

**Meeting :INTERHOER 2026**  
**2026/02/20 at GERMISTON STADION**

**Results of all Finals**

Ordered by Item types

Performance Scores: ASA 2020 table, Hand time, Height above sea=0

Place	Athlete	Team	Perf	Score	Points	Medal	Wind	Records
<b>Item 133 15:10 Final Girls 14 100m</b>								
1	PRINSLOO, DENË	DRM	12.29	<b>900</b>	9	G		
2	PRETORIUS, CHARMONË	DRM	12.31	<b>896</b>	7	S		
3	VAN DEN BERGH, MEGAN	BDW	12.60	<b>854</b>	6	B		
4	GOOSEN, DENEZIA	ANK	13.22	<b>774</b>	5			
5	SCOTT, MELANIE	LWH	13.60	<b>730</b>	4			
6	VAN ZYL, MARINIQUE	OOS	13.87	<b>702</b>	3			
7	LUDICK, CHANTELE	LWH	13.97	<b>692</b>	2			
8	DIAMOND, EMMA	OOS	14.02	<b>687</b>	1			
9	VAN ASWEGEN, MEGAN	BDW	14.19	<b>670</b>	0			
10	TROMP, KAITLYN	ANK	15.16	<b>585</b>	0			
<b>Item 134 15:15 Final Boys 14 100m</b>								
1	BUBB, MCHALISTER	LWH	11.81	<b>701</b>	9	G		
2	VAN STADEN, LIAM	DRM	11.94	<b>681</b>	7	S		
3	GROBLER, TRISTAN	DRM	12.37	<b>620</b>	6	B		
4	MEYER, CHRISTIAAN	ANK	12.53	<b>600</b>	5			
5	SMITH , LUAN	BDW	12.62	<b>587</b>	3.5			
5	HOUGH , BRAYDEN	BDW	12.62	<b>587</b>	3.5			
7	WEPENER, DILLEN	OOS	12.66	<b>582</b>	2			
8	SWARTS, KEAGAN	ANK	12.75	<b>571</b>	1			
9	VAN WYK, DEHAN	LWH	12.78	<b>568</b>	0			
10	VAN HEERDEN, TRISTAN	OOS	12.97	<b>545</b>	0			
<b>Item 135 15:20 Final Girls 15 100m</b>								
1	OOSTHUIZEN, AMORI	LWH	12.78	<b>815</b>	9	G		
2	BOTHA, CHANE	DRM	12.81	<b>811</b>	7	S		
3	DROTSKIE, KARIEN	ANK	13.13	<b>771</b>	6	B		
4	DU BRUYN, EVALEIGH	BDW	13.47	<b>732</b>	5			
5	SCOTT, CHENIQUE	BDW	13.56	<b>723</b>	4			
6	NIENABER, LIZANDIE	OOS	13.62	<b>716</b>	3			
7	OOSTHUIZEN, LIENKE	LWH	13.69	<b>709</b>	2			
8	BRUWER, ALIZE	DRM	14.16	<b>661</b>	1			
9	NEL, TYLA	ANK	14.25	<b>653</b>	0			
10	VENTER, ZOË	OOS	14.63	<b>619</b>	0			
<b>Item 136 15:25 Final Boys 15 100m</b>								
1	JV VUUREN, JD	DRM	11.28	<b>767</b>	9	G		
2	BOUWER, WAYDEN	DRM	11.50	<b>730</b>	7	S		
3	DIEDERICKS, ARMAND	ANK	11.81	<b>680</b>	6	B		
4	KRUGER, PIETER	ANK	11.91	<b>665</b>	5			
5	GROBLER, RUBEN	LWH	12.06	<b>644</b>	4			
6	POTGIETER, NICOLAJ	LWH	12.37	<b>602</b>	3			
7	NIEMAND, SHAYNE	OOS	12.65	<b>566</b>	2			
8	PITOUT , RIKUS	BDW	12.66	<b>565</b>	1			
9	MANGENGA, NKATEKO	BDW	12.75	<b>554</b>	0			
10	CLARKE, NICHOLAS	OOS	12.97	<b>528</b>	0			
<b>Item 137 15:30 Final Girls 16 100m</b>								
1	ROCK, CAITIE	DRM	12.59	<b>828</b>	9	G		
2	SWIEGERS, ANIKA	DRM	12.78	<b>802</b>	7	S		
3	JOUBERT, XIANIQUE	BDW	12.97	<b>778</b>	6	B		
4	VAN VUUREN, CLAIRE	LWH	13.40	<b>729</b>	5			
5	VAN DER MERWE, KAYLIN	OOS	13.41	<b>728</b>	4			

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6	VERMEULEN, TALISHA	OOS	13.44	<b>725</b>	3
7	SWANEPOEL, LANA	LWH	13.75	<b>692</b>	2
8	BOUSFIELD, MACKAYLA	ANK	14.09	<b>659</b>	1
9	ELS, KAYLEIGH	BDW	14.25	<b>643</b>	0

**Item 138 15:35 Final Boys 16 100m**

1	COBURN, THYS	ANK	10.78	<b>844</b>	9	G
2	HERBST, KAIDEN	ANK	11.13	<b>776</b>	7	S
3	VAN DER MERWE , KEANU	BDW	11.38	<b>731</b>	6	B
4	LE ROUX, JAYDEN	DRM	11.47	<b>716</b>	5	
5	STEYN, DEACON	OOS	11.63	<b>690</b>	4	
6	VAN STADEN, GABRIEL	LWH	11.78	<b>668</b>	3	
7	SCHNETLER, CALEB	OOS	11.85	<b>658</b>	2	
8	VAN DYK , EDUAN	BDW	12.00	<b>637</b>	1	
9	PONTON, ONEIL	DRM	12.32	<b>593</b>	0	
10	MITCHELL, KEVIN	LWH	12.40	<b>582</b>	0	

**Item 139 15:40 Final Girls 17 100m**

1	STRYDOM, RENETTE	LWH	12.13	<b>881</b>	9	G
2	KEYTER, ZONICA	BDW	12.22	<b>867</b>	7	S
3	HANSEN, KRISTEN	DRM	12.31	<b>854</b>	6	B
4	JV RENSBURG, ELUMÈ	DRM	12.91	<b>775</b>	5	
5	DU PREEZ, ASHLEY	BDW	13.84	<b>673</b>	4	
6	NIEWOUDT, INE	LWH	14.00	<b>657</b>	3	
7	WOLMERANS, BIANTE	ANK	14.18	<b>640</b>	2	
8	ENGELBRECHT, CHLOE	ANK	14.22	<b>637</b>	1	
9	SILLANDS, CILANDE	OOS	14.62	<b>601</b>	0	
10	OLIFANT, GAYDENE	OOS	17.03	<b>428</b>	0	

**Item 140 15:45 Final Boys 17 100m**

1	GROENEWALD , JD	BDW	10.56	<b>870</b>	9	G
2	GALATIS, LIAM	LWH	10.62	<b>856</b>	7	S
3	PHILLIPS, JAMES	OOS	10.69	<b>842</b>	6	B
4	NHLAPO, SIYA	DRM	10.94	<b>792</b>	5	
5	JANSE VAN RENSBURG, LUAN	OOS	11.09	<b>763</b>	4	
6	SIKHAKANE, ISAAC	ANK	11.40	<b>710</b>	3	
7	JV VUUREN, HEINO	DRM	11.75	<b>656</b>	2	
8	FOURIE, JEAN	LWH	11.78	<b>651</b>	1	
9	BEZUIDENHOUT , CHARLTON	BDW	12.03	<b>617</b>	0	
10	COETZEE, COLIN	ANK	12.34	<b>576</b>	0	

**Item 141 15:50 Final Girls 19 100m**

1	VOSTER, KAYLA	ANK	12.16	<b>850</b>	9	G
2	STEENBERG, EZETTE	BDW	12.78	<b>768</b>	7	S
3	GOMES, JESSICA	LWH	12.90	<b>753</b>	6	B
4	SINGLETON, SIMONE	BDW	12.97	<b>745</b>	5	
5	VAN ROOYEN, CARLI	OOS	13.18	<b>722</b>	4	
6	PHILLIPS, JESSICA	OOS	13.28	<b>711</b>	3	
7	ENSLIN, DANAÉ	LWH	13.50	<b>687</b>	2	
8	DU RANDT, CHANTE	DRM	13.82	<b>656</b>	1	
9	NORTJE, KARLA	DRM	14.50	<b>594</b>	0	
10	DUVENHAGE, DOMINIQUE	ANK	14.72	<b>575</b>	0	

**Item 142 15:55 Final Boys 19 100m**

1	STEYN, DILLEN	OOS	10.72	<b>802</b>	9	G
2	VAN DYK , HANRU	BDW	11.21	<b>713</b>	7	S
3	KRUGER, JAMES	DRM	11.31	<b>696</b>	6	B
4	SMAL, LEX	DRM	11.72	<b>634</b>	5	
5	VAN STADEN , JAYDEN	BDW	11.75	<b>630</b>	4	
6	LE ROUX, DYLLON	ANK	11.81	<b>621</b>	3	

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7	COETZEE, TRISTAN	ANK	11.88	<b>612</b>	2
8	BREEDT, TRISTAN	LWH	11.90	<b>609</b>	1
9	MEYER, TIHAN	LWH	11.95	<b>602</b>	0
10	NTWAPE, THATO	OOS	12.91	<b>485</b>	0

**Item 68 11:20 FinalResults Girls 14 200m**

1	PRINSLOO, DENÉ	DRM	25.25	<b>925</b>	9	G
2	PRETORIUS, CHARMONÉ	DRM	27.35	<b>792</b>	7	S
3	VAN DEN BERGH, MEGAN	BDW	28.00	<b>758</b>	6	B
4	SARAKIS, ISABELLA	LWH	28.43	<b>737</b>	5	
5	GOOSEN, DENEZIA	ANK	28.65	<b>726</b>	4	
6	LUDICK, CHANTELE	LWH	28.75	<b>721</b>	3	
7	AUCAMP, ANNIKA	BDW	28.91	<b>714</b>	2	
8	DIAMOND, EMMA	OOS	29.93	<b>670</b>	1	
9	CILLIERS, JUVELDIE	ANK	30.16	<b>660</b>	0	
10	KAPP, MEGAN	OOS	30.68	<b>639</b>	0	

**Item 70 11:25 FinalResults Boys 14 200m**

1	BUBB, MCHALISTER	LWH	24.25	<b>701</b>	9	G
2	GROBLER, TRISTAN	DRM	24.47	<b>686</b>	7	S
3	VAN STADEN, LIAM	DRM	24.75	<b>668</b>	6	B
4	HOUGH, BRAYDEN	BDW	25.44	<b>626</b>	5	
5	ROSSEL, JOHAN	LWH	25.60	<b>616</b>	4	
6	MEYER, CHRISTIAAN	ANK	25.94	<b>597</b>	3	
7	FOURIE, ETHAN	OOS	26.60	<b>561</b>	2	
8	BEZUIDENHOUT, ALVIC	BDW	26.90	<b>546</b>	1	
9	SWARTS, KEAGAN	ANK	26.94	<b>544</b>	0	
10	SNYMAN, THINUS	OOS	27.43	<b>520</b>	0	

**Item 72 11:30 FinalResults Girls 15 200m**

1	BOTHA, CHANE	DRM	26.47	<b>830</b>	9	G
2	OOSTHUIZEN, AMORI	LWH	26.97	<b>801</b>	7	S
3	BOTHMA, MIENKE	DRM	27.09	<b>795</b>	6	B
4	SCOTT, CHENIQUE	BDW	27.18	<b>790</b>	5	
5	DU BRUYN, EVALEIGH	BDW	27.59	<b>768</b>	4	
6	VAN TONDER, SHANTE	LWH	27.60	<b>767</b>	3	
7	NIENABER, LIZANDIE	OOS	28.44	<b>726</b>	2	
8	DROTSKIE, KARIEN	ANK	28.50	<b>723</b>	1	
9	NEL, TYLA	ANK	29.68	<b>670</b>	0	
10	CHAMBERS, ANCHERIE	OOS	33.00	<b>547</b>	0	

**Item 74 11:35 FinalResults Boys 15 200m**

1	JV VUUREN, JD	DRM	22.84	<b>787</b>	9	G
2	BOUWER, WAYDEN	DRM	23.28	<b>753</b>	7	S
3	GROBLER, RUBEN	LWH	23.69	<b>722</b>	6	B
4	NIEMAND, SHAYNE	OOS	24.60	<b>660</b>	5	
5	POTGIETER, NICOLAJ	LWH	25.53	<b>604</b>	4	
6	MARCUS, NYTHIN	ANK	25.59	<b>601</b>	3	
7	PITOUT, RIKUS	BDW	25.66	<b>597</b>	2	
8	MANGENGA, NKATEKO	BDW	25.91	<b>583</b>	1	
9	MONYANE, PHEMMELO	ANK	26.10	<b>572</b>	0	
10	CLARKE, NICHOLAS	OOS	26.19	<b>568</b>	0	

**Item 76 11:40 FinalResults Girls 16 200m**

1	MARAIS, MARUZE	DRM	26.00	<b>846</b>	9	G
2	ELS, KAYLEIGH	BDW	26.19	<b>835</b>	7	S
3	VAN DER MERWE, JEANELIZE	LWH	26.22	<b>833</b>	6	B
4	SWIEGERS, ANIKA	DRM	26.72	<b>804</b>	5	
5	JOUBERT, XIANIQUE	BDW	26.79	<b>800</b>	4	
6	VAN DER MERWE, KAYLIN	OOS	28.96	<b>691</b>	3	

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7	BOUSFIELD, MACKAYLA	ANK 28.97	<b>691</b>	2
8	PIENAAR, KAYLA	OOS 29.03	<b>688</b>	1
9	JACOBS, DANE	ANK 29.06	<b>687</b>	0
10	SWANEPOEL, LANA	LWH 29.34	<b>674</b>	0

**Item 80 11:45 FinalResults Boys 16 200m**

1	LE ROUX, JAYDEN	DRM 21.87	<b>854</b>	9	G
2	COBURN, THYS	ANK 22.56	<b>792</b>	7	S
3	HERBST, KAIDEN	ANK 22.75	<b>776</b>	6	B
4	STEYN, DEACON	OOS 23.59	<b>712</b>	5	
5	LUBBE, RUAN	DRM 23.87	<b>693</b>	4	
6	SCHNETLER, CALEB	OOS 24.06	<b>680</b>	3	
7	VAN DYK , EDUAN	BDW 24.16	<b>674</b>	2	
8	MITCHELL, KEVIN	LWH 24.41	<b>657</b>	1	
9	DOS SANTOS, TRISTAN	LWH 24.50	<b>651</b>	0	
10	KRIEL , DARIUS	BDW 25.12	<b>614</b>	0	

