-Ind	FOUL
X(0.5) X(0.8) X(-0.7)			

Men Triple Jump

Name	Age	Team	Finals	Wind
SA Best: R 17.35m 2014 Godfrey Khotso Mokoena				
Africa Best: C 17.37m 2007 Tarik Bouguetaib, MAR				
Olympics QS: O 16.85m				
Africa Sen Q: A 16.00m				
World Lead: W 16.86m				
1 Menzi Mthembu	21	Cga	16.10mA	-0.8
16.10m(-0.8) X(-0.5) X(0.2) X(0.1) 15.94m(1.0) X(-0.6)				
2 Khotso Mokoena	31	Cga-Ind	16.02mA	1.7
X(-1.1) 16.00m(-0.4) X(0.4) 16.02m(1.7) X(0.2) X(-0.2)				
3 Jason Sewanyana	34	Wpa	14.91m	-0.7
14.53m(-0.2) X(0.6) X(1.2) 14.72m(1.0) 14.91m(-0.7) X(0.6)				
4 Kwezi Mtoba	20	Bola	14.47m	1.2
X(-2.1) X(-0.2) 14.19m(0.8) 14.47m(1.2) 14.34m(0.1) X(1.3)				
5 Junior Mpefu	18	Bola	14.34m	0.5
13.92m(-1.3) 14.25m(+0.0) X(0.5) 14.34m(0.5) X(-0.2) X(0.6)				
6 Jubilent Motlake	20	Cga	13.80m	0.6
X(-1.7) 13.80m(0.6) X(0.2) X(1.1)				
7 Kyle Green	17	Bola	13.71m	-0.1

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

13.71m(-0.1) 13.67m(-0.9) 13.62m(+0.0) X(0.8) X(0.2)
 -- Roger Haitengi 33 Nam X15.78m 0.1
 X(-0.8) X(0.3) 14.57m(0.7) X(1.5) 15.68m(0.4) 15.78m(0.1)

Men Shot Put EAD Ambulatory

Name	Age	Team	Finals
1 Jackie Christiansen (F44)	39	Sasapd	17.41m
			13.09m 15.12m 15.92m 16.18m 17.41m 16.83m
2 Gerrit Kruger (F37)		Sasapd	13.51m
			12.85m 12.62m 13.30m 12.73m 13.51m 13.47m
3 Tyrone Pillay (F42)	36	Sasapd	12.64m
			12.32m 11.77m 12.64m X 12.11m 12.54m
4 Anthony Butler (F42)	41	Sasapd	11.11m
			10.30m 10.73m 11.10m 11.11m 10.01m 10.85m

Men Shot Put

SA Best: R 21.97m 2001 Janus Robberts
 Africa Best: C 21.97m 2001 Janus Robberts, RSA
 Olympics QS: O 20.50m
 Africa Sen Q: A 16.80m
 World Lead: W 21.21m

Name	Age	Team	Finals
1 Orazio Cremona	27	Agn	19.85mA
			19.72m X 19.64m X 19.85m 19.78m
2 Jaco Engelbrecht	29	Cga	19.63mA
			19.29m 19.63m 19.41m 19.53m 19.30m 19.25m
3 Burger Lambrechts	43	Agn	17.90mA
			17.59m 17.71m 17.90m X X 17.89m

....Men Shot Put

4 Burger Lambrechts Jnr	18	Agn-Ind	17.49mA
			16.81m 16.90m 17.49m 17.03m 17.30m 17.49m
5 Zane Weir	21	Wpa	16.67m
			16.03m 16.67m X 15.70m X 15.60m
6 Ross Jordaan	31	Bola-Ind	16.44m
			16.21m X X 16.44m 16.01m 16.19m
7 Johnny Botha	23	Cga	15.74m
			15.29m 15.74m X
8 Ruan Murray	25	Acnw	15.37m
			14.62m 15.37m X
-- Henry-Bernard Baptiste	26	Mri	X16.35m
			15.87m 15.45m 15.49m 15.86m 15.21m 16.35m
-- Tumelo Thage	26	Agn	FOUL
			X X X

Men Shot Put Mixed Throws Wheelchair

Name	Age	Team	Finals
1 Thabo Dube (F57)	20	Sasapd	9.65m
			9.29m 9.36m 9.33m 9.33m 9.32m 9.65m
2 Brandon Beack	21	Sasapd	5.50m
			5.25m 5.32m 4.94m 5.12m 5.39m 5.50m

Men Discus Throw Mixed Throws Wheelchair

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16
www.liveresults.co.za
Coetzenburg
Results

Name	Age	Team	Finals
1 Thabo Dube (F57)	20	Sasapd	24.07m
			20.33m 20.41m 22.54m 24.07m X X

Men Discus Throw EAD Ambulatory

Name	Age	Team	Finals
1 Lean Simon (F44)	22	Sasapd	43.78m
			43.78m 41.59m
2 Kerwin Noemdo (F47)	22	Sasapd	39.59m
			36.00m 39.59m 38.72m 38.48m
3 Gerrit Kruger (F37)		Sasapd	38.94m
			33.73m 35.32m 37.08m 38.94m

Men Discus Throw

SA Best: R 70.32m 2002 Frantz Kruger
Africa Best: C 70.32m 2002 Frantz Kruger, RSA
Olympics QS: O 65.00m
Africa Sen Q: A 53.00m
World Lead: W 67.45m

Name	Age	Team	Finals
1 Victor Hogan	27	Bola	67.62mW
			X 59.65m X 67.62m X X
2 Russel Tucker	26	Agn	63.96mA
			63.96m 62.87m 63.80m 58.08m 59.74m 58.71m
3 Dewald Van Heerden	25	Cga	59.75mA
			56.00m 59.75m X 57.20m 56.27m X

....Men Discus Throw

4 Brynn-Peter Kemp	25	Bola	56.09mA
			X 52.75m 56.09m X 52.84m X
5 Johan Scholtz	20	Cga	55.05mA
			53.11m 54.82m 54.51m 55.05m 54.95m X
6 Ruan Murray	25	Acnw	52.55m
			X 50.90m 52.04m X 52.55m X

