

Junior men 300m 28.54

Placement	Number	Name	Prov	Time
1	10	Karabo Molepo	NG	27:455
2	2	Ubakeng Boikanyo	NG	27:501
3	9	Tshepo Modikwe	NG	27:575
4	8	Koketso Makhudu	NG	28:628
5	12	Koketso Sethusha	NG	28:941
6	11	Thapelo Rammuki	NG	28:997
7	14	Siseko Tapile	WC	29:192
8	1	Shakeel Abrahams	WC	30:122
9	15	Ayavela Zimelele	WC	30:234
10	7	Alfred Letsie	EC	30:647
11	6	Luzuko Lamani	EC	30:999
12	13	Vusikhaya Stali	EC	31:340
13	5	Melikhaya Dlambulo	WC	DNF
14		#N/A	#N/A	
15		#N/A	#N/A	

Senior men 300m 27.69

Placement	Number	Name	Prov	Time
1	25	Phemelo Mojolwane	NG	28:131
2	19	Brian Baloyi	NG	28:264
3	23	Tshepo Kekana	NG	28:557
4	18	Marlon Avontuur	WC	28:688
5	16	Cisco Avontuur	WC	28:793
6	28	Sandile Peyi	EC	29:810
7	26	Jack Njoro	NG	30:279
8	29	Itumeleng Pitso	KRSC	30:505
9	22	Gaywon Jones	WC	30:797
10	24	Luthando Mali	EC	30:918
11	20	Andile Duku	LR	32:870
12	27	Mncedisi Pesi	EC	37:110

Open ladies 300m 31.79

Placement	Number	Name	Prov	Time
1	32	Tumelo Moteme	NG	31:107
2	33	Duduzile Tshabalala	DRSC	31:241
3	31	Caroline Molokomme	NG	37:131

Boys under 17 500m Heats 54.27

Placement	Number	Name	Prov	Time
1	42	Kutlwano Mogotsi	KRSC	53:033
2	37	Gift Khumalo	KRSC	57:007
3	40	Thabiso Mbokazi	LR	1:03:073

Heat2

Placement	Number	Name	Prov	Time
1	49	Zithulele Nkosi	KRSC	52:208
2	35	Lindokuhle Khongwana	EC	53:017
3	45	Bongane Molefe	DR	53:653
4	36	Khumbulani Kwenyama	LR	1:03:269

Heat3

Placement	Number	Name	Prov	Time
1	44	Samuel Mokone	DR	52:217
2	52	Thapelo Satshane	NG	54:891
3	39	Wiseman Magopane	DR	56:236

Heat4

Placement	Number	Name	Prov	Time
1	53	Jasen Sass	WC	55:173
2	54	Hlulani Sithole	NG	1:00:035
3	47	Ntlatla Ndaba	EC	1:02:896
4	38	Zolani Koloza	EC	1:03:756

5. BEGINNER MEN OVER 15 200m HEATS 23.81**Heat 1**

Placement	Number	Name	Prov	Time
1	76	Simo Ngcongo	LR	25:000
2	54	Leandro Chaule	MB	25:165
3	63	Dumesani Mbiza	KRSC	25:677
4	55	Mbuso Dlamini	LR	27:560
5	59	Lucky Mashele	SABIE	27:611
6	56	Sphamandla Dlamini	LR	31:682

Heat2

Placement	Number	Name	Prov	Time
1	53	Thando Booi	MF	25:339
2	68	Kgomotso Modise	RRW	29:190
3	57	Nhlanhla Gordon	SABIE	30:185
4	62	Nimrod Malapane	DP	30:783
5	67	July Mnis	SABIE	30:916
6	69	Tshepiso Mputle	SRSC	31:739

Heat3

Placement	Number	Name	Prov	Time
1	70	Nkosinathi Mzimela	LR	24:759
2	75	Zamuxolo Saza	MR	25:783
3	77	Avery Watkins	SABIE	32:398
4	60	Boikanyo Mahapa	DP	33:665

5	61	Tabiso Makhubo	MR	33:826
6	66	Modise Mkhabela	SABIE	34:958

6. JUNIOR MEN 500m HEATS 47.88

Heat 1

Placement	Number	Name	Prov	Time
1	10	Karabo Molepo	NG	48:100
2	11	Thapelo Rammuki	NG	49:311
3	14	Siseko Tapile	WC	50:164
4	5	Melikhaya Dlambulo	WC	50:269
5	13	Vusikhaya Stali	EC	51:957

Heat 2

Placement	Number	Name	Prov	Time
1	2	Ubakeng Boikanyo	NG	48:097
2	12	Koketso Sethusha	NG	49:097
3	6	Luzuko Lamani	EC	51:083
4	1	Shakeel Abrahams	WC	51:250