**Item 82 11:50 FinalResults Girls 17 200m**

1	KEYTER, ZONICA	BDW 25.62	<b>859</b>	9	G
2	JV RENSBURG, ELUMÈ	DRM 26.19	<b>823</b>	7	S
3	TALJAARD , NICKA	LWH 26.34	<b>814</b>	6	B
4	BEZUIDENHOUT, ZANDRI	DRM 27.56	<b>748</b>	5	
5	NIEWOUDT, INE	LWH 28.90	<b>685</b>	4	
6	ENGELBRECHT, CHLOE	ANK 29.37	<b>664</b>	3	
7	WOLMERANS, BIANTE	ANK 29.50	<b>659</b>	2	
8	MEINTJIES, LYNNE	BDW 29.81	<b>646</b>	1	
9	SILLANDS, CILANDE	OOS 30.28	<b>627</b>	0	
10	LIANÉ , DE VILLIERS	OOS 31.35	<b>587</b>	0	

**Item 84 11:55 FinalResults Boys 17 200m**

1	GROENEWALD , JD	BDW 21.19	<b>903</b>	9	G
2	NHLAPO, SIYA	DRM 21.90	<b>832</b>	7	S
3	PHILLIPS, JAMES	OOS 22.46	<b>784</b>	6	B
4	GALATIS, LIAM	LWH 22.90	<b>748</b>	5	
5	WIDD, CHRISTIAAN	LWH 23.22	<b>724</b>	4	
6	BEKKER, ANRU	OOS 23.28	<b>720</b>	3	
7	JV VUUREN, HEINO	DRM 23.44	<b>708</b>	2	
8	SIKHAKANE, ISAAC	ANK 23.88	<b>678</b>	1	
9	BEZUIDENHOUT , CHARLTON	BDW 24.06	<b>666</b>	0	
10	CILLIERS, LIVAN	ANK 25.00	<b>608</b>	0	

**Item 86 12:00 FinalResults Girls 19 200m**

1	VOSTER, KAYLA	ANK 25.78	<b>827</b>	9	G
2	STEENBERG, EZETTE	BDW 26.10	<b>808</b>	7	S
3	GOMES, JESSICA	LWH 26.56	<b>781</b>	6	B
4	PHILLIPS, JESSICA	OOS 26.84	<b>766</b>	5	
5	VAN ROOYEN, ESTÉ	OOS 28.31	<b>694</b>	4	
6	DU RANDT, CHANTE	DRM 28.34	<b>692</b>	3	
7	RAUTENBACH, MIANE	DRM 29.37	<b>647</b>	2	
8	OOSTHUIZEN, LEMAE	LWH 30.65	<b>597</b>	1	
9	TSCHOEDER, ADILENE	ANK 38.40	<b>369</b>	0	

**Item 88 12:05 FinalResults Boys 19 200m**

1	KRUGER, JAMES	DRM 22.25	<b>773</b>	9	G
2	HOLTZHAUSEN, AJ	OOS 22.69	<b>738</b>	7	S
3	VAN DYK , HANRU	BDW 23.00	<b>715</b>	6	B
4	VAN STADEN , JAYDEN	BDW 23.16	<b>703</b>	5	
5	STRYDOM, JACQUES	DRM 23.62	<b>671</b>	4	
6	BOND, JAMES	ANK 23.88	<b>654</b>	3	
7	COETZEE, TRISTAN	ANK 24.00	<b>646</b>	2	

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8	BREEDT, TRISTAN	LWH 24.41	<b>620</b>	1	
9	MEYER, TIHAN	LWH 24.56	<b>611</b>	0	
10	NTWAPE, THATO	OOS 24.88	<b>592</b>	0	

**Item 144 16:00 FinalResults Girls 14 400m**

1	VAN DEN BERGH, MEGAN	BDW 1:05.78	<b>730</b>	9	G
2	ZENGELE, DIMPHO	DRM 1:05.82	<b>729</b>	7	S
3	PRETORIUS, CHARMONÉ	DRM 1:05.83	<b>729</b>	6	B
4	DU PLESSIS, CHLOE	BDW 1:07.63	<b>697</b>	5	
5	ENGELBRECHT, AMY-LEIGH	LWH 1:08.90	<b>676</b>	4	
6	CILLIERS, JUVELDIE	ANK 1:09.75	<b>661</b>	3	
7	SCOTT, MELANIE	LWH 1:10.72	<b>646</b>	2	
8	VAN BAALEN, MIONI	OOS 1:14.34	<b>594</b>	1	
9	BEKKER, KLARYN	OOS 1:14.60	<b>590</b>	0	
10	BEZUIDENHOUT, TAMRIN	ANK 1:16.60	<b>563</b>	0	

**Item 146 16:05 FinalResults Boys 14 400m**

1	BUBB, MCHALISTER	LWH 0:58.34	<b>640</b>	9	G
2	HOUGH, BRAYDEN	BDW 0:59.06	<b>624</b>	7	S
3	VAN STADEN, LIAM	DRM 1:01.96	<b>561</b>	6	B
4	VOSTER, JUAN	LWH 1:02.19	<b>556</b>	5	
5	GONSALVES, JOSHUA	BDW 1:03.91	<b>522</b>	3.5	
5	BOTHA, ARMAND	ANK 1:03.91	<b>522</b>	3.5	
7	HIRSCHFELD, RAYMOND	DRM 1:05.22	<b>498</b>	1.5	
7	OLSSON, CADE	ANK 1:05.22	<b>498</b>	1.5	
9	VAN DEN BERG, KAYDEN	OOS 1:11.82	<b>390</b>	0	
10	HURTER, HANRO	OOS 1:18.25	<b>303</b>	0	

**Item 148 16:10 FinalResults Girls 15 400m**

1	HARRIS, XANTE	DRM 0:57.50	<b>923</b>	9	G
2	WALLER, MEGAN	LWH 0:59.41	<b>871</b>	7	S
3	JORDAAN, SHEREE	LWH 1:02.84	<b>791</b>	6	B
4	MOELETSAANE, PALESA	OOS 1:06.22	<b>724</b>	5	
5	HENNING, TRINITY	ANK 1:06.56	<b>718</b>	4	
6	NEL, TYLA	ANK 1:11.47	<b>637</b>	3	
7	ENGELBRECHT, CLARISE	OOS 1:14.37	<b>595</b>	2	
8	BOOYSE, VENE	BDW 1:14.56	<b>592</b>	1	
9	BOOYENS, CHRIZAAN	BDW 1:19.29	<b>531</b>	0	

**Item 150 16:15 FinalResults Boys 15 400m**

1	DIEDERICKS, ARMAND	ANK 0:54.13	<b>736</b>	9	G
2	FOURIE, RUAN	DRM 0:54.84	<b>716</b>	7	S
3	GROBLER, RUBEN	LWH 0:55.00	<b>711</b>	6	B
4	VAN DER WESTHUIZEN, MJ	DRM 0:56.34	<b>675</b>	5	
5	LLOYD, LOGAN	BDW 1:00.13	<b>586</b>	4	
6	BOTHA, JACO	BDW 1:01.59	<b>555</b>	3	
7	HATTING, CHRISTIAAN	LWH 1:01.85	<b>550</b>	2	
8	STEYN, QUENTIN	OOS 1:04.72	<b>495</b>	1	
9	STEYN, LUKAS	OOS 1:07.25	<b>451</b>	0	
10	STOLTZ, ALTUS	ANK 1:07.78	<b>442</b>	0	

**Item 152 16:20 FinalResults Girls 16 400m**

1	MARAIS, MARUZE	DRM 1:00.50	<b>819</b>	9	G
2	SWIEGERS, ANIKA	DRM 1:02.22	<b>780</b>	7	S
3	VAN VUUREN, CLAIRE	LWH 1:03.50	<b>755</b>	6	B
4	GOOSEN, ROZANE	ANK 1:10.15	<b>638</b>	5	
5	BUITENDAG, CHARLIZE	BDW 1:10.81	<b>629</b>	4	
6	GOOSEN, ROXANE	ANK 1:10.90	<b>628</b>	3	
7	FORSTER, CHEVONNE	OOS 1:13.00	<b>597</b>	2	
8	DU PLESSIS, MINE	LWH 1:18.69	<b>523</b>	1	

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9	VAN ROOY, ZANIQUE	OOS	1:28.13	<b>421</b>	0	
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**Item 155 16:25 Final Boys 16 400m**

1	LE ROUX, JAYDEN	DRM	0:50.22	<b>848</b>	9	G
2	COBURN, THYS	ANK	0:52.85	<b>759</b>	7	S
3	PIENAAR, RYAN	ANK	0:54.53	<b>710</b>	6	B
4	MALAN, TIAAN	DRM	0:55.37	<b>687</b>	5	
5	CAMERON, TRISTAN	BDW	0:55.56	<b>681</b>	4	
6	LABUSCHAGNE, JAYDEN	OOS	0:55.81	<b>675</b>	3	
7	DOS SANTOS, TRISTAN	LWH	0:56.50	<b>657</b>	2	
8	BUBB, NATHAN	OOS	1:01.31	<b>548</b>	1	
9	STEYN, CW	LWH	1:14.22	<b>335</b>	0	

**Item 157 16:30 FinalResults Girls 17 400m**

1	TALJAARD , NICKA	LWH	1:00.50	<b>823</b>	9	G
2	JV RENSBURG, ELUMÈ	DRM	1:01.56	<b>799</b>	7	S
3	NIEMAND, MARLI	DRM	1:03.62	<b>756</b>	6	B
4	COMBRINCK, JESSICA	ANK	1:04.60	<b>736</b>	5	
5	OLIFANT, GAYDENE	OOS	1:13.38	<b>593</b>	4	
6	WOLMERANS, BIANTE	ANK	1:13.56	<b>591</b>	3	
7	BEKKER, MARLI	OOS	1:14.18	<b>582</b>	2	
8	NIEWOUDT, INE	LWH	1:18.94	<b>521</b>	1	
9	RIEGER, LEANE	BDW	1:19.88	<b>510</b>	0	
10	MEINTJIES, LYNNE	BDW	1:29.41	<b>410</b>	0	

**Item 159 16:35 FinalResults Boys 17 400m**

1	BEKKER, ANRU	OOS	0:51.50	<b>788</b>	9	G
2	FOURIE, JEAN	LWH	0:52.50	<b>755</b>	7	S
3	JANSE VAN RENSBURG, LUAN	OOS	0:53.09	<b>737</b>	6	B
4	OELOFSE, LIAM	LWH	0:53.25	<b>733</b>	5	
5	JV VUUREN, HEINO	DRM	0:56.28	<b>650</b>	4	
6	BOUWER, DEON	ANK	0:57.63	<b>617</b>	3	
7	JV VUUREN, ETIENNE	DRM	0:58.84	<b>590</b>	2	
8	DU PREEZ, DANIE	ANK	1:00.19	<b>561</b>	1	
9	KOTZE , LOURENS	BDW	1:06.69	<b>439</b>	0	

**Item 161 16:40 FinalResults Girls 19 400m**

1	STEENBERG, EZETTE	BDW	1:02.03	<b>771</b>	9	G
2	PHILLIPS, JESSICA	OOS	1:03.07	<b>749</b>	7	S
3	GOOSEN, CHENIQUE	ANK	1:04.78	<b>716</b>	6	B
4	HERBST, BIANCE	DRM	1:05.06	<b>711</b>	5	
5	GOMES, JESSICA	LWH	1:05.75	<b>699</b>	4	
6	RAUTENBACH, MIANE	DRM	1:10.22	<b>625</b>	3	
7	VERMAAK, ASHLEY	OOS	1:14.34	<b>566</b>	2	
8	JORDAAN, ROCHELLE	BDW	1:21.65	<b>478</b>	1	
9	OOSTHUIZEN, LEMAE	LWH	1:24.78	<b>444</b>	0	
10	VOSTER, KAYLA	ANK	1:27.47	<b>417</b>	0	

**Item 163 16:45 FinalResults Boys 19 400m**

1	VIVIERS, RUANDRÈ	DRM	0:49.25	<b>840</b>	9	G
2	HOLTZHAUSEN, AJ	OOS	0:50.93	<b>781</b>	7	S
3	WALLER, COLIN	LWH	0:53.15	<b>712</b>	6	B
4	STRYDOM, JACQUES	DRM	0:54.31	<b>680</b>	5	
5	VAN DYK , HANRU	BDW	0:54.37	<b>678</b>	4	
6	VAN STADEN , JAYDEN	BDW	0:54.93	<b>663</b>	3	
7	STRYDOM, RUAN	ANK	0:54.97	<b>662</b>	2	
8	VAN ZYL, DONOVAN	ANK	0:55.19	<b>656</b>	1	
9	STRAUSS, JC	LWH	1:02.91	<b>488</b>	0	
10	GALVIN, DANIËL	OOS	1:16.97	<b>276</b>	0	

**Item 129 14:55 Final Girls 14 800m**

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1	ZENGELE, DIMPHO	DRM	2:39.47	<b>683</b>	9	G
2	VAN NIEKERK, SONÈ	DRM	2:41.38	<b>669</b>	7	S
3	HAMMAN, MIKA	BDW	2:43.82	<b>651</b>	6	B
4	MEYBURGH, JUANE	LWH	2:50.03	<b>610</b>	5	
5	DU PLESSIS, CHLOE	BDW	2:51.19	<b>603</b>	4	
6	BEZUIDENHOUT, TAMRIN	ANK	2:52.91	<b>592</b>	3	
7	HERBST, ANUSCHKA	ANK	2:52.97	<b>591</b>	2	
8	VILJOEN, ATHENA	LWH	2:59.06	<b>555</b>	1	
9	PRETORIUS, MARINDA	OOS	3:09.60	<b>499</b>	0	
10	WESSELS, MIA	OOS	4:35.35	<b>191</b>	0	

**Item 128 14:50 Final Boys 14 800m**

1	PRINSLOO, MORNÈ	DRM	2:33.53	<b>283</b>	9	G
2	GONSALVES , JOSHUA	BDW	2:34.34	<b>274</b>	7	S
3	PARKER , CHRISTIAN	BDW	2:38.28	<b>236</b>	6	B
4	STEYN, MARK	DRM	2:43.65	<b>186</b>	5	
5	DIPPENAAR, ETHAN	ANK	2:43.91	<b>184</b>	4	
6	MORRISON, MORGAN	OOS	2:45.78	<b>167</b>	3	
7	HURTER, HANRO	OOS	2:55.97	<b>84</b>	2	
8	V. JAARVELD, NATHAN	ANK	2:56.44	<b>81</b>	1	
9	SCHEEPERS, JOSH	LWH	3:02.84	<b>34</b>	0	
10	NAGEL, MICHAEL	LWH	3:26.72	<b>0</b>	0	