Men Hammer Throw

SA Best: R 80.63m 2005 Chris Harmse
Africa Best: C 81.92m 2014 Mostafa Al Gamal, EGY
Olympics QS: O 77.00m
Africa Sen Q: A 59.50m
World Lead: W 78.48m

Name	Age	Team	Finals
1 Chris Harmse	43	Afs	73.32mA
			X 65.46m 69.86m 72.68m 73.32m 68.73m
2 Tshepang Makhethhe	20	Acnw	69.23mA
			65.41m X 66.77m 68.23m 67.85m 69.23m
3 Johan Kruger	29	Bola	64.18mA
			58.31m X 61.52m X 64.18m X
4 Alan Cumming	20	Acnw	62.00mA
			51.81m 59.86m 60.55m 60.30m 62.00m 60.69m
5 Vincent Van Rensburg	26	Cga	58.36m
			58.36m 57.67m 56.63m 58.10m 56.43m 53.46m
6 Kristiaan Bekker	36	Cga	58.12m

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

	56.44m	X	X	55.42m	58.12m	55.07m	
7	Terrance Janse Van Vuure	20	Afs				53.59m
	49.87m	49.80m	X	48.70m	X	53.59m	
8	Pierre Janeke	20	Afs				52.39m
	X	45.74m	52.39m	X	X	49.29m	
9	Tiaan Naude	24	Wpa				47.55m
	46.89m	47.55m	47.39m				
10	Werner Behr	28	Cga				47.15m
	47.15m	44.85m	X				
11	Tone Van Rensburg	51	Cga				45.91m
	45.28m	45.91m	45.69m				
12	Ruan De Beer	25	Cga				45.72m
	44.76m	45.72m	45.02m				
13	Marnickus Van Der Merwe	18	Wpa-Ind				44.87m
	44.87m	43.39m	42.94m				

Men Javelin Throw

SA Best: R 88.75m 1998 Marius Corbett
 Africa Best: C 92.72m 2015 Julius Yego, KEN
 Olympics QS: O 83.00m
 Africa Sen Q: A 69.00m
 World Lead: W 83.93m

Name	Age	Team	Finals
1 Phil-Mar Janse Van Rensb	27	Agn-Ind	78.88mA
	77.13m	72.66m 75.83m 74.21m 75.78m 78.88m	
2 Chad Herman	24	Agn	76.81mA
	X X	69.94m 75.30m 76.81m 70.30m	
3 Stephan Beukes	22	Acnw	74.80mA
	74.80m	71.34m X 67.28m X 69.21m	

....Men Javelin Throw

4 Erich Wiese	19	Acnw	70.66mA
	64.26m	X 70.66m X X X	
5 Rocco Van Rooyen	24	Wpa	70.41mA
	69.64m	67.94m X 70.41m 66.95m 69.04m	
6 Danie Maree	20	Acnw	69.59mA
	66.27m	69.59m 66.50m X 66.95m 66.18m	
7 Johann Grobler	19	Acnw	69.19mA
	66.95m	67.81m 69.19m 67.84m X 67.37m	
8 Werner Bouwer	18	Ampu	68.54m
	66.39m	67.20m 68.54m X 62.83m 64.45m	
9 Tobie Holtzhauzen	29	Agn	68.32m
	X	68.32m 68.10m X X 63.15m	
10 Ulrich Damon	26	Wpa	67.90m
	63.86m	67.00m 67.90m	
11 Hernu Van Vuuren	18	Afs	66.96m
	66.96m	64.76m 62.70m	
12 L.J. Basson	21	Acnw	65.22m
	62.40m	65.22m X	
-- Strydom Van der Waldt	25	Nam	X68.08m
	X	63.62m 68.08m	

Men Javelin Throw EAD Ambulatory

Name	Age	Team	Finals
1 Reinhardt Hamman (F38)	26	Sasapd	48.86m
	42.61m	48.86m X 46.69m 46.35m 47.68m	

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16
www.liveresults.co.za
Coetzenburg
Results

Decathlon: #1 Men 100 Meter Sprint

Name	Age	Team	Finals	Points
SA Best: R 9.96 2016 Akani Simbine				
Africa Best: C 9.85 2006 Olusoji Adetokunbo Fasuba, NGR				
Olympics QS: O 10.16				
Africa Sen Q: A 10.44				
Heat 1 Wind: 1.9				
1 Brandon Barnard	23	Acnw	10.74	919
2 Duncan Mcgladdery	22	Agn	11.26	804
3 Marcelle De Jager	20	Afs	11.39	776
4 Christopher Erasmus	25	Bola-Ind	11.57	738
5 Elgar Theunis	21	Wpa	11.85	681
Heat 2 Wind: 1.8				
1 Willem Coertzen	34	Acnw	10.91	881
2 Fredriech Pretorius	21	Agn	11.11	836
3 Keegan Cooke	26	Zim	11.28	799
4 Zavion Kotze	28	Cga	11.37	780
5 JC Van Biljon	21	Afs	11.48	757
6 Gert Swanepoel	25	Agn	11.51	750

Decathlon: #5 Men 400 Meter Sprint

Name	Age	Team	Finals	Points
SA Best: R 43.48 2015 Wayde Van Niekerk				
Africa Best: C 43.48 2015 Wayde Van Niekerk, RSA				
Olympics QS: O 45.40				
Africa Sen Q: A 46.64				
Heat 1				
1 Duncan Mcgladdery	22	Agn	51.57	744
2 Brandon Barnard	23	Acnw	52.10	720
3 Christopher Erasmus	25	Bola-Ind	52.27	713
4 Marcelle De Jager	20	Afs	54.79	607
5 Elgar Theunis	21	Wpa	55.71	571
Heat 2				
1 Keegan Cooke	26	Zim	49.46	840
2 Willem Coertzen	34	Acnw	49.83	822
3 Fredriech Pretorius	21	Agn	50.37	798
4 Gert Swanepoel	25	Agn	51.40	751
5 Zavion Kotze	28	Cga	51.47	748
6 JC Van Biljon	21	Afs	52.55	701