Heat 3

Placement	Number	Name	Prov	Time
1	9	Tshepo Modikwe	NG	46:970
2	8	Koketso Makhudu	NG	48:511
3	15	Ayavela Zimelele	WC	50:490
4	7	Alfred Letsie	EC	50:740

7. SENIOR MEN 500m HEATS 46.40

Heat1

Placement	Number	Name	Prov	Time
1	25	Phemelo Mojolwane	NG	48:161
2	28	Sandile Peyi	EC	48:988
3	26	Jack Njoro	NG	49:204
4	27	Mncedisi Pesi	EC	49:914

Heat2

Placement	Number	Name	Prov	Time
1	19	Brian Baloyi	NG	48:081
2	16	Cisco Avontuur	WC	48:507
3	29	Itumeleng Pitso	KRSC	50:922
4	20	Andile Duku	LR	55:478

Heat3

Placement	Number	Name	Prov	Time
1	23	Tshepo Kekana	NG	48:459
2	18	Marlon Avontuur	WC	48:704
3	24	Luthando Mali	EC	49:499
4	22	Gaywon Jones	WC	51:363

8. BEGINNER GIRLS UNDER 13 200m HEATS**29.42**

Placement	Number	Name	Prov	Time
1	23	Casey Tapfira	SABIE	31:459
2	17	Koketso Mokoena	DRSC	33:945
3	18	Kegomoditswe Monnana	DP	35:394
4	16	Lebogang Mabula	DP	35:915
5	14	Daniella Lebese	SABIE	40:019
6	15	Sanah Lefoka	DP	46:410

9. BEGINNERS BOYS UNDER 13 200m HEATS 25.12**Heat1**

Placement	Number	Name	Prov	Time
1	11	Anelisiwe Ndongeni	SRSC	27:379
2	9	Tshiamo Monama	HRSC	28:558
3	4	Hlumelo Louw	MW	30:588
4	8	Akhona Mkhize	LR	32:996

Heat 2

Placement	Number	Name	Prov	Time
1	13	Siyabonga Sibiya	KRSC	26:709
2	7	Keabetswe Matjeke	DRSC	31:864
3	12	Devon Plaatjies	ER	39:140

Heat3

Placement	Number	Name	Prov	Time
1	5	Boy Boy Masilela	RRW	24:878
2	6	Mpho Masombuka	HRSC	26:972
3	10	Tsholofelo More	HRSC	29:955
4	1	Mncedisi Gongqoba	MW	36:222

10. BEGINNER BOYS UNDER 15 200m HEATS 24.24**Heat 1**

Placement	Number	Name	Prov	Time
1	20	Matlhatsi Banda	HRSC	24:766
2	45	Kabelo Matheko	KRSC	24:961
3	47	Shall Mkhatswa	SABIE	26:486
4	42	Lee-Roy Jansen	MB	26:809
Heat 2		#N/A	#N/A	
1	44	Dowayne Lucas	SLP	26:625
2	48	Thulani Mkhomalo	KRSC	27:151
3	41	Shaun Daliwe	ER	27:645
Heat 3	49	Jan Msiza	HRSC	24:121
1	50	Siphiwe Nkosi	HRSC	25:437
2	43	Mario Jonkers	SLP	27:873
3	46	Gontse Matjeke	DRSC	30:105

11. BEGINNER LADIES**OVER 15 200m FINAL****28.05****FINAL**

Placement	Number	Name	Prov	Time
1	31	Dudzile Mahlanya	DRSC	29:125
2	33	Yvonne Makhasane	RRW	30:427
3	32	Lerato Makhasane	RRW	31:410
4	30	Kgalalelo Madumo	HRSC	31:802
5	34	Indiphe Zongo	RRW	31:827
6	35	Inga Zongo	RRW	32:997

12. MEN OVER 17**500m HEATS 49.59****Heat1**

Placement	Number	Name	Prov	Time
1	85	Gontse Rankhumis	NG	52:735
2	80	Aubrey Sicolo	EC	52:890
3	78	Muzi Mkaliphi	NG	53:079
4	76	Swelihle Gasa	LR	55:527
5	86	Israel Shai	NG	1:02:434

Heat2

Placement	Number	Name	Prov	Time
1	84	Lesiba Ramolobeng	NG	51:056
2	77	Samuel Elias	NG	51:464
3	79	Avuyile Ncagayi	WC	51:584
4	73	Marcus Baloyi	NG	51:662
5	74	Sibusiso Daliwe	WC	52:175
6	75	James Fru	NG	52:846

