

SA XC TEAM COMPETITIONS - 2019 - PRETORIA

RESULTS TEAM COMPETITION B8/1

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1083	mattias	KIELBLOCK	AGN	B8/1	03:26	Athletics Gauteng North
4	1087	joshua	VAN SCHALKWYK	AGN	B8/1	03:35	Athletics Gauteng North
6	1078	nicolas	BOTHA	AGN	B8/1	03:36	Athletics Gauteng North
7	1085	dwight	STAPELBERG	AGN	B8/1	03:37	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	594	wilhelm	POTGIETER	AFS	B8/1	03:26	Athletics Free State
17	595	stian	SMITH	AFS	B8/1	03:46	Athletics Free State
24	586	dian	ERASMUS	AFS	B8/1	03:49	Athletics Free State
29	597	andries	VAN TONDER	AFS	B8/1	03:51	Athletics Free State

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	1925	ian	DU TOIT	AMPU	B8/1	03:31	Athletics Mpumalanga
22	1937	mischan	SCHOONWINKEL	AMPU	B8/1	03:48	Athletics Mpumalanga
25	1935	ihvan	PRETORIUS	AMPU	B8/1	03:49	Athletics Mpumalanga
27	1941	eben	VAN WYK	AMPU	B8/1	03:50	Athletics Mpumalanga

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
12	2984	sihle	NYEZI	CGA	B8/1	03:43	Central Gauteng Athletics
15	2983	neo	NKEANE	CGA	B8/1	03:45	Central Gauteng Athletics
19	2982	gift (sinaye	NGOSE	CGA	B8/1	03:47	Central Gauteng Athletics
37	2980	siphosakhe	MLAMBO	CGA	B8/1	03:54	Central Gauteng Athletics

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
14	2359	divan	WERNER	ANWN	B8/1	03:44	Athletics North West North
20	2349	jandre	KRUGER	ANWN	B8/1	03:47	Athletics North West North
28	2348	franco	FERREIRA	ANWN	B8/1	03:50	Athletics North West North
40	2354	schalk	OTTO	ANWN	B8/1	03:55	Athletics North West North

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	188	jason	TARR	ACNW	B8/1	03:35	Athletics Central North West
13	186	divan	PULLEN	ACNW	B8/1	03:44	Athletics Central North West
42	191	joshua	VAN ROOYEN	ACNW	B8/1	03:57	Athletics Central North West
45	176	gelden	ERASMUS	ACNW	B8/1	03:58	Athletics Central North West

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
10	2626	heinwill	PAULSEN	ASWD	B8/1	03:41	South Western Districts
11	2627	orton	WILLEMSE	ASWD	B8/1	03:42	South Western Districts
59	2624	willem-dan	MATTHEE	ASWD	B8/1	04:04	South Western Districts

68 2625 luciano MONGA ASWD B8/1 04:07 South Western Districts
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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
18	3706	sibusiso	MASIMULA	LIMA	B8/1	03:47	Limpopo Athletics
41	3704	lefa	MACHAI	LIMA	B8/1	03:56	Limpopo Athletics
70	3711	ashton	OCTOBER	LIMA	B8/1	04:08	Limpopo Athletics
80	3708	mthokozisi	MTHIMUNYE	LIMA	B8/1	04:13	Limpopo Athletics

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
60	1721	botha	KRUGER	AGW	B8/1	04:04	Griqua Land West
64	1714	jandr�	BEATON	AGW	B8/1	04:06	Griqua Land West
82	1713	alvano	ABRAHAMS	AGW	B8/1	04:14	Griqua Land West
90	1717	keegan	FOXCROFT	AGW	B8/1	04:33	Griqua Land West

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POSITION 10

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
8	3414	mpilo	KHOMO	KZNA	B8/1	03:39	Kwazulu Natal
72	3415	khwezi	NDULINI	KZNA	B8/1	04:08	Kwazulu Natal
105	3413	nathan	DE VALENCE	KZNA	B8/1	04:44	Kwazulu Natal
116	3416	marthinus	SWANEPOEL	KZNA	B8/1	04:51	Kwazulu Natal

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RESULTS TEAM COMPETITION B9/2

