

**SUNDAY 3<sup>RD</sup> APRIL 2011****1. JUNIOR MEN 200m FINAL 17.76**

Placement	Time	Name
1	17.216	Karabo Molepo NG
2	17.340	Ubakeng Boikanyo NG
3	17.348	Tshepo Modikwe NG
4	18.061	Thapelo Rammuki NG
5	18.083	Melikhaya Dlambulo WC
6	18.133	Koketso Sethusha NG
7	18.206	Koketso Makhudu NG
8	18.501	Siseko Tapile WC
9	18.866	Ayavela Zimelele WC
10	19.727	Shakeel Abrahams WC
11	19.868	Luzuko Lamani EC
12	20.046	Vusikhaya Stali EC
13	20.093	Alfred Letsie EC

**2. SENIOR MEN 200m FINAL 17.40**

Placement	Time	Name
1	17.624	Brian Baloyi NG
2	17.635	Phemelo Mojolwane NG
3	17.638	Cisco Avontuur WC
4	17.850	Tshepo Kekana NG
5	17.988	Marlon Avontuur WC
6	18.952	Gaywon Jones WC
7	18.980	Jack Njoro NG
8	19.016	Sandile Peyi EC
9	19.065	Itumeleng Pitso KRSC
10	19.710	Mncedisi Pesi EC
11	19.935	Luthando Mali EC
12	20.023	Regan Prins WC
13	20.897	Andile Duku LR

**3. OPEN LADIES 200m FINAL J21.64 S 20.18**

Placement	Time	Name
1	20.770	Duduzile Tshabalala DRSC
2	20.773	Tumelo Moteme NG
3	23.140	Caroline Molokomme NG

**4. BEGINNER MEN OVER 15 200m HEATS 23.57**

Placement	Nr	Name	Time
1	71	Peter Tshenkeng RRW	20.820
2	68	Kgomotso Modise RRW	23.018
3	69	Tshepiso Mputle SRSC	23.108
4	76	Simo Ngcongo LR	23.145
5	57	Nhlanhla Gordon Sabie	
6	54	Leandro Chaule MB	
7	53	Thando Booi MF	
8	70	Nkosinathi Mzimela LR	
9	55	Mbuso Dlamini LR	
10	74	Lesego Rakgotho DP	
11	63	Dumesani Mbiza KRSC	
12	58	Makgaole Lehutjo HRSC	
13	65	Ratsepe Letele LR	
14	67	July Mnisi Sabie	
15	56	Sphamandla Dlamini LR	
16	64	Pontso Monama DP	

17	60	Boikanyo Mahapa DP	
18	59	Lucky Mashele Sabie	
19	77	Avery Watkins Sabie	
20	75	Zamuxolo Saza MW	
21	62	Nimrod Malapane DP	
22	66	Modise Mkhabela Sabie	

**BEGINNERS BOYS UNDER 13 200m final 23.49**

Number		Times
5	Boy Boy Masilela	25.212
3	Lyndin Human	25.339
6	Mpho Masombuka	26.327
11	Anelisiwe Ndongeni	26.707
4	Hlumelo Louw	29.173
9	Tshiamo Monama	36.652
12	Devon Plaatjies	29.168
8	Akhona Mkhize	29.400
7	Keabetswe Matjeke	29.994
10	Tsholofelo More	35.721
13	Siyabonga Sibiya	39.062
1	Mncedisi Gonqoba	42.285

**6. BEGINNER BOYS UNDER 15 200m 22.73**

Placement	Nr	Name	Time
1	20	Mathlatsi Banda	21.895
2	49	Jan Msiza	22.088
3	45	Kabelo Matheko	23.183
	50	Siphiwe Nkosi	
4	42	Lee-Roy Jansen	24.740
5	47	Shall Mkhatswa	24.807
6	43	Mario Jonkers	25.317
7	48	Thulani Kkhomalo	25.637
8	41	Shaun Daliwe	26.0305
9	44	Dowanyne Lucas	27.727
10	46	Gontse Matjeke	28.865

**28. BOYS UNDER 17 500m FINAL 47.80**

Placement	Nr	Name	Time
1	49	Zithulele Nkosi KRSC	46.812
2	42	Kutlwano Mogotsi KRSC	46.814
3	44	Samuel Mokone DRSC	48.101
4	52	Thapelo Sathane NG	48.219
5	35	Lindokule Khongwana EC	48.650
6	46	Lunga Mtshula KRSC	48.754
7	54	Hlulani Sitole	48.837
8	45	Bongane Molefe	49.070
9	49	Zithulele Nkosi	50.384
10	53	Jasen Sass	50.110
11	37	Gift Khumalo	52.474
12	36	Khumbulani Kwenyama LR	56.959
13	40	Thabiso Mbokaszi LR	56.982
14	47	Ntlatla Ndaba EC	58.948
15	38	Zolani Koloza EC	1.03.262