13. BEGINNER MEN OVER 15 200m HEATS 23.81**Heat 1**

Placement	Number	Name	Prov	Time
1	76	Simo Ngcongo	LR	25:000
2	54	Leandro Chaule	MB	25:165
3	53	Thando Booi	MF	25:677
4	55	Mbuso Dlamini	LR	27:560
5	59	Lucky Mashele	SABIE	27:611
	56	Sphamandla Dlamini	LR	31:682

Heat2

Placement	Number	Name	Prov	Time
1	53	Thando Booi	MF	25:339
2	68	Kgomotso Modise	RRW	29:190
3	57	Nhlanhla Gordon	SABIE	30:185
4	62	Nimrod Malapane	DP	30:783
5	67	July Mnis	SABIE	30:916
6	69	Tshepiso Mputle	SRSC	31:739

14. BOYS UNDER 17 500m SEMI FINAL 54.27**Heat1**

Placement	Number	Name	Prov	Time
1	42	Kutlwano Mogotsi	KRSC	53:846
2	54	Hlulani Sithole	NG	54:906
3	46	Lunga Mtshula	KRSC	55:336
4	37	Gift Khumalo	KRSC	57:389
5	53	Jasen Sass	WC	59:014

Heat2

Placement	Number	Name	Prov	Time
1	49	Zithulele Nkosi	KRSC	52:107
2	44	Samuel Mokone	DR	52:495
3	35	Lindokuhle Khongwana	EC	53:108
4	52	Thapelo Satshane	NG	53:931

15. BOYS UNDER 15 500m**HEATS 51.00****Heat1**

Placement	Number	Name	Prov	Time
1	87	Kamogelo Sebande	NG	51:846
2	63	Luzuko Mkalipi	EC	53:202
3	59	Ofentse Madumo	NG	57:909
4	73	Thabo Nyatlo	NG	58:093

Heat2

Placement	Number	Name	Prov	Time
1	67	Pontsho Morifi	NG	52:954
2	55	Mokopane Boikanyo	NG	53:177
3	64	Norman Mohlala	NG	54:187
4	21	Keenan Green	WC	54:752

Heat3

Placement	Number	Name	Prov	Time
1	69	Thabo Nyatlo	NG	52:462
2	60	Lunyanda Magcai	KRSC	52:730
3	68	Luyakhanya Nowanga	WC	54:918
4	61	Puseletso Maringa	DRSC	58:647

?? GIRLS UNDER 17 500m HEATS 1m01.16**FINAL**

Placement	Number	Name	Prov	Time
1	20	Tsholofelo Mabunda	DRSC	1:02:505
2	24	Mamello Seema	KRSC	1:03:180
3	23	Lindiwe Ntshangase	DRSC	1:04:891
4	19	Simone Fielies	WC	1:05:689
5	25	Simone Wewers	WC	1:09:171

16. JUNIOR MEN 500m HEATS 47.88**Heat 1**

Placement	Number	Name	Prov	Time
1	10	Karabo Molepo	NG	48:100
2	11	Thapelo Rammuki	NG	49:311
3	14	Siseko Tapile	WC	50:164
4	5	Melikhaya Dlambulo	WC	50:269
5	13	Vusikhaya Stali	EC	51:957

Heat 2

Placement	Number	Name	Prov	Time
1	2	Ubakeng Boikanyo	NG	45:097
2	12	Koketso Sethusha	NG	49:097
3	6	Luzuko Lamani	EC	51:083
4	1	Shakeel Abrahams	WC	51:250

Heat 3

Placement	Number	Name	Prov	Time
1	9	Tshepo Modikwe	NG	46:970
2	8	Koketso Makhudu	NG	48:511
3	15	Ayavela Zimelele	WC	50:490
4	7	Alfred Letsie	EC	50:740

17. SENIOR MEN 500m SEMI FINAL**Heat1**

Placement	Number	Name	Prov	Time
1	19	Brian Baloyi	NG	47:550
2	25	Phemelo Mojolwane	NG	47:991
3	23	Tshepo Kekana	NG	48:318
4	28	Sandile Peyi	EC	49:244
5	18	Marlon Avontuur	WC	50:175
6	16	Cisco Avontuur	WC	51:593

18. BEGINNER GIRLS UNDER 13**200m FINAL 29.42**

Placement	Number	Name	Prov	Time
1	23	Casey Tapfira	SABIE	31:459
2	17	Koketso Mokoena	DRSC	33:945
3	18	Kegomoditswe Monnana	DP	35:394
4	16	Lebogang Mabula	DP	35:915
5	14	Daniella Lebese	SABIE	40:019
6	15	Sanah Lefoka	DP	46:410