**Item 127 14:45 Final Girls 15 800m**

1	HARRIS, XANTE	DRM	2:10.50	<b>962</b>	9	G
2	WALLER, MEGAN	LWH	2:16.75	<b>881</b>	7	S
3	DUVENHAGE, MARISE	DRM	2:31.16	<b>737</b>	6	B
4	HENNING, TRINITY	ANK	2:38.56	<b>678</b>	5	
5	BOOYSE, VENE	BDW	2:51.34	<b>591</b>	4	
6	VAN DER WESTHUIZEN, MICKE	LWH	2:54.07	<b>575</b>	3	
7	LOOTS, MIEKE	OOS	2:54.31	<b>573</b>	2	
8	COMBRINCK, MICHELLE	ANK	3:00.85	<b>535</b>	1	
9	ZWARTS, LIANÉ	OOS	3:08.86	<b>493</b>	0	

**Item 126 14:40 Final Boys 15 800m**

1	ROBERTS, MATTHEW	ANK	2:14.91	<b>487</b>	9	G
2	VAN DER WESTHUIZEN, MJ	DRM	2:16.60	<b>463</b>	7	S
3	MOSTERT , ZANE	BDW	2:23.65	<b>374</b>	6	B
4	WILLIAMS, CLEMARC	ANK	2:26.32	<b>342</b>	5	
5	OPPERMAN , MARCUS	BDW	2:26.72	<b>338</b>	4	
6	LÖTTER, LIAN	OOS	2:29.35	<b>309</b>	3	
7	FOURIE, JONATHAN	DRM	2:31.53	<b>286</b>	2	
8	BRICALLI , CARLO	LWH	2:34.56	<b>255</b>	1	
9	STEYN, LUKAS	OOS	2:34.57	<b>255</b>	0	
10	VISSER, CHRISTIAAN	LWH	2:34.65	<b>254</b>	0	
11	KABINI, INNOCENT	ANK	2:37.65	<b>225</b>	0	

**Item 125 14:35 Final Girls 16 800m**

1	MARAIS, CLARIZE	DRM	2:44.94	<b>626</b>	9	G
2	GOOSEN, ROZANE	ANK	2:50.43	<b>590</b>	7	S
3	GOOSEN, ROXANE	ANK	2:50.84	<b>588</b>	6	B
4	BEKKER, BIRGITTE	DRM	2:54.40	<b>566</b>	5	
5	STEYN, JESSE	BDW	2:54.50	<b>566</b>	4	
6	COETZER, GISELLE	OOS	2:54.62	<b>565</b>	3	
7	VAN ROOY, ZANIQUE	OOS	3:22.50	<b>423</b>	2	
8	LUBBE-LOUW, LIZANIE	LWH	3:40.00	<b>352</b>	1	

**Item 124 14:30 Final Boys 16 800m**

1	CAMERON, TRISTAN	BDW	2:07.46	<b>579</b>	9	G
2	DEALE, ZANDRY	DRM	2:08.63	<b>560</b>	7	S

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3	LABUSCHAGNE, JAYDEN	OOS 2:11.00	<b>523</b>	6	B
4	STEENKAMP, EVAN	ANK 2:14.78	<b>468</b>	5	
5	MALAN, TIAAN	DRM 2:16.53	<b>444</b>	4	
6	TRAHMS, ZIAN	BDW 2:18.78	<b>415</b>	3	
7	FOUCHE, ARMAND	ANK 2:22.44	<b>369</b>	2	
8	VAN DER MERWE, JONCAREL	LWH 2:30.91	<b>275</b>	1	
9	RES, MATTEO	LWH 2:36.85	<b>216</b>	0	
10	BUBB, NATHAN	OOS 2:44.38	<b>148</b>	0	

**Item 123 14:25 Final Girls 17 800m**

1	NIEMAND, MARLI	DRM 2:33.28	<b>707</b>	9	G
2	COMBRINCK, JESSICA	ANK 2:34.90	<b>694</b>	7	S
3	NEL, NICKY-LEE	DRM 2:35.78	<b>688</b>	6	B
4	OSMOND, WIANKA	BDW 2:50.34	<b>587</b>	5	
5	KRIEL, LARISSA	LWH 2:54.19	<b>564</b>	4	
6	WESSLES, GABRIELLE	OOS 2:56.31	<b>551</b>	3	
7	VAN WYK, MIGNON	LWH 2:59.66	<b>532</b>	2	
8	DE VRIES, CARA	BDW 3:01.94	<b>520</b>	1	
9	BLIGNAUT, MEGAN	OOS 3:03.65	<b>511</b>	0	
10	VENTER, LINDSEY	ANK 3:13.60	<b>461</b>	0	
11	WOLMERANS, BIANTE	ANK 3:39.62	<b>350</b>	0	

**Item 122 14:20 Final Boys 17 800m**

1	FOURIE, JEAN	LWH 2:01.91	<b>654</b>	9	G
2	OELOFSE, LIAM	LWH 2:05.94	<b>582</b>	7	S
3	JV VUUREN, ETIENNE	DRM 2:08.09	<b>547</b>	6	B
4	BOUWER, DEON	ANK 2:10.16	<b>515</b>	5	
5	CORREIRA, SAMMY	DRM 2:18.31	<b>402</b>	4	
6	DE AGRELA LUIZHINO, KEVIN	OOS 2:19.13	<b>391</b>	3	
7	SWANEPOEL, ETHAN	OOS 2:25.78	<b>313</b>	2	
8	VAN DER MERWE, JOHAN	BDW 2:33.35	<b>234</b>	1	
9	SCHOEMAN, NATHAN	ANK 2:35.40	<b>214</b>	0	
10	BODINGTON, CECIL	BDW 2:52.31	<b>69</b>	0	

**Item 121 14:15 Final Girls 19 800m**

1	GOOSEN, CHENIQUE	ANK 2:36.94	<b>676</b>	9	G
2	VAN DEN BERG, LEYLA	BDW 2:39.47	<b>657</b>	7	S
3	HERBST, BIANCE	DRM 2:39.97	<b>654</b>	6	B
4	CRAWFORD, ASHLEY	ANK 2:41.56	<b>642</b>	5	
5	WAGNER, MAKAYLA	BDW 2:54.69	<b>558</b>	4	
6	PIETERSE, CHANTÉ	OOS 2:57.68	<b>541</b>	3	
7	VALLE, SIENNA	LWH 3:05.94	<b>496</b>	2	
8	VAN DER WALT, ILZE-MARI	OOS 3:13.06	<b>461</b>	1	
9	TSCHOEDER, ADILENE	ANK 3:17.40	<b>441</b>	0	
10	HARDY, LEAH	LWH 3:45.16	<b>328</b>	0	

**Item 114 14:10 Final Boys 19 800m**

1	VIVIERS, RUANDRÉ	DRM 1:56.03	<b>723</b>	9	G
2	WALLER, COLIN	LWH 2:01.87	<b>607</b>	7	S
3	VAN ZYL, DONOVAN	ANK 2:04.62	<b>560</b>	6	B
4	POSTHUMUS, JAYDEN	DRM 2:10.94	<b>463</b>	5	
5	VAN ZYL, LUAN	BDW 2:26.41	<b>272</b>	4	
6	SMITH, BRANDON	BDW 2:30.33	<b>232</b>	3	
7	RAUTENBACH, MICHAEL	OOS 2:34.97	<b>187</b>	2	
8	RABS, LEBO	LWH 2:44.61	<b>102</b>	1	
9	MURRY, ETHAN	OOS 2:45.70	<b>93</b>	0	

**Item 37 10:00 Final Girls 14 1500m**

1	ZENGELE, DIMPHO	DRM 05:37.44	<b>640</b>	9	G
2	HAMMAN, MIKA	BDW 05:38.44	<b>637</b>	7	S

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3	PIENAAR, MONTINIQE	DRM	05:39.78	<b>633</b>	6	B
4	MEYBURGH, JUANE	LWH	05:59.56	<b>572</b>	5	
5	DU PLESSIS, CHLOE	BDW	06:05.69	<b>554</b>	4	
6	HERBST, ANUSCHKA	ANK	06:13.84	<b>532</b>	3	
7	PRETORIUS, MARINDA	OOS	06:39.28	<b>469</b>	2	
8	MAREDI, GRACE	ANK	07:21.09	<b>380</b>	1	
9	WITTE, LEANDRI	LWH	07:40.40	<b>344</b>	0	
10	WESSELS, MIA	OOS	08:42.41	<b>244</b>	0	

**Item 38 10:08 Final Boys 14 1500m**

1	DU PLESSIS, CHRISTIAAN	DRM	04:57.88	<b>616</b>	9	G
2	GONSALVES , JOSHUA	BDW	05:01.19	<b>601</b>	7	S
3	SCHOEMAN, MICHAEL	BDW	05:22.69	<b>518</b>	6	B
4	STEYN, MARK	DRM	05:34.25	<b>478</b>	5	
5	DIPPENAAR, ETHAN	ANK	05:38.25	<b>465</b>	4	
6	SMIT, JAN-PAUL (JP)	OOS	05:41.19	<b>456</b>	3	
7	HURTER, HANRO	OOS	05:43.50	<b>448</b>	2	
8	SCHEEPERS, JOSH	LWH	05:45.34	<b>443</b>	1	
9	NAGEL, MICHAEL	LWH	06:56.59	<b>259</b>	0	

**Item 49 10:14 Final Girls 15 1500m**

1	HARRIS, XANTE	DRM	04:42.56	<b>851</b>	9	G
2	WALLER, MEGAN	LWH	04:47.91	<b>823</b>	7	S
3	DUVENHAGE, MARISE	DRM	05:15.38	<b>701</b>	6	B
4	VAN DER WESTHUIZEN, MICKE	LWH	06:01.00	<b>551</b>	5	
5	COMBRINCK, MICHELLE	ANK	06:03.59	<b>544</b>	4	
6	PIENAAR, DUNÉY	OOS	06:20.31	<b>500</b>	3	
7	JACOBSONH, LIANDI	BDW	06:27.25	<b>483</b>	2	
8	ZWEWE, FAITH	ANK	06:27.53	<b>482</b>	1	
9	ZWARTS, LIANÉ	OOS	06:28.32	<b>480</b>	0	
10	VIVIERS, LIMARI	BDW		<b>0</b>	0	

**Item 50 10:22 Final Boys 15 1500m**

1	KABINI, INNOCENT	ANK	04:48.90	<b>641</b>	9	G
2	ROBERTS, MATTHEW	ANK	04:52.28	<b>626</b>	7	S
3	MOSTERT , ZANE	BDW	04:57.69	<b>602</b>	6	B
4	OPPERMAN , MARCUS	BDW	05:06.44	<b>566</b>	5	
5	LÖTTER, LIAN	OOS	05:09.44	<b>554</b>	4	
6	FOURIE, JONATHAN	DRM	05:12.15	<b>544</b>	3	
7	WILLIAMS, CLEMARC	ANK	05:15.12	<b>533</b>	2	
8	STEYN, LUKAS	OOS	05:28.72	<b>484</b>	1	
9	ERASMUS, RICKUS	DRM	05:38.81	<b>451</b>	0	
10	JANSEN VAN RENSBURG, HEINDRICH	LWH	06:18.53	<b>338</b>	0	
11	PIETERSE, JURGENS	LWH	06:29.22	<b>311</b>	0	

**Item 51 10:30 Final Girls 16 1500m**

1	BEKKER, BIRGITTE	DRM	05:46.35	<b>584</b>	9	G
2	GOOSEN, ROXANE	ANK	05:53.22	<b>564</b>	7	S
3	GOOSEN, ROZANE	ANK	05:55.81	<b>556</b>	6	B
4	MARAIS, CLARIZE	DRM	05:58.56	<b>548</b>	5	
5	COETZER, GISELLE	OOS	06:17.85	<b>497</b>	4	
6	STEYN, JESSE	BDW	06:26.82	<b>474</b>	3	
7	ERASMUS, TYLA	BDW	06:26.84	<b>474</b>	2	
8	V.D. MERWE, ZAYLI	ANK	06:50.88	<b>419</b>	1	
9	PIETERSE, NICOLE	OOS	07:10.00	<b>380</b>	0	
10	BOTHA , KAYLA	LWH	08:06.00	<b>280</b>	0	
11	LUBBE-LOUW, LIZANIE	LWH	08:10.87	<b>273</b>	0	

**Item 52 10:38 Final Boys 16 1500m**

1	STEENKAMP, EVAN	ANK	04:33.78	<b>701</b>	9	G
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2	DEALE, ZANDRY	DRM	04:41.10	<b>663</b>	7	S
3	VAN DER LINDE, LUAN	DRM	04:46.91	<b>636</b>	6	B
4	VAN DEN BERG, RUAN	LWH	05:00.78	<b>576</b>	5	
5	BROWN, WIAN	OOS	05:03.63	<b>564</b>	4	
6	APPELCRYN, CHRISTIAAN	BDW	05:13.59	<b>525</b>	3	
7	TRAHMS, ZIAN	BDW	05:13.81	<b>525</b>	2	
8	PITZER, EMUEL	ANK	05:18.13	<b>509</b>	1	
9	STEYN, CW	LWH	05:19.09	<b>505</b>	0	
10	DEVY, KYLE	OOS	05:20.56	<b>500</b>	0	

**Item 53 10:46 Final Girls 17 1500m**

1	COMBRINCK, JESSICA	ANK	05:30.59	<b>628</b>	9	G
2	NEL, NICKY-LEE	DRM	05:42.97	<b>588</b>	7	S
3	VAN NIEKERK, SONÈ	DRM	05:46.10	<b>579</b>	6	B
4	KRIEL, LARISSA	LWH	06:03.50	<b>529</b>	5	
5	VENTER, LINDSEY	ANK	06:06.10	<b>521</b>	4	
6	WESSLES, GABRIELLE	OOS	06:08.12	<b>516</b>	3	
7	VAN WYK, MIGNON	LWH	06:10.62	<b>510</b>	2	
8	BEETS, DANIELLA	BDW	06:39.03	<b>440</b>	1	
9	WILTERS, NYKEISHA	OOS	06:45.84	<b>425</b>	0	
10	WILLEMSE, CHEREI	ANK	07:46.91	<b>307</b>	0	

**Item 54 10:54 Final Boys 17 1500m**

1	BOUWER, DEON	ANK	04:25.91	<b>728</b>	9	G
2	OELOFSE, LIAM	LWH	04:26.16	<b>726</b>	7	S
3	JV VUUREN, ETIENNE	DRM	04:34.75	<b>680</b>	6	B
4	DE AGRELA LUIZHINO, KEVIN	OOS	04:39.81	<b>655</b>	5	
5	CORREIRA, SAMMY	DRM	04:57.81	<b>574</b>	4	
6	SWANEPOEL, ETHAN	OOS	05:08.65	<b>531</b>	3	
7	COETZEE, COLIN	ANK	05:14.31	<b>510</b>	2	
8	VAN DER MERWE, JOHAN	BDW	05:28.63	<b>461</b>	1	
9	BODINGTON, CECIL	BDW	05:45.25	<b>408</b>	0	
10	PUTTER, DF	LWH	05:51.72	<b>389</b>	0	