Decathlon: #10 Men 1500 Meter Run

Name	Age	Team	Finals	Points
SA Best: R 3:31.93 2013 Johan Cronje				
Africa Best: C 3:26.00 1998 Hicham El Guerrouj, MAR				
Olympics QS: O 3:36.20				
Africa Sen Q: A 3:39.00				
Heat 1				
1 Keegan Cooke	26	Zim	4:29.55	748
2 Gert Swanepoel	25	Agn	4:34.64	714
3 Fredriech Pretorius	21	Agn	4:35.53	709
4 Elgar Theunis	21	Wpa	4:45.91	644
5 Christopher Erasmus	25	Bola-Ind	4:47.91	631
6 JC Van Biljon	21	Afs	5:15.94	471

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

7 Brandon Barnard	23 Acnw	5:19.64	452
8 Marcelle De Jager	20 Afs	5:21.72	441

Decathlon: #6 Men 110 Meter Hurdles

SA Best: R 13.24 2012 Lehann Fourie
 Africa Best: C 13.24 2012 Lehann Fourie, RSA
 Olympics QS: O 13.47
 Africa Sen Q: A 14.24

Name	Age	Team	Finals	Points
Heat 1 Wind: NWI				
1 Elgar Theunis	21	Wpa	15.8h	728
2 Brandon Barnard	23	Acnw	15.9h	717
3 JC Van Biljon	21	Afs	16.2h	684
4 Marcelle De Jager	20	Afs	16.9h	610
5 Christopher Erasmus	25	Bola-Ind	17.5h	549
Heat 2 Wind: NWI				
1 Fredriech Pretorius	21	Agn	14.8h	845
2 Keegan Cooke	26	Zim	15.2h	797
3 Duncan Mcgladdery	22	Agn	16.0h	706
4 Gert Swanepoel	25	Agn	16.6h	641
5 Zavion Kotze	28	Cga	17.3h	569

Decathlon: #4 Men High Jump

SA Best: R 2.38m 2005 Jaques Freitag
 Africa Best: C 2.38m 2005 Jacques Freitag, RSA
 Olympics QS: O 2.29m
 Africa Sen Q: A 2.12m

Name	Age	Team	Finals	Points
Heat 1				
1 Keegan Cooke	26	Zim	1.96m	767
1.78 1.84 1.90 1.93 1.96 1.99				
O O O XO XXO XXX				
1 Zavion Kotze	28	Cga	1.96m	767
1.90 1.93 1.96 1.99				
O O XO XXX				
3 Fredriech Pretorius	21	Agn	1.93m	740
1.78 1.84 1.87 1.90 1.93 1.96				
O XO O XO XO XXX				
4 JC Van Biljon	21	Afs	1.87m	687
1.75 1.81 1.84 1.87 1.90				
O O O XO XXX				
4 Gert Swanepoel	25	Agn	1.87m	687
1.60 1.75 1.78 1.81 1.84 1.87 1.90				
O XO O XXO XO XXO XXX				
6 Duncan Mcgladdery	22	Agn	1.84m	661
1.75 1.81 1.84 1.87				
O XXO O XXX				
7 Marcelle De Jager	20	Afs	1.81m	636
1.60 1.63 1.66 1.69 1.72 1.75 1.78 1.81 1.84				
O O O XXO O XXO XO O XXX				
8 Brandon Barnard	23	Acnw	1.75m	585
1.60 1.66 1.69 1.72 1.75 1.78				
O O O O O XXX				

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

9	Elgar Theunis	21	Wpa	1.72m	560
	1.60 1.63 1.66 1.69 1.72 1.81				
	XO O O O O XXX				
10	Christopher Erasmus	25	Bola-Ind	1.66m	512
	1.60 1.63 1.66 1.69				
	O O O XXX				
--	Willem Coertzen	34	Acnw	NH	
	1.69				
	X				

Decathlon: #8 Men Pole Vault

SA Best: R 6.03m 1995 Okkert Brits
 Africa Best: C 6.03m 1995 Okkert Brits, RSA
 Olympics QS: O 5.70m
 Africa Sen Q: A 5.00m

Name	Age	Team	Finals	Points
1 Fredrieck Pretorius	21	Agn	4.50m	760
2 JC Van Biljon	21	Afs	4.20m	673
2 Keegan Cooke	26	Zim	4.20m	673
4 Gert Swanepoel	25	Agn	4.10m	645
5 Marcelle De Jager	20	Afs	3.70m	535
6 Brandon Barnard	23	Acnw	3.60m	509
7 Christopher Erasmus	25	Bola-Ind	3.30m	431
8 Elgar Theunis	21	Wpa	2.20m	179

Decathlon: #2 Men Long Jump

SA Best: R 8.50m 2009 Godfrey Khotso Mokoena
 Africa Best: C 8.50m 2009 Godfrey Khotso Mokoena, RSA
 Olympics QS: O 8.15m
 Africa Sen Q: A 7.80m

Name	Age	Team	Finals	Wind	Points
1 Fredrieck Pretorius	21	Agn	7.25m	-1.7	874
			7.25m(-1.7) X(-1.3) X(1.7)		
2 Keegan Cooke	26	Zim	7.04m	0.2	823
			6.70m(-0.3) 6.77m(-1.2) 7.04m(0.2)		
3 Zavion Kotze	28	Cga	6.97m	1.4	807
			6.80m(0.3) 6.97m(1.4) 6.97m(-0.1)		
4 Brandon Barnard	23	Acnw	6.79m	1.0	764
			6.79m(1.0) 6.30m(-0.4) 6.24m(0.4)		
5 Marcelle De Jager	20	Afs	6.60m	-0.2	720
			6.60m(-0.2) X(1.0) 6.55m(1.2)		
6 Duncan Mcgladdery	22	Agn	6.54m	0.6	707
			6.54m(0.6) 6.09m(-1.4) X(+0.0)		
7 JC Van Biljon	21	Afs	6.30m	-0.2	652
			6.30m(-0.2) 6.29m(0.5) 6.08m(0.5)		
8 Gert Swanepoel	25	Agn	6.27m	-1.2	646
			6.27m(-1.2) 6.13m(+0.0) 6.15m(1.6)		
9 Christopher Erasmus	25	Bola-Ind	6.04m	0.3	595
			5.77m(-0.8) 6.04m(0.3) X(2.3)		
10 Elgar Theunis	21	Wpa	5.69m	0.7	521
			5.69m(0.7) X(1.2) 4.71m(1.0)		
--	Willem Coertzen	34	Acnw	FOUL	
			X(0.9) X(1.3) X(1.2)		

