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Women Senior 100 Meter Sprint

	Name	Age	Team	Finals	Wind	H#
Finals						
1	Samantha Pretorius	25	Maties AC	12.03	-0.2	2
2	Janke Van Wyk	20	Maties AC	12.25	0.1	1
3	Shannon Arendse	24	Maties AC	12.28	0.1	1
4	Kerika Botha	20	Maties AC	12.38	0.1	1
5	Clari Buys	19	Maties AC	12.92	0.1	1
6	Nina Van Zyl	17	Paarl AC	13.06	0.1	1
7	Beverley Figland	47	WP Masters	14.27	-0.2	2
8	Marleen Van Rooyen	43	Maties AC	15.22	-0.2	2
9	Monica Nel	59	Whalers AC	17.30	-0.2	2
10	Magdalene Johnson	81	WP Masters	22.53	-0.2	2
--	Venessa Sampson	19	Ceres AC	DNF	0.1	1

Women Senior 200 Meter Sprint

	Name	Age	Team	Finals	Wind	H#
1	Justine Palframan	24	Maties AC	23.43	-0.1	1
2	Shannon Arendse	24	Maties AC	24.98	-0.1	1
3	Janke Van Wyk	20	Maties AC	25.13	-0.1	1
4	Kerika Botha	20	Maties AC	26.26	-0.1	1
5	Nina Van Zyl	17	Paarl AC	26.27	-0.1	1
6	Emilia Adonis	23	Maties AC	26.80	-0.1	2
7	Beverley Figland	47	WP Masters	30.07	-0.1	2
8	Marleen Van Rooyen	43	Maties AC	32.95	-0.1	2
9	Monica Nel	59	Whalers AC	36.86	-0.1	2
10	Magdalene Johnson	81	WP Masters	50.03	-0.1	2

Women Senior 400 Meter Sprint

	Name	Age	Team	Finals	H#
1	Justine Palframan	24	Maties AC	53.65	1
2	Jean-Mare Senekal	25	Maties AC	55.61	1
3	Anrune Liebenberg	25	Stellenbosch AC	56.63	1
4	Marikie Bruwer	22	Maties AC	58.45	1
5	Inari Basson	23	Maties AC	59.14	1
6	Jane Lambrechts	19	Maties AC	59.94	2
7	Emilia Adonis	23	Maties AC	1:00.47	2
8	Sunel Jacobs	24	Stellenbosch AC	1:01.59	2
9	Chante Jephta	22	Maties AC	1:20.44	2

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Women Senior 800 Meter Run

	Name	Age	Team	Finals
1	Anrune Liebenberg	25	Stellenbosch AC	2:13.60
2	Marikie Bruwer	22	Maties AC	2:14.62
3	Elise Wium	22	Maties AC	2:14.70
4	Sunel Jacobs	24	Stellenbosch AC	2:16.51
5	Inari Basson	23	Maties AC	2:16.77
6	Zani Kruger	21	Maties AC	2:17.75
7	Jane Lambrechts	19	Maties AC	2:25.20
8	Zahra Ayyoub	19	Maties AC	2:34.06

Women Senior 1500 Meter Run

	Name	Age	Team	Finals
1	Thineke Fourie	26	Stellenbosch AC	4:41.56
2	Lara Rossouw	18	Stellenbosch AC	4:43.25
3	Sunel Jacobs	24	Stellenbosch AC	4:50.21
4	Mareli Van Schalkwyk	21	Maties AC	4:52.62
5	Gianna Marais	19	Maties AC	5:03.40
6	Megan Odendaal	20	Maties AC	5:06.12
7	Zahra Ayyoub	19	Maties AC	5:24.88
8	Inge Engelbrecht	19	Stellenbosch AC	5:39.37
9	Heike Thumser	19	Cape Peninsu	5:52.16

Women 34 & Under 5000 Meter Run

	Name	Age	Team	Finals
1	Yvonne Steenkamp	21	Maties AC	18:36.95

Women 35+ 5000 Meter Run Masters

	Name	Age	Team	Finals
1	Magrieta Smith	33	Ceres AC	23:41.20

Women Senior 100 Meter Hurdles

	Name	Age	Team	Finals	Wind
1	Jean-Mare Senekal	25	Maties AC	14.48	-1.1
2	Rogail Joseph	17	Maties AC	14.86	-1.1
3	Mercia Oosthuien	18	Elgin Grabouw AC	15.27	-1.1

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Women Senior 400 Meter Hurdles

	Name	Age	Team	Finals
1	Jean-Mare Senekal	25	Maties AC	59.32
2	Rogail Joseph	17	Maties AC	1:02.39
3	Rozelle Meier	21	Maties AC	1:03.15

Women Senior 3000 Meter Steeplechase

	Name	Age	Team	Finals
1	Meagan Swanepoel	16	Maties AC	11:57.09
2	Ronelda Velem	17	Maties AC	11:57.81
3	Sharlan Boer	19	Maties AC	12:16.93
4	Aline Stofberg	26	Stellenbosch AC	12:33.64
5	Melinda Loubser	23	Maties AC	12:38.48

Women 34 & Under High Jump

	Name	Age	Team	Finals
1	Karla Bronn	21	Maties AC	1.55m

1.45	1.50	1.55	1.60
O	O	XO	XXX

Women 35+ High Jump Masters

	Name	Age	Team	Finals
1	Jenene Petersen	46	Paarl AC	1.35m
2	Monica Nel	59	Whalers AC	1.26m
3	Carmila Shaik	45	Paarl AC	1.23m