**Item 55 11:02 Final Girls 19 1500m**

1	SMIT, MINJUNET	DRM	05:21.13	<b>654</b>	9	G
2	GOOSEN, CHENIQUE	ANK	05:33.19	<b>613</b>	7	S
3	VAN DEN BERG, LEYLA	BDW	05:36.47	<b>602</b>	6	B
4	CRAWFORD, ASHLEY	ANK	05:41.62	<b>586</b>	5	
5	WAGNER, MAKAYLA	BDW	06:00.06	<b>532</b>	4	
6	VERSTER, CHANTELE	LWH	06:10.43	<b>504</b>	3	
7	GELDENHUYS, SAN-MARI	DRM	06:27.59	<b>461</b>	2	
8	FOSTER, DANIELLE	OOS	06:28.84	<b>458</b>	1	
9	VAN DER WALT, ILZE-MARI	OOS	06:54.22	<b>402</b>	0	
10	TSCHOEDER, ADILENE	ANK	07:43.59	<b>308</b>	0	

**Item 60 11:10 Final Boys 19 1500m**

1	VIVIERS, RUANDRÈ	DRM	04:12.31	<b>776</b>	9	G
2	WALLER, COLIN	LWH	04:18.81	<b>737</b>	7	S
3	VAN ZYL, DONOVAN	ANK	04:25.91	<b>697</b>	6	B
4	POSTHUMUS, JAYDEN	DRM	04:44.32	<b>606</b>	5	
5	STRYDOM, LUAN	ANK	05:14.47	<b>486</b>	4	
6	TALJAARD, ESTIAAN	BDW	05:31.12	<b>430</b>	3	
7	SMITH, BRANDON	BDW	05:40.15	<b>402</b>	2	
8	MATHEE, JP	OOS	05:46.57	<b>383</b>	1	
9	MATHEE, EMIEL	OOS	05:58.56	<b>349</b>	0	
10	VAN ROOYEN, BEYERS	LWH	06:12.81	<b>312</b>	0	

**Item 2 07:55 Final Girls 15 3000m**

1	WALLER, MEGAN	LWH	10:28.22	<b>895</b>	9	G
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2	PIENAAR, MONTINIQUE	DRM	11:59.44	<b>773</b>	7	S
3	HENNING, TRINITY	ANK	12:14.37	<b>756</b>	6	B
4	HATTING, KAI	LWH	12:36.12	<b>733</b>	5	
5	OSMAND, BIANCA	BDW	13:00.88	<b>709</b>	4	
6	ALBERTS, MONICE	DRM	13:36.59	<b>676</b>	3	
7	BUYS, MELISSA	OOS	17:26.53	<b>516</b>	2	
8	DE BRUYN, NIANE	OOS		<b>0</b>	1	

**Item 1 07:40 Final Boys 15 3000m**

1	OPPERMAN , MARCUS	BDW	10:43.59	<b>685</b>	9	G
2	FOURIE, JONATHAN	DRM	11:16.22	<b>633</b>	7	S
3	VAN DER HEEVER , DRIAN	BDW	11:23.72	<b>622</b>	6	B
4	STEYN, LUKAS	OOS	11:39.03	<b>600</b>	5	
5	ERASMUS, RICKUS	DRM	11:52.91	<b>581</b>	4	
6	*HURTER, HANRO	OOS	12:12.15	<b>557</b>	3	
7	JANSEN VAN RENSBURG, HEINDRICH	LWH	12:46.30	<b>516</b>	2	
8	PIETERSE, JURGENS	LWH	14:13.41	<b>425</b>	1	

**Item 3 08:10 Final Girls 17 3000m**

1	DUVENHAGE, MARISE	DRM	11:12.53	<b>816</b>	9	G
2	BEKKER, BIRGITTE	DRM	12:00.88	<b>758</b>	7	S
3	KRIEL, LARISSA	LWH	12:59.91	<b>698</b>	6	B
4	ERASMUS, TYLA	BDW	13:16.10	<b>683</b>	5	
5	VENTER, LINDSEY	ANK	13:58.12	<b>647</b>	4	
6	WILTERS, NYKEISHA	OOS	14:48.37	<b>608</b>	3	
7	JORDAAN, MINE	BDW	15:06.53	<b>594</b>	2	
8	FERREIRA, DEANE	OOS	15:16.50	<b>587</b>	1	
9	WILLEMSE, CHERE	OOS	16:09.37	<b>552</b>	0	
10	HARDY, LEAH	LWH	16:23.40	<b>543</b>	0	

**Item 4 08:25 Final Boys 17 3000m**

1	CAMERON, TRISTAN	BDW	09:54.50	<b>749</b>	9	G
2	STEENKAMP, EVAN	ANK	10:01.50	<b>736</b>	7	S
3	VAN DER LINDE, LUAN	DRM	10:03.41	<b>732</b>	6	B
4	DEALE, ZANDRY	DRM	10:12.44	<b>715</b>	5	
5	SWANEPOEL, ETHAN	OOS	10:59.25	<b>637</b>	4	
6	VAN DEN BERG, R	LWH	11:10.66	<b>620</b>	3	
7	MILJO, MARCEL	DRM	11:30.16	<b>592</b>	2	
8	PITZER, EMUEL	ANK	11:52.53	<b>562</b>	1	
9	*STEYN, QUENTIN	OOS	11:57.19	<b>556</b>	0	
10	DE GOEDE , DANIEL	DRM	12:09.91	<b>540</b>	0	
11	APPELGRYN, GUSTIN	LWH	12:43.19	<b>500</b>	0	
12	DE VRIES, GIDEON	BDW	12:45.03	<b>498</b>	0	

**Item 5 08:40 Final Girls 19 3000m**

1	SMIT, MINJUNET	DRM	11:21.07	<b>800</b>	9	G
2	VAN DEN BERG, LEYLA	BDW	12:08.34	<b>745</b>	7	S
3	GOOSEN, ROXANE	ANK	12:18.94	<b>734</b>	6	B
4	GELDENHUYS, SAN-MARI	DRM	12:27.06	<b>726</b>	5	
5	CRAWFORD, ASHLEY	ANK	12:28.10	<b>724</b>	4	
6	WAGNER, MAKAYLA	BDW	13:10.25	<b>684</b>	3	
7	MOELETSAANE, PALESA	OOS	13:30.43	<b>666</b>	2	
8	GOOSEN, ROZANE	ANK	13:52.63	<b>647</b>	1	
9	VERSTER, CARA	LWH	15:02.62	<b>593</b>	0	

**Item 6 08:55 Final Boys 19 3000m**

1	WALLER, COLIN	LWH	09:46.81	<b>740</b>	9	G
2	VAN ZYL, DONOVAN	ANK	09:52.47	<b>729</b>	7	S
3	AGGENBACH, THIARDT	DRM	11:32.06	<b>569</b>	6	B
4	RAUTENBACH, MICHAEL	OOS	11:34.20	<b>566</b>	5	

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5	VAN DER MERWE , JOHAN	BDW 11:40.28	<b>558</b>	4
6	ROTHMAN, RUWAN	ANK 11:40.38	<b>558</b>	3
7	TALJAARD , ESTIAAN	BDW 11:44.54	<b>553</b>	2
8	FERREIRA, JOSHUA	DRM 11:50.78	<b>545</b>	1
9	VERMEULEN, JEAN-GABRIEL	DRM 12:33.97	<b>493</b>	0
10	GREYLING, MARCO	OOS 13:14.66	<b>449</b>	0
11	VAN ROOYEN, BEYERS	LWH 13:20.21	<b>443</b>	0

**Item 100 13:15 Final Girls 14 90m Hurdles**

76.2cm

1	SCOTT, MELANIE	LWH 14.16	<b>875</b>	9	G
2	PRINSLOO, DENÉ	DRM 14.84	<b>822</b>	7	S
3	GORRIE, AVERY	DRM 16.29	<b>729</b>	6	B
4	DIESEL, ALIZE	LWH 16.62	<b>711</b>	5	
5	CILLIERS, JUVELDIE	ANK 16.84	<b>698</b>	4	
6	COETZEE, MIA	BDW 17.38	<b>671</b>	3	
7	GOOSEN, DENEZIA	ANK 17.44	<b>668</b>	2	
8	CLAASSENS, KATELYNN	OOS 19.03	<b>596</b>	1	
9	JANSEN VAN NIEUWENHUIZEN, CHLOE	BDW 19.22	<b>588</b>	0	
10	VAN BAALLEN, MIONI	OOS 19.25	<b>587</b>	0	

**Item 101 13:20 Final Girls 15 90m Hurdles**

76.2cm

1	SCOTT, CHENIQUE	BDW 13.97	<b>856</b>	9	G
2	BOTHMA, MIENKE	DRM 14.78	<b>796</b>	7	S
3	OOSTHUIZEN, AMORI	LWH 14.94	<b>785</b>	6	B
4	DU BRUYN, EVALEIGH	BDW 15.72	<b>735</b>	5	
5	VENTER, ZHUNE	LWH 16.00	<b>718</b>	4	
6	BOUSFIELD, MACKAYLA	ANK 16.78	<b>676</b>	3	
7	KHANYI, MIHLANI	OOS 17.00	<b>665</b>	2	
8	JV VUUREN, AVA	DRM 17.60	<b>635</b>	1	
9	GALVIN, MCKAYLA	OOS 17.87	<b>623</b>	0	

**Item 105 13:45 Final Boys 14 100m Hurdles**

84.0cm

1	BEZUIDENHOUT , ALVIC	BDW 14.78	<b>765</b>	9	G
2	ROSSEL, JOHAN	LWH 15.00	<b>747</b>	7	S
3	PIENAAR, EW	DRM 16.03	<b>672</b>	6	B
4	STRYDOM, JOSHUA	BDW 16.25	<b>658</b>	5	
5	VOSTER, JUAN	LWH 16.91	<b>617</b>	4	
6	JACOBS, JACOBUS	DRM 18.06	<b>553</b>	3	
7	MORRISON, MORGAN	OOS 18.47	<b>532</b>	2	
8	STRYDOM, ENRIQUE	ANK 18.63	<b>524</b>	1	
9	KRUGER, SHAEDON	OOS 21.53	<b>401</b>	0	

**Item 106 13:50 Final Boys 15 100m Hurdles**

84cm

1	TRAUERNICHT, EWAN	DRM 13.44	<b>867</b>	9	G
2	BOTHA , JACO	BDW 13.97	<b>814</b>	7	S
3	DIEDERICKS, ARMAND	ANK 14.40	<b>775</b>	6	B
4	WEIR, JANCU	LWH 14.72	<b>748</b>	5	
5	LLOYD , LOGAN	BDW 14.78	<b>743</b>	4	
6	NHLAPO, SIMPIWE	DRM 16.03	<b>653</b>	3	
7	HATTING, CHRISTIAAN	LWH 16.62	<b>615</b>	2	
8	LAMPRECHT, KYLE	OOS 17.97	<b>541</b>	1	
9	DU PLESSIS, PAUL	OOS 22.18	<b>363</b>	0	

**Item 102 13:30 Final Girls 16 100m Hurdles**

76.2cm

1	ROCK, CAITIE	DRM 14.50	<b>887</b>	9	G
2	VAN DER MERWE, JEANELIZE	LWH 15.66	<b>802</b>	7	S
3	FOUCHE, ALEXI	ANK 16.69	<b>738</b>	6	B
4	VERMEULEN, TALISHA	OOS 17.28	<b>706</b>	5	
5	PIETERSE, MONZENIQUE	DRM 18.47	<b>648</b>	4	
6	TSHITUNDU, SELENTINE	LWH 18.50	<b>646</b>	3	

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7	PIENAAR, KAYLA	OOS	18.97	<b>626</b>	2
8	VAN DER WESTHUIZEN, DONNE	BDW	20.16	<b>577</b>	1

**Item 103 13:35 Final Girls 17 100m Hurdles**

76.2cm

1	HANSEN, KRISTEN	DRM	14.19	<b>881</b>	9	G
2	STRYDOM, RENETTE	LWH	15.09	<b>813</b>	7	S
3	KEYTER, ZONICA	BDW	17.22	<b>686</b>	6	B
4	PRINSLOO, ZANIKA	DRM	17.62	<b>666</b>	5	
5	KOCH, CARLIKA	LWH	19.84	<b>570</b>	4	
6	OLIFANT, GAYDENE	OOS	19.93	<b>566</b>	3	
7	VAN EDEN, MIA	BDW	20.78	<b>535</b>	2	
8	NEL, CHRISTELLE	ANK	22.22	<b>487</b>	1	
9	LÖTTER, KAYLA	OOS	27.41	<b>350</b>	0	

**Item 104 13:40 Final Girls 19 100m Hurdles**

84cm

1	VAN ROOYEN, CARLI	OOS	17.32	<b>694</b>	9	G
2	NORTJE, KARLA	DRM	18.47	<b>639</b>	7	S
3	VAN DEN BERG, LEYLA	BDW	19.91	<b>578</b>	6	B
4	RIELANDER, MICKAYLA	DRM	20.66	<b>550</b>	5	
5	GREGG, KAYLEE	LWH	21.81	<b>511</b>	4	
6	VISSER, ZOEY	LWH	21.91	<b>507</b>	3	
7	HARMSE, KATELYN	OOS	22.16	<b>499</b>	2	

**Item 107 14:00 Final Boys 16 110m Hurdles**

84cm

1	VAN DER MERWE , KEANU	BDW	14.57	<b>836</b>	9	G
2	LUBBE, RUAN	DRM	15.13	<b>786</b>	7	S
3	SHARP, TEAGAN	ANK	16.28	<b>699</b>	6	B
4	BOTHA, WIAN	LWH	17.06	<b>648</b>	5	
5	DICKSON, SANCHES	DRM	18.25	<b>581</b>	4	
6	FERREIRA , XANDER	BDW	18.38	<b>574</b>	3	
7	CRONJE, TIAN	LWH	18.88	<b>549</b>	2	
8	VAN EEDEN, RENIER	OOS	18.97	<b>544</b>	1	
9	DU PLESISSIS, ZAK	ANK	19.00	<b>543</b>	0	
10	LOMBARD, ALBERTO	OOS	19.78	<b>506</b>	0	

**Item 108 14:05 Final Boys 17 110m Hurdles**

91.4cm

1	NHLAPO, SIYA	DRM	12.47	<b>1000</b>	9	G
2	FERNANDEZ, JARRED	LWH	12.53	<b>1000</b>	7	S
3	VENTER, RUHANDRE	ANK	15.04	<b>794</b>	6	B
4	KRITZINGER , LOUW	BDW	15.53	<b>754</b>	5	
5	BOSMAN , JARED	BDW	15.91	<b>725</b>	4	
6	BEKKER, ANRU	OOS	16.00	<b>719</b>	3	
7	JORDAAN, JANU	DRM	16.43	<b>689</b>	2	
8	LOMBARD, BRAYDIN	OOS	18.72	<b>557</b>	1	