Decathlon: #3 Men Shot Put

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16www.liveresults.co.za**Coetzenburg****Results**

SA Best: R 21.97m 2001 Janus Robberts
 Africa Best: C 21.97m 2001 Janus Robberts, RSA
 Olympics QS: O 20.50m
 Africa Sen Q: A 16.80m

Name	Age	Team	Finals	Points
1 Marcelle De Jager 13.26m X 13.13m	20	Afs	13.26m	683
2 Fredriech Pretorius 12.35m 12.66m 12.49m	21	Agn	12.66m	647
3 Keegan Cooke 12.64m 12.64m 11.98m	26	Zim	12.64m	645
4 Duncan Mcgladdery 12.12m 12.09m 11.40m	22	Agn	12.12m	614
5 Brandon Barnard 11.65m 11.90m 11.78m	23	Acnw	11.90m	600
6 Gert Swanepoel 11.54m 11.41m 11.71m	25	Agn	11.71m	589
7 Christopher Erasmus 11.21m 11.45m 11.20m	25	Bola-Ind	11.45m	573
8 JC Van Biljon X 10.35m 10.78m	21	Afs	10.78m	533
9 Zavion Kotze 10.75m X 10.28m	28	Cga	10.75m	531
10 Elgar Theunis 8.10m X 7.52m	21	Wpa	8.10m	372

....Decathlon: #3 Men Shot Put

-- Willem Coertzen 34 Acnw FOUL
 X

Decathlon: #7 Men Discus Throw

SA Best: R 70.32m 2002 Frantz Kruger
 Africa Best: C 70.32m 2002 Frantz Kruger, RSA
 Olympics QS: O 65.00m
 Africa Sen Q: A 53.00m

Name	Age	Team	Finals	Points
1 Marcelle De Jager	20	Afs	43.49m	736
2 Gert Swanepoel	25	Agn	39.55m	655
3 Fredriech Pretorius	21	Agn	38.76m	639
4 Christopher Erasmus	25	Bola-Ind	37.02m	604
5 Keegan Cooke	26	Zim	36.63m	596
6 Brandon Barnard	23	Acnw	35.05m	565
7 JC Van Biljon	21	Afs	34.05m	545
8 Duncan Mcgladdery	22	Agn	33.73m	538
9 Elgar Theunis	21	Wpa	21.96m	309

Decathlon: #9 Men Javelin Throw

SA Best: R 88.75m 1998 Marius Corbett
 Africa Best: C 92.72m 2015 Julius Yego, KEN
 Olympics QS: O 83.00m
 Africa Sen Q: A 69.00m

Name	Age	Team	Finals	Points
1 Keegan Cooke	26	Zim	54.36m	653
2 Fredriech Pretorius	21	Agn	53.09m	634
3 Christopher Erasmus	25	Bola-Ind	49.26m	578

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16**www.liveresults.co.za****Coetzenburg****Results**

4	Gert Swanepoel	25	Agn	48.09m	560
5	Marcelle De Jager	20	Afs	46.97m	544
6	Brandon Barnard	23	Acnw	44.84m	513
7	JC Van Biljon	21	Afs	44.23m	504
8	Elgar Theunis	21	Wpa	21.49m	181

Men Decathlon

SA Best:	R	8398	2015	Willem Coertzen
Africa Best:	C	8461	2015	Larbi Bourrada, ALG
Olympics QS:	O	8100		
Africa Sen Q:	A	6960		
World Lead:	W	8347		

Name	Age	Team	Finals
1 Fredriech Pretorius	21	Agn	7482A
2 Gert Swanepoel	25	Agn	6638
3 Brandon Barnard	23	Acnw	6344
4 Marcelle De Jager	20	Afs	6288
5 JC Van Biljon	21	Afs	6207
6 Christopher Erasmus	25	Bola-Ind	5924
7 Elgar Theunis	21	Wpa	4746
8 Keegan Cooke	26	Zim	X7341

Men 16-19 10000 Meter Race Walk Junior

SA Best:	R	44:53.00	2004	Marthinus Esterhuyzen
World Lead:	W	40:05.00		

Name	Age	Team	Finals
Heat 1			
1 Thumisang Pule	19	Agn	46:35.00
2 Hanru Colling	17	Bola	47:11.90
3 Pierre Vermaak	18	Cga	50:32.70
4 Vusi Hlongwane	19	Cga	51:53.00
5 Jacques Heymans	16	Afs-Ind	55:15.40
6 Russel Pratt	17	Aswd	57:27.10

Men 20000 Meter Race Walk

SA Best:	R	1:20:06.00	2016	Lebogang Shange
Africa Best:	C	1:19:02.00	1997	Hatem Ghoula, TUN
Olympics QS:	O	1:24:00.00		
Africa Sen Q:	A	1:28:00.00		
World Lead:	W	1:18:26.00		

Name	Age	Team	Finals
1 Lebogang Shange	26	Cga	1:20:42.000
2 Wayne Snyman	31	Agn	1:20:46.000
3 Sizwe Ndebele	22	Agn	1:28:58.00
4 Mthembi Chauque	23	Afs	1:29:22.00
5 Aaron Mahlangu	25	Kzna	1:34:59.00
6 Lewis Molise	28	Cga	1:36:02.00
7 Lindokuhle Ntombela	23	Kzna	1:41:01.00
8 Mthunzi Mnisi	28	Agn	1:41:58.00
9 Dannyboy Sehemo	21	Cga	1:42:09.00
-- Mduduzi Mavundla	22	Cga	DNF
-- Ntoane Ntoane	21	Cga	DNF
-- Gideon Cillie	39	Wpa	DQ
-- Vukani Mdunge	20	Kzna	DQ