1.26	1.28	1.30	1.33	1.35	1.45
O	O	O	O	O	XXX

1.15	1.20	1.23	1.26
O	O	O	XO

1.15	1.20	1.23	1.26
O	O	O	XXX

Women Senior Pole Vault

	Name	Age	Team	Finals

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.... Women Senior Pole Vault

```
 1 Kian-Lee Du Toit          16 Maties AC                3.60m
    3.40 3.60 3.70
       O   XO  XXX
 2 Jodie Sedras              23 Maties AC                3.40m
    3.20 3.30 3.40 3.50
       O    O    O  XXX
 3 Tonet Tallie              15 Paarl AC                J3.40m
    3.10 3.20 3.30 3.40 3.50
       O   XO    O    O  XXX
 4 Anjé Viljoen              17 Paarl AC                 3.30m
    3.10 3.20 3.30 3.40
      XO    O  XXO  XXX
 5 Nicole Janse Van Rensbur  16 Paarl AC                 3.00m
    2.90 3.00 3.10
      XO  XXO  XXX
 6 Elata Fourie              18 Paarl AC                J3.00m
    2.60 2.80 2.90 3.00 3.10
      XO    O  XXO  XXO  XXX
 7 Malan Fransie             25 Maties AC                2.60m
    2.60 2.80
       O  XXX
-- Ilka Fourie               16 Paarl AC                   NH
    2.60
     XXX
-- Rozelle Meier             21 Maties AC                  NH
    2.80
     XXX
-- Simon Swanevelder         17 Swd                     X3.30m
    2.90 3.00 3.10 3.20 3.30 3.40
       O    O    O    O    O  XXX
-- Kulthoom Gaidien          25 WP Athletics            X3.10m
    2.90 3.00 3.10 3.20
      XO    O  XXO  XXX
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Women Senior Long Jump

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==================================================================
   Name                      Age Team                    Finals  Wind
==================================================================
 1 Samantha Pretorius        25 Maties AC                6.15m   1.5
    6.08m(2.1) 6.12m(2.4) 6.15m(1.5) 5.77m(2.3) 5.94m(1.2) 5.87m(1.8)
 2 Darnelle Lewies           18 Paarl AC                 4.96m   1.0
    4.96m(1.0) 4.89m(1.3) FOUL(2.0) 4.94m(-0.5) FOUL(-0.1) 4.90m(-1.9)
 3 Clari Buys                19 Maties AC                4.85m   1.8
    4.85m(1.8) FOUL(2.9) FOUL(-2.3) FOUL(1.6) FOUL(2.8) FOUL(1.1)
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.... Women Senior Long Jump

4 Carmila Shaik 45 Paarl AC 3.83m -1.2
3.78m(2.4) 3.49m(-1.5) FOUL(-0.4) FOUL(0.8) FOUL(1.3) 3.83m(-1.2)
5 Monica Nel 59 Whalers AC 3.38m -1.5
3.12m(1.0) 3.33m(1.8) 3.38m(-1.5) 3.22m(-0.4) FOUL FOUL

Women Senior Triple Jump

	Name	Age	Team	Finals	Wind
1	Nicole Dirk	25	Maties AC	10.82m	-0.2
	FOUL(0.1) FOUL(0.7) 10.63m(1.2) 10.82m(-0.2) 10.73m(0.5) FOUL(-0.2)				
2	Carmila Shaik	45	Paarl AC	8.32m	0.1
	7.55m(0.6) 8.05m(0.5) 8.24m(0.5) 8.32m(0.1) 7.80m(-0.1) 7.78m(-0.1)				

Women Senior Shot Put

	Name	Age	Team	Finals
1	Maria Compion	36	WP Masters	9.63m
	8.20m 9.12m 9.35m 9.30m 9.40m 9.63m			
2	Lizandri Bishop	20	Cape Peninsu	9.17m
	9.06m 8.75m 8.56m FOUL 9.17m 7.76m			
3	Cecelia Bowers	56	Paarl AC	7.93m
	7.75m 7.40m 7.65m 7.93m 7.23m FOUL			
4	Zelda Erasmus	65	Whalers AC	7.82m
	FOUL 7.62m 7.58m 7.30m 7.82m 7.33m			
5	Monica Nel	59	Whalers AC	7.24m
	6.81m 7.23m 7.16m 7.24m 6.53m 6.87m			
6	Tertia Stoffberg	63	WP Masters	6.95m
	5.49m FOUL 6.44m 6.91m 6.95m 0.68m			
7	Aletta Du Toit	66	WP Masters	6.06m
	5.60m 5.75m 6.06m 5.93m 5.48m 5.73m			
8	Elize Grobbelaar	72	WP Masters	5.69m
	4.93m FOUL 5.32m 5.69m 5.25m 5.46m			
9	Olive Hattingh	40	Cape Peninsu	5.44m
	4.80m 5.17m 4.37m 5.22m 5.44m 4.90m			

Women Senior Discus Throw

	Name	Age	Team	Finals
1	Cara Coetzee	16	Paarl AC	37.53m
	31.10m 35.15m 35.20m 36.40m 37.53m 31.32m			

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.... Women Senior Discus Throw

2 Lizandri Bishop 20 Cape Peninsu 23.66m
21.64m FOUL FOUL 21.60m FOUL 23.66m
3 Monica Nel 59 Whalers AC 16.83m
14.85m FOUL 16.83m FOUL FOUL FOUL

Women Senior Hammer Throw

	Name	Age	Team	Finals
1	Karlene Lambrechts	18	Wellington AC	47.10m
	40.90m 44.52m FOUL 46.43m FOUL 47.10m			
2	Tertia Stoffberg	63	WP Masters	24.20m
	23.75m 22.08m 23.85m 24.20m FOUL 21.10m			
3	Zelda Erasmus	65	Whalers AC	22.27m
	21.25m 21.32m 22.27m 22.00m 20.50m 20.79m			
4	Cecelia Bowers	56	Paarl AC	21.58m
	FOUL 19.92m 20.56m 20.15m 21.45m 21.58m			
5	Elize Grobbelaar	72	WP Masters	20.60m
	18.20m FOUL 20.60m 18.97m 19.70m 20.50m			
6	Aletta Du Toit	66	WP Masters	18.92m
	17.87m 18.92m 18.25m 17.43m 18.04m FOUL			

Women Senior Javelin Throw

	Name	Age	Team	Finals
1	Anneke Germishuys	19	Maties AC	43.45m
	40.03m 38.22m 40.52m FOUL 43.45m 41.03m			
2	Hesmari Tebes	19	Maties AC	32.15m
	32.15m FOUL 32.12m FOUL FOUL FOUL			

Women 35+ Weight Throw Masters

	Name	Age	Team	Finals
1	Zelda Erasmus	65	Whalers AC	11.00m
	11.00m 10.55m 10.29m 10.74m 10.60m 10.23m			
2	Tertia Stoffberg	63	WP Masters	10.50m
	9.69m 10.47m 8.99m 9.42m 10.25m 10.50m			
3	Cecelia Bowers	56	Paarl AC	10.02m
	9.89m 10.02m 9.68m FOUL 9.20m FOUL			
4	Elize Grobbelaar	72	WP Masters	8.52m
	7.37m 7.62m 7.59m 8.52m FOUL 7.38m			

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.... Women 35+ Weight Throw Masters

5 Aletta Du Toit 66 WP Masters 8.29m
7.89m 7.34m FOUL 7.20m 8.29m 7.78m

Heptathlon: #4 Women Senior 200 Meter Sprint Heptathlon

	Name	Age	Team	Finals	Wind	Points
1	Nienka Du Toit	20	Maties AC	26.13	-1.9	786
2	Leandre Ketch	16	Maties AC	28.91	-1.9	561
3	Hana Sullivan	15	Paarl AC	29.22	-1.9	538
4	Lize Van der Merwe	25	Swartland AC	29.45	-1.9	521
5	Chantell Johanness	19	Paarl AC	30.13	-1.9	473

Heptathlon: #7 Women Senior 800 Meter Run Heptathlon

	Name	Age	Team	Finals	Points
1	Nienka Du Toit	20	Maties AC	2:41.93	551
2	Lize Van der Merwe	25	Swartland AC	2:51.16	452
3	Leandre Ketch	16	Maties AC	2:56.16	402
4	Hana Sullivan	15	Paarl AC	3:05.86	313
--	Chantell Johanness	19	Paarl AC	DNF	

Heptathlon: #1 Women Senior 100 Meter Hurdles Heptathlon

	Name	Age	Team	Finals	Wind	Points
1	Nienka Du Toit	20	Maties AC	14.99	-3.7	843
2	Leandre Ketch	16	Maties AC	16.94	-3.7	603
3	Lize Van der Merwe	25	Swartland AC	17.28	-3.7	565
4	Hana Sullivan	15	Paarl AC	18.32	-3.7	456
5	Chantell Johanness	19	Paarl AC	23.75	-3.7	67

Heptathlon: #2 Women Senior High Jump Heptathlon

	Name	Age	Team	Finals	Points
1	Leandre Ketch	16	Maties AC	1.61m	747
	1.49 1.52 1.55 1.58 1.61 1.64				
	O O O O XO XXX				
2	Nienka Du Toit	20	Maties AC	1.55m	678
	1.52 1.55 1.58				
	O O XXX				

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.... Heptathlon: #2 Women Senior High Jump Heptathlon