**Item 89 13:10 Final Boys 19 110m Hurdles**

99.5cm

1	HOOLE, GW	DRM	14.75	<b>835</b>	9	G
2	ENGELBRECHT , HERMAN	BDW	14.79	<b>831</b>	7	S
3	KRUGER, JAMES	DRM	15.03	<b>809</b>	6	B
4	LE ROUX, DYLLON	ANK	18.06	<b>602</b>	5	
5	KOTZE, JACO	LWH	18.50	<b>578</b>	4	
6	LOVELL , ETHAN	BDW	19.00	<b>553</b>	3	
7	VAN ZYL, BYRON	ANK	20.15	<b>500</b>	2	
8	VOS, TIAN	LWH	24.72	<b>334</b>	1	

**Item 8 09:10 FinalResults Girls 14 300m Hurdles**

76.2cm

1	PRINSLOO, DENÉ	DRM	0:45.94	<b>875</b>	9	G
2	GORRIE, AVERY	DRM	0:50.50	<b>778</b>	7	S
3	COETZEE, MIA	BDW	0:53.10	<b>733</b>	6	B
4	LUDICK, CHANTELLE	LWH	0:54.13	<b>716</b>	5	

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5	DIESEL, ALIZE	LWH 0:54.38	<b>712</b>	4
6	VAN BAALLEN, MIONI	OOS 0:55.75	<b>691</b>	3
7	SMITH, XANTE-LI	BDW 0:56.25	<b>683</b>	2
8	CLAASSENS, KATELYNN	OOS 1:07.06	<b>549</b>	1

**Item 20 09:15 FinalResults Boys 14 300m Hurdles**

84.0cm

1	BUBB, MCHALISTER	LWH 0:45.09	<b>561</b>	9	G
2	PIETERSE, CALEB	DRM 0:45.88	<b>534</b>	7	S
3	JACOBS, JACOBUS	DRM 0:46.09	<b>527</b>	6	B
4	DU PLESSIS , MALAN	BDW 0:47.19	<b>492</b>	5	
5	VOSTER, JAUN	LWH 0:48.00	<b>467</b>	4	
6	STRYDOM, ENRIQUE	ANK 0:48.03	<b>467</b>	3	
7	STRYDOM, JOSHUA	BDW 0:48.40	<b>456</b>	2	
8	MORRISON, MORGAN	OOS 0:51.71	<b>367</b>	1	
9	KRUGER, SHAEDON	OOS 1:01.37	<b>166</b>	0	

**Item 22 09:20 FinalResults Girls 15 300m Hurdles**

76.2cm

1	BOTHMA, MIENKE	DRM 48.13	<b>817</b>	9	G
2	OOSTHUIZEN, AMORI	LWH 48.65	<b>806</b>	7	S
3	SCOTT, CHENIQUE	BDW 48.69	<b>805</b>	6	B
4	KHANYI, MIHLANI	OOS 54.79	<b>698</b>	5	
5	VENTER, ZHUNE	LWH 55.94	<b>681</b>	4	
6	BOOYENS, CHRIZAAN	BDW 60.94	<b>613</b>	3	
7	MOSTERT, NICOLE	OOS 64.29	<b>573</b>	2	
8	HANNIBAL, MORGAN	DRM 64.82	<b>568</b>	1	

**Item 24 09:25 FinalResults Boys 15 300m Hurdles**

84cm

1	DIEDERICKS, ARMAND	ANK 41.94	<b>692</b>	9	G
2	LLOYD , LOGAN	BDW 44.41	<b>593</b>	7	S
3	BOTHA , JACO	BDW 44.56	<b>587</b>	6	B
4	TRAUERNICHT, EWAN	DRM 45.72	<b>547</b>	5	
5	PIERRE, BUCHHOLZ	LWH 45.97	<b>539</b>	4	
6	HATTING, CHRISTIAAN	LWH 46.28	<b>528</b>	3	
7	VAN JAARVELD, LUAN	DRM 47.81	<b>480</b>	2	
8	LOMBARD, BRADWIN	OOS 49.00	<b>446</b>	1	
9	LAMPRECHT, KYLE	OOS 49.87	<b>421</b>	0	

**Item 26 09:30 FinalResults Girls 16 400m Hurdles**

76.2cm

1	ROCK, CAITIE	DRM 1:06.84	<b>854</b>	9	G
2	VAN VUUREN, CLAIRE	LWH 1:11.38	<b>788</b>	7	S
3	PIETERSE, MONZENIQUE	DRM 1:18.84	<b>698</b>	6	B
4	PIENAAR, KAYLA	OOS 1:19.44	<b>692</b>	5	
5	TSHITUNDU, SELENTINE	LWH 1:20.78	<b>678</b>	4	
6	VAN DER WESTHUIZEN, DONNE	BDW 1:23.38	<b>652</b>	3	
7	FORSTER, CHEVONNE	OOS 1:25.15	<b>636</b>	2	
8	GREEFF, CHUZEL	BDW 1:31.12	<b>584</b>	1	

**Item 28 09:35 FinalResults Boys 16 400m Hurdles**

84cm

1	LUBBE, RUAN	DRM 1:00.03	<b>668</b>	9	G
2	APPELCRYN, CHRISTIAAN	BDW 1:01.72	<b>620</b>	7	S
3	BOTHA, WIAN	LWH 1:03.40	<b>576</b>	6	B
4	LOMBARD, ALBERTO	OOS 1:08.59	<b>458</b>	5	
5	FERREIRA , XANDER	BDW 1:09.40	<b>442</b>	4	
6	VAN EEDEN, RENIER	OOS 1:11.35	<b>404</b>	3	
7	DICKSON, SANCHES	DRM 1:11.78	<b>396</b>	2	
8	DU PLESSIS, JACO	LWH 1:12.13	<b>390</b>	1	

**Item 30 09:40 FinalResults Girls 17 400m Hurdles**

76.2cm

1	HANSEN, KRISTEN	DRM 1:06.34	<b>855</b>	9	G
2	KEYTER, ZONICA	BDW 1:11.54	<b>779</b>	7	S

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3	PRINSLOO, ZANIKA	DRM	1:17.31	<b>709</b>	6	B
4	OLIFANT, GAYDENE	OOS	1:23.31	<b>647</b>	5	
5	PAGNIER, SOPHIA	LWH	1:34.06	<b>557</b>	4	
6	RIEGER, LEANE	BDW	1:34.07	<b>556</b>	3	
7	KOCH, CARLIKA	LWH	1:41.29	<b>505</b>	2	
8	NEL, CHRISTELLE	ANK	1:45.22	<b>480</b>	1	

**Item 32 09:45 FinalResults Boys 17 400m Hurdles**

84cm

1	NHLAPO, SIYA	DRM	0:54.75	<b>836</b>	9	G
2	KORVING, DJIONNE	LWH	0:56.13	<b>781</b>	7	S
3	BEKKER, ANRU	OOS	0:59.34	<b>674</b>	6	B
4	JORDAAN, JANU	DRM	1:00.97	<b>626</b>	5	
5	BOSMAN, JARED	BDW	1:01.62	<b>609</b>	4	
6	MYBURGH, XUAN	BDW	1:02.56	<b>584</b>	3	
7	TSHITUNDU, ETIENNE	LWH	1:03.42	<b>562</b>	2	
8	LANGE, JEAN-LUC	OOS	1:07.00	<b>480</b>	1	
9	SCHOEMAN, NATHAN	ANK	1:23.56	<b>202</b>	0	

**Item 34 09:50 FinalResults Girls 19 400m Hurdles**

76.2cm

1	NORTJE, KARLA	DRM	1:16.25	<b>711</b>	9	G
2	RIELANDER, MICKAYLA	DRM	1:21.18	<b>659</b>	7	S
3	KRUGER, NIKITA	LWH	1:28.56	<b>592</b>	6	B
4	JORDAAN, ROCHELLE	BDW	1:29.34	<b>585</b>	5	
5	SMIT, SHANI	LWH	1:30.85	<b>573</b>	4	
6	HARMSE, KATELYN	OOS	1:33.94	<b>549</b>	3	

**Item 36 09:55 FinalResults Boys 19 400m Hurdles**

91.4cm

1	HOLTZHAUSEN, AJ	OOS	0:55.59	<b>828</b>	9	G
2	HOOLE, GW	DRM	0:58.72	<b>714</b>	7	S
3	STRYDOM, JACQUES	DRM	0:59.41	<b>693</b>	6	B
4	VAN DYK, HANRU	BDW	1:04.59	<b>552</b>	5	
5	KOTZE, JACO	LWH	1:09.00	<b>454</b>	4	
6	LOVELL, ETHAN	BDW	1:09.66	<b>441</b>	3	
7	MULLER, ETHAN	OOS	1:11.22	<b>411</b>	2	
8	VAN ZYL, BYRON	ANK	1:14.75	<b>348</b>	1	
9	VAN WYK, DEAN	LWH	1:15.28	<b>339</b>	0	

**Item 90 13:10 Final Girls 14 HighJump**

1	GREEN, GHEA	BDW	1.45	<b>630</b>	9	G
2	HEFER, MENE	BDW	1.35	<b>500</b>	7	S
3	ODENDAAL, LIENKA	DRM	1.30	<b>440</b>	6	B
4	SARAKIS, ISABELLA	LWH	1.30	<b>440</b>	5	
5	DIAMOND, EMMA	OOS	1.25	<b>370</b>	4	
6	KAPP, MEGAN	OOS	1.25	<b>370</b>	3	

**Item 91 13:10 Final Boys 14 HighJump**

1	PRETORIUS, RUHAN	DRM	1.70	<b>700</b>	9	G
2	HIRSCHFELD, RAYMOND	DRM	1.65	<b>640</b>	7	S
3	WEPENER, DILLEN	OOS	1.55	<b>530</b>	6	B
4	SWARTS, KEAGAN	ANK	1.55	<b>530</b>	5	
5	LE ROUX, DIDIER	BDW	1.50	<b>470</b>	4	
6	MOUTON, HANRO	ANK	1.50	<b>470</b>	3	
7	SNYMAN, THINUS	OOS	1.45	<b>410</b>	2	
8	GONSALVES, JAYDEN	BDW	1.45	<b>410</b>	1	
9	GRAAF, TRISTAN	LWH	1.40	<b>360</b>	0	
10	JANSEN VAN RENSBURG, JUAN	LWH	1.35	<b>300</b>	0	

**Item 109 14:10 Final Girls 15 HighJump**

1	VAN DER WESTHUIZEN, MICKE	LWH	1.40	<b>540</b>	9	G
2	VIVIERS, MIKA	BDW	1.35	<b>470</b>	7	S

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2	DROTSKIE, KARIEN	ANK 1.35	<b>470</b>	7	S
4	GREYLING, KARLA	DRM 1.35	<b>470</b>	5	
4	KOTZE, CARMEN	BDW 1.35	<b>470</b>	5	
6	MARAIS, GERTRUIDA	OOS 1.30	<b>410</b>	3	
7	VENTER, ZOË	OOS 1.30	<b>410</b>	2	
8	BOTHMA, MIENKE	DRM 1.25	<b>340</b>	1	

**Item 110 14:10 Final Boys 15 HighJump**

1	FERREIRA, JORDAN	BDW 1.70	<b>650</b>	9	G
2	LLOYD, LOGAN	BDW 1.70	<b>650</b>	7	S
3	VISAGIE, ZAYDEN	ANK 1.70	<b>650</b>	6	B
4	NHLAPO, SIMPIWE	DRM 1.65	<b>600</b>	5	
5	VAN JAARVELD, JULIAN	ANK 1.60	<b>540</b>	4	
6	SMITH, QUEN	LWH 1.55	<b>480</b>	3	
7	LAMPRECHT, KYLE	OOS 1.55	<b>480</b>	2	
7	CLARKE, NICHOLAS	OOS 1.55	<b>480</b>	2	
9	HATTING, CHRISTIAAN	LWH 1.50	<b>430</b>	0	
10	OOSTHUIZEN, JOHANDRE	DRM 1.45	<b>370</b>	0	

**Item 39 10:10 Final Girls 16 HighJump**

1	VAN DER MERWE, JEANELIZE	LWH 1.55	<b>690</b>	9	G
2	TERBLANCHE, DANIELLE	BDW 1.50	<b>630</b>	7	S
3	MILLS, LENE	DRM 1.50	<b>630</b>	6	B
4	VERMEULEN, TALISHA	OOS 1.50	<b>630</b>	5	
5	HABBIG, LIANDRI	DRM 1.45	<b>570</b>	4	
6	BOTHA, LEANE	ANK 1.40	<b>500</b>	3	
7	FOUCHE, ALEXI	ANK 1.35	<b>440</b>	2	
8	BUITENDAG, CHARLIZE	BDW 1.35	<b>440</b>	1	
9	OBERHOLZER, AMOREY	OOS 1.30	<b>380</b>	0	

**Item 40 10:10 Final Boys 16 HighJump**

1	VAN DER MERWE, KEANU	BDW 1.80	<b>710</b>	9	G
2	POTGIETER, MATTEO	BDW 1.70	<b>600</b>	7	S
3	LESSING, ANRU	DRM 1.70	<b>600</b>	6	B
4	RES, MATTEO	LWH 1.65	<b>550</b>	5	
5	OOSTHUIZEN, XOAN	ANK 1.60	<b>500</b>	4	
6	PONTON, ONEIL	DRM 1.60	<b>500</b>	3	
7	CRONJE, WILCO	OOS 1.50	<b>380</b>	2	

**Item 9 09:10 Final Girls 17 HighJump**

1	STRYDOM, RENETTE	LWH 1.50	<b>610</b>	9	G
2	PRINSLOO, ZANIKA	DRM 1.45	<b>550</b>	7	S
3	JV RENSBURG, ELUMÉ	DRM 1.45	<b>550</b>	6	B
4	LOUW, WIANE	ANK 1.40	<b>480</b>	5	
5	LATEGAN, ALEXIS	LWH 1.40	<b>480</b>	4	
6	DU TOIT, CLARISSA	OOS 1.35	<b>420</b>	3	
7	MEYER, KAYLEIGH	BDW 1.35	<b>420</b>	2	

**Item 10 09:10 Final Boys 17 HighJump**

1	KRITZINGER, LOUW	BDW 1.80	<b>670</b>	9	G
2	KRUGER, JJ	DRM 1.75	<b>620</b>	7	S
3	WAGNER, JOHAN	LWH 1.75	<b>620</b>	6	B
4	BIGMORE, JUSTIN	DRM 1.70	<b>570</b>	5	
4	HABIG, KEENAN	ANK 1.70	<b>570</b>	5	
6	ERASMUS, WIAN	OOS 1.65	<b>510</b>	3	
7	VAN ROOYEN, JAYDEN	LWH 1.60	<b>460</b>	2	
8	SWART, JUANDRE	BDW 1.60	<b>460</b>	1	
9	STRYDOM, JUAN	OOS 1.50	<b>350</b>	0	

