

**Meeting :PAARL ATHLETICS LEAGUE 3
2022/10/29 at DAL JOSAPHAT STADIUM**

Results of all Finals

Ordered by Program Sequence Performance Scores: ASA 2020 table, Electronic Time, Height above sea=0

Place	Athlete,Number	Team	Perf	Score	Points	Medal	Wind	Records
Item 1 08:00 Final Men 25 10km Walk								
1	LOUW, AYDON , J20270,	INDV	0:58:45.67	0	8	G		
2	BOWERS , BRONWYN, J20254,	WGIM	0:58:45.88	0	7	S		
3	VAN DEVENTER, CHARL, J20279,	MONT	0:59:22.67	0	6	B		
Item 2 08:40 Final Women 25 10km Walk								
1	VAN DEVENTER, ANNELIEN, ,	WAC	1:06:29.89	0	8	G		
2	VAN DEVENTER, DANICA, J20280,	MONT	1:08:14.97	0	7	S		
3	HOFFMAN, ZELMA, J20286,	WNP	1:09:03.13	0	6	B		
0	DU TIOIT , HANNELIE, J20289,	WGIM	DNF	0	0			
Item 3 09:00 Final Women 25 3000m								
Item 4 09:00 Final Men 25 3000m								
1	ZIMRY, LORENZO, ,	AA	09:02.34	0	8	G		
2	FREDERICKS, EMMANUEL, ,	LANG	09:12.00	0	7	S		
3	DOMMISSE, WILLIAM, ,	MATIES	09:19.36	0	6	B		
4	FALLET, DIVANO, ,	LANG	09:33.53	0	5			
5	MCDONALD, RICKLON, ,	LANG	10:15.81	0	4			
6	ADAMS, LUCIANO, ,	LANG	10:18.92	0	3			
0	BOOYSEN, ANGELO, ,	DCS	DNS	0	0			
Item 5 09:00 Final Men 25 Polevault								
Item 6 09:00 Final Girls 16 HighJump								
Item 7 09:00 Final Boys 16 HighJump								
1	GIBSON, HARRISON, ,	PGIM	1.85	760	8	G		
2	VAN DER MERWE, LUKE, ,	PRG	1.85	760	7	S		
Item 8 09:00 Final Girls 14 LongJump								
1	GALLOP, ADRIAN, ,	INDV	5.65	963	8	G		
2	DE VRIES, GRACE, ,	HUGEH	4.82	653	7	S		
3	HEUGH, ANDREA, ,	CONQ	4.72	612	6	B		
4	JANSE VAN NOORDWYK, MIA, ,	COURT	4.55	548	5			
5	SMALL, ATIYAH, ,	CONQ	4.44	504	4			
6	DIEDERICKS, JAZMIN, ,	AAS	4.00	325	3			
Item 9 09:00 Final Boys 14 LongJump								
1	DAVIDS, LLEYTON, ,	PAC	7.43	1000	8	G		+1.0
2	MBONGO, MIVUYO, ,	DEST	6.42	931	7	S		+1.1
3	GOBILE, QHANE, ,	INDV	4.55	300	6	B		+3.1
Item 10 09:00 Final Girls 14 Discus								
1	DU TOIT, MARLENE, T3522, / /	BHMS	21.72	620	8	G	1kg	
Item 11 09:00 Final Boys 14 Discus								
1	COETSEE, THOMAS, J20345, / /	PRG	40.88	732	8	G	1kg	
Item 12 09:00 Final Girls 18 Javelin								
Item 13 09:00 Final Boys 18 Javelin								
Item 14 09:00 Final Girls 16 Shotput								
Item 15 09:00 Final Boys 16 Shotput								
1	KRIEL, DAVID, ,	PBH	13.72	761	8	G	5kg	

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0	PLAATJIES, CHANDLER, ,	AAS DNS	0	0	
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Item 16 09:08 Final Women 25 200m**Item 17 09:08 Final Men 25 200m**