```
 3 Hana Sullivan            15 Paarl AC                1.43m     544
    1.43 1.46 1.49
       O    P  XXX
 3 Lize Van der Merwe       25 Swartland AC            1.43m     544
    1.40 1.43 1.46
      XO   XO  XXX
-- Chantell Johanness       19 Paarl AC                  NH
    1.30
     XXX
```

Heptathlon: #5 Women Senior Long Jump Heptathlon

	Name	Age	Team	Finals	Wind	Points
1	Nienka Du Toit	20	Maties AC	5.23m	1.5	623
	FOUL(2.3) 0.56m(2.4) 5.23m(1.5)					
2	Leandre Ketch	16	Maties AC	5.19m	1.8	612
	5.07m(0.6) 5.19m(1.8) 5.11m(-0.1)					
3	Chantell Johanness	19	Paarl AC	4.57m	1.0	446
	4.31m(-2.9) 4.57m(1.0) 4.47m(2.7)					
4	Hana Sullivan	15	Paarl AC	4.53m	1.9	436
	4.23m(2.2) 4.47m(1.2) 4.53m(1.9)					
5	Lize Van der Merwe	25	Swartland AC	4.31m	1.5	381
	4.15m(-0.1) 4.31m(1.5) 4.25m(2.0)					

Throws Pentathlon: #2 Women 35+ Shot Put Throws Pentathlon

	Name	Age	Team	Finals	Points
1	Cecelia Bowers	56	Paarl AC	7.72m	381
2	Zelda Erasmus	65	Whalers AC	7.68m	379
3	Monica Nel	59	Whalers AC	7.40m	361
4	Tertia Stoffberg	63	WP Masters	7.15m	345
5	Aletta Du Toit	66	WP Masters	5.64m	249
6	Elize Grobbelaar	72	WP Masters	5.61m	247
6	Olive Hattingh	40	Cape Peninsu	5.61m	247

Heptathlon: #3 Women Senior Shot Put Heptathlon

	Name	Age	Team	Finals	Points
1	Nienka Du Toit	20	Maties AC	12.50m	694
	12.18m 12.50m 11.60m				

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.... Heptathlon: #3 Women Senior Shot Put Heptathlon

2	Leandre Ketch	16	Maties AC	11.44m	624
	FOUL 11.44m 10.75m				
3	Hana Sullivan	15	Paarl AC	10.99m	594
	10.99m 10.99m 10.92m				
4	Lize Van der Merwe	25	Swartland AC	8.43m	427
	8.07m 8.43m FOUL				
5	Chantell Johanness	19	Paarl AC	7.02m	336
	FOUL 7.02m FOUL				

Throws Pentathlon: #3 Women 35+ Discus Throw Throws Pentathlon

	Name	Age	Team	Finals	Points
1	Zelda Erasmus	65	Whalers AC	19.86m	275
2	Tertia Stoffberg	63	WP Masters	15.52m	198
3	Cecelia Bowers	56	Paarl AC	13.35m	161
4	Aletta Du Toit	66	WP Masters	13.29m	160
5	Olive Hattingh	40	Cape Peninsu	13.17m	158
6	Elize Grobbelaar	72	WP Masters	13.14m	157
6	Monica Nel	59	Whalers AC	13.14m	157

Throws Pentathlon: #1 Women 35+ Hammer Throw Throws Pentathlon

	Name	Age	Team	Finals	Points
1	Cecelia Bowers	56	Paarl AC	25.09m	388
2	Tertia Stoffberg	63	WP Masters	22.72m	337
3	Zelda Erasmus	65	Whalers AC	20.93m	299
4	Aletta Du Toit	66	WP Masters	19.25m	264
5	Elize Grobbelaar	72	WP Masters	19.24m	264
6	Monica Nel	59	Whalers AC	16.07m	198
7	Olive Hattingh	40	Cape Peninsu	12.79m	131

Throws Pentathlon: #4 Women 35+ Javelin Throw Throws Pentathlon

	Name	Age	Team	Finals	Points
1	Cecelia Bowers	56	Paarl AC	19.65m	282
2	Zelda Erasmus	65	Whalers AC	17.86m	249
3	Monica Nel	59	Whalers AC	16.95m	232
4	Olive Hattingh	40	Cape Peninsu	11.54m	134
5	Tertia Stoffberg	63	WP Masters	11.09m	126
6	Elize Grobbelaar	72	WP Masters	10.92m	123
7	Aletta Du Toit	66	WP Masters	10.66m	118

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Heptathlon: #6 Women Senior Javelin Throw Heptathlon

	Name	Age	Team	Finals	Points
1	Nienka Du Toit	20	Maties AC	39.96m	667
	38.44m 35.31m 39.96m				
2	Lize Van der Merwe	25	Swartland AC	27.78m	435
	27.78m 22.37m 19.17m				
3	Leandre Ketch	16	Maties AC	26.54m	411
	26.54m 26.41m FOUL				
4	Hana Sullivan	15	Paarl AC	21.28m	313
	21.28m 17.99m FOUL				
5	Chantell Johanness	19	Paarl AC	18.91m	269
	18.52m 18.91m 17.38m				

Throws Pentathlon: #5 Women 35+ Weight Throw Throws Pentathlon

	Name	Age	Team	Finals	Points
1	Zelda Erasmus	65	Whalers AC	10.36m	515
2	Tertia Stoffberg	63	WP Masters	9.60m	468
3	Elize Grobbelaar	72	WP Masters	8.61m	408
4	Aletta Du Toit	66	WP Masters	8.31m	390
5	Cecelia Bowers	56	Paarl AC	8.26m	387
6	Monica Nel	59	Whalers AC	8.18m	382
7	Olive Hattingh	40	Cape Peninsu	5.90m	247

Women Senior Heptathlon

	Name	Age	Team	Finals
1	Nienka Du Toit	20	Maties AC	4842
2	Leandre Ketch	16	Maties AC	3960
3	Lize Van der Merwe	25	Swartland AC	3325
4	Hana Sullivan	15	Paarl AC	3194
5	Chantell Johanness	19	Paarl AC	1591

Women 35+ Throws Pentathlon

	Name	Age	Team	Finals
1	Zelda Erasmus	65	Whalers AC	1717
2	Cecelia Bowers	56	Paarl AC	1599
3	Tertia Stoffberg	63	WP Masters	1474
4	Monica Nel	59	Whalers AC	1330
5	Elize Grobbelaar	72	WP Masters	1199

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.... Women 35+ Throws Pentathlon

6	Aletta Du Toit	66	WP Masters	1181
7	Olive Hattingh	40	Cape Peninsu	917

Men Senior 100 Meter Sprint

	Name	Age	Team	Finals	Wind	H#
1	Iveyano Vyver	25	Maties AC	10.73	-1.9	3
2	Kristiaan De Wet	19	Maties AC	10.79	-0.5	1
3	Amaan Africa	19	Paarl AC	10.99	-0.5	1