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1098	tiisetso	MALUNGA	AGN	B9/2	07:03	Athletics Gauteng North
2	1091	christiaan	BRITS	AGN	B9/2	07:04	Athletics Gauteng North
6	1094	dihan	DE WET	AGN	B9/2	07:17	Athletics Gauteng North
7	1096	riaan	LABUSCHAGNE	AGN	B9/2	07:20	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
4	617	sithembiso	ZULU	AFS	B9/2	07:10	Athletics Free State
17	600	wihan	EDELING	AFS	B9/2	07:33	Athletics Free State
19	602	matthew	KINGWILL	AFS	B9/2	07:35	Athletics Free State
21	615	pieter	WESSELS	AFS	B9/2	07:37	Athletics Free State

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	193	wian	BOSHOFF	ACNW	B9/2	07:11	Athletics Central North West
14	210	ruben	VAN WYNGAARD	ACNW	B9/2	07:30	Athletics Central North West
24	195	jansu	DE BEER	ACNW	B9/2	07:41	Athletics Central North West
28	197	nicolas	GREEVE	ACNW	B9/2	07:44	Athletics Central North West

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	2990	dawson m	SAMBO	CGA	B9/2	07:05	Central Gauteng Athletics
9	2909	siyacela	NKOMENI	CGA	B9/2	07:25	Central Gauteng Athletics
20	2989	ntando	NGWENYA	CGA	B9/2	07:37	Central Gauteng Athletics

43 2985 bester DE LANGE CGA B9/2 07:56 Central Gauteng Athletics
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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
25	1943	cj	BOTES	AMPU	B9/2	07:42	Athletics Mpumalanga
29	1951	komogelo	KHUMALO	AMPU	B9/2	07:45	Athletics Mpumalanga
36	1952	julian	MIDDEL	AMPU	B9/2	07:48	Athletics Mpumalanga
38	1947	leonardo	BRITS	AMPU	B9/2	07:49	Athletics Mpumalanga

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
16	2630	christiano	WEYERS	ASWD	B9/2	07:33	South Western Districts
30	2628	johndrê	JORDAAN	ASWD	B9/2	07:46	South Western Districts
44	3360	malherbe	JONKER	ASWD	B9/2	07:56	South Western Districts
54	2629	timothy	SEBYBOE	ASWD	B9/2	08:04	South Western Districts

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
10	3723	thabang	MOKOMANE	LIMA	B9/2	07:28	Limpopo Athletics
57	3721	chris	MEYER	LIMA	B9/2	08:06	Limpopo Athletics
75	3722	perseveran	MODILA	LIMA	B9/2	08:16	Limpopo Athletics
91	3720	katlego	MATLAWA	LIMA	B9/2	08:32	Limpopo Athletics

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
45	1732	jan-hendrik	SLABBERT	AGW	B9/2	07:57	Griqua Land West
52	1731	waldu	NOETH	AGW	B9/2	08:03	Griqua Land West
60	1730	omphile	MOALAH	AGW	B9/2	08:07	Griqua Land West
77	1729	jacques	LOTTER	AGW	B9/2	08:20	Griqua Land West

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
62	2372	marnus	PIENAAR	ANWN	B9/2	08:09	Athletics North West North
65	2371	stefan	NAGEL	ANWN	B9/2	08:11	Athletics North West North
76	2367	louis adriaan	KOTZE	ANWN	B9/2	08:16	Athletics North West North
101	2370	omphemet	LEPHOI	ANWN	B9/2	08:40	Athletics North West North

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RESULTS TEAM COMPETITION B10/2

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	930	rupert	GROENEWALD	AGN	B10/2	06:41	Athletics Gauteng North
6	940	hannu	VAN ZYL	AGN	B10/2	06:50	Athletics Gauteng North
7	928	emil	ELS	AGN	B10/2	06:51	Athletics Gauteng North
9	932	henco	JOUBERT	AGN	B10/2	06:52	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	2907	sihawu	MLAMBO	CGA	B10/2	06:50	Central Gauteng Athletics
16	2905	daniel joha	DELPORT	CGA	B10/2	06:59	Central Gauteng Athletics
19	2906	siyabonga	KHUMALO	CGA	B10/2	07:01	Central Gauteng Athletics