1	DANIELS, NATHAN, ,	PAC 22.11	0	8	G
2	MEMA, LORENZO, ,	HEXV 23.09	0	7	S
3	JULIUS, NOLAN, ,	SAC 23.13	0	6	B
4	DUMA, JULIANO, ,	HEXV 24.84	0	5	
0	DE VOS, MAC DONALD, ,	UWC DNS	0	0	
0	CHARL, JOHNSON, ,	CLUB DNS	0	0	
0	AUGUST, BRYAN, ,	ABAC DNS	0	0	

Item 18 09:16 Final Girls 18 200m**+0.1**

1	MOYO, KAURA, T2544,	INDV 30.45	0	8	G
2	CLOETE, COURTNEY, ,	LANG 32.63	0	7	S

Item 19 09:16 Final Boys 18 200m

1	BLAAUW, DEVON, ,	LANG 23.39	0	8	G
2	DUKA, NTSIKAYETHU, ,	HJS 23.76	0	7	S
3	MUKEBA, SAMMY, ,	WEL 24.09	0	6	B
4	MULLER, BREYTON, ,	HEXV 24.18	0	5	
5	FREDERICKS, VALENTINO, ,	LANG 24.27	0	4	
6	COETZEE, CRAIG, ,	INDV 25.51	0	3	
0	SWARTZ, CRAIG, ,	LANG DNS	0	0	

Item 20 09:25 Final Girls 16 200m**+0.1**

1	VAN WYK, WILMAHRENE, ,	AAS 30.70	629	8	G
2	BINCA, BOHLALE, ,	NP 31.25	608	7	S

Item 21 09:30 Final Boys 16 200m

1	KERMIS, ELLIOT, ,	PAC 23.15	764	8	G
2	APPOLLIS, JAYDEN, ,	SAC 23.43	742	7	S
3	MGITAVU, MONELEZI, ,	INDV 23.83	712	6	B
4	RAFA, TAPIWA, ,	LANG 24.01	700	5	
5	DRAMAT, DOMINIQUE, T3515,	INDV 24.58	662	4	
6	DENNIS, CAYWIN, ,	PAC 25.30	617	3	
7	OX, ALFONSO, ,	LANG 25.69	595	2	
8	FAROA, HENSON, ,	HEXV 25.95	580	1	
9	GRAAFF, CHARLWIN, ,	LANG 26.78	536	0	
10	AMOS, KHAKLETHU, ,	PAC 27.39	506	0	

Item 22 09:35 Final Girls 14 200m

1	ASIA, HAYLEY, ,	KM 19.16	1000	8	G
2	MCDONALD, DENIAH, ,	LANG 28.65	738	7	S
3	PHOLMAN, ASHALI, ,	LANG 30.42	659	6	B
0	WALTERS, MARILI, ,	PGIM DNS	0	0	

Item 23 09:40 Final Boys 14 200m

1	MEYER, LEZARIO, ,	HEXV 24.67	689	8	G
2	ADAMS, JABU, ,	LANG 26.42	584	7	S
3	SMITH, KALEB, ,	LANG 30.52	396	6	B
0	CLAASEN, RODRIQUES, ,	AAS DNS	0	0	

Item 24 09:45 Final Girls 13 200m

1	HEUGH, ANDREA, ,	CONQ 27.29	849	8	G
2	HUNT, TYLER, ,	BAC 27.59	831	7	S
3	MOIR, REECE, ,	HLC 27.98	809	6	B
4	KAYSER, CHARNE, ,	UWC 28.27	794	5	
5	MOUTON, ANNIKA, ,	PGIM 29.80	718	4	
6	ARENDSE, MARSHA, ,	LANG 32.25	618	3	

Item 25 09:50 Final Boys 13 200m

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1	DU TOIT, JAYDEN, ,	DKP 25.98	749	8	G
2	WESSON, RUBEN, ,	HOPEF 26.43	719	7	S
3	NEFDI, LEANDRO, ,	UWC 26.82	694	6	B
4	DE BRUIN, BREYTON, ,	LANG 26.95	686	5	
5	MONGENA, CHARL, ,	UWC 27.05	680	4	
6	SWARTS, XAVIER, ,	LANG 31.91	447	3	
7	DE KOCK, RAHOOL, ,	LANG 37.94	251	2	