4	Ashley Franse	20	Maties AC	11.04	-0.5	1
5	Hendryck Jon Mathesen	25	Paarl AC	11.06	0.3	4
6	Garth Bloiemfontein	24	Maties AC	11.17	-0.5	1
7	Ingvar Van Rooyen	19	Paarl AC	11.33	0.3	4
8	Arnu Fourie	32	Maties AC	11.38	-0.5	1
9	Curt Ruiters	26	Paarl AC	11.42	-0.5	1
10	Sameer Starck	20	Maties AC	11.55	-0.1	2
11	Calvin Cornelius	22	Maties AC	11.61	-0.1	2
12	Dyan Buis	27	Maties AC	11.62	-0.1	2
13	Kevin Mieze	21	Cape Peninsu	11.63	0.3	4
14	Duwayne Floors		Cape Peninsu	11.64	0.3	4
15	Carlyle Lawrence	28	Paarl AC	11.73	-0.1	2
16	Anthony Clark	24	Maties AC	11.80	-0.1	2
17	Jason-Lee Le Cordeur	21	Cape Peninsu	12.01	-0.1	2
18	Ruhan Van Rooyen	23	Maties AC	12.37	-1.9	3
19	Keegan Ahern	25	Maties AC	12.49	-0.1	2
20	Edward Ockhuys	47	Langebaan AC	12.54	-1.9	3
21	Ridowaan Willemse	20	Robertson AC	12.59	-0.1	2
22	Christo Jefthas	62	Boland Corre	13.94	-1.9	3
23	Zaggeus Van Wyk Van Wyk	54	Worcester AC	14.10	-1.9	3
24	Denver Ruiters	53	Boland Corre	14.39	-1.9	3
25	Edgar Figland	71	WP Masters	16.06	-1.9	3
26	Nico Jansen	40	Ceres AC	17.49	0.3	4

Men Senior 200 Meter Sprint

	Name	Age	Team	Finals	Wind	H#
1	Wynand Du Toit	20	Maties AC	21.35	0.3	1
2	Iveyano Vyver	25	Maties AC	21.73	0.4	3
3	Gardeo Isaacs	19	Maties AC	21.86	0.3	1
4	Jaden Flagg	25	Maties AC	22.06	0.3	1
5	Amaan Africa	19	Paarl AC	22.27	0.4	3
6	Arnu Fourie	32	Maties AC	22.31	0.3	1

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....Men Senior 200 Meter Sprint

7	Bennie Greyling	17	Maties AC	22.56	0.1	2
8	Keanu Moodie	22	Paarl AC	22.61	-0.6	4
9	Keagan Fourie	26	Maties AC	22.70	-0.6	4
10	Darron Pieterse	19	Ceres AC	22.77	0.3	1
11	Calvin Cornelius	22	Maties AC	23.07	0.3	1
12	Dyan Buis	27	Maties AC	23.49	-0.6	4
13	Sameer Starck	20	Maties AC	23.53	0.1	2
14	Anthony Clark	24	Maties AC	23.67	0.4	3
15	Jason-Lee Le Cordeur	21	Cape Peninsu	24.11	-0.6	4
16	Warren Petersen	50	Paarl AC	28.71	-0.6	4
17	Denver Ruiters	53	Boland Corre	30.61	0.1	2
18	Edgar Figland	71	WP Masters	33.91	0.4	3
19	Nico Jansen	40	Ceres AC	41.89	-0.6	4

Men Senior 400 Meter Sprint

	Name	Age	Team	Finals	H#
1	Shaun De Jager	26	Maties AC	47.66	1
2	Gardeo Isaacs	19	Maties AC	48.26	1
3	Wynand Du Toit	20	Maties AC	48.68	1
4	Jaden Flagg	25	Maties AC	49.39	1
5	Jan Nieuwoudt	19	Maties AC	49.76	1
6	Henry Kelbrick	19	Maties AC	49.92	1
7	Bennie Greyling	17	Maties AC	50.16	1
8	Tommie Prins	21	Maties AC	50.84	2
9	Jermaine Isaacs	17	Paarl AC	50.87	2
10	Shaun Van Rooi	18	Paarl AC	51.58	2
11	Dyan Buis	27	Maties AC	52.32	3
12	Zaid Williams	20	Stellenbosch AC	52.72	2
13	Jan-Hendrik Theron	22	Maties AC	52.96	1
14	Erhardt Kilowan	23	Paarl AC	53.43	4
15	Ricardo De Villiers	21	Cape Peninsu	53.75	4
16	Denver Ruiters	53	Boland Corre	54.63	3
17	Maurice Fortuin	47	Boland Corre	58.39	3
18	Ashrudeen Waggie	22	Maties AC	1:00.96	2
19	Qwin Africa	19	Cape Peninsu	1:01.12	4
20	Frederick Laban	38	Boland Corre	1:01.94	3
21	Leon Groeneveld	57	Stellenbosch AC	1:02.16	3
22	Elvis Grootboom	51	Wellington AC	1:14.26	3
23	Colin Williams	62	Wellington AC	1:18.13	4

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Men Senior 800 Meter Run

	Name	Age	Team	Finals
1	Llewellyn Groeneveld	22	Maties AC	1:53.75
2	Henry Kelbrick	19	Maties AC	1:55.37
3	Zaid Williams	20	Stellenbosch AC	1:55.59
4	Paul Roux	24	Maties AC	1:56.06
5	Johannes Esterhuizen	21	Maties AC	1:56.89
6	Daniel Van Niekerk	20	Maties AC	1:57.05
7	Marlon Rieghaardt	17	Paarl AC	1:58.43
8	Sterrenberg Smit	18	Stellenbosch AC	1:59.54
9	Shaun Van Rooi	18	Paarl AC	2:00.17
10	Christophai Booise	18	Cape Peninsu	2:01.64
11	Davon Van Niekerk	21	Paarl AC	2:01.97
12	Tommie Prins	21	Maties AC	2:04.96
13	Wilton Flink		Wellington AC	2:08.39
14	Akhona Mdaka		Boland Corre	2:09.58
15	Maurice Fortuin	47	Boland Corre	2:21.02
16	Qwin Africa	19	Cape Peninsu	2:26.93
17	Marquin Smit	18	Ceres AC	2:28.93
18	Leon Groeneveld	57	Stellenbosch AC	2:32.08
19	Colin Williams	62	Wellington AC	3:00.09
--	Darren Stevens	21	Cape Peninsu	X1:53.07
--	Emile Paulse		WP Athletics	X1:57.05

Men Senior 1500 Meter Run

	Name	Age	Team	Finals
1	Llewellyn Groeneveld	22	Maties AC	3:53.57
2	Jason Koopman	20	Cape Peninsu	3:56.55
3	Lee-Roy Lawrence	21	Cape Peninsu	4:01.03
4	Daniel Van Niekerk	20	Maties AC	4:02.26
5	Christophai Booise	18	Cape Peninsu	4:10.16
6	Marlon Rieghaardt	17	Paarl AC	4:11.56
7	Henri Blignaut	19	Maties AC	4:16.59
8	Shaun Tobias	20	Robertson AC	4:24.84
9	Tjaart Van Der Walt	39	WP Masters	4:33.47
10	Jermaine Tobias	21	Robertson AC	4:49.92
11	Colin Williams	62	Wellington AC	4:53.97
12	Elvis Grootboom	51	Wellington AC	5:55.59
--	Bruce-Lynn Damons		WP Athletics	X3:45.72