23 2904 tyran BROOKS CGA B10/2 07:03 Central Gauteng Athletics
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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1801	liam	OLIVIER	AMPU	B10/2	06:35	Athletics Mpumalanga
14	1786	tiaan	BYLEVELD	AMPU	B10/2	06:58	Athletics Mpumalanga
36	1799	hlompho	MOKHESENG	AMPU	B10/2	07:15	Athletics Mpumalanga
37	1791	julius	HATTINGH	AMPU	B10/2	07:16	Athletics Mpumalanga

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
4	454	katleho	MOKHOTHU	AFS	B10/2	06:49	Athletics Free State
22	464	manny	WILSON	AFS	B10/2	07:02	Athletics Free State
42	461	bathandwa	PLAATJIE	AFS	B10/2	07:19	Athletics Free State
44	459	molemo	PHENETHE	AFS	B10/2	07:20	Athletics Free State

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
21	2591	shane	PLAATJIES	ASWD	B10/2	07:02	South Western Districts
27	2592	arnold	TIETIES	ASWD	B10/2	07:08	South Western Districts
31	2589	sheldon	KAPTEIN	ASWD	B10/2	07:12	South Western Districts
46	2590	colin	KARELSE	ASWD	B10/2	07:21	South Western Districts

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
13	2244	nathan	HAVENGA	ANWN	B10/2	06:58	Athletics North West North
33	2258	onalerona	ZWANE	ANWN	B10/2	07:13	Athletics North West North
40	2254	marius	VAN DEN BERG	ANWN	B10/2	07:18	Athletics North West North
49	2248	kananelo	NXUMALO	ANWN	B10/2	07:24	Athletics North West North

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
8	1673	andrew	VAN WYK	AGW	B10/2	06:51	Griqua Land West
26	1665	rivano	BOOYSE	AGW	B10/2	07:06	Griqua Land West
41	1667	johannes	JACOBS	AGW	B10/2	07:19	Griqua Land West
64	1666	olerato	GALLANT	AGW	B10/2	07:34	Griqua Land West

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
15	3588	cyril	MOREMI	LIMA	B10/2	06:59	Limpopo Athletics
28	3582	manoko	MABOTJA	LIMA	B10/2	07:09	Limpopo Athletics
30	3584	paul	MACHETHE	LIMA	B10/2	07:10	Limpopo Athletics
68	3587	thakgalo	MOHLALA	LIMA	B10/2	07:36	Limpopo Athletics

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	3375	lindelani	NGCOBO	KZNA	B10/2	06:43	Kwazulu Natal
24	3377	scelimpilo	ZULU	KZNA	B10/2	07:05	Kwazulu Natal
25	3374	anele	MHLOPE	KZNA	B10/2	07:05	Kwazulu Natal
103	3372	farran	FLEMINGTON	KZNA	B10/2	08:04	Kwazulu Natal

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POSITION 10

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
35	2721	bokang	DLAMINI	AVT	B10/2	07:13	Athletics Vaal Triangle
38	2723	kamohelo	MAKHOA	AVT	B10/2	07:17	Athletics Vaal Triangle
39	2726	teboho	NQOLO	AVT	B10/2	07:17	Athletics Vaal Triangle
59	2720	ouintin	BOTHA	AVT	B10/2	07:31	Athletics Vaal Triangle

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POSITION 11

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
32	69	keelan	TITUS	ACNW	B10/2	07:12	Athletics Central North West
51	71	jd	VAN WYK	ACNW	B10/2	07:25	Athletics Central North West
70	62	ruben	HAASBROEK	ACNW	B10/2	07:37	Athletics Central North West
71	56	lyle	AFRICA	ACNW	B10/2	07:37	Athletics Central North West

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RESULTS TEAM COMPETITION B11/3

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	956	iysis	ROSSOUW	AGN	B11/3	10:07	Athletics Gauteng North
2	959	tsepang	TSHIVHULA	AGN	B11/3	10:11	Athletics Gauteng North
3	955	baballo	MATLHOMA	AGN	B11/3	10:14	Athletics Gauteng North
4	953	jm	MARITZ	AGN	B11/3	10:24	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	2912	nicholas	HORNE	CGA	B11/3	10:30	Central Gauteng Athletics
10	2917	aqhama	NORUSHE	CGA	B11/3	10:40	Central Gauteng Athletics
24	2914	olebogeng	MOGAPI	CGA	B11/3	10:56	Central Gauteng Athletics
29	2911	mbuso	BUTHELEZI	CGA	B11/3	10:59	Central Gauteng Athletics