Item 26 09:55 Final Girls 12 150m

1	LAWRENCE, MEACKE, ,	LARIE 20.67	794	8	G
2	SMALL, ATIYAH, ,	CONQ 21.01	768	7	S
3	RHODA, YARA, ,	SHS 21.69	719	6	B
4	VALENTINE, TEMICHA, ,	UWC 22.02	697	5	
0	PETERSEN, JAYDEAN, ,	AAS DNS	0	0	
0	PIETERSEN, DEANIQUE, ,	AAS DNS	0	0	
0	DE BRUIN, KALLECIA, ,	LANG DNS	0	0	

Item 27 10:00 Final Boys 12 150m

1	GALLANT, TRISTAN, ,	HOPEF 18.51	784	8	G
2	KAWE, THEO, ,	EKAC 18.78	756	7	S
3	MBAYA, JAMES, ,	AFL 20.19	629	6	B
4	CALITZ, JOEY, ,	EA 20.70	590	5	
0	VAN NIEKERK, DYLAN, ,	BAC DNS	0	0	
0	HUISTER, DECLAN, ,	LANG DNS	0	0	

Item 28 10:00 Final Women 25 Discus

1	SMIT, JACKIE, ,	PAC 25.14	0	8	G
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Item 29 10:00 Final Men 25 Discus**Item 30 10:00 Final Girls 16 Javelin**

500g

Item 31 10:00 Final Boys 16 Javelin

700g

1	NEL, REINHARDT, ,	PRG 48.45	636	8	G
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Item 32 10:00 Final Girls 18 Shotput**Item 33 10:00 Final Boys 18 Shotput****Item 34 10:00 Final Women 25 HighJump**

1	HORN, MICHAELA, ,	STRAND 1.55	0	8	G
2	AFRICA, MICLYNN, ,	LARIE 1.55	0	7	S
3	WELLS, KAYLA, ,	MATIES 1.55	0	6	B

Item 35 10:00 Final Men 25 HighJump**Item 36 10:05 Final Girls 07 60m****-0.2**

1	DANIELS, UVEANDRE, ,	IVP 10.62	610	8	G
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Item 37 10:10 Final Boys 07 60m**-0.2**

1	BOTHMA, EVAN, ,	BAK 09.50	745	8	G
2	DOWIE, CALEB, ,	BAC 10.62	527	7	S

Item 38 10:15 Final Girls 08 60m**Item 39 10:20 Final Boys 08 60m****+0.2**

1	BOTHMA, EVAN, ,	BAK 09.10	742	8	G
2	CROSS, JOSHWIN, ,	LANG 09.17	725	7	S
3	NEFF, ZEKE, ,	AAS 10.51	470	6	B
4	HEUGH, JET-RAY, ,	CONQ 10.57	461	5	
5	PHOLMAN, WESTIANO, ,	LANG 10.71	440	4	

Item 40 10:25 Final Girls 09 60m**-0.4**

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1	ENGELBRETCH, MIGAIL, ,	CONQ 08.97	867	8	G
2	SCKRICKS, KEESHA, ,	INDV 11.01	512	7	S

Item 41 10:30 Final Boys 09 60m**Item 42 10:35 Final Girls 10 60m****Item 43 10:40 Final Boys 10 60m****Item 44 10:45 Final Girls 13 800m**

1	DE VLAM, LEZè, ,	HEXV 2:26.14	853	8	G
2	HUNT, TYLER, ,	BAC 2:30.78	807	7	S
3	DOLLIE, SAMANTHA, ,	LANG 2:33.02	786	6	B
4	MIA, KNELI, ,	INDV 2:34.92	770	5	
5	PHOLMAN, ANGEL, ,	LANG 2:35.34	766	4	
6	MATHEWS, MARIE LEE, ,	INDV 2:39.84	729	3	
7	KLAASEN, CIARA, ,	AAS 2:43.40	701	2	
8	WARRIES, AZALIA, ,	INDV 3:06.25	555	1	
9	DZIKITI, CHRASTINA, ,	INDV 3:12.46	522	0	
10	MANTYI, IBENATHI, ,	INDV 3:13.22	519	0	
10	MARTIN, CAMMY LEE, ,	INDV 3:13.22	519	0	