--	Emile Paulse		WP Athletics	X3:49.51

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Men 34 & Under 5000 Meter Run

	Name	Age	Team	Finals
1	Angelo Booysen	26	Boland Corre	14:40.94
2	Anton Farao	34	Wellington AC	15:29.60
3	Nizaam Sauls	18	Robertson AC	15:49.60
4	Shaun Tobias	20	Robertson AC	16:07.05
5	Rudolf Rossouw	20	Maties AC	17:42.77
--	Christophai Booise	18	Cape Peninsu	DNF
--	Johannes Jansen	22	Robertson AC	DNF

Men 35+ 5000 Meter Run Masters

	Name	Age	Team	Finals
1	Tjaart Van Der Walt	39	WP Masters	17:20.43
2	Owen Smith	46	Wellington AC	18:26.07
3	Andries Vermeulen	56	Worcester AC	19:32.00
4	Dries Swart	52	WP Masters	19:46.74
5	Colin Williams	62	Wellington AC	21:17.97
6	Angelo Nel	40	Paarl AC	21:47.00

Men Senior 10000 Meter Run

	Name	Age	Team	Finals
1	Ricardo Jaftha	30	Cape Peninsu	35:09.92
2	Rudolf Rossouw	20	Maties AC	37:51.06
3	Colin Williams	62	Wellington AC	50:01.73

Men Senior 110 Meter Hurdles

	Name	Age	Team	Finals	Wind
1	George Weilbach	20	Maties AC	15.76	-1.1
2	Luvo Nkewu	26	Maties AC	17.00	-1.1

Men Senior 400 Meter Hurdles

	Name	Age	Team	Finals
1	Linford Maree	18	Paarl AC	52.80
2	George Weilbach	20	Maties AC	57.31
3	Kevin Minnaar	19	Maties AC	58.56

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Men Senior 3000 Meter Steeplechase

	Name	Age	Team	Finals
1	Christophai Booise	18	Cape Peninsu	9:55.16
2	Wilton Flink		Wellington AC	10:09.03
3	Bradley November		Wellington AC	10:25.69
4	Jason Smit	19	Worcester AC	11:22.91
5	Jermaine Tobias	21	Robertson AC	11:38.63
6	Mark Malowich	28	Cape Peninsu	11:38.80
--	Jakob Volmoer	34	Ceres AC	DNF

Men 34 & Under High Jump

	Name	Age	Team	Finals
1	Keagan Fourie	26	Maties AC	2.15m
	2.00 2.15 2.20 O XO XXX			
2	Peter Louw	21	Robertson AC	1.95m
	1.85 1.90 1.95 2.00 O O XO XXX			
2	Luvo Nkewu	26	Maties AC	1.95m
	1.95 2.00 O XXX			
4	Christiaan Beukes	17	Paarl AC	1.80m
	1.70 1.75 1.80 1.85 XXO XO XO XXX			

Men 35+ High Jump Masters

	Name	Age	Team	Finals
1	Neal Bredeveldt	56	Paarl AC	1.55m
	1.50 1.55 1.60 O O XXX			

Men Senior Pole Vault

	Name	Age	Team	Finals
1	Ekhardt Van Der Watt	18	Paarl AC	4.95m
	4.57 4.71 4.86 4.95 5.05 O XO O O XXX			

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....Men Senior Pole Vault

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 1 Juan De Swardt            23 Maties AC                4.95m
    4.57 4.71 4.86 4.95 5.05
      XO  XXO   XO    O  XXX
 3 William Gibbens           19 Maties AC                4.11m
    3.96 4.11 4.26
       O   XO  XXX
 4 Nikolai Van Huysteen      15 Paarl AC                 3.96m
    3.81 3.96 4.11
      XO    O  XXX
 4 Jean-Paul Van As          45 Maties AC                3.96m
    3.81 3.96 4.11
       O    O  XXX
-- Hendrik Johannes Van Wyk  17 Paarl AC                   NH
    4.57
     XXX
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Men Senior Long Jump

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   Name                      Age Team                    Finals  Wind
==================================================================
 1 Keanu Moodie              22 Paarl AC                 7.03m   1.1
    6.86m(1.2) 7.03m(1.1) 6.80m(2.1) 6.78m(1.9) FOUL(-0.1) 6.64m(2.7)
 2 Kwezi Mtoba               21 Maties AC                6.97m  -0.5
    6.57m(0.7) FOUL(0.6) 6.97m(-0.5) 6.74m(1.0) FOUL(2.2) FOUL(4.9)
 3 Ingvar Van Rooyen         19 Paarl AC                 6.82m   2.0
    6.82m(2.0) FOUL(0.9) 6.82m(-1.4) FOUL(0.2) 6.73m(2.1) 6.79m(0.3)
 4 Darron Pieterse           19 Ceres AC                 6.74m   3.3
    6.54m(1.6) 6.74m(3.3) 6.34m(-0.2) 6.37m(-0.5) 6.63m(1.1) 6.43m(3.3)
 5 Regan Julius              31 Paarl AC                 6.72m  -0.7
    6.61m(1.5) FOUL(0.7) 6.72m(-0.7) FOUL(0.1) FOUL(2.0) FOUL(1.2)
 6 Carlyle Lawrence          28 Paarl AC                 6.37m   3.2
    5.89m(2.7) 6.15m(-1.2) 5.91m(0.7) 6.37m(3.2) 6.22m(1.5) 6.12m(1.3)
 7 Duwayne Floors               Cape Peninsu             5.88m   1.1
    5.30m(0.1) FOUL(2.3) 5.88m(1.1) FOUL(+0.0) 5.23m(1.3) 5.79m(2.1)
 8 Jeremiah Willaims         52 Paarl AC                 5.05m  -0.4
    FOUL(0.4) 5.05m(-0.4) 4.40m(1.5) 4.83m(1.3)
 9 Neal Bredeveldt           56 Paarl AC                 4.81m   2.8
    4.75m(1.2) 4.58m(0.4) 4.81m(2.8)
10 Freddie Neff              49 Paarl AC                 4.60m   0.9
    4.52m(3.2) FOUL(-0.2) 4.33m(1.7) 4.60m(0.9) 4.49m(2.9) 4.58m(2.2)
-- Bronwill Kika              36 Paarl AC                  FOUL
    FOUL(1.1) FOUL(1.9) FOUL(2.9) FOUL(1.4) FOUL(1.7) FOUL(-1.9)