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16
www.liveresults.co.za
Coetzenburg
Results

Decathlon: #1 Men 100 Meter Sprint Under 20

Name	Age	Team	Finals	Points
=====				
SA Best: R 10.19	2012	Akani Simbini		
Africa Best: C 10.05	1990	Davidson Ezinwa, NGR		
Africa Sen Q: A 10.44				
Name	Age	Team	Finals	Points
=====				
Heat 1		Wind: NWI		
1 Sherman Parrish	19	Wpa	10.80	906
2 Wynand Du Toit	19	Bola	11.00	861
3 Nurdeen Joshua	18	Wpa	11.70	711
-- Chris Wepener	19	Acnw	DQ	
-- Grove Coetzee	18	Afs	DQ	

Decathlon: #5 Men 400 Meter Sprint Under 20

Name	Age	Team	Finals	Points
=====				
SA Best: R 45.15	1994	Riaan Dempers		
Africa Best: C 45.15	1994	Riaan Dempers, RSA		
Africa Sen Q: A 46.64				
Name	Age	Team	Finals	Points
=====				
Heat 1				
1 Wynand Du Toit	19	Bola	49.18	853

....Decathlon: #5 Men 400 Meter Sprint Under 20

2 Sherman Parrish	19	Wpa	52.37	709
3 Nurdeen Joshua	18	Wpa	52.58	700
4 Chris Wepener	19	Acnw	55.26	588
5 Grove Coetzee	18	Afs	1:01.50	364

Decathlon: #10 Men 1500 Meter Run Under 20

Name	Age	Team	Finals	Points
=====				
SA Best: R 3:38.15	2008	Dumisane Hlasele		
Africa Best: C 3:28.81	2014	Ronald Kwemoi, KEN		
Africa Sen Q: A 3:39.00				
Name	Age	Team	Finals	Points
=====				
1 Wynand Du Toit	19	Bola	4:29.63	747
2 Nurdeen Joshua	18	Wpa	4:42.04	668
3 Sherman Parrish	19	Wpa	5:10.85	499
4 Chris Wepener	19	Acnw	5:37.81	362
5 Grove Coetzee	18	Afs	6:26.43	166

Decathlon: #6 Men 110 Meter Hurdles Under 20

Name	Age	Team	Finals	Points
=====				
SA Best: R 13.51	2013	Tiaan Smit		
Africa Best: C 13.53	1995	William Erese, NGR		
Name	Age	Team	Finals	Points
=====				
Heat 1		Wind: NWI		
1 Sherman Parrish	19	Wpa	15.0h	821
2 Wynand Du Toit	19	Bola	15.5h	762
3 Nurdeen Joshua	18	Wpa	16.7h	631
4 Chris Wepener	19	Acnw	17.1h	589
5 Grove Coetzee	18	Afs	18.1h	492

Decathlon: #4 Men High Jump Under 20

SA Best: R 2.31m	2001	Jacques Freitag
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2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

Africa Best: C 2.31m 2001 Jacques Freitag, RSA

Africa Sen Q: A 2.12m

Name	Age	Team	Finals	Points
Heat 1				
1 Wynand Du Toit	19	Bola	1.87m	687
2 Chris Wepener	19	Acnw	1.78m	610
3 Sherman Parrish	19	Wpa	1.72m	560
4 Nurdeen Joshua	18	Wpa	1.63m	488
5 Grove Coetzee	18	Afs	1.57m	441

Decathlon: #8 Men Pole Vault Under 20

SA Best: R 5.50m 2010 Chane Rhame
 Africa Best: C 5.50m 2010 Cheyne Rahme, RSA
 Africa Sen Q: A 5.00m

Name	Age	Team	Finals	Points
1 Grove Coetzee	18	Afs	3.70m	535
2 Wynand Du Toit	19	Bola	3.50m	482
3 Chris Wepener	19	Acnw	3.40m	457
4 Nurdeen Joshua	18	Wpa	3.00m	357
-- Ewie Loubser	18	Bola	NH	
-- Sherman Parrish	19	Wpa	NH	

Decathlon: #2 Men Long Jump Under 20

SA Best: R 8.19m 2010 Luvo Manyonga
 Africa Best: C 8.19m 2010 Luvo Manyonga, RSA
 Africa Sen Q: A 7.80m

Name	Age	Team	Finals	Wind	Points
1 Sherman Parrish	19	Wpa	6.92m	1.0	795
X(0.2) 6.92m(1.0) 6.29m(0.6)					
2 Wynand Du Toit	19	Bola	6.53m	1.5	704
6.21m(0.5) 6.53m(1.5) X(-1.0)					
3 Nurdeen Joshua	18	Wpa	6.17m	-0.1	624
5.89m(0.1) 6.13m(0.5) 6.17m(-0.1)					
4 Chris Wepener	19	Acnw	6.03m	0.9	593
6.00m(1.3) X(1.7) 6.03m(0.9)					
5 Grove Coetzee	18	Afs	5.22m	0.6	425
X(-0.1) 5.22m(0.6) 4.46m(0.5)					

Decathlon: #3 Men Shot Put Under 20

SA Best: R 20.50m 1997 Janus Robberts
 Africa Best: C 21.79m 2014 Mostafa Amr Ahmed, EGY

Name	Age	Team	Finals	Points
1 Grove Coetzee	18	Afs	12.86m	659
11.26m 12.22m 12.86m				
2 Chris Wepener	19	Acnw	12.21m	619
11.98m X 12.21m				
3 Wynand Du Toit	19	Bola	10.18m	496
9.57m 9.76m 10.18m				
4 Sherman Parrish	19	Wpa	9.92m	481
9.70m 9.92m 9.62m				
5 Nurdeen Joshua	18	Wpa	8.75m	411
8.75m 8.41m 8.37m				

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16**www.liveresults.co.za****Coetzenburg****Results****Decathlon: #7 Men Discus Throw Under 20**