19. BEGINNER BOYS UNDER 13 200m FINAL 25.12

Placement	Number	Name	Prov	Time
1	5	Boy Boy Masilela	RRW	24:431
2	6	Mpho Masombuka	HRSC	26:543
3	11	Anelisiwe Ndongeni	SRSC	27:656
4	13	Siyabonga Sibiyi	KRSC	28:051
5	9	Tshiamo Monama	HRSC	28:269
6	7	Keabetswe Matjeke	DRSC	32:400

**20. BEGINNER GIRLS UNDER 15 200m
FINAL 26.89**

Placement	Number	Name	Prov	Time
1	29	Karen Tapfira	SABIE	27:920
2	25	Xiluva Maswanganyi	RRW	28:994
3	24	Vusani Madzivhandila	RRW	29:482
4	26	Malebo Molebela	SABIE	36:167

21. BEGINNER BOYS UNDER 15 200m HEATS 24.42

Placement	Number	Name	Prov	Time
1	20	Matlhatsi Banda	HRSC	24:766
2	45	Kabelo Matheko	KRSC	24:961
3	47	Shall Mkhatswa	SABIE	26:486
4	42	Lee-Roy Jansen	MB	26:809

22. BEGINNER LADIES OVER 15 200m FINAL 28.05

foto2

Placement	Number	Name	Prov	Time
1	33	Yvonne Makhasane	RRW	29:468
2	31	Duduzile Mahlanya	DRSC	29:955
3	32	Lerato Makhasane	RRW	30:030
4	30	Kgalalelo Madumo	HRSC	32:520
5	34	Indiphe Zongo	RRW	32:548
6	35	Inga Zongo	RRW	33:089
7		#N/A	#N/A	

22. BEGINNER LADIES OVER 15 200m FINAL 28.05

foto1

Placement	Number	Name	Prov	Time
1	31	Duduzile Mahlanya	DRSC	29:125
2	33	Yvonne Makhasane	RRW	30:427
3	32	Lerato Makhasane	RRW	31:410
4	30	Kgalalelo Madumo	HRSC	31:802
5	34	Indiphe Zongo	RRW	31:827
6	35	Inga Zongo	RRW	32:997
7		#N/A	#N/A	

23. BEGINNER MEN OVER 15 200m FINAL 23.81

Placement	Number	Name	Prov	Time
1	71	Peter Tshenkeng	RRW	
2	57	Nhlanhla Gordon	SABIE	
3	58	Makgaole Lehutjo	HRSC	
4	53	Thando Boo	MF	
5	68	Kgomotso Modise	RRW	
6	54	Leandro Chaule	MB	

24. OPEN LADIES 500m FINAL

J52.11 S53.61

Placement	Number	Name	Prov	Time
1	33	Duduzile Tshabalala	DRSC	51:994
2	32	Tumelo Moteme	NG	52:002
3	31	Caroline Molokomme	NG	1:01:946

25. GIRLS UNDER 15 500m FINAL 55.52

Placement	Number	Name	Prov	Time
1	15	Nokuthula Khumalo	KRSC	1:01:766
2	14	Lawrin Ghwani	WC	1:01:968
3	16	Pauline Ntshangase	DRSC	1:02:489
4	12	Kayla Arends	WC	1:04:745
5	18	Bonolo Pitso	KRSC	1:05:151

26. BOYS UNDER 13 500m FINAL 53.03

Placement	Number	Name	Prov	Time
1	4	Ntando Morifi	NG	57:001
2	6	Tshepo Tema	NG	57:333
3	3	Katiso Mokoena	KRSC	58:274
4	1	Simon Harvey	NG	1:00:375
5	2	Tebogo Lepoi	KRSC	1:02:678
6	5	Wapakama Pursente	EC	1:02:699

27. BOYS UNDER 17 500m FINAL 54.27

Placement	Number	Name	Prov	Time
1	49	Zithulele Nkosi	KRSC	51:858
2	44	Samuel Mokone	DR	52:182
3	42	Kutlwano Mogotsi	KRSC	52:191
4	54	Hlulani Sithole	NG	54:771

28. MEN OVER 17 500m FINAL 49.59

Placement	Number	Name	Prov	Time
1	77	Samuel Elias	NG	49:590
2	79	Avuyile Ncagayi	WC	51:061
3	84	Lesiba Ramolobeng	NG	51:299
4	80	Aubrey Sicolo	EC	52:896
5	85	Gontse Rankhumis	NG	52:965
6	78	Muzi Mkaliphi	NG	54:494