**8. BOYS UNDER 15                      500m                      49.54**

Placement	Nr	Name	Time
<b>1</b>	<b>87</b>	<b>Kamagelo Sebande NG</b>	<b>48.832</b>
2	60	Lunyanda Magcai KRSC	48.906
3	67	Pontsho Morifi NG	49.366
4	63	Luzuko Mkalipi EC	50.015
5	64	Norman Mohalala NG	52.247
6	59	Ofentse Madumo NG	52.357
7	55	Mokopane Boikanyo NG	48.621
8	68	Luyakhanya Nowanga WC	51.591
9	21	Keenan Green WC	51.591
10	73	Mihlali Kwatshube EC	52.642
11	61	Puseletso Maringa DRSC	53.203

**25. MEN OVER 17                      500m FINAL                      45.01**

Placement	Nr	Name	Time
1	77	Samuel Elias	46.004
2	75	James Fru	46.717
3	84	Lesiba Ramolobeng	46.870
4	86	Israel Shai	46.883
5	79	Avuyile Ncagayi	47.252
6	85	Gontse Rankumise	47.283
7	73	Markus Baloyi	48.171
8	80	Aubrey Sicolo	48.250
9	78	Muzi Mkaliphi	48.836
10	74	Sibusiso Daliwe	50.229

**26. JUNIOR MEN                      500m FINAL                      41.73**

Placement	Nr	Name	Time
<b>1</b>	<b>9</b>	<b>Tshepo Modikwe</b>	<b>41.050</b>
<b>2</b>	<b>10</b>	<b>Karabo Manamela</b>	<b>41.143</b>
3	2	Ubakeng Boikanyo	42.130
4	12	Koketso Sethusha	43.464
5	11	Thapelo Ramukki	43.490
6	5	Melikhaya Dlambulo	43.645
7	8	Koketso Makhudu	42.495
8	14	Siseko Tapile	43.799
9	15	Ayavela Zimelele	44.895
10	6	Luzuko Lamani	45.735
11	1	Shakeel Abrahams	46.027
12	7	Alfred Letsie	46.107
13	13	Vusikaya Stalie	46.635

**27. SENIOR MEN                      500m FINAL                      42.00**

Placement	Nr	Name	Time
1	19	Brian Baloyi NG	42.483
2	25	Phemelo Mojolwane NG	42.544
3	23	Tshepo Kekana NG	42.571
4	18	Marlon Avontuur WC	42.596
5	16	Cisco Avontuur WC	43.119
6	22	Gaywon Jones WC	44.383
7	28	Sandile Peyi EC	44.450
8	29	Itumeleng Pitso KRSC	44.934
9	24	Luthando Mali EC	45.010
10	26	Jack Njoro NG	45.870
11	27	Mncedisi Pesi EC	47.235
12	30	Reagan Prins WC	47.391
13	20	Andile Duku LR	50.516

**12. OPEN LADIES 500m FINAL J 51.21 S 49.55**

Placement	Nr	Name	Time
1	32	Tumelo Moteme	49.059
2	33	Duduzile Tshabalala	49.636
3	31	Caroline Molokomme	55.440

**13. GIRLS UNDER 15 500m FINAL 52.96**

Placement	Nr	Name	Time
1	18	Bonolo Pitso KRSC	59.354
2	15	Nokuthula Khumalo KRSC	59.559
3	16	Pauline Ntshangase DRSC	59.602
4	12	Kayla Arends	1.00.147
5	14	Lawrin Ghwani	1.29.070

**15. GIRLS UNDER 17 500m FINAL 1m00.72**

Placement	Nr	Name	Time
1	24	Mamello Seema KRSC	58.950
2	21	Keitumetse Mahlaule DRSC	58.986
3	23	Lindiwe Ntshangase DRSC	59.494
4	20	Tsholofelo Mabunda DRSC	59.622
5	25	Simone Wewers WC	59.680
6	19	Simone Fielies WC	1.04.634