SA Best: R 63.94m	2008	Victor Hogan		
Africa Best: C 65.68m	2003	Omar Ahel Ghazaly, EGY		
Name	Age	Team	Finals	Points
1 Chris Wepener	19	Acnw	39.15m	647
2 Grove Coetzee	18	Afs	36.53m	594
3 Nurdeen Joshua	18	Wpa	28.06m	426
4 Wynand Du Toit	19	Bola	27.91m	423
5 Sherman Parrish	19	Wpa	23.77m	343

Decathlon: #9 Men Javelin Throw Under 20

SA Best: R 83.07m	2006	Robert Oosthuizen		
Africa Best: C 83.07m	2006	Robert Oosthuizen, RSA		
Name	Age	Team	Finals	Points
1 Grove Coetzee	18	Afs	53.23m	637
2 Wynand Du Toit	19	Bola	48.33m	564
3 Chris Wepener	19	Acnw	46.97m	544
4 Sherman Parrish	19	Wpa	33.14m	344
5 Nurdeen Joshua	18	Wpa	30.32m	304

Men Decathlon Under 20

SA Best: R 7730	2014	Fredriech Pretorius		
Africa Best: C 7548	2001	Hamdi Dhoubi, TUN		
Africa Sen Q: A	7200			
IAAF u20 QS: J	7200			
World Lead: W	6685			
Name	Age	Team	Finals	
1 Wynand Du Toit	19	Bola	6579	
2 Sherman Parrish	19	Wpa	5458	
3 Nurdeen Joshua	18	Wpa	5320	
4 Chris Wepener	19	Acnw	5009	
5 Grove Coetzee	18	Afs	4313	

Decathlon: #1 Men 100 Meter Sprint Under 18

SA Best: R 10.20	2015	Tiotliso Gift Leotlela		
Name	Age	Team	Finals	Points
Heat 1 Wind: 1.5				
1 Gawie Louw	17	Cga	11.34	786
2 Valco Van Wyk	16	Bola	11.69	713
3 Daniel Marais	17	Wpa	11.85	681
4 Savio Spockter	17	Wpa-Ind	12.65	529
-- Isaac Mayala	16	Nam	X11.44	765
Heat 2 Wind: -0.3				
1 Joshua Rhode	17	Wpa-Ind	11.68	715
2 Pieter Du Plessis	17	Bola	11.82	687
3 Ezzard De Villiers	16	Wpa-Ind	11.94	663
4 Matthew Lyle Bailey	17	Wpa-Ind	12.12	628
5 Jesse Solomons	16	Wpa-Ind	12.33	588

Decathlon: #5 Men 400 Meter Sprint Under 18

SA Best: R 45.15	1994	Riaan Dempers
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2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16www.liveresults.co.za**Coetzenburg****Results**

Name	Age	Team	Finals	Points
Heat 1				
1 Daniel Marais	17	Wpa	55.07	596
2 Matthew Lyle Bailey	17	Wpa-Ind	56.55	538
3 Jesse Solomons	16	Wpa-Ind	56.63	535
4 Savio Spockter	17	Wpa-Ind	59.31	437
-- Isaac Mayala	16	Nam	X53.89	644
Heat 2				
1 Gawie Louw	17	Cga	51.97	726
2 Pieter Du Plessis	17	Bola	53.89	644
3 Joshua Rhode	17	Wpa-Ind	55.61	575
4 Ezzard De Villiers	16	Wpa-Ind	56.04	558
5 Valco Van Wyk	16	Bola	56.51	540

Decathlon: #10 Men 1500 Meter Run Under 18

SA Best: R 3:42.92 1982 Hans Van der Veen				
Name	Age	Team	Finals	Points
Heat 1				
1 Pieter Du Plessis	17	Bola	4:54.13	594
2 Daniel Marais	17	Wpa	4:56.48	580

....Decathlon: #10 Men 1500 Meter Run Under 18

3 Gawie Louw	17	Cga	4:59.74	561
4 Matthew Lyle Bailey	17	Wpa-Ind	5:11.28	497
5 Valco Van Wyk	16	Bola	5:15.98	471
6 Jesse Solomons	16	Wpa-Ind	5:21.70	441
7 Joshua Rhode	17	Wpa-Ind	5:23.57	432
-- Isaac Mayala	16	Nam	X5:46.26	323

Decathlon: #6 Men 110 Meter Hurdles Under 18

SA Best: R 13.35 2001 Marthinus Van der Vyver				
Name	Age	Team	Finals	Points
Heat 1 Wind: NWI				
1 Gawie Louw	17	Cga	15.2h	797
2 Pieter Du Plessis	17	Bola	15.6h	751
3 Daniel Marais	17	Wpa	16.10	695
4 Matthew Lyle Bailey	17	Wpa-Ind	18.4h	464
5 Jesse Solomons	16	Wpa-Ind	19.5h	370
Heat 2 Wind: NWI				
1 Joshua Rhode	17	Wpa-Ind	15.6h	751
2 Ezzard De Villiers	16	Wpa-Ind	17.2h	579
3 Valco Van Wyk	16	Bola	17.6h	540
4 Savio Spockter	17	Wpa-Ind	19.9h	338
-- Isaac Mayala	16	Nam	X16.8h	620

Decathlon: #4 Men High Jump Under 18

SA Best: R 2.25m 1999 Jacques Freitag				
Name	Age	Team	Finals	Points
Heat 1				
1 Savio Spockter	17	Wpa-Ind	1.84m	661
2 Pieter Du Plessis	17	Bola	1.69m	536
3 Daniel Marais	17	Wpa	1.66m	512
4 Valco Van Wyk	16	Bola	1.63m	488

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

4	Gawie Louw	17	Cga	1.63m	488
6	Joshua Rhode	17	Wpa-Ind	1.54m	419
7	Matthew Lyle Bailey	17	Wpa-Ind	1.51m	396
8	Jesse Solomons	16	Wpa-Ind	1.42m	331
--	Isaac Mayala	16	Nam	X1.63m	488
--	Ezzard De Villiers	16	Wpa-Ind	NH	