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
14	473	itumeleng	MATLALE	AFS	B11/3	10:45	Athletics Free State
16	469	tshepo	LEEU	AFS	B11/3	10:47	Athletics Free State
22	476	lerato	MOLOI	AFS	B11/3	10:53	Athletics Free State
26	467	katleho	GOLIATH	AFS	B11/3	10:57	Athletics Free State

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
12	1814	thomas	PRINSLOO	AMPU	B11/3	10:43	Athletics Mpumalanga
23	1812	sphelele	NKOSI	AMPU	B11/3	10:54	Athletics Mpumalanga
28	1805	luan	GREYLING	AMPU	B11/3	10:58	Athletics Mpumalanga
31	1815	anre	SCHWAB	AMPU	B11/3	11:00	Athletics Mpumalanga

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
13	2264	francois	HOLL	ANWN	B11/3	10:44	Athletics North West North
18	2276	scott	WILLIAMSON	ANWN	B11/3	10:50	Athletics North West North
33	2266	henrico	KRUGER	ANWN	B11/3	11:00	Athletics North West North
41	2270	mj	OTTO	ANWN	B11/3	11:06	Athletics North West North

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
8	2727	jp	DELPORT	AVT	B11/3	10:38	Athletics Vaal Triangle
17	2729	lehloholo	MAKU	AVT	B11/3	10:50	Athletics Vaal Triangle
43	2735	siyabonga	SEERI	AVT	B11/3	11:07	Athletics Vaal Triangle
56	2736	lerato	THABE	AVT	B11/3	11:18	Athletics Vaal Triangle

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
19	3381	alwande	SIBIYA	KZNA	B11/3	10:51	Kwazulu Natal
21	3378	nkosinathi	KHWELA	KZNA	B11/3	10:52	Kwazulu Natal
36	3382	andile	ZULU	KZNA	B11/3	11:03	Kwazulu Natal
67	3379	minenhle	MBATHA	KZNA	B11/3	11:27	Kwazulu Natal

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
32	3610	taelo	TONGWANE	LIMA	B11/3	11:00	Limpopo Athletics
37	3594	malose	KGOMO	LIMA	B11/3	11:03	Limpopo Athletics
47	3609	boikano	SEPAKELA	LIMA	B11/3	11:12	Limpopo Athletics
62	3601	trevor	MOHALE	LIMA	B11/3	11:22	Limpopo Athletics

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
53	83	stephen	PIETERSE	ACNW	B11/3	11:15	Athletics Central North West
58	92	ethan	WALKER	ACNW	B11/3	11:21	Athletics Central North West
61	75	dregan	BRINK	ACNW	B11/3	11:22	Athletics Central North West
85	76	kutlo	DITLHOBOLO	ACNW	B11/3	11:41	Athletics Central North West

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POSITION 10

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
6	1675	lenthlogono	CHIRWA	AGW	B11/3	10:34	Griqua Land West
60	1677	tlhalefo	MADEBE	AGW	B11/3	11:22	Griqua Land West
101	1676	heinrich	DAUTH	AGW	B11/3	12:01	Griqua Land West
105	1678	nyakallo	MAGAGANE	AGW	B11/3	12:06	Griqua Land West

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RESULTS TEAM COMPETITION B12/3

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	978	iddo	VAN DAALEN	AGN	B12/3	09:58	Athletics Gauteng North
6	973	dante	RAATH	AGN	B12/3	09:58	Athletics Gauteng North
7	974	thabiso	SANTOS	AGN	B12/3	09:58	Athletics Gauteng North
8	968	christian	GREYLING	AGN	B12/3	09:58	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	2930	itumeleng	SEBOA	CGA	B12/3	09:58	Central Gauteng Athletics
4	2921	njabula	HLATSHWAYO	CGA	B12/3	09:58	Central Gauteng Athletics
5	2928	neo	MOTHALE	CGA	B12/3	09:58	Central Gauteng Athletics
19	2927	keotsepile	MALEHO	CGA	B12/3	10:22	Central Gauteng Athletics

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
10	492	pakiso	RALETHOALANA	AFS	B12/3	10:00	Athletics Free State
25	482	semanga	BOCHEDI	AFS	B12/3	10:32	Athletics Free State
29	485	vuyo	LETHEETSA	AFS	B12/3	10:34	Athletics Free State
34	484	letlotlo	LEFOKOTSANE	AFS	B12/3	10:40	Athletics Free State