**16. LADIES OVER 17 500m FINAL NR**

Placement	Nr	Name	Time
1	28	Kgomotso Sebothoma NG	58.501
2	26	Andrea Adams WC	1.03.297
3	27	Minah Mosehlana DRSC	1.11.980

**19. BEGINNER GIRLS UNDER 13 200m FINAL 27.12**

Placement	Nr	Name	Time
1	23	Casey Taphira Sabie	28.321
2	17	Koketso Mokoena DRSC	30.156
3	18	Kegomoditse Monnana DP	31.917
4	16	Lebogang Mabula DP	38.639
5	15	Sanah Lefoka DP	38.683

**20. BEGINNER GIRLS UNDER 15 200m FINAL 25.82**

Placement	Nr	Name	Time
1	24	Vusani Madzivhandila	27.117
2	29	Karen Tapfira	27.128
3	25	Xiluva Maswanganyi	27.458
4	26	Malebo Molebela	43.472

**22. BEGINNER LADIES OVER 15 200m FINAL 25.63**

Placement	Nr	Name	Time
1	30	Kgalalelo Madumo HRSC	27.059
2	31	Duduzile Mahlanya DRSC	27.893
3	32	Lerato Makhasane RRW	28.555
4	34	Indiphwe ZOngo	29.395
5	35	Inga Zongo	29.885

**23. BOYS UNDER 13 500m FINAL 52.17**

Placement	Nr	Name	Time
1	6	Tshepo Tema NG	53.639
2	4	Ntando Morifi NG	53.794
3	3	Katiso Mokoena KRSC	56.094
4	1	Simon Harvey NG	56.512
5	5	Wapakama Pursente EC	58.039
6	2	Tebogo Lepoi NG	1.02.827

**41. BEGINNER MEN OVER 15 800m FINAL 1m26.07**

Placement	Nr	Name	Time
1	71	Peter Tshenkeng RRW	1.22.125
2	58	Makgaole Lehutjo HRSC	1.26.170
3	69	Tshepiso Mputle SRSC	1.27.865
4	70	Nkosinathi Mzimela LR	1.30.030
5	68	Kgomotso Modise RRW	1.30.237
6	57	Nhlanhla Gordon Sabie	1.30.363
7 FROM 30	63	Dumesani Mbiza KRSC	1.30.518
8	76	Simo Ngcongo LR	1.32.346
9	53	Thando Booï MF	1.34.820
10	54	Leandro Chaule MB	1.38.242
11	56	Sphamandla Dlamini LR	1.40.789
12	50?	Boikanyo Mahlapa DP	1.41.585
13	59	Lucky Mashele Sabie	1.41.988
14	75	Zamuxolo Saza MR	1.42.334
15	55	Mbuso Dlamini LR	1.42.881
16	62	Nimrod Malapane DP	1.43.932
17	65	Ratshepe Letele LR	1.44.218
18	72	Gavin Paulse SLP	1.47.403
19	64	Pontsho Monama DP	1.48.970
20	74	Lesego Rakgotho DP	1.54.553
21	67	July Mnisi Sabie	2.09.328
22	61	Tabiso Makhubo MR	2.16.468

**33. JUNIOR and SENIOR MEN 2000m ELIM J34.09.18  
S 34.38.95**

Placement	Nr	Name	Time
1	9	Tshepo Modikwe NG	32.32.007
2	8	Koketso Makhudu NG	32.36.837
3	25	Phemelo Mojolwane NG	33.37.789
4	10	Karabo Manamela NG	33.37.827
5	19	Brian Baloyi NG	33.39.613
6	2	Ubakeng Boikanyo NG	DNF
7	12	Koketso Sethusha NG	DNF
8	11	Thapelo Rammuki NG	DNF
9	28	Sandile Peyi EC	DNF
10	23	Tshepo Kekana NG	DNF

**34. BEGINNER BOYS UNDER 13 800m FINAL 1m49.77**

Placement	Nr	Name	Time
1	6	Mpho Masombuka HRSC	1.37.687
2	11	Anelisiwe Ndongeni SRSC	1.39.879
3	3	Lyndin Human MP	1.40.225
4	13	Siyabonga Sibya KRSC	1.40.248
5	9	Tshiamo Monama HRSC	1.49.693

6	10	Tsholofelo More	HRSC	2.01.268
7	12	Devon Plaatjies	ER	2.01.425
8	4	Hlumelo Louw	MW	2.04.029
9	8	Akhona Mkhize	LR	2.10.679
10	7	Keabetswe Matjeke	DRSK	2.10.938
11	1	Mncedisi Gonqoba	MW	2.33.863