Decathlon: #8 Men Pole Vault Under 18

SA Best: R 5.20m 2008		Chayne Rhame			
Name	Age	Team	Finals	Points	
1 Valco Van Wyk	16	Bola	4.40m	731	
2 Pieter Du Plessis	17	Bola	4.20m	673	
3 Gawie Louw	17	Cga	2.80m	309	
4 Daniel Marais	17	Wpa	2.60m	264	
5 Joshua Rhode	17	Wpa-Ind	2.40m	220	
6 Matthew Lyle Bailey	17	Wpa-Ind	2.00m	140	
-- Isaac Mayala	16	Nam	XNH		
-- Savio Spockter	17	Wpa-Ind	NH		
-- Jesse Solomons	16	Wpa-Ind	NH		
-- Ezzard De Villiers	16	Wpa-Ind	NH		

Decathlon: #2 Men Long Jump Under 18

SA Best: R 7.82m 2002		Godfrey Khotso Mokoena			
Name	Age	Team	Finals	Wind	Points
1 Daniel Marais	17	Wpa	6.43m	0.9	682
			6.04m(1.9) 6.15m(1.8) 6.43m(0.9)		
2 Joshua Rhode	17	Wpa-Ind	6.36m	-0.3	666
			6.36m(-0.3) 5.96m(-1.4) 6.15m(-0.4)		
3 Pieter Du Plessis	17	Bola	6.06m	0.1	600
			X(2.0) X(-0.1) 6.06m(0.1)		
4 Valco Van Wyk	16	Bola	5.81m	-0.2	546
			5.47m(-0.9) 5.81m(-0.2) 5.70m(+0.0)		
5 Gawie Louw	17	Cga	5.79m	1.1	542
			5.58m(-1.2) 5.56m(-0.6) 5.79m(1.1)		
6 Matthew Lyle Bailey	17	Wpa-Ind	5.65m	0.3	512
			5.65m(0.3) 5.20m(-0.5) 5.45m(-0.4)		
7 Savio Spockter	17	Wpa-Ind	5.54m	-1.6	490
			5.54m(-1.6) 5.48m(-0.9) 5.45m(-0.1)		
8 Ezzard De Villiers	16	Wpa-Ind	5.50m	0.6	481
			5.50m(0.6) 5.25m(-0.8) X(0.3)		
9 Jesse Solomons	16	Wpa-Ind	5.00m	1.2	382
			X(1.4) X(-1.3) 5.00m(1.2)		
-- Isaac Mayala	16	Nam	X6.46m	-0.2	688
			X(2.0) 6.46m(-0.2) 6.39m(1.1)		

Decathlon: #3 Men Shot Put Under 18

SA Best: R 21.15m 1996		Janus Robberts			
Name	Age	Team	Finals	Points	
1 Pieter Du Plessis	17	Bola	11.42m	571	
			10.34m 11.42m 11.40m		
2 Gawie Louw	17	Cga	11.16m	556	
			X 10.19m 11.16m		
3 Valco Van Wyk	16	Bola	11.04m	548	
			11.04m 10.43m 10.74m		

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

4	Joshua Rhode	17	Wpa-Ind	10.77m	532
	X 10.77m 10.17m				
5	Daniel Marais	17	Wpa	9.46m	453
	9.34m 9.46m 8.96m				
6	Jesse Solomons	16	Wpa-Ind	8.83m	416
	7.18m 7.53m 8.83m				
7	Savio Spockter	17	Wpa-Ind	8.47m	394
	7.60m 8.47m 8.47m				
8	Ezzard De Villiers	16	Wpa-Ind	8.09m	372
	7.77m 7.37m 8.09m				
9	Matthew Lyle Bailey	17	Wpa-Ind	7.87m	359
	7.63m 7.87m 7.35m				
--	Isaac Mayala	16	Nam	X9.13m	434
	9.06m 9.07m 9.13m				

Decathlon: #7 Men Discus Throw Under 18

SA Best: R 67.44m 2011		Gerhard De Beer			
Name	Age	Team	Finals	Points	
1	Gawie Louw	17	Cga	31.52m	494
2	Valco Van Wyk	16	Bola	30.71m	478
3	Joshua Rhode	17	Wpa-Ind	28.52m	435

....Decathlon: #7 Men Discus Throw Under 18

4	Daniel Marais	17	Wpa	27.67m	419
5	Pieter Du Plessis	17	Bola	27.32m	412
6	Matthew Lyle Bailey	17	Wpa-Ind	24.16m	351
7	Ezzard De Villiers	16	Wpa-Ind	22.84m	326
8	Savio Spockter	17	Wpa-Ind	18.92m	252
9	Jesse Solomons	16	Wpa-Ind	15.66m	192

Decathlon: #9 Men Javelin Throw Under 18

SA Best: R 83.16m 2011		Morne Moolman			
Name	Age	Team	Finals	Points	
1	Gawie Louw	17	Cga	55.21m	666
2	Pieter Du Plessis	17	Bola	54.76m	659
3	Valco Van Wyk	16	Bola	41.92m	470
4	Joshua Rhode	17	Wpa-Ind	35.49m	377
5	Daniel Marais	17	Wpa	35.41m	376
6	Savio Spockter	17	Wpa-Ind	33.06m	342
7	Ezzard De Villiers	16	Wpa-Ind	26.07m	244
8	Matthew Lyle Bailey	17	Wpa-Ind	24.87m	228
9	Jesse Solomons	16	Wpa-Ind	18.71m	144

Men Decathlon Under 18

SA Best: R 6002 2015		Everhardus Loubser			
World Lead: W 6752					
Name	Age	Team	Finals		
1	Pieter Du Plessis	17	Bola	6127R	
2	Gawie Louw	17	Cga	5925	
3	Valco Van Wyk	16	Bola	5525	
4	Daniel Marais	17	Wpa	5258	
5	Joshua Rhode	17	Wpa-Ind	5122	

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

6 Matthew Lyle Bailey	17 Wpa-Ind	4113
7 Jesse Solomons	16 Wpa-Ind	3399

Outdoor Pentathlon: #5 Men 1000 Meter Run Under 16

SA Best: R 1:52.83 1997 Mandla Nkosi				
Name	Age	Team	Finals	Points
Heat 1				
1 Sandile Matjeni	15	Cga	2:52.71	737
2 Koketso Seane	15	Cga	2:54.01	724
3 Sparkey Mahlangu	15	Agn	3:16.12	515
4 Safwaan Jonas	15	Wpa-Ind	3:37.08	347
5 Duwayne Davids	14	Wpa-Ind	3:43.80	300
6 Jason Tito	14	Agn	3:50.47	256
-- Ivan Geldenhuys	15	Nam	X2:56.10	703