**Item 56 11:10 Final Girls 19 HighJump**

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1	ATTERBURY, DANIELLE	BDW 1.50	<b>570</b>	9	G
2	VAN ROOYEN, CARLI	OOS 1.45	<b>510</b>	7	S
2	BUTCHER, CANDICE	OOS 1.45	<b>510</b>	7	S
4	HERBST, ANKE	DRM 1.45	<b>510</b>	5	
5	ROSSOUW, KATE-LYNN	DRM 1.40	<b>450</b>	4	

**Item 57 11:10 Final Boys 19 HighJump**

1	OLIVIER , PHILIP	LWH 1.85	<b>660</b>	9	G
2	VENTER, RUHANDRE	ANK 1.80	<b>610</b>	7	S
3	BOWLER, DIHEGO	OOS 1.65	<b>450</b>	6	B
4	KOTZE, JACO	LWH 1.65	<b>450</b>	5	
5	HOOLE, GW	DRM 1.65	<b>450</b>	4	
5	HEFER , WIAN	BDW 1.65	<b>450</b>	4	
7	BULL, RUAN	BDW 1.60	<b>400</b>	2	
7	CRONJE, ADRIAN	OOS 1.60	<b>400</b>	2	
9	PIETERSE, CAMERON	DRM 1.60	<b>400</b>	0	

**Item 58 11:10 Final Girls 14 LongJump**

1	JOOSTE, JESSICA	DRM 4.59	<b>564</b>	9	G
2	SARAKIS, ISABELLA	LWH 4.55	<b>548</b>	7	S
3	SCOTT, MELANIE	LWH 4.48	<b>520</b>	6	B
4	GORRIE, AVERY	DRM 4.45	<b>508</b>	5	
5	GOOSEN, DENEZIA	ANK 4.23	<b>420</b>	4	
6	KAPP, MEGAN	OOS 4.14	<b>384</b>	3	
7	FRANKEN, GELENE	BDW 3.82	<b>250</b>	2	
8	FUHRI, BELLA	OOS 3.81	<b>246</b>	1	
9	VERWEY, JAYDEN	ANK 3.67	<b>188</b>	0	

**Item 59 11:10 Final Boys 14 LongJump**

1	GROBLER, TRISTAN	DRM 5.61	<b>666</b>	9	G
2	ROSSEL, JOHAN	LWH 5.47	<b>620</b>	7	S
3	VILJOEN, DEGEN	LWH 5.33	<b>572</b>	6	B
4	MEYER, CHRISTIAAN	ANK 5.21	<b>530</b>	5	
5	WEPENER, DILLEN	OOS 5.15	<b>510</b>	4	
6	BEZUIDENHOUDT, KEAGAN	ANK 4.93	<b>433</b>	3	
7	PRETORIUS, NJ	DRM 4.86	<b>410</b>	1.5	
7	SWANEPOEL, RIKUS	BDW 4.86	<b>410</b>	1.5	
9	BRITS, RUVAN	BDW 4.42	<b>253</b>	0	
10	MORRISON, MORGAN	OOS 4.34	<b>224</b>	0	

**Item 11 09:10 Final Girls 15 LongJump**

1	DU BRUYN, EVALEIGH	BDW 4.74	<b>564</b>	9	G
2	VENTER, ZOË	OOS 4.67	<b>540</b>	7	S
3	DU RANDT, CHANTE	DRM 4.46	<b>456</b>	5.5	B
3	BOUSFIELD, MACKAYLA	ANK 4.46	<b>456</b>	5.5	B
5	VOS, IME	LWH 4.33	<b>406</b>	4	
6	BRUWER, ALIZE	DRM 4.22	<b>364</b>	3	
7	OOSTHUIZEN, LIENKE	LWH 4.04	<b>292</b>	2	
8	BOOYSE, VENE	BDW 4.01	<b>280</b>	1	
9	MARAIS, GERTRUIDA	OOS 3.82	<b>204</b>	0	

**Item 12 09:10 Final Boys 15 LongJump**

1	JV VUUREN, JD	DRM 6.16	<b>770</b>	9	G
2	FERREIRA , JORDAN	BDW 5.82	<b>662</b>	7	S
3	MANGENGA, NKATEKO	BDW 5.55	<b>574</b>	6	B
4	MOLEKAMP, BENJAMIN	DRM 5.53	<b>568</b>	5	
5	WEIR, JANCU	LWH 5.12	<b>433</b>	4	
6	KRUGER, PIETER	ANK 5.07	<b>416</b>	3	
7	FERREIRA, JOSHUA	OOS 4.81	<b>326</b>	2	
8	MONYANE, PHEMMELO	ANK 4.60	<b>256</b>	1	

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9	VILJOEN, MAVERIEK	OOS 4.57	<b>245</b>	0	
10	HOLLAND, JAYDEN	LWH 4.36	<b>170</b>	0	
11	ANDREWS, ZIAN	ANK 4.34	<b>163</b>	0	

**Item 130 15:10 Final Girls 16 LongJump**

1	SWIEGERS, ANIKA	DRM 5.09	<b>646</b>	9	G
2	VAN DER MERWE, JEANELIZE	LWH 4.98	<b>608</b>	7	S
3	FOUCHE, ALEXI	ANK 4.72	<b>512</b>	6	B
4	SWANEPOEL, LANA	LWH 4.54	<b>444</b>	5	
5	PIETERSE, MONZENIQUE	DRM 4.50	<b>428</b>	4	
6	HERBST, LIANA	BDW 4.48	<b>420</b>	3	
7	VAN DER WESTHUIZEN, DONNE	BDW 4.35	<b>372</b>	2	
8	BOTHA, LEANE	ANK 4.16	<b>296</b>	1	
9	OBERHOLZER, AMOREY	OOS 4.13	<b>284</b>	0	

**Item 111 14:10 Final Boys 16 LongJump**

1	VAN STADEN, ETHAN	DRM 6.43	<b>790</b>	9	G
2	VAN DER MERWE, KEANU	BDW 6.29	<b>746</b>	7	S
3	KLEYNHANS, JENSEN	BDW 5.89	<b>623</b>	6	B
4	FOUCHE, ARMAND	ANK 5.42	<b>473</b>	5	
5	VAN DER MERWE, JAYDEN	OOS 5.25	<b>420</b>	4	
6	STEYN, DEACON	OOS 5.23	<b>413</b>	3	
7	SNYMAN, JUSTIN	DRM 5.21	<b>406</b>	2	
8	CRONJE, TIAN	LWH 4.65	<b>220</b>	1	

**Item 92 13:10 Final Girls 17 LongJump**

1	STRYDOM, RENETTE	LWH 5.49	<b>746</b>	9	G
2	SPIES, KAYLA	LWH 4.59	<b>420</b>	7	S
3	DU TOIT, CLARISSA	OOS 4.49	<b>384</b>	6	B
4	VAN EDEN, MIA	BDW 4.13	<b>246</b>	4.5	
4	ROTHMAN, ROCHELLE	BDW 4.13	<b>246</b>	4.5	
6	ROSSOUW, KAYLEE	DRM 4.04	<b>212</b>	3	
7	PIETERSE, KAYDEN	DRM 3.94	<b>172</b>	2	

**Item 93 13:10 Final Boys 17 LongJump**

1	VAN AARDE, DILAN	OOS 6.04	<b>616</b>	9	G
2	WIDD, CHRISTIAAN	LWH 5.86	<b>560</b>	7	S
3	PEARSON, MARCEL	DRM 5.86	<b>560</b>	6	B
4	MYBURGH, XUAN	BDW 5.80	<b>542</b>	5	
5	KOTZE, LOURENS	BDW 5.78	<b>536</b>	4	
6	LANGE, JEAN-LUC	OOS 5.72	<b>517</b>	3	
7	HABIG, KEENAN	ANK 5.67	<b>502</b>	2	
8	JORDAAN, JANU	DRM 5.63	<b>490</b>	1	

**Item 41 10:10 Final Girls 19 LongJump**

1	VOSTER, KAYLA	ANK 5.02	<b>510</b>	9	G
2	BUTCHER, CANDICE	OOS 5.00	<b>503</b>	7	S
3	ENSLIN, DANAE	LWH 4.80	<b>433</b>	6	B
4	SINGLETON, SIMONE	BDW 4.64	<b>376</b>	5	
5	GOMES, JESSICA	LWH 4.57	<b>350</b>	4	
6	VAN ROOYEN, ESTÉ	OOS 4.42	<b>296</b>	3	
7	VAN WYK, KATELYNN	DRM 4.41	<b>292</b>	2	
8	NORTJE, KARLA	DRM 4.38	<b>280</b>	1	
9	CLASEN, JADE	BDW 4.36	<b>272</b>	0	
10	VAN NIEKERK, LEE	ANK 3.96	<b>120</b>	0	

**Item 42 10:10 Final Boys 19 LongJump**

1	ENGELBRECHT, HERMAN	BDW 6.53	<b>677</b>	9	G
2	KRUGER, JAMES	DRM 6.34	<b>622</b>	7	S
3	MOSTERT, HANNO	BDW 5.96	<b>511</b>	6	B

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4	COETZEE, TRISTAN	ANK	5.79	<b>460</b>	5
5	PIETERSE, CAMERON	DRM	5.66	<b>422</b>	4
6	KRIEL, DEVIN	LWH	5.41	<b>346</b>	3
7	CRONJE, ADRIAN	OOS	5.30	<b>311</b>	2
8	BOWLER, DIHEGO	OOS	5.29	<b>308</b>	1
9	FOUCHE, ELRICH	ANK	4.88	<b>180</b>	0
10	KOTZE, JACO	LWH	4.38	<b>16</b>	0

**Item 77 11:40 Final Girls 15 TripleJump**

7m

1	DU RANDT, CHANTE	DRM	10.02	<b>648</b>	9	G
2	VENTER, ZOË	OOS	09.79	<b>604</b>	7	S
3	JOOSTE, JESSICA	DRM	09.26	<b>505</b>	6	B
4	LUDICK, C	LWH	09.10	<b>474</b>	5	
5	VENTER, ZHUNE	LWH	08.45	<b>348</b>	4	

**Item 78 11:40 Final Boys 15 TripleJump**

9m

1	FERREIRA, JORDAN	BDW	11.44	<b>496</b>	9	G
2	JV VUUREN, JD	DRM	11.28	<b>471</b>	7	S
3	GROBLER, TRISTAN	DRM	11.23	<b>464</b>	6	B
4	MANGENGA, NKATEKO	BDW	11.07	<b>440</b>	5	
5	PIERRE, BUCHHOLZ	LWH	09.86	<b>248</b>	4	
6	KRUGER, PIETER	ANK	09.78	<b>235</b>	3	

**Item 112 14:10 Final Girls 17 TripleJump**

9m

1	HERBST, LIANA	BDW	09.47	<b>450</b>	9	G
2	SPIES, KAYLA	LWH	09.41	<b>440</b>	7	S
3	VAN DER WESTHUIZEN, DONNE	BDW	09.09	<b>381</b>	6	B
4	BOTHA, LEANE	ANK	09.06	<b>376</b>	5	
5	DU TOIT, CLARISSA	OOS	08.94	<b>354</b>	4	
6	BRUWER, ALIZE	DRM	08.82	<b>332</b>	3	
7	KOCH, CARLIKA	LWH	08.13	<b>200</b>	2	
8	NASH, MIANE	DRM	07.90	<b>156</b>	1	

**Item 131 15:10 Final Boys 17 TripleJump**

11m

1	GRIFFEN, ZEDRICK	ANK	12.66	<b>604</b>	9	G
2	PEARSON, MARCEL	DRM	12.21	<b>540</b>	7	S
3	MYBURGH, XUAN	BDW	11.68	<b>461</b>	6	B
4	BARNARD, RICARDO	OOS	11.12	<b>378</b>	5	
5	KOTZE, LOURENS	BDW	10.92	<b>347</b>	4	
6	KRUGER, JJ	DRM	10.84	<b>335</b>	3	
7	BOTHA, W	LWH	10.71	<b>315</b>	2	
8	ELSE, TIAAN	OOS	10.67	<b>309</b>	1	
9	BOTHA, FJ	LWH	09.62	<b>145</b>	0	

**Item 113 14:10 Final Girls 19 TripleJump**

11m

1	ENSLIN, DANAE	LWH	10.54	<b>571</b>	9	G
2	VAN WYK, KATELYNN	DRM	09.20	<b>336</b>	7	S
3	OLWAGEN, NANETTE	OOS	08.80	<b>263</b>	6	B
4	STRYDOM VAN ZYL, ISABEL	LWH	08.30	<b>170</b>	5	
5	WATSON, BRIDGET	OOS	08.26	<b>163</b>	4	
6	THERON, ZANELLE	DRM	08.14	<b>141</b>	3	

**Item 132 15:10 Final Boys 19 TripleJump**

13m

1	SNYMAN, JUSTIN	DRM	12.00	<b>454</b>	9	G
2	ENGELBRECHT, HERMAN	BDW	11.78	<b>422</b>	7	S
3	JANSEN, DIRK	BDW	11.22	<b>340</b>	6	B
4	CRONJE, ADRIAN	OOS	10.99	<b>306</b>	5	
5	VENTER, RUAN	OOS	10.85	<b>285</b>	4	
6	PIETERSE, CAMERON	DRM	10.72	<b>266</b>	3	
7	KRIEL, DEVIN	LWH	09.89	<b>138</b>	2	

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8	HOUG, RINALDO	LWH 09.77	<b>120</b>	1
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**Item 119 14:10 Final Girls 14 Shotput**

3kg

1	J.V. RENSBURG, SHARNIKA	ANK 11.12	<b>821</b>	9	G
2	SMIT, SHAKIRA	BDW 10.21	<b>780</b>	7	S
3	COMBRINCK, MAKAYLA	BDW 10.14	<b>777</b>	6	B
4	DE BRUIN, SOANË	DRM 09.91	<b>766</b>	5	
5	BARNARD, ANIKA	OOS 08.82	<b>713</b>	4	
6	VAN DER MERWE, MONIQUE	DRM 08.62	<b>703</b>	3	
7	TALJAARD, LEANE	LWH 08.58	<b>701</b>	2	
8	LOUW, BIANÉ	OOS 08.49	<b>696</b>	1	
9	MUNRO, MARYKE	LWH 08.25	<b>683</b>	0	
10	TROMP, KAITLYN	ANK 07.05	<b>615</b>	0	

**Item 120 14:10 Final Boys 14 Shotput**

4kg

1	LABUSCHAGNE, IWAN	LWH 13.79	<b>788</b>	9	G
2	VENTER, MORNE	DRM 11.72	<b>685</b>	7	S
3	SWART, CAYDEN	ANK 11.55	<b>676</b>	6	B
4	LOMBARD , LOHAN	BDW 11.16	<b>655</b>	5	
5	GRAAF, TRISTAN	LWH 11.00	<b>646</b>	4	
6	VAN BRAKEL, BERNARD	DRM 10.90	<b>641</b>	3	
7	JORDAAN , NATHAN	BDW 10.22	<b>602</b>	2	
8	SMUTS, WESSEL	ANK 09.55	<b>563</b>	1	
9	FOURIE, JD	OOS 09.31	<b>549</b>	0	
10	MAROELE, TUMELO	OOS 08.86	<b>521</b>	0	