Item 45 10:50 Final Boys 13 800m

1	DE BRUIN, BREYTON, ,	LANG 2:13.84	724	8	G
2	CILLIE, ELSEU, ,	PGIM 2:26.10	527	7	S
3	BERLING, EVAN-LEE, ,	LANG 2:29.39	484	6	B
4	SWARTS, XAVIER, ,	LANG 2:36.81	396	5	
5	WILLEMSE, JORDAN, ,	LANG 2:40.37	357	4	
6	RUITERS, GRANT, ,	LANG 2:46.30	297	3	
7	RUITERS, JORDAN, ,	LANG 2:57.51	198	2	
8	VISAGIE, DONY, ,	INDV 3:14.59	69	1	
0	PIETERS, MITé, ,	HOPEF DNS	0	0	

Item 46 10:55 Final Girls 14 800m

1	PHOLMAN, ASHALI, ,	LANG 2:29.22	767	8	G
2	MCDONALD, DENIAH, ,	LANG 2:38.52	690	7	S
3	MULLER, RUBI, ,	PAC 2:41.15	671	6	B
0	ASIA, HAYLEY, ,	KM DNS	0	0	
0	JOSEPH, CORIN, ,	AAS DNS	0	0	

Item 47 11:00 Final Girls 18 Discus**Item 48 11:00 Final Women 25 Polevault****Item 49 11:00 Final Boys 18 Discus**

1	HANEKOM, NICOLAI, ,	LANG 46.32	0	8	G
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Item 50 11:00 Final Girls 14 Javelin

500g

Item 51 11:00 Final Boys 14 Javelin

600g

1	WHITEHEAD, CHARLES, ,	PGIM 44.60	560	8	G
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Item 52 11:00 Final Women 25 Shotput**Item 53 11:00 Final Men 25 Shotput****Item 54 11:00 Final Girls 14 HighJump**