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Men Senior Triple Jump

	Name	Age	Team	Finals	Wind
1	Junior Mphefu	19	Paarl AC	14.81m	0.1
	14.80m(1.4) 14.73m(1.3) 14.68m(0.9) FOUL(0.7) PASS 14.81m(0.1)				
2	Kwezi Mtoba	21	Maties AC	14.56m	1.0
	FOUL(1.3) 14.56m(1.0) FOUL(+0.0) FOUL(0.5) FOUL(0.2) 14.20m(0.4)				
3	Cheslin Kortje'	19	Maties AC	14.51m	0.1
	14.09m(0.8) FOUL(0.6) 13.81m(1.2) FOUL(0.2) 14.38m(0.1) 14.51m(0.1)				
4	Ingvar Van Rooyen	19	Paarl AC	14.11m	+0.0
	13.87m(0.7) 13.59m(0.6) FOUL(1.4) 14.11m(+0.0) 14.09m(0.6) 14.09m(0.1)				
5	Neal Bredeveldt	56	Paarl AC	9.79m	1.7
	9.43m(1.6) 9.79m(1.7) FOUL FOUL FOUL FOUL				

Men Senior Shot Put

	Name	Age	Team	Finals
1	Daniel Lewies	35	WP Masters	12.75m
	12.75m 11.98m 11.64m FOUL 11.76m 11.59m			
2	Nicolaas Erasmus	67	Whalers AC	10.13m
	9.90m 9.92m 9.58m 10.02m 9.83m 10.13m			
3	Anthony Smith	60	Paarl AC	9.52m
	8.44m 9.03m 9.33m FOUL 9.52m 9.45m			
4	Zaggeus Van Wyk Van Wyk	54	Worcester AC	8.13m
	7.71m 7.88m 7.22m 8.13m 7.81m 8.03m			
5	Freddie Neff	49	Paarl AC	7.91m
	6.65m 6.59m 7.45m 7.51m 7.83m 7.91m			
6	Riaan Jonck		WP Masters	7.36m
	FOUL FOUL 6.77m 6.85m 7.27m 7.36m			
7	Nico Jansen	40	Ceres AC	5.21m
	4.78m 4.48m 4.92m FOUL 4.75m 5.21m			

Men Senior Discus Throw

	Name	Age	Team	Finals
1	Brynn-Peter Kemp	26	Paarl AC	52.05m
	51.60m 52.05m FOUL 50.79m FOUL 51.74m			
2	Conrad Burger	22	Maties AC	48.38m
	41.27m 48.38m 46.39m 46.37m 45.77m 47.06m			
3	Franco Vermeulen	18	Paarl AC	47.68m
	46.71m 40.48m 45.54m 47.68m 45.00m 47.23m			
4	Daniel Lewies	35	WP Masters	35.38m
	34.39m 3.74m FOUL FOUL FOUL 35.38m			

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.... Men Senior Discus Throw

5 Nicolaas Erasmus 67 Whalers AC 30.04m
FOUL 30.04m 29.57m FOUL 27.89m 28.25m
6 Christo Jefthas 62 Boland Corre 24.73m
22.31m 22.22m FOUL FOUL 24.52m 24.73m
7 Zaggeus Van Wyk Van Wyk 54 Worcester AC 21.34m
18.63m FOUL FOUL FOUL 20.73m 21.34m

Men Senior Hammer Throw

	Name	Age	Team	Finals
1	Nicol Laubscher	20	Paarl AC	53.20m
	FOUL 52.55m 53.20m 51.69m 52.70m 52.76m			
2	Nicolaas Erasmus	67	Whalers AC	30.04m
	28.77m FOUL FOUL FOUL 30.04m 29.93m			

Men Senior Javelin Throw

	Name	Age	Team	Finals
1	Chris Pietersen	21	Maties AC	55.56m
	51.56m 53.86m 53.87m 55.56m 50.16m 54.30m			
2	Jacques Cronje	49	Paarl AC	52.15m
	FOUL 50.68m 50.16m FOUL FOUL 52.15m			
3	Bertus Potgieter	37	WP Masters	51.23m
	45.17m 44.66m 50.55m 48.22m 51.23m FOUL			
4	Anthony Smith	60	Paarl AC	32.16m
	26.26m 30.42m FOUL 32.16m 30.50m FOUL			
5	Christo Jefthas	62	Boland Corre	30.68m
	26.28m 30.68m 27.07m 29.85m PASS PASS			
6	Zaggeus Van Wyk Van Wyk	54	Worcester AC	29.41m
	25.99m 27.25m 29.41m 26.90m 29.20m 27.60m			
7	Nicolaas Erasmus	67	Whalers AC	25.83m
	25.83m 22.13m 22.72m			
8	Owen Smith	46	Wellington AC	23.22m
	FOUL 18.71m 19.50m 19.04m 23.22m 18.51m			
9	Colin Williams	62	Wellington AC	17.94m
	FOUL FOUL 17.94m FOUL 17.24m 16.97m			

Decathlon: #1 Men Senior 100 Meter Sprint Decathlon

	Name	Age	Team	Finals	Wind	Points
1	Nicholas Swarts	19	Maties AC	11.74	-2.1	703

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....Decathlon: #1 Men Senior 100 Meter Sprint Decathlon

2	Ronaldo Mackenzie	17	Stellenbosch AC	12.28	-2.1	597
3	Hennie Beukes	21	Maties AC	12.70	-2.1	520
4	Gibbor Versfeld	18	Paarl AC	13.16	-2.1	441
--	Terrance Wepener		WP Athletics	X12.63	-2.1	532

Decathlon: #5 Men Senior 400 Meter Sprint Decathlon

	Name	Age	Team	Finals	Points
1	Nicholas Swarts	19	Maties AC	52.34	710
2	Hennie Beukes	21	Maties AC	53.31	668
3	Ronaldo Mackenzie	17	Stellenbosch AC	54.28	628
4	Gibbor Versfeld	18	Paarl AC	1:00.93	382
--	Terrance Wepener		WP Athletics	X54.86	604

Decathlon: #10 Men Senior 1500 Meter Run Decathlon

	Name	Age	Team	Finals	Points
1	Hennie Beukes	21	Maties AC	4:35.11	711
2	Nicholas Swarts	19	Maties AC	5:01.72	550
3	Gibbor Versfeld	18	Paarl AC	5:23.53	432
4	Ronaldo Mackenzie	17	Stellenbosch AC	5:36.13	370
--	Terrance Wepener		WP Athletics	X5:10.61	500

Decathlon: #6 Men Senior 110 Meter Hurdles Decathlon

	Name	Age	Team	Finals	Wind	Points
1	Ronaldo Mackenzie	17	Stellenbosch AC	15.43	-1.9	798
2	Nicholas Swarts	19	Maties AC	17.08	-1.9	616
3	Hennie Beukes	21	Maties AC	17.46	-1.9	577
4	Gibbor Versfeld	18	Paarl AC	21.74	-1.9	225
--	Terrance Wepener		WP Athletics	X16.52	-1.9	675

Decathlon: #4 Men Senior High Jump Decathlon

	Name	Age	Team	Finals	Points
1	Ronaldo Mackenzie	17	Stellenbosch AC	1.76m	593

1.70	1.76	1.82
O	O	XXX

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....Decathlon: #4 Men Senior High Jump Decathlon