**35. BEGINNER GIRLS UNDER 13 800m FINAL 1m54.28**

Placement	Nr	Name	Time
1	23	Casey Tapfira Sabie	1.56.495
2	17	Koketso Mokoena DRSC	2.03.693
3	15	Sanah Lefoka DP	2.06.283
4	18	Kegomoditswe Monnana DP	2.17.023
5	16	Lebogang Mabula DP	2.22.208

**36. BEGINNER GIRLS UNDER 15 800m FINAL**

Placement	Nr	Name	Time
1	29	Karen Tapfira Sabie	1.39.811
2	25	Xiluva Maswanganyi RRW	1.41.139
3	24	Vusani Madzivhandila RRW	1.43.696

**37. BEGINNER BOYS UNDER 15 800m FINAL 1m28.55**

Placement	Nr	Name	Time
1	20	Matlhatsi Banda HRSC	1.27.989
2	49	Jan Msiza HRSC	1.31.051
3	45	Kabelo Matheko KRSC	1.36.847
4	48	Thulani Mkhomalo KRSC	1.42.636
5	43	Mario Jonkers	1.44.537
6	44	Dowayne Lucas	1.48.346
7FROM 30	50	Siphiwe Nkosi	1.41.916
8	42	Lee-Roy Jansen	1.44.526
9	41	Shaun Daliwe	1.48.893
10	46	Gontse Matjeke	1.59.206

**38. BOYS UNDER 17 800m FINAL 1m21.91**

Placement	Nr	Name	Time
1	49	Zithulele Nkosi KRSC	1.16.003
2	42	Kutlwano Mogotsi KRSC	1.16.820
3	35	Lindokuhle Khongwana EC	1.17.265
4	52	Thapelo Satshane NG	1.17.568
5	44	Samuel Mokone DRSC	1.17.837
6	54	Hlulani Sithole NG	1.21.415
7FROM 31	45	Bongane Molefe DRSC	1.18.738
8	39	Wiseman Magopane DRSC	1.21.985
9	46	Lunga Mtshula KRSC	1.22.197
10	53	Jasen Sass WC	1.24.496
11	47	Ntlatla Ndaba EC	1.34.105
12	36	Khumbulani Kwenyama LR	1.35.206
13	40	Thabiso Mbokaszi LR	1.36.749
14	38	Zolani Koloza EC	1.37.289

**39. MEN OVER 17 800m 1m18.19**

Placement	Nr	Name	Time
1	77	Samuel Elias	1.13.955

2	84	Lesiba Romolobeng	1.14.609
3	79	Avuyile Ncagayi	1.14.619
4	75	James Fru	1.14.940
5	74	Sibusiso Daliwe	1.15.871
6	86	Israel Shai	1.15.923
7	73	Marcus Baloyi	1.17.110
8	85	Gontse Ramkumise	1.18.435
9	78	Muzi Mkaliphi	1.19.083
10	76	Swelihle Gasa	1.20.325
11	80	Aubrey Sicolo	1.21.773

**40. BEGINNER LADIES OVER 15 800m FINAL 1m43.16**

Placement	Nr	Name	Time
1	31	Duduzile Mahlanya DRSC	1.49.434
2	32	Lerato Makhasane RRW	1.52.609
3	33	Yvonne Makhasane RRW	1.52.840
4	35	Inga Zongo RRW	1.58.369
5	34	Indiphe Zongo RRW	1.58.631

**42. GIRLS UNDER 15 800m FINAL 1m43.59**

Placement	Nr	Name	Time
1	18	Bonolo Pitso KRSC	1.35.698
2	14	Lawrin Ghwani WC	1.35.860
3	16	Pauline Ntshangase DRSC	1.36.025
4	15	Nokutula Khumalo KRSC	1.45.233
5	12	Kayla Arends	2.07.403

**43. GIRLS UNDER 17 800m FINAL**

Placement	Nr	Name	Time
	24	Mamello Seema KRSC	1.35.868
	20	Tsholofelo Mabunda DRSC	1.36.048
	21	Keitumese Mahlaule DRSC	1.40.134
	19	Simone Fielies WC	1.44.071
	25	Simone Wewers WC	1.47.277
	23	Lindiwe Ntshangase DRSC	1.59.907

**44. LADIES OVER 17 800m FINAL 1m46.24**

Placement	Nr	Name	Time
1	28	Kgomotso Sebothoma NG	1.31.809
2	26	Aqndrea Adams WC	1.48.628
3	27	Minah Mosehlana DRSC	1.59.827