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
14	1837	lunga	THEMBEKWAYO	AMPU	B12/3	10:15	Athletics Mpumalanga
20	1829	siyabonga	MDLALOSE	AMPU	B12/3	10:23	Athletics Mpumalanga
30	1821	jay-dee	COMBRINK	AMPU	B12/3	10:34	Athletics Mpumalanga
49	1834	lehan	ROUX	AMPU	B12/3	10:55	Athletics Mpumalanga

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
12	3621	rhynekok	MATSEEALEPOO	LIMA	B12/3	10:14	Limpopo Athletics
13	3624	prince	MOGANEDI	LIMA	B12/3	10:15	Limpopo Athletics
39	3611	robben	BALOYI	LIMA	B12/3	10:47	Limpopo Athletics
53	3625	thabane	RAMALEPE	LIMA	B12/3	10:56	Limpopo Athletics

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
9	2290	ruan	SMIT	ANWN	B12/3	10:00	Athletics North West North
27	2289	lean	SCHOLTZ	ANWN	B12/3	10:33	Athletics North West North
36	2280	ruan	HARMSE	ANWN	B12/3	10:43	Athletics North West North
64	2287	andre	PIENAAR	ANWN	B12/3	11:03	Athletics North West North

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
17	103	pc	MARITZ	ACNW	B12/3	10:21	Athletics Central North West
21	110	marceghlle	WAKEFIELD	ACNW	B12/3	10:24	Athletics Central North West
40	107	tihard	STRYDOM	ACNW	B12/3	10:48	Athletics Central North West
70	109	ruan	VAN NIEKERK	ACNW	B12/3	11:07	Athletics Central North West

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
15	2599	zaylynn	RUITERS	ASWD	B12/3	10:15	South Western Districts
26	2598	vaughum	GROBBELAAR	ASWD	B12/3	10:33	South Western Districts
62	2601	clifton	FINK	ASWD	B12/3	11:01	South Western Districts
112	2600	keanan	UITHALER	ASWD	B12/3	11:46	South Western Districts

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	2739	adriaan	BEKKER	AVT	B12/3	09:58	Athletics Vaal Triangle
63	2741	adriaan	BOTHA	AVT	B12/3	11:03	Athletics Vaal Triangle
74	2748	biehann	WEPENER	AVT	B12/3	11:13	Athletics Vaal Triangle
78	2746	neo	MOKOENA	AVT	B12/3	11:16	Athletics Vaal Triangle

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POSITION 10

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
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18	3384	asanda	HADEBE	KZNA	B12/3	10:21	Kwazulu Natal
45	3385	simo	KUBHEKA	KZNA	B12/3	10:53	Kwazulu Natal
66	3387	samkelo	ZIKALALA	KZNA	B12/3	11:05	Kwazulu Natal
89	3386	connor	SCHUMANN	KZNA	B12/3	11:25	Kwazulu Natal

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POSITION 11

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
38	1685	veuren	OLIFANT	AGW	B12/3	10:46	Griqua Land West
61	1682	lopang	KGOTLAEKAE	AGW	B12/3	11:01	Griqua Land West
94	1688	duwayne	SENTRY	AGW	B12/3	11:27	Griqua Land West
100	1686	bamuza	REID	AGW	B12/3	11:38	Griqua Land West

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RESULTS TEAM COMPETITION B13/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	2934	oratile	MASHIGO	CGA	B13/4	13:15	Central Gauteng Athletics
3	2937	realeboga	SMITH	CGA	B13/4	13:27	Central Gauteng Athletics
8	2939	lutho	TIMATI	CGA	B13/4	13:38	Central Gauteng Athletics
9	2932	camara	DE FREITAS	CGA	B13/4	13:40	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	1846	neni	NDLOVU	AMPU	B13/4	13:25	Athletics Mpumalanga
4	1843	sam	MABE	AMPU	B13/4	13:27	Athletics Mpumalanga
11	1848	sisanda	NTULI	AMPU	B13/4	13:40	Athletics Mpumalanga
12	1845	nani	NDLOVU	AMPU	B13/4	13:41	Athletics Mpumalanga