```
 1 Hennie Beukes             21 Maties AC                1.76m     593
    1.70 1.76 1.82
       O    O  XXX
 3 Nicholas Swarts           19 Maties AC                1.70m     544
    1.70 1.76
     XXO  XXX
 3 Gibbor Versfeld           18 Paarl AC                 1.70m     544
    1.70 1.76
     XXO  XXX
-- Terrance Wepener             WP Athletics            X1.87m     687
    1.70 1.76 1.82 1.87 1.92
       P    O    O  XXO  XXX
```

Decathlon: #8 Men Senior Pole Vault Decathlon

```
==========================================================================
   Name                      Age Team                    Finals  Points
==========================================================================
 1 Hennie Beukes             21 Maties AC                 4.42m     737
    4.02 4.22 4.42 4.52
       O    O    O  XXX
 2 Ronaldo Mackenzie         17 Stellenbosch AC           3.02m     362
    2.62 2.82 3.02 3.42
       O    O   XO  XXX
 3 Nicholas Swarts           19 Maties AC                 2.82m     314
    2.62 2.82 3.02
       O   XO  XXX
 4 Gibbor Versfeld           18 Paarl AC                  2.62m     268
    2.22 2.42 2.62 2.82
       O   XO   XO  XXX
-- Terrance Wepener             WP Athletics            X4.02m     623
    3.42 3.62 3.82 4.02 4.22
       O    O    O    O  XXX
```

Decathlon: #2 Men Senior Long Jump Decathlon