1	THEUNISSEN, KARA, ,	DUR 1.42	600	8	G
2	CRONJE, NICOLE, ,	INDV 1.30	440	7	S
3	PRETORIUS, ERIKA, ,	INDV 1.30	440	6	B

Item 55 11:00 Final Boys 14 HighJump

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1	SERFONTEIN, JEAN, ,	WELG 1.70	700	8	G
Item 56 11:00 Final Boys 14 800m					
1	GRAAFF, CHARLWIN, ,	LANG 2:15.00	507	8	G
2	ADAMS, JABU, ,	LANG 2:21.02	426	7	S
3	MATTHEE, ZAYLRN, ,	INDV 2:22.64	405	6	B
4	LESTER, MARK, ,	PGIM 2:23.66	393	5	
5	MOUTON, LOHAN, ,	LANG 2:29.04	331	4	
6	KASU, INUTIYAQU, ,	INDV 2:36.12	257	3	
Item 57 11:05 Final Girls 16 800m					
Item 58 11:10 Final Boys 16 800m					
1	OCKS, JASON, ,	LANG 2:02.48	669	8	G
2	OCKS, JADON, ,	LANG 2:02.51	668	7	S
3	BEUKES, VALENTINO, ,	LANG 2:05.29	617	6	B
4	FALLET, DIVANO, ,	LANG 2:11.52	515	5	
5	OX, ALFONSO, ,	LANG 2:14.86	467	4	
6	VAN SCHALKWYK, SODICK, ,	DCS 2:19.81	402	3	
Item 59 11:15 Final Girls 18 800m					
1	NOVEMBER, KAYLUN, ,	DCS 2:44.59	0	8	G
Item 60 11:20 Final Boys 18 800m					
1	FREDERICKS, EMMANUEL, ,	LANG 2:02.14	0	8	G
Item 61 11:25 Final Women 25 800m					
Item 62 11:30 Final Men 25 800m					
Item 63 11:35 Final Women 25 400m Hurdles					
Item 64 11:40 Final Men 25 400m Hurdles					
Item 65 11:45 Final Girls 18 400m Hurdles					
Item 66 11:50 Final Boys 18 400m Hurdles					
Item 67 11:55 Final Girls 16 400m Hurdles					
				76.2cm	
Item 68 12:00 Final Boys 16 400m Hurdles					
				84cm	
Item 69 12:00 Final Girls 16 Discus					
				1kg	
Item 70 12:00 Final Boys 16 Discus					
				1.5kg	
1	KRIEL, DAVID, ,	PBH 43.85	789	8	G
Item 71 12:00 Final Women 25 Javelin					
Item 72 12:00 Final Men 25 Javelin					
Item 73 12:00 Final Girls 14 Shotput					
				3kg	
Item 74 12:00 Final Boys 14 Shotput					
				4kg	
1	COETSEE, THOMAS, J20345, / /	PRG 12.80	740	8	G
2	CALITZ, JOEY, ,	EA 10.10	596	7	S
Item 75 12:05 Final Girls 14 300m Hurdles					
				76.2cm	
Item 76 12:10 Final Boys 14 300m Hurdles					
				76.2cm	
Item 77 12:15 Final Girls 13 200m Hurdles					
				-0.3	68cm
1	VALENTINE, TEMICHA, ,	UWC 34.38	729	8	G
Item 78 12:20 Final Boys 13 200m Hurdles					
				68cm	
Item 79 12:25 Final Girls 10 100m					
				-2.0	

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1	ADAMSON, LAMICAH, ,	ERC 13.47	877	8	G
2	ENGELBRETCH, MIGAIL, ,	CONQ 14.90	710	7	S
3	ERASMUS, ZANI, ,	PGIM 16.26	592	6	B
0	BLAAUW, GABBY, ,	CONQ DNS	0	0	

Item 80 12:30 Final Boys 10 100m -2.4

1	KRIEK, LIAM, ,	HJS 14.46	605	8	G
2	BERLING, EVAN-LEE, ,	LANG 14.52	598	7	S
3	MEYERS, JAYDEN, ,	CONQ 14.84	563	6	B
4	SWANEVELDER, CILLIERS, ,	HJS 14.94	553	5	
5	DOWIE, AIDAN, ,	BAC 15.43	504	4	
0	BRUINJIES, TYLER, ,	LANG DNS	0	0	
0	RUITERS, JORDAN, ,	LANG DNS	0	0	
0	FOUCHÉ, SIMON, ,	COURT DNS	0	0	

Item 81 12:35 Final Girls 11 100m +2.2

1	SMALL, ATIYAH, ,	CONQ 13.67	828	8	G
2	ERASMUS, NICAY-LINN, ,	IVP 15.11	673	7	S
3	ARENDSE, TATUM, ,	CONQ 15.21	664	6	B
4	DANIELS, ZAITOON, ,	CONQ 15.46	641	5	
5	BENN, CORRIN, ,	AAS 16.80	537	4	
0	KRIEK, MIA, ,	PGH DNS	0	0	
0	DE BRUIN, KALLECIA, ,	LANG DNS	0	0	

Item 82 12:40 Final Boys 11 100m +0.7

1	BOSMAN, RUAN, ,	AAS 13.91	611	8	G
2	DENNIS, KENRICK, ,	WPL 14.05	595	7	S
3	PRINCE, TYLER, ,	BAC 15.78	422	6	B
4	DE KOCK, RAHOOL, ,	LANG 17.61	283	5	
0	HUISTER, DECLAN, ,	LANG DNS	0	0	