29. JUNIOR MEN 500m FINAL 47.88

Placement	Number	Name	Prov	Time
1	2	Ubakeng Boikanyo	NG	46:823
2	10	Karabo Molepo	NG	46:861
3	9	Tshepo Modikwe	NG	46:890
4	8	Koketso Makhudu	NG	47:238
5	11	Thapelo Rammuki	NG	48:194
6	12	Koketso Sethusha	NG	48:323

30. SENIOR MEN 500m FINAL 46.40

Placement	Number	Name	Prov	Time
1	19	Brian Baloyi	NG	47:550
2	25	Phemelo Mojolwane	NG	47:991
3	23	Tshepo Kekana	NG	48:318
4	28	Sandile Peyi	EC	49:244
5	18	Marlon Avontuur	WC	50:175
6	16	Cisco Avontuur	WC	51:593

31. BOYS UNDER 15 500m FINAL 51.00

Placement	Number	Name	Prov	Time
1	87	Kamogelo Sebande	NG	51:903
2	69	Thabo Nyatlo	NG	52:602
3	55	Mokopane Boikanyo	NG	52:745
4	63	Luzuko Mkalipi	EC	53:191
5	60	Lunyanda Magcai	KRSC	53:234
6	67	Pontsho Morifi	NG	53:374

32. GIRLS UNDER 17 500m FINAL 1m01.16

Placement	Number	Name	Prov	Time
1	20	Tsholofelo Mabunda	DRSC	1:02:505
2	24	Mamello Seema	KRSC	1:03:180
3	23	Lindiwe Ntshangase	DRSC	104:811
4	19	Simone Fielies	WC	105:689
5	25	Simone Wewers	WC	1:09171

33. LADIES OVER 17 500m FINAL NR

Placement	Number	Name	Prov	Time
1	28	Kgomotso Sebothoma	NG	1:02:363
2	26	Andrea Adams	WC	1:04:046
3	27	Minah Mosehlana	DRSC	1:17:888

34.**BEGINNER 400m****BOYS HEATS****UNDER 13 28.08**

Heat1

Placement	Number	Name	Prov	Time
1	11	Anelisiwe Ndongeni	SRSC	53:023
2	9	Tshiamo Monama	HRSC	53:882
3	8	Akhona Mkhize	LR	1:02:386
4	4	Hlumelo Louw	MW	1:03:389

Heat 2

Placement	Number	Name	Prov	Time
1	13	Siyabonga Sibiya	KRSC	54:227
2	12	Devon Plaatjies	ER	1:00:772
3	7	Keabetswe Matjeke	DRSC	1:03:750

Heat3

Placement	Number	Name	Prov	Time
1	5	Boy Boy Masilela	RRW	47:466
2	6	Mpho Masombuka	HRSC	51:255
3	10	Tsholofelo More	HRSC	56:766
4	1	Mncedisi Gongqoba	MW	1:16:605

37. OPEN LADIES 5000m FINAL J9M56.66 S9M58.09

Placement	Number	Name	Prov	Time
1	32	Tumelo Moteme	NG	9:52:329
2	33	Duduzile Tshabalala	DRSC	9:53:060

38. JUNIOR MEN 5000m POINTS 9m02.72

Placement	Number	Name	Prov	Time	Points
1	9	Tshepo Modikwe	NG	8:34:470	45
2	8	Koketso Makhudu	NG	8:42:730	25
3	10	Karabo Molepo	NG	8:59:829	2
4	2	Ubakeng Boikanyo	NG	8:59:960	1
5	12	Koketso Sethusha	NG		
6	7	Alfred Letsie	EC		
7	14	Siseko Tapile	WC		
8	15	Ayavela Zimelele	WC		
9	13	Vusikhaya Stali	EC		
10	1	Shakeel Abrahams	WC		
11	11	Thapelo Rammuki	NG		
12	6	Luzuko Lamani	EC		

39. SENIOR MEN 5000m POINTS 9m01.83

Placings	Number	Points	Name	Prov	Time
1	23	30	Tshepo Kekana	NG	
2	19	26	Brian Baloyi	NG	
3	25	18	Phemelo Mojolwane	NG	
4	16	2 (did not finished race)	Cisco Avontuur	WC	
	28	3	Sandile Peyi	EC	
	22	2	Gaywon Jones	WC	
	26	1	Jack Njoro	NG	
Final finish					
1	19		Brian Baloyi	NG	8:55:797
2	23		Tshepo Kekana	NG	8:56:306
3	25		Phemelo Mojolwane	NG	8:58:005
4	28		Sandile Peyi	EC	9:07:477
5	22		Gaywon Jones	WC	9:07:907
6	26		Jack Njoro	NG	9:14:547