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
6	988	samkelo	MBESA	AGN	B13/4	13:36	Athletics Gauteng North
17	980	juan	BREYTENBACH	AGN	B13/4	13:57	Athletics Gauteng North
24	981	hanlu	BRONKHORST	AGN	B13/4	14:02	Athletics Gauteng North
27	997	stephan	VAN WYK	AGN	B13/4	14:09	Athletics Gauteng North

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
18	501	kgotso	MAPUTSOE	AFS	B13/4	13:57	Athletics Free State
19	499	khulani	KHATE	AFS	B13/4	13:59	Athletics Free State
25	506	tsoteho	MPOTLE	AFS	B13/4	14:05	Athletics Free State
34	504	mohale	MOSOLE	AFS	B13/4	14:16	Athletics Free State

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	2758	skhumbuzc	NGWENYA	AVT	B13/4	13:35	Athletics Vaal Triangle
7	2754	lushet	MFOKAZANA	AVT	B13/4	13:38	Athletics Vaal Triangle
20	2751	katleho	LEBURU	AVT	B13/4	13:59	Athletics Vaal Triangle
84	2750	giovanni	COETZEE	AVT	B13/4	15:16	Athletics Vaal Triangle

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
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16	3389	olwethu	SHABALALA	KZNA	B13/4	13:55	Kwazulu Natal
21	3391	philisande	SITHOLE	KZNA	B13/4	14:00	Kwazulu Natal
40	3392	ruben	VISAGIE	KZNA	B13/4	14:26	Kwazulu Natal
42	3393	jonathan	WERTH	KZNA	B13/4	14:27	Kwazulu Natal

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
29	127	andre	VISSER	ACNW	B13/4	14:11	Athletics Central North West
30	119	temoso	MODISAMONGWE	ACNW	B13/4	14:11	Athletics Central North West
31	124	amogelang	TATAI	ACNW	B13/4	14:12	Athletics Central North West
32	112	ruan	BRITZ	ACNW	B13/4	14:13	Athletics Central North West

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
13	3644	tshepho	MORETSELE	LIMA	B13/4	13:45	Limpopo Athletics
23	3638	koketso	MAREDI	LIMA	B13/4	14:01	Limpopo Athletics
44	3635	tebogo	MAHLAELA	LIMA	B13/4	14:30	Limpopo Athletics
48	3634	vincent	LUCKHOFF	LIMA	B13/4	14:39	Limpopo Athletics

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
15	2606	eulin	SWARTS	ASWD	B13/4	13:52	South Western Districts
45	2605	beyon	PRINS	ASWD	B13/4	14:36	South Western Districts
67	2603	ethan	EWERTS	ASWD	B13/4	14:54	South Western Districts
73	2604	ruben	NEL	ASWD	B13/4	15:02	South Western Districts

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POSITION 10

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
22	1690	luwandray	BARNARD	AGW	B13/4	14:01	Griqua Land West
65	1692	collin	BUSAKWE	AGW	B13/4	14:53	Griqua Land West
68	1694	thapelo	MODISE	AGW	B13/4	14:56	Griqua Land West
79	1693	khumo	MOCHWARI	AGW	B13/4	15:08	Griqua Land West

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POSITION 11

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
51	2296	alexander	KRUGER	ANWN	B13/4	14:41	Athletics North West North
59	2299	lucas	MARAIS	ANWN	B13/4	14:50	Athletics North West North
70	2305	nyiko	SIBIYA	ANWN	B13/4	14:58	Athletics North West North
86	2301	ryan	MITCHELL	ANWN	B13/4	15:18	Athletics North West North

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RESULTS TEAM COMPETITION B14/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	2946	johannes	MOREPE	CGA	B14/4	12:10	Central Gauteng Athletics
3	2943	retshepile	FANISE	CGA	B14/4	12:50	Central Gauteng Athletics
7	2949	francois	VAN ZYL	CGA	B14/4	13:00	Central Gauteng Athletics
9	2947	dihan	VAN DEVENTER	CGA	B14/4	13:03	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
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2	1005	karabelo	MOTLHABEDI	AGN	B14/4	12:31	Athletics Gauteng North
4	1012	morapelen	SEGWATLHA	AGN	B14/4	12:55	Athletics Gauteng North
10	1003	sfiso	MAKOLOMAKWA	AGN	B14/4	13:07	Athletics Gauteng North
12	1004	alwyn	MARAIS	AGN	B14/4	13:14	Athletics Gauteng North