```
==============================================================================
   Name                      Age Team                    Finals  Wind Points
==============================================================================
 1 Nicholas Swarts           19 Maties AC                 6.58m   3.3    716
    6.58m(3.3) 6.40m(3.6) 6.33m(4.2)
 2 Hennie Beukes             21 Maties AC                 6.53m   3.7    704
    6.47m(3.4) 6.53m(3.7) 6.32m(3.5)
 3 Ronaldo Mackenzie         17 Stellenbosch AC           6.40m   3.3    675
    6.08m(4.0) 6.40m(3.3) 6.35m(1.7)
```

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....Decathlon: #2 Men Senior Long Jump Decathlon

4	Gibbor Versfeld	18	Paarl AC	5.30m	4.2	441
	5.22m(4.2) 5.30m(4.2) FOUL(4.2)					
--	Terrance Wepener		WP Athletics	X5.95m	3.4	576
	5.95m(3.4) 5.87m(5.0) 5.89m(4.5)					

Throws Pentathlon: #2 Men 35+ Shot Put Throws Pentathlon

	Name	Age	Team	Finals	Points
1	Nicolaas Erasmus	67	Whalers AC	9.84m	476
2	Riaan Jonck		WP Masters	7.40m	331

Decathlon: #3 Men Senior Shot Put Decathlon

	Name	Age	Team	Finals	Points
1	Ronaldo Mackenzie	17	Stellenbosch AC	12.00m	606
	12.00m 11.60m 11.57m				
2	Gibbor Versfeld	18	Paarl AC	10.15m	495
	9.99m FOUL 10.15m				
3	Hennie Beukes	21	Maties AC	9.15m	435
	9.15m FOUL 9.13m				
4	Nicholas Swarts	19	Maties AC	8.96m	423
	8.96m 8.93m 8.89m				
--	Terrance Wepener		WP Athletics	X11.57m	580
	10.93m 11.57m 11.32m				

Throws Pentathlon: #3 Men 35+ Discus Throw Throws Pentathlon

	Name	Age	Team	Finals	Points
1	Nicolaas Erasmus	67	Whalers AC	28.25m	430
2	Riaan Jonck		WP Masters	20.75m	286

Decathlon: #7 Men Senior Discus Throw Decathlon

	Name	Age	Team	Finals	Points
1	Ronaldo Mackenzie	17	Stellenbosch AC	35.00m	564
	FOUL 31.79m 35.00m				
2	Hennie Beukes	21	Maties AC	28.47m	434
	24.43m FOUL 28.47m				
3	Gibbor Versfeld	18	Paarl AC	24.65m	360
	24.65m FOUL FOUL				

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....Decathlon: #7 Men Senior Discus Throw Decathlon

4	Nicholas Swarts	19	Maties AC	22.71m	323
	19.74m 22.71m FOUL				
--	Terrance Wepener		WP Athletics	X32.73m	518
	32.73m 31.49m 32.36m				

Throws Pentathlon: #1 Men 35+ Hammer Throw Throws Pentathlon

	Name	Age	Team	Finals	Points
1	Nicolaas Erasmus	67	Whalers AC	27.99m	318
2	Riaan Jonck		WP Masters	15.87m	129

Throws Pentathlon: #4 Men 35+ Javelin Throw Throws Pentathlon

	Name	Age	Team	Finals	Points
1	Nicolaas Erasmus	67	Whalers AC	19.74m	158

Decathlon: #9 Men Senior Javelin Throw Decathlon

	Name	Age	Team	Finals	Points
1	Gibbor Versfeld	18	Paarl AC	51.05m	604
	FOUL 50.14m 51.05m				
2	Hennie Beukes	21	Maties AC	50.64m	598
	48.83m 49.59m 50.64m				
3	Ronaldo Mackenzie	17	Stellenbosch AC	43.45m	492
	35.26m 43.45m 42.45m				
--	Terrance Wepener		WP Athletics	X51.47m	610
	46.99m 48.29m 51.47m				

Throws Pentathlon: #5 Men 35+ Weight Throw Throws Pentathlon

	Name	Age	Team	Finals	Points
1	Nicolaas Erasmus	67	Whalers AC	10.68m	490
2	Riaan Jonck		WP Masters	6.28m	247

Men Senior Decathlon

	Name	Age	Team	Finals
1	Hennie Beukes	21	Maties AC	5977
3	Ronaldo Mackenzie	17	Stellenbosch AC	5685

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.... Men Senior Decathlon

4	Gibbor Versfeld	18	Paarl AC	4192
2	Terrance Wepener		WP Athletics	X5905

Men 35+ Throws Pentathlon

	Name	Age	Team	Finals
1	Nicolaas Erasmus	67	Whalers AC	1872

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