**45. BOYS UNDER 13 800m FINAL 1m25.33**

Placement	Nr	Name	Time
1	4	Ntando Morifi NG	1.24.415
2	3	Katiso Mokoena KRSC	1.25.572
3	6	Tshepo Tema NG	1.25.990
4	1	Simon Harvey NG	1.30.733
5	5	Wapakama Pursente EC	1.37.262
6	2	Tebogo Lepoi KRSC	1.39.216

**46. BOYS UNDER 15 800m FINAL 1m22.89**

Placement	Nr	Name	Time
-----------	----	------	------

1	60	Lunyanda Magcai Krsc	1.15.783
2	87	Kamogelo Sebande NG	1.16.376
3	67	Pontso Morifi NG	1.16.470
4	69	Thabo Nyatlo NG	1.16.714
5	63	Luzuko Mkalipi EC	1.19.865
6	55	Mokopane Boikanyo NG	1.20.452
7	21	Keenan Green WC	1.22.303
8	64	Norman Mahlala NG	1.23.780
9	68	Luyakhanya Nowangana WC	1.24.147
10	59	Ofense Madumo NG	1.26.787
11	73	Mihlali Kwatshube EC	1.27.215
12	61	Puseletso Maringa DRSC	1.30.925

**47. OPEN LADIES 5000m FINAL J10m10.13 S8m56.42**

Placement	Nr	Name	Time
1	32	Tumelo Moteme NG	9.19.806
2	33	Duduzile Tshabalala DRSC	9.24.830

**48. BEGINNER GIRLS OPEN 3000m FINAL 6m01.83**

Placement	Nr	Name	Time
1	29	Karen Tapfira Sabie	7.18.115
2	25	Xiluva Maswanganyi RRW	7.24.683
3	24	Vusani Madzivhandila RRW	7.25.293
4	31	Duduzile Mahlanya DRSC	7.26.784
5	33	Yvonne Makhasane RRW	7.34.855
6	15	Sanah Lefoka DP	7.56.104
7	32	Lerato Makhasane RRW	8.00.465
8	34	Indiphe Zongo RRW	8.01.368
9	30	Kgalalelo Madumo HRSC	8.03.086
10	35	Inga Zongo RRW	8.03.670
11	17	Koketso Mokoena DRSC	8.15.192

**49. BEGINNER BOYS OPEN 3000m FINAL 6m52.80**

Placement	Nr	Name	Time
1	71	Peter Tshenkeng RRW	5.41.869
2	69	Tshepiso Mputle SRSC	5.49.137
3	58	Makgaole Lehutjo HRSC	5.51.460
4	63	Dumesani Mbiza KRSC	6.06.332
5	9	Tshiamo Monama SRSC	6.06.481
6	49	Jan Msiza HRSC	6.07.727
7	76	Simo Ngcongo LR	6.20.539
8	68	Kgomotso Modise RRW	6.23.464

**Age Group OPEN LADIES 3000m FINAL 7m35.08**

Placement	Nr	Name	Time
1	28	Kgomotso Sebotoma NG	6.09.768
2	14	Lawrin Ghwani WC	6.30.574
3	18	Bonolo Pitso KRSC	6.37.561
4	16	Pauline Ntshangase DRSC	3.37.631
5	20	Tsholofelo Mabunda DRSC	6.52.576
6	25	Simone Wewers WC	6.53.989
7	23	Lindiwe Ntshangase DRSC	6.55.799

**51. AGE GROUP OPEN MEN 5000m FINAL 8m58.88**

Placement	Nr	Name	Time
1	77	Samuel Elias	8.21.780
2	84	Lesiba Romolobeng NG	8.22.521
4	86	Israel Shai NG	8.22.570
5	49	Zithulele Nkosi KRSC	8.24.452
6	75	James Fru NG	8.31.467
7	42	Kutlwano Mogotsi KRSC	8.41.599
8	74	Sibusiso Daliwe KRSC	8.43.426
9	73	Mihlali Kwatshube EC	8.43.449
10	67	Pontso Morifi NG	9.02.522

**53. JUNIOR MEN RELAY 5000m FINAL**

Placement	Nr	Name	Time
1	NG A		7.04.828
2	NG B		7.18.719
3	EC		7.45.741

**53. SENIOR MEN RELAY 5000m FINAL**

Placement	Nr	Name	Time
1	NG		7.11.408
2	WC		7.21.300
3	EC		7.21.338