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
16	518	amogelang	LOBELO	AFS	B14/4	13:25	Athletics Free State
19	527	neo	SEATE	AFS	B14/4	13:32	Athletics Free State
20	526	lehlohonolo	RAMATSEBE	AFS	B14/4	13:36	Athletics Free State
21	515	arrie	FERREIRA	AFS	B14/4	13:37	Athletics Free State

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	2766	thabiso	NDWENI	AVT	B14/4	12:57	Athletics Vaal Triangle
18	2762	leslir	MOKOENA	AVT	B14/4	13:29	Athletics Vaal Triangle
24	2765	siphiwe	MTOLO	AVT	B14/4	13:46	Athletics Vaal Triangle
32	2759	johanne	DELPORT	AVT	B14/4	13:58	Athletics Vaal Triangle

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
15	3663	tshidiso	SEBOTO	LIMA	B14/4	13:22	Limpopo Athletics
41	3648	michael	LUKHELE	LIMA	B14/4	14:13	Limpopo Athletics
43	3649	john	MABUZA	LIMA	B14/4	14:13	Limpopo Athletics
46	3662	dion	SEBELA	LIMA	B14/4	14:18	Limpopo Athletics

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
8	1864	musowenk	MNISI	AMPU	B14/4	13:02	Athletics Mpumalanga
38	1868	ruduan	ROUX	AMPU	B14/4	14:08	Athletics Mpumalanga
66	1858	janue	GOWER	AMPU	B14/4	14:36	Athletics Mpumalanga
68	1870	andre	VAN SCHALKWYK	AMPU	B14/4	14:38	Athletics Mpumalanga

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
37	1695	emanuel	BERENDS	AGW	B14/4	14:06	Griqua Land West
44	1699	duwaylon	SENTRY	AGW	B14/4	14:14	Griqua Land West
49	1701	mynhardt	VAN DER MERWE	AGW	B14/4	14:22	Griqua Land West
57	1698	olebogeng	NAMUSI	AGW	B14/4	14:29	Griqua Land West

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
54	3396	sabeloseth	MAHLABA	KZNA	B14/4	14:25	Kwazulu Natal
55	3398	qiniso	MNGUNI	KZNA	B14/4	14:26	Kwazulu Natal
58	3395	nhlakaniph	KHONJELWAYO	KZNA	B14/4	14:29	Kwazulu Natal
96	3394	lindokuhle	GCWENSA	KZNA	B14/4	15:28	Kwazulu Natal

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
13	130	rico	LEIJENAAR	ACNW	B14/4	13:15	Athletics Central North West
83	129	wian	CALITZ	ACNW	B14/4	15:02	Athletics Central North West
85	133	ryno	SCHUTTE	ACNW	B14/4	15:06	Athletics Central North West

91 138 sw VAN DER SANDT ACNW B14/4 15:21 Athletics Central North West
272

POSITION 10

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
56	2312	schalk	PIENAAR	ANWN	B14/4	14:28	Athletics North West North
80	2314	benjamin	SWART	ANWN	B14/4	14:58	Athletics North West North
90	2309	ivan	KLOPPER	ANWN	B14/4	15:18	Athletics North West North
98	2310	kopano	MOLOKWANE	ANWN	B14/4	15:32	Athletics North West North

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RESULTS TEAM COMPETITION B15/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	2953	sibusiso cal	MSIBI	CGA	B15/4	12:18	Central Gauteng Athletics
3	2952	reatlegile	MOSWEU	CGA	B15/4	12:21	Central Gauteng Athletics
5	2955	siyabonga	MVELASE	CGA	B15/4	12:37	Central Gauteng Athletics
6	2951	siyabonga	MBATHA	CGA	B15/4	12:41	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	1028	garrick	REES	AGN	B15/4	12:21	Athletics Gauteng North
4	1033	sanele	ZIXUNGE	AGN	B15/4	12:25	Athletics Gauteng North
9	1029	ronin	RYBNIKAR	AGN	B15/4	12:50	Athletics Gauteng North
11	1030	karabo	SELEBANA	AGN	B15/4	12:57	Athletics Gauteng North

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
26	534	tshepang	LEMAO	AFS	B15/4	13:17	Athletics Free State
27	537	nyakallo	MATABANE	AFS	B15/4	13:17	Athletics Free State
28	542	pabalo	NONE	AFS	B15/4	13:20	Athletics Free State
36	544	sello	OBUSENG	AFS	B15/4	13:29	Athletics Free State