Outdoor Pentathlon: #1 Men 100 Meter Hurdles Under 16

SA Best: R 12.86 2015 Andricus Dowie				
Name	Age	Team	Finals	Points
Heat 1 Wind: 0.7				
1 Koketso Seane	15	Cga	13.67	845

....Outdoor Pentathlon: #1 Men 100 Meter Hurdles Under 16

2 Sparkey Mahlangu	15	Agn	13.94	810
3 Jason Tito	14	Agn	15.54	615
4 Safwaan Jonas	15	Wpa-Ind	19.10	208
-- Ivan Geldenhuys	15	Nam	X13.95	808
Heat 2 Wind: 0.9				
1 Sandile Matjeni	15	Cga	15.22	652
2 Duwayne Davids	14	Wpa-Ind	15.86	578
3 Ashley Serfontein	15	Wpa-Ind	18.48	324
4 Ashton Shields	15	Wpa-Ind	18.80	297

Outdoor Pentathlon: #2 Men High Jump Under 16

SA Best: R 2.05m 2015 Breyton Poole				
Name	Age	Team	Finals	Points
Heat 1				
1 Sandile Matjeni	15	Cga	1.65m	504
			1.50 1.55 1.60 1.65 1.70	
			O O XO XXO XXX	
1 Sparkey Mahlangu	15	Agn	1.65m	504
			1.60 1.65 1.70	
			O XO XXX	
3 Jason Tito	14	Agn	1.60m	464
			1.50 1.55 1.60 1.65	
			O O O XXX	
3 Koketso Seane	15	Cga	1.60m	464
			1.50 1.55 1.60 1.65	
			O O O XXX	
5 Duwayne Davids	14	Wpa-Ind	1.55m	426
			1.50 1.55 1.60	
			XXO XO XXX	
5 Safwaan Jonas	15	Wpa-Ind	1.55m	426
			1.50 1.55 1.60	
			XO O XXX	

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16

www.liveresults.co.za

Coetzenburg

Results

-- Ivan Geldenhuys	15 Nam	X1.65m	504
1.55 1.60 1.65 1.70			
O XO O XXX			
-- Ashley Serfontein	15 Wpa-Ind	NH	
1.50			
XXX			
-- Ashton Shields	15 Wpa-Ind	NH	
1.50			
XXX			

Outdoor Pentathlon: #4 Men Long Jump Under 16

SA Best: R 7.27m 2007		Stefan Brits				
Name	Age	Team	Finals	Wind	Points	
1 Sparkey Mahlangu	15	Agn	6.75m	0.5	755	
6.38m(0.4) 6.75m(0.5)		X(+0.0)				
2 Koketso Seane	15	Cga	6.13m	1.0	615	
6.13m(1.0) 5.92m(1.1) 5.83m(+0.0)						
3 Duwayne Davids	14	Wpa-Ind	5.59m	0.3	500	
5.28m(0.4) 5.16m(0.2) 5.59m(0.3)						
4 Jason Tito	14	Agn	5.57m	1.4	496	
5.57m(1.4) 5.50m(0.8) 4.46m(0.2)						

....Outdoor Pentathlon: #4 Men Long Jump Under 16

5 Sandile Matjeni	15 Cga	5.42m	0.4	465
5.38m(0.7) 5.42m(0.4) 5.28m(-0.3)				
6 Safwaan Jonas	15 Wpa-Ind	4.98m	+0.0	378
4.70m(-0.7) 4.70m(0.4) 4.98m(+0.0)				
7 Ashley Serfontein	15 Wpa-Ind	4.80m	0.7	345
X(0.7) 4.80m(0.7) 4.68m(0.3)				
8 Ashton Shields	15 Wpa-Ind	4.27m	+0.0	250
4.27m(+0.0) X(0.9) X				
-- Ivan Geldenhuys	15 Nam	X6.29m	1.2	650
6.21m(0.6) 6.29m(1.2) 6.17m(0.3)				

Outdoor Pentathlon: #3 Men Shot Put Under 16

SA Best: R 20.51m 2010		Ruan Combrinck			
Name	Age	Team	Finals	Points	
1 Jason Tito	14	Agn	12.60m	643	
12.47m 12.60m 11.48m					
2 Koketso Seane	15	Cga	11.11m	553	
7.85m 10.85m 11.11m					
3 Sparkey Mahlangu	15	Agn	10.04m	488	
10.02m 8.89m 10.04m					
4 Ashton Shields	15	Wpa-Ind	8.24m	381	
8.24m 7.41m 8.00m					
5 Ashley Serfontein	15	Wpa-Ind	8.05m	369	
8.05m 7.06m 7.04m					
6 Safwaan Jonas	15	Wpa-Ind	8.01m	367	
X 8.01m 7.80m					
7 Sandile Matjeni	15	Cga	7.62m	344	
X 7.62m X					
8 Duwayne Davids	14	Wpa-Ind	7.30m	325	
6.71m 7.29m 7.30m					
-- Ivan Geldenhuys	15	Nam	X13.55m	701	
12.78m 13.55m 12.56m					

2016 ASA SA Seniors - 15-Apr-16 to 16-Apr-16
www.liveresults.co.za
Coetzenburg
Results

Men Outdoor Pentathlon Under 16

SA Best: R 4114 2003 Hanko Swarts			
Name	Age	Team	Finals
1 Koketso Seane	15	Cga	3201
2 Sparkey Mahlangu	15	Agn	3072
3 Sandile Matjeni	15	Cga	2702
4 Jason Tito	14	Agn	2474
5 Duwayne Davids	14	Wpa-Ind	2129
6 Safwaan Jonas	15	Wpa-Ind	1726
7 Ivan Geldenhuys	15	Nam	X3366