Item 83 12:45 Final Girls 12 100m +1.4

1	HEUGH, ANDREA, ,	CONQ 13.34	851	8	G
2	RHODA, YARA, ,	SHS 14.25	742	7	S
3	VALENTINE, TEMICHA, ,	UWC 14.52	714	6	B
4	PIETERSEN, DEANIQUE, ,	AAS 14.66	700	5	
5	ARENDSE, MARSHA, ,	LANG 15.06	661	4	
0	PETERSEN, JAYDEAN, ,	AAS DNS	0	0	
0	LAWRENCE, MEACKE, ,	LARIE DNS	0	0	

Item 84 12:50 Final Boys 12 100m +0.9

1	GALLANT, TRISTAN, ,	HOPEF 12.27	790	8	G
2	KAWE, THEO, ,	EKAC 12.52	748	7	S
3	DU TOIT, JAYDEN, ,	DKP 12.68	723	6	B
4	MBAYA, JAMES, ,	AFL 13.22	647	5	
5	NEFDT, LEANDRO, ,	UWC 13.34	631	4	
6	CALITZ, JOEY, ,	EA 13.91	562	3	
7	SWARTS, XAVIER, ,	LANG 14.34	515	2	
0	VAN NIEKERK, DYLAN, ,	BAC DNS	0	0	

Item 85 12:55 Final Girls 13 100m -1.2

1	KAYSER, CHARNE, ,	UWC 13.85	771	8	G
2	MOIR, REECE, ,	HLC 13.94	761	7	S
3	ASIA, HAYLEY, ,	KM 14.06	748	6	B
0	DIEDERICKS, JAZMIN, ,	AAS DNS	0	0	

Item 86 13:00 Final Men 25 Hammer

1	LOUW, CHARL, J20033,	BAC 47.68	0	8	G
2	COETSEE, THOMAS, J20345, / /	PRG 38.71	0	7	S

Item 87 13:00 Final Boys 13 100m -1.8

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1	MEYER, LEZARIO, ,	HEXV 12.25	740	8	G
2	WESSON, RUBEN, ,	HOPEF 12.88	647	7	S
3	MONGENA, CHARL, ,	UWC 13.86	527	6	B

Item 88 13:05 Final Girls 14 100m**Item 89 13:10 Final Boys 14 100m****Item 90 13:15 Final Girls 16 100m****Item 91 13:20 Final Boys 16 100m****Item 92 13:25 Final Girls 18 100m +3.2**

1	PIETERSEN, ANGIE, ,	PAC 12.28	0	8	G
2	GALLOB, ADRIENE, J20817,	PAC 12.79	0	7	S
3	MOYO, KAURA, T2544,	INDV 14.26	0	6	B

Item 93 13:30 Final Boys 18 100m +3.2

1	TEREZAKIS, BOBBY, J20189,	PAC 10.89	0	8	G
2	DAVIDSE, LYLE, ,	PAC 11.39	0	7	S
3	SWART, ASHWIN, ,	INDV 11.52	0	6	B
4	MPINGA, XOLA, ,	NO 11.92	0	5	
5	COETZEE, CRAIG, ,	INDV 12.56	0	4	

Item 94 13:35 Final Women 25 100m**Item 95 13:40 Final Men 25 100m -0.7**

1	CUPIDO, WAYNE, ,	IIDV 11.89	0	8	G
2	JULIUS, NOLAN, ,	SAC 12.04	0	7	S
3	DUMA, JULIANO, ,	HEXV 12.30	0	6	B
4	JOHNSON, CHARL, ,	INDV 12.75	0	5	
0	DE VOS, MAC DONALD, ,	UWC DNS	0	0	
0	AUGUST, BRYAN, ,	ABAC DNS	0	0	
0	MBONGO, MIVUYO, ,	DEST DNS	0	0	

Item 96 13:50 Final Girls 07 80m

1	DANIELS, UVEANDRE, ,	IVP 13.95	517	8	G
2	SCKRICKS, KEESHA, ,	INDV 14.67	452	7	S

Item 97 13:55 Final Boys 07 80m

1	NEFF, ZEKE, ,	AAS 11.88	860	8	G
2	CROSS, JOSHWIN, ,	LANG 11.99	837	7	S
3	BOTHMA, EVAN, ,	BAK 12.03	828	6	B
4	PHOLMAN, WESTIANO, ,	LANG 13.84	553	5	
5	U, ZETRY, ,	INDV 14.09	524	4	
6	DOWIE, CALEB, ,	BAC 14.15	517	3	