**Item 65 11:10 Final Girls 15 Shotput**

3kg

1	WELMAN, MIEKE	DRM 13.45	<b>900</b>	9	G
2	SCHONFIELDT, NOEVE	LWH 11.60	<b>827</b>	7	S
3	OOSTENDURP, BUBBLES	DRM 10.13	<b>763</b>	6	B
4	SWANEPOEL, NIKITA	OOS 10.11	<b>762</b>	5	
5	MARAIS, ELZAAN	LWH 09.44	<b>731</b>	4	
6	PRINSLOO, LIANNE	ANK 08.89	<b>704</b>	3	
7	VAN ROOYEN, AMBER	BDW 08.17	<b>666</b>	2	
8	STANDER, LEANNE	ANK 08.09	<b>662</b>	1	
9	VISSER, VENE	BDW 07.91	<b>652</b>	0	
10	SPIES, ZEUNE	OOS 04.81	<b>448</b>	0	

**Item 66 11:10 Final Boys 15 Shotput**

4kg

1	TALJAARD, EWALD	LWH 19.26	<b>1000</b>	9	G
2	BOUWER, WAYDEN	DRM 12.44	<b>717</b>	7	S
3	VILJOEN, KIAN	LWH 12.11	<b>700</b>	6	B
4	HERBST, REUBEN	DRM 11.95	<b>692</b>	5	
5	KLOPPER , JACQUES	BDW 11.51	<b>668</b>	4	
6	ENSLIN , BENJAMIN	BDW 11.10	<b>647</b>	3	
7	VILJOEN, MAVERIEK	OOS 11.07	<b>645</b>	2	
8	STRYDOM, RUAN	OOS 10.28	<b>601</b>	1	
9	VENTER, TIMOTHY	ANK 09.85	<b>576</b>	0	
10	HUTTON, KEATON	ANK 08.92	<b>520</b>	0	

**Item 17 09:10 Final Girls 16 Shotput**

3kg

1	VERMEULEN, TALISHA	OOS 12.20	<b>838</b>	9	G
2	ROUX, LEZEI	LWH 11.97	<b>829</b>	7	S
3	JOUBERT, XIANIQUE	BDW 10.68	<b>775</b>	6	B
4	BURISH, CASSANDRA-LEE	ANK 10.53	<b>768</b>	5	
5	TERBLANCHE, DANIELLE	BDW 10.15	<b>751</b>	4	
6	DU TOIT, CLOE	LWH 09.39	<b>716</b>	3	
7	HOGSON, MIA	DRM 08.92	<b>693</b>	2	
8	PISTORIUS, JESSICA	OOS 08.51	<b>672</b>	1	
9	TODD, KAITLYNN	DRM 08.04	<b>647</b>	0	

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10	BAHLMANN, SHANI	ANK	07.99	<b>645</b>	0	
<b>Item 18 09:10 Final Boys 16 Shotput</b> <span style="float:right">5kg</span>						
1	BOTHA, DARUIS	DRM	19.33	<b>1000</b>	9	G
2	ENGELBRECHT, CHRISTIAAN	LWH	13.50	<b>750</b>	7	S
3	KLEYNHANS, JENSEN	BDW	12.57	<b>705</b>	6	B
4	OOSTHUIZEN, XOAN	ANK	12.31	<b>693</b>	5	
5	BRUWER, DRUWAN	DRM	11.90	<b>672</b>	4	
6	THOMSON, JAIDEN	LWH	11.87	<b>670</b>	3	
7	JANSEN VAN RENSBURG, LEWIS	BDW	10.88	<b>618</b>	2	
8	SMITH, CHRISTIAAN	OOS	10.69	<b>607</b>	1	
9	FERREIRA, DYLAN	ANK	10.39	<b>591</b>	0	
10	VAN WYK, PEDRIE	OOS	09.11	<b>515</b>	0	
<b>Item 47 10:10 Final Girls 17 Shotput</b> <span style="float:right">3kg</span>						
1	WELMAN, MEGAN	DRM	13.10	<b>861</b>	9	G
2	STROEBEL, LERIE	OOS	11.34	<b>791</b>	7	S
3	V. DEVENTER, MIKAYLA	ANK	09.93	<b>730</b>	6	B
4	POTGIETER, MIJON	DRM	09.46	<b>708</b>	5	
5	COETZEE-STANDER, JANI	BDW	09.32	<b>701</b>	4	
6	LÖTTER, KAYLA	OOS	08.26	<b>648</b>	3	
7	NEL, MARTINIQUE	BDW	08.14	<b>642</b>	2	
8	MEYER, JACORENE	LWH	08.01	<b>635</b>	1	
9	MEYER, MIA	LWH	07.82	<b>625</b>	0	
10	VAN DER WALT, KAYLEE	ANK	06.50	<b>548</b>	0	
<b>Item 48 10:10 Final Boys 17 Shotput</b> <span style="float:right">5kg</span>						
1	MOSTERT, NICO	BDW	15.22	<b>824</b>	9	G
2	VAN ROOYEN, JAYDEN	LWH	15.09	<b>819</b>	7	S
3	GROBBELAAR, MARINUS	DRM	14.60	<b>797</b>	6	B
4	BOUWER, ZAYNE	DRM	13.28	<b>736</b>	5	
5	PIENAAR, ALDRICH	ANK	12.28	<b>687</b>	4	
6	SCHOEMAN, WILLIE	ANK	12.01	<b>673</b>	3	
7	YARDY, TROY	BDW	11.90	<b>667</b>	2	
8	VAN JAARVELD, GERRIE	OOS	10.90	<b>615</b>	1	
9	BEZUIDENHOUT, HENNIE	OOS	10.89	<b>614</b>	0	
10	WALLER, NATHAN	LWH	09.29	<b>522</b>	0	
<b>Item 98 13:10 Final Girls 19 Shotput</b> <span style="float:right">4kg</span>						
1	BOTHA, XURELDI	ANK	09.80	<b>766</b>	9	G
2	TERBLANCHE, ANJA	BDW	09.05	<b>730</b>	7	S
3	CLAASEN, NITIKA	LWH	09.00	<b>727</b>	6	B
4	DREYER, CLAUDIE	ANK	08.87	<b>721</b>	5	
5	ELS, TERRA-LEE	DRM	08.85	<b>720</b>	4	
6	NEUHOFF, ANJA	BDW	08.15	<b>683</b>	3	
7	VELDMAN, CADEN	OOS	08.06	<b>678</b>	2	
8	TROLLIP, CHLOË	OOS	07.57	<b>650</b>	1	
9	JOUBERT, NADIA	DRM	07.53	<b>648</b>	0	
10	ENSLIN, DANAE	LWH	07.34	<b>637</b>	0	
<b>Item 99 13:10 Final Boys 19 Shotput</b> <span style="float:right">6kg</span>						
1	GROENEWALD, JAYDEN	DRM	12.31	<b>687</b>	9	G
2	JANSEN VAN RENSBURG, AARON	BDW	12.23	<b>683</b>	7	S
3	VERNTER, JOHAN	DRM	12.08	<b>675</b>	6	B
4	BEIROWSKI, DEHANDRE	ANK	10.83	<b>609</b>	5	
5	ROUX, XANDER	ANK	10.59	<b>596</b>	4	
6	VAN ZYL, JACQUES	BDW	10.11	<b>569</b>	3	
7	VAN DALEN, XANDER	OOS	09.74	<b>548</b>	2	
8	DU PLESSIS, DALEN	LWH	09.16	<b>513</b>	1	
9	BOTHA, NEITHAN	OOS	09.05	<b>506</b>	0	

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10	VAN WYK, DEAN	LWH 08.73	<b>486</b>	0
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**Item 13 09:10 Final Girls 14 Discus**

1kg

1	SWANEPOEL, DIANTE	BDW 23.66	<b>661</b>	9	G
2	TALJAARD, LEANE	LWH 22.98	<b>647</b>	7	S
3	J.V. RENSBURG, SHARNIKA	ANK 22.86	<b>645</b>	6	B
4	COMBRINCK, MAKAYLA	BDW 21.46	<b>614</b>	5	
5	BARNARD, ANIKA	OOS 21.09	<b>605</b>	4	
6	MUNRO, MARYKE	LWH 19.27	<b>562</b>	3	
7	DE BRUIN, SOANË	DRM 17.27	<b>512</b>	2	
8	VAN DER MERWE, MONIQUE	DRM 15.93	<b>475</b>	1	
9	VERWEY, JAYDEN	ANK 12.98	<b>386</b>	0	
10	STEENKAMP, MIEKE	OOS 12.51	<b>370</b>	0	

**Item 14 09:10 Final Boys 14 Discus**

1kg

1	LABUSCHAGNE, IWAN	LWH 43.84	<b>773</b>	9	G
2	VENTER, MORNE	DRM 42.81	<b>759</b>	7	S
3	JORDAAN , NATHAN	BDW 32.63	<b>608</b>	6	B
4	BEZUIDENHOUT, ZAIS	DRM 31.60	<b>592</b>	5	
5	HERBST, WIAN	BDW 31.11	<b>583</b>	4	
6	SWART, CAYDEN	ANK 30.90	<b>580</b>	3	
7	GRAAF, TRISTAN	LWH 29.89	<b>563</b>	2	
8	MAROELE, TUMELO	OOS 26.66	<b>504</b>	1	
9	SMUTS, WESSEL	ANK 26.51	<b>502</b>	0	
10	WEPENER, DILLEN	OOS 22.98	<b>431</b>	0	

**Item 43 10:10 Final Girls 15 Discus**

1kg

1	WELMAN, MIEKE	DRM 38.34	<b>903</b>	9	G
2	OOSTENDURP, BUBBLES	DRM 26.97	<b>712</b>	7	S
3	SCHONFIELDT, NOEVE	LWH 22.44	<b>621</b>	6	B
4	MARAIS, ELZAAN	LWH 20.81	<b>585</b>	5	
5	PRINSLOO, LIANNE	ANK 19.23	<b>547</b>	4	
6	VAN GREUNING, MIEKE	BDW 17.05	<b>492</b>	3	
7	REICHGELT, ELANI	OOS 16.95	<b>490</b>	2	
8	ZWARTS, LIANÉ	OOS 16.27	<b>471</b>	1	
9	VAN ROOYEN, AMBER	BDW 14.18	<b>411</b>	0	

**Item 44 10:10 Final Boys 15 Discus**

1kg

1	TALJAARD, EWALD	LWH 47.83	<b>813</b>	9	G
2	HERBST, REUBEN	DRM 38.65	<b>690</b>	7	S
3	DE WET, FRANCOIS	DRM 38.02	<b>681</b>	6	B
4	FERNANDES, DECLAN	LWH 35.96	<b>651</b>	5	
5	CLARKE, NICHOLAS	OOS 35.44	<b>643</b>	4	
6	JANSE VAN RENSBURG , HENNO	BDW 33.19	<b>608</b>	3	
7	MCLAUGHLIN , ETHAN	BDW 31.61	<b>582</b>	2	
8	KRUGER, TRISTAN	ANK 29.90	<b>553</b>	1	
9	DE KOCK, AIDEN	ANK 27.97	<b>519</b>	0	
10	LAMPRECHT, KYLE	OOS 27.74	<b>515</b>	0	

**Item 94 13:10 Final Girls 16 Discus**

1kg

1	BURISH, CASSANDRA-LEE	ANK 26.74	<b>693</b>	9	G
2	TERBLANCHE, DANIELLE	BDW 26.32	<b>685</b>	7	S
3	MOSTERT, LANIQUE	BDW 26.09	<b>681</b>	6	B
4	HOGSON, MIA	DRM 25.05	<b>661</b>	5	
5	PIENAAR, MARU-CHÈ	DRM 23.59	<b>631</b>	4	
6	EWALD , LEA	LWH 22.90	<b>617</b>	3	
7	HATTINGH, NELMARIE	OOS 18.52	<b>517</b>	2	
8	HOY, SHAELEE	OOS 16.75	<b>472</b>	1	
9	ROUX, LEZEI	LWH 12.96	<b>360</b>	0	

**Item 95 13:10 Final Boys 16 Discus**

1.5kg

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1	BOTHA, DARUIS	DRM 54.00	<b>917</b>	9	G
2	KLEYNHANS , JENSEN	BDW 36.29	<b>681</b>	7	S
3	VAN DYK , EDUAN	BDW 31.44	<b>603</b>	6	B
4	ENGELBRECHT, CHRISTIAAN	LWH 31.25	<b>600</b>	5	
5	THOMSON, JAIDEN	LWH 29.98	<b>578</b>	4	
6	BEETS, RIKUS	ANK 27.86	<b>540</b>	3	
7	SMITH, CHRISTIAAN	OOS 26.22	<b>510</b>	2	
8	VAN WYK, PEDRIE	OOS 24.76	<b>481</b>	1	

**Item 61 11:10 Final Girls 17 Discus**

1kg

1	WELMAN, MEGAN	DRM 34.26	<b>809</b>	9	G
2	STROEBEL, LERIE	OOS 31.83	<b>769</b>	7	S
3	COETZEE-STANDER, JANI	BDW 26.07	<b>667</b>	6	B
4	MEYER, JACORENE	LWH 22.21	<b>589</b>	5	
5	LÖTTER, KAYLA	OOS 19.03	<b>517</b>	4	
6	SCHUTTE, CARLI	ANK 16.68	<b>457</b>	3	
7	POTGIETER, MIJON	DRM 16.50	<b>453</b>	2	
8	VENTER, SUNE	BDW 16.01	<b>440</b>	1	
9	NEL, CHRISTELLE	ANK 13.16	<b>355</b>	0	

**Item 62 11:10 Final Boys 17 Discus**

1.5kg

1	BOUWER, ZAYNE	DRM 39.56	<b>719</b>	9	G
2	BEZUIDENHOUT, HENNIE	OOS 39.15	<b>713</b>	7	S
3	GROBBELAAR, MARINUS	DRM 36.74	<b>678</b>	6	B
4	PRETORIUS, JUANRE	ANK 35.81	<b>663</b>	4.5	
4	VAN ROOYEN, JAYDEN	LWH 35.81	<b>663</b>	4.5	
6	MOSTERT , NICO	BDW 33.19	<b>622</b>	3	
7	YARDY , TROY	BDW 31.90	<b>601</b>	2	
8	SMITH, JUAN	OOS 30.05	<b>570</b>	1	
9	PIENAAR, ALDRICH	ANK 27.90	<b>532</b>	0	
10	PIETERSE, ERIK	LWH 26.28	<b>502</b>	0	