Item 98 14:00 Final Girls 08 80m**Item 99 14:05 Final Boys 08 80m****Item 100 14:10 Final Girls 09 80m****Item 101 14:15 Final Boys 09 80m**

1	SWARTS, LYLE, ,	NED 11.72	700	8	G
2	SMALL, MICHEAL, ,	INDV 12.28	611	7	S
3	PAULSE, CRUDEN, ,	CONQ 12.32	605	6	B
4	PHIRI, JUNIOR, ,	LANG 13.60	446	5	
5	COETZEE, CONNER, ,	CONQ 13.69	436	4	
6	BENN, MORNE JUNIOR, ,	AAS 17.10	151	3	

Item 102 14:20 Final Girls 10 80m**Item 103 14:25 Final Boys 10 80m**

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1	BERLING, EVAN-LEE, ,	LANG 12.13	565	8	G
2	MEYERS, JAYDEN, ,	CONQ 12.61	502	7	S
3	DOWIE, AIDAN, ,	BAC 12.79	481	6	B
4	MTIRARA, NTLAKANIPHO, ,	AAS 12.93	464	5	

Item 104 14:30 Final Girls 11 80m**Item 105 14:35 Final Boys 11 80m**

1	DENNIS, KENRICK, ,	WPL 11.43	609	8	G
2	BOSMAN, RUAN, ,	AAS 11.51	596	7	S
3	PRINCE, TYLER, ,	BAC 13.18	386	6	B

Item 106 14:40 Final Girls 14 400m

1	DE VLAM, LEZÈ, ,	HEXV 1:03.67	774	8	G
2	PHOLMAN, ANGEL, ,	LANG 1:05.15	745	7	S
3	MCDONALD, DENIAH, ,	LANG 1:05.99	729	6	B
4	PHOLMAN, ASHALI, ,	LANG 1:06.13	726	5	
5	ARENDSE, MARSHA, ,	LANG 1:10.42	653	4	
6	MULLER, RUBI, ,	PAC 1:10.91	645	2.5	
6	DOLLIE, SAMANTHA, ,	LANG 1:10.91	645	2.5	
8	KLAASEN, CIARA, ,	AAS 1:15.77	576	1	

Item 107 14:45 Final Boys 14 400m

1	WILLEMSE, JORDAN, ,	LANG 1:10.67	409	8	G
2	RUITERS, GRANT, ,	LANG 1:13.46	368	7	S
3	RUITERS, JORDAN, ,	LANG 1:20.27	280	6	B
4	DE KOCK, RAHOOL, ,	LANG 1:27.61	198	5	

Item 108 14:50 Final Girls 16 400m**Item 109 14:55 Final Boys 16 400m**

1	OCKS, JASON, ,	LANG 0:53.14	754	8	G
2	OCKS, JADON, ,	LANG 0:53.83	734	7	S
3	BEUKES, VALENTINO, ,	LANG 0:55.72	681	6	B
4	OX, ALFONSO, ,	LANG 0:58.90	603	5	
5	ADAMS, JABU, ,	LANG 1:03.61	506	4	
6	MOUTON, LOHAN, ,	LANG 1:05.32	475	3	
7	BARNARD, THEHAN, ,	LANG 1:06.14	461	2	

Item 110 15:00 Final Girls 18 400m**Item 111 15:05 Final Boys 18 400m**

1	DE VILLERS, JAYDIN-LEE, ,	PAC 0:51.00	0	8	G
2	FREDERICKS, VALENTINO, ,	LANG 0:52.85	0	7	S
3	MEMA, LORENZO, ,	HEXV 0:53.00	0	6	B
4	MULLER, BREYTON, ,	HEXV 0:59.68	0	5	

Item 112 15:10 Final Women 25 400m**Item 113 15:15 Final Men 25 400m**