**Item 115 14:10 Final Girls 19 Discus**

1kg

1	GELDENHUYS, SAN-MARI	DRM 30.01	<b>712</b>	9	G
2	TERBLANCHE, ANJA	BDW 27.11	<b>661</b>	7	S
3	CLAASEN, NITIKA	LWH 26.67	<b>652</b>	6	B
4	JOUBERT, NADIA	DRM 25.18	<b>624</b>	5	
5	NEUHOFF, ANJA	BDW 25.03	<b>621</b>	4	
6	DREYER, CLAUDIE	ANK 23.57	<b>593</b>	3	
7	BEZUIDENHOUT, ANJA	OOS 21.99	<b>560</b>	2	
8	BOTHA, XURELDI	ANK 19.90	<b>514</b>	1	
9	ALDUM, CARLA	OOS 17.29	<b>450</b>	0	
10	WELSH, CARLY	LWH 14.79	<b>382</b>	0	

**Item 116 14:10 Final Boys 19 Discus**

1.75kg

1	VERNTER, JOHAN	DRM 42.18	<b>803</b>	9	G
2	GOWER , ZANDER	BDW 37.10	<b>729</b>	7	S
3	STEYN, DILLEN	OOS 35.38	<b>702</b>	6	B
4	JANSEN , DIRK	BDW 34.48	<b>688</b>	5	
5	GROENEWALD, JAYDEN	DRM 32.93	<b>662</b>	4	
6	COETZEE, ARMANDO	OOS 32.64	<b>657</b>	3	
7	DU PLESSIS, DALEN	LWH 30.66	<b>624</b>	2	
8	HOUG, RINALDO	LWH 24.70	<b>511</b>	1	
9	VAN ZYL, ANTHONY	ANK 23.03	<b>477</b>	0	

**Item 45 10:10 Final Girls 14 Javelin**

500g

1	GROENEWALD, ANSOMI	DRM 32.53	<b>712</b>	9	G
2	J.V. RENSBURG, SHARNIKA	ANK 24.18	<b>543</b>	7	S
3	SARAKIS, ISABELLA	LWH 23.23	<b>521</b>	6	B
4	EWALD, LYRA	LWH 23.17	<b>520</b>	5	

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5	SWANEPOEL, DIANTE	BDW 22.84	<b>512</b>	4
6	NAUDE, MIEKE	BDW 19.64	<b>432</b>	3
7	WESSELS, MIA	OOS 18.09	<b>390</b>	2
8	DROTSKIE, NELISCHKA	ANK 17.99	<b>388</b>	1
9	SCHOONWINKEL, MARIZE	DRM 17.85	<b>384</b>	0
10	STEENKAMP, MIEKE	OOS 14.43	<b>279</b>	0

**Item 46 10:10 Final Boys 14 Javelin**

600g

1	JORDAAN , NATHAN	BDW 42.48	<b>522</b>	9	G
2	VENTER, MORNE	DRM 36.21	<b>402</b>	7	S
3	WASSERMAN , ARNOUX	BDW 31.86	<b>311</b>	6	B
4	STEYN, XANDER	DRM 29.49	<b>258</b>	5	
5	DE SOUSA, LORENZO	LWH 28.14	<b>226</b>	4	
6	DEYSEL, CARLO	ANK 26.52	<b>187</b>	3	
7	VAN EEDEN, ZAYDEN	LWH 25.82	<b>169</b>	2	
8	FOURIE, JD	OOS 23.55	<b>110</b>	1	
9	BREYTENBACH, FRANCOIS	OOS 23.51	<b>109</b>	0	

**Item 96 13:10 Final Girls 15 Javelin**

500g

1	HENNING, TRINITY	ANK 31.00	<b>673</b>	9	G
2	MARAIS, GERTRUIDA	OOS 27.64	<b>606</b>	7	S
3	VAN ROOYEN, AMBER	BDW 25.96	<b>571</b>	6	B
4	MURRAY, MIKAYLA	DRM 22.24	<b>487</b>	5	
5	WELMAN, MIEKE	DRM 21.90	<b>479</b>	4	
6	VILJOEN , NOLEEN	LWH 21.35	<b>466</b>	3	
7	PRINGLE, VENITA	LWH 19.90	<b>429</b>	2	
8	BURGER, ROXANNE	BDW 18.97	<b>405</b>	1	
9	BOTHA, SHEDYNA	OOS 17.38	<b>361</b>	0	
10	MULLER, MICHELLE	ANK 16.59	<b>338</b>	0	

**Item 97 13:10 Final Boys 15 Javelin**

600g

1	BOUWER, WAYDEN	DRM 41.88	<b>492</b>	9	G
2	DE WET, FRANCOIS	DRM 40.00	<b>457</b>	7	S
3	MARITZ, ADRIAAN	LWH 37.44	<b>409</b>	6	B
4	POTGIETER, NICOLAJ	LWH 33.85	<b>336</b>	5	
5	FERREIRA , JORDAN	BDW 30.73	<b>269</b>	4	
6	SCHOEMAN, DYLAN	ANK 29.76	<b>247</b>	3	
7	FERREIRA, JOSHUA	OOS 28.84	<b>226</b>	2	
8	JANSE VAN RENSBURG , HENNO	BDW 27.14	<b>186</b>	1	
9	LÖTTER, LIAN	OOS 26.85	<b>179</b>	0	

**Item 63 11:10 Final Girls 16 Javelin**

500g

1	HOGSON, MIA	DRM 32.45	<b>689</b>	9	G
2	TERBLANCHE, DANIELLE	BDW 31.96	<b>680</b>	7	S
3	JOUBERT, XIANIQUE	BDW 29.48	<b>633</b>	6	B
4	TODD, KAITLYNN	DRM 27.21	<b>587</b>	5	
5	EWALD , LEA	LWH 24.36	<b>527</b>	4	
6	MARITZ, SIMONÉ	OOS 24.31	<b>525</b>	3	
7	FOUCHE, ALEXI	ANK 20.84	<b>444</b>	2	
8	HOY, SHEALYN	OOS 18.45	<b>382</b>	1	
9	ROUX, LEZEI	LWH 14.43	<b>261</b>	0	

**Item 64 11:10 Final Boys 16 Javelin**

700g

1	KLEYNHANS , JENSEN	BDW 53.51	<b>720</b>	9	G
2	PONTON, ONEIL	DRM 49.36	<b>652</b>	7	S
3	VAN DYK , EDUAN	BDW 43.77	<b>554</b>	6	B
4	FOURIE, DAMIAN	LWH 43.23	<b>545</b>	5	
5	BOTHA , RUBEN	LWH 43.13	<b>543</b>	4	
6	DEYSEL, MARIO	ANK 37.45	<b>435</b>	3	
7	LOMBARD, ALBERTO	OOS 36.46	<b>415</b>	2	

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8	OOSTHUIZEN, XOAN	ANK 36.33	<b>413</b>	1
9	LESSING, ANRU	DRM 35.09	<b>388</b>	0
10	OTTEN, BRENDAN	OOS 29.61	<b>268</b>	0

**Item 117 14:10 Final Girls 17 Javelin**

500g

1	DE BRUIN, ZURIKA	DRM 25.25	<b>537</b>	9	G
2	HAYWOOD, NATASHA	BDW 24.91	<b>530</b>	7	S
3	FOURIE, CAITLYN	LWH 24.11	<b>512</b>	6	B
4	SWART, CARLI	DRM 24.08	<b>511</b>	5	
5	VILJOEN, ELSKE	OOS 19.66	<b>405</b>	4	
6	NEL, MARTINIQUE	BDW 19.55	<b>402</b>	3	
7	MEYER, JACORENE	LWH 18.38	<b>371</b>	2	
8	BLIGNAUT, V	ANK 17.52	<b>348</b>	1	
9	DE LANGE, L	ANK 16.71	<b>324</b>	0	
10	DU PLESSIS, ILZE	OOS 15.45	<b>286</b>	0	

**Item 118 14:10 Final Boys 17 Javelin**

700g

1	GOUWS, ZAVIER	DRM 48.02	<b>610</b>	9	G
2	BOTHA, FJ	LWH 46.02	<b>575</b>	7	S
3	VAN ROOYEN, JAYDEN	LWH 45.79	<b>571</b>	6	B
4	PRETORIUS, JUANRE	ANK 45.62	<b>568</b>	5	
5	BOUWER, ZAYNE	DRM 43.28	<b>527</b>	4	
6	DE BEER, WIHAN	BDW 40.22	<b>471</b>	3	
7	EAGLETON, CONNER	OOS 30.26	<b>267</b>	2	
8	KRITZINGER, LOUW	BDW 27.27	<b>197</b>	1	
9	VAN DER LINDE, TRISTAN	OOS 26.65	<b>182</b>	0	

**Item 15 09:10 Final Girls 19 Javelin**

600g

1	CLAASEN, NITIKA	LWH 34.47	<b>714</b>	9	G
2	VILJOEN, MORGAN	DRM 33.19	<b>692</b>	7	S
3	ATTERBURY, DANIELLE	BDW 32.12	<b>672</b>	6	B
4	BOTHA, MARLIZE	DRM 27.80	<b>590</b>	5	
5	ROUX, KAY-LEE	BDW 27.06	<b>574</b>	4	
6	PELZER, ZWANÉ	OOS 26.73	<b>568</b>	3	
7	BEZUIDENHOUT, ANJA	OOS 19.72	<b>406</b>	2	
8	MARAIS, KAYLIN	ANK 17.04	<b>333</b>	1	
9	DREYER, CLAUDIE	ANK 16.99	<b>332</b>	0	
10	KOTZE, KIRSTEN	LWH 12.57	<b>189</b>	0	

**Item 16 09:10 Final Boys 19 Javelin**

800g

1	VERNTER, JOHAN	DRM 53.78	<b>704</b>	9	G
2	VAN DER BANK, LOGAN	BDW 47.27	<b>596</b>	7	S
3	MOSTERT, HANNO	BDW 40.50	<b>476</b>	6	B
4	LABUSCHAGNE, JACO	ANK 37.15	<b>411</b>	5	
5	ELS, NEITHAN	DRM 36.75	<b>403</b>	3.5	
5	DU PLESSIS, DALEN	LWH 36.75	<b>403</b>	3.5	
7	PIENAAR, EDRICH	ANK 35.19	<b>372</b>	2	
8	MULLER, ETHAN	OOS 35.16	<b>371</b>	1	
9	SMITH, RUAN	OOS 33.52	<b>337</b>	0	
10	VERMEULEN, JAYDON	LWH 32.59	<b>318</b>	0	

**Item 164 17:00 Final Girls 14 4x100m Relay**

1	RELAY TEAM,	DRM 0:51.75	<b>755</b>	10	G
2	RELAY TEAM,	BDW 0:54.38	<b>675</b>	8	S
3	RELAY TEAM,	LWH 0:55.59	<b>643</b>	6	B
4	RELAY TEAM,	OOS 0:56.72	<b>614</b>	4	
5	RELAY TEAM,	ANK 0:58.00	<b>583</b>	2	

**Item 166 17:06 Final Boys 14 4x100m Relay**

1	RELAY TEAM,	DRM 0:49.15	<b>659</b>	10	G
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2	RELAY TEAM,	LWH 0:50.00	<b>634</b>	8	S
3	RELAY TEAM,	BDW 0:51.18	<b>601</b>	6	B
4	RELAY TEAM,	ANK 0:51.79	<b>584</b>	4	
5	RELAY TEAM,	OOS 0:52.57	<b>564</b>	2	

**Item 165 17:03 Final Girls 15 4x100m Relay**

1	RELAY TEAM,	LWH 0:53.24	<b>695</b>	10	G
2	RELAY TEAM,	DRM 0:54.37	<b>663</b>	8	S
3	RELAY TEAM,	BDW 0:54.57	<b>658</b>	6	B
4	RELAY TEAM,	OOS 0:55.28	<b>638</b>	4	
5	RELAY TEAM,	ANK 0:55.47	<b>634</b>	2	

**Item 167 17:09 Final Boys 15 4x100m Relay**

1	RELAY TEAM,	DRM 0:46.59	<b>733</b>	10	G
2	RELAY TEAM,	ANK 0:47.19	<b>712</b>	8	S
3	RELAY TEAM,	LWH 0:47.62	<b>698</b>	6	B
4	RELAY TEAM,	BDW 0:48.87	<b>658</b>	4	
5	RELAY TEAM,	OOS 0:51.12	<b>594</b>	2	

**Item 168 17:12 Final Girls 16 4x100m Relay**

1	RELAY TEAM,	LWH 0:53.47	<b>676</b>	10	G
2	RELAY TEAM,	DRM 0:53.57	<b>674</b>	8	S
3	RELAY TEAM,	OOS 0:53.82	<b>667</b>	6	B
4	RELAY TEAM,	BDW 0:53.97	<b>662</b>	4	
5	RELAY TEAM,	ANK 0:56.06	<b>608</b>	2	

**Item 170 17:18 Final Boys 16 4x100m Relay**

1	RELAY TEAM,	ANK 0:44.60	<b>798</b>	10	G
2	RELAY TEAM,	DRM 0:45.03	<b>781</b>	8	S
3	RELAY TEAM,	BDW 0:45.65	<b>757</b>	6	B
4	RELAY TEAM,	LWH 0:46.69	<b>720</b>	4	
5	RELAY TEAM,	OOS 0:46.91	<b>712</b>	2	

**Item 169 17:15 Final Girls 17 4x100m Relay**

1	RELAY TEAM,	LWH 0:51.90	<b>712</b>	10	G
2	RELAY TEAM,	DRM 0:51.94	<b>710</b>	8	S
3	RELAY TEAM,	BDW 0:53.71	<b>658</b>	6	B
4	RELAY TEAM,	OOS 0:57.68	<b>559</b>	4	
5	RELAY TEAM,	ANK 0:58.59	<b>538</b>	2	

**Item 171 17:21 Final Boys 17 4x100m Relay**

1	RELAY TEAM,	DRM 0:43.96	<b>814</b>	10	G
2	RELAY TEAM,	OOS 0:43.97	<b>813</b>	8	S
3	RELAY TEAM,	LWH 0:44.25	<b>802</b>	6	B
4	RELAY TEAM,	BDW 0:45.60	<b>749</b>	4	
5	RELAY TEAM,	ANK 0:46.35	<b>722</b>	2	

**Item 172 17:24 Final Girls 19 4x100m Relay**

1	RELAY TEAM,	BDW 0:51.63	<b>699</b>	10	G
2	RELAY TEAM,	OOS 0:51.72	<b>696</b>	8	S
3	RELAY TEAM,	DRM 0:53.84	<b>636</b>	6	B
4	RELAY TEAM,	ANK 0:55.16	<b>601</b>	4	

**Item 173 17:27 Final Boys 19 4x100m Relay**

1	RELAY TEAM,	DRM 0:44.00	<b>791</b>	10	G
2	RELAY TEAM,	BDW 0:45.03	<b>751</b>	8	S
3	RELAY TEAM,	LWH 0:45.09	<b>749</b>	6	B
4	RELAY TEAM,	OOS 0:47.52	<b>665</b>	4	