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
8	2325	wessel	SWART	ANWN	B15/4	12:48	Athletics North West North
23	2323	gustav	SMIT	ANWN	B15/4	13:16	Athletics North West North
41	2322	shareed	PETERSE	ANWN	B15/4	13:37	Athletics North West North
52	2326	etienne	VAN WYK	ANWN	B15/4	13:51	Athletics North West North

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
7	1879	sibusiso	MALAPANE	AMPU	B15/4	12:44	Athletics Mpumalanga
30	1883	nkosinathi	SKOSANA	AMPU	B15/4	13:24	Athletics Mpumalanga
43	1881	thokozane	NCONGWANE	AMPU	B15/4	13:40	Athletics Mpumalanga
58	1875	stian	DU PLESSIS	AMPU	B15/4	13:57	Athletics Mpumalanga

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
13	2774	nhlhla	MNOTHOZA	AVT	B15/4	13:00	Athletics Vaal Triangle
44	2769	bongani	DHLOMO	AVT	B15/4	13:41	Athletics Vaal Triangle
46	2776	ederiech	SNYMAN	AVT	B15/4	13:45	Athletics Vaal Triangle

54 2771 thabo MAKHALEMELE AVT B15/4 13:53 Athletics Vaal Triangle
157

POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
10	141	mahomed	BATSI	ACNW	B15/4	12:55	Athletics Central North West
66	154	henco	VOLSCHENK	ACNW	B15/4	14:08	Athletics Central North West
67	144	francois	CRAFFORD	ACNW	B15/4	14:09	Athletics Central North West
99	148	mosa	MUTLE	ACNW	B15/4	14:57	Athletics Central North West

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
61	3673	tiisetso	MAPHUTHA	LIMA	B15/4	14:00	Limpopo Athletics
63	3677	tlotliso	MOHLALA	LIMA	B15/4	14:05	Limpopo Athletics
68	3668	mandlenko	KAPOKO	LIMA	B15/4	14:10	Limpopo Athletics
69	3674	tlou	MAPOMA	LIMA	B15/4	14:13	Limpopo Athletics

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
35	1704	kennedy	CEKISO	AGW	B15/4	13:28	Griqua Land West
39	1702	tebogo	BOOM	AGW	B15/4	13:35	Griqua Land West
98	1708	katleho	TAU	AGW	B15/4	14:54	Griqua Land West
103	1703	ryan	BOOYSE	AGW	B15/4	15:06	Griqua Land West

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RESULTS TEAM COMPETITION B16/6

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	563	thapelo	RAMAKHOASE	AFS	B16/6	00:00	Athletics Free State
5	557	patrick	MOKHELE	AFS	B16/6	00:00	Athletics Free State
10	562	mpho	OLIFANT	AFS	B16/6	00:00	Athletics Free State
11	558	tshediso	MOLOKE	AFS	B16/6	00:00	Athletics Free State

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
4	2965	simpfiwe	THOMBELA	CGA	B16/6	00:00	Central Gauteng Athletics
6	2960	ofentse	BOKABA	CGA	B16/6	00:00	Central Gauteng Athletics
8	2966	marnu	VERMAAK	CGA	B16/6	00:00	Central Gauteng Athletics
18	2967	jason	VERMEULEN	CGA	B16/6	00:00	Central Gauteng Athletics

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	1043	kabelo	MAJA	AGN	B16/6	00:00	Athletics Gauteng North
7	1041	siphesihle	KHOZA	AGN	B16/6	00:00	Athletics Gauteng North
12	1039	tshepho	FUTHANA	AGN	B16/6	00:00	Athletics Gauteng North
17	1042	willie	LEBOHO	AGN	B16/6	00:00	Athletics Gauteng North

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	2777	jason	BOWERS	AVT	B16/6	00:00	Athletics Vaal Triangle
9	2782	ntsokolo	NKOSINDINA	AVT	B16/6	00:00	Athletics Vaal Triangle
20	2784	kamokgelo	THIPE	AVT	B16/6	00:00	Athletics Vaal Triangle

48 2778 leonard FICK AVT B16/6 00:00 Athletics Vaal Triangle
78

POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
13	1896	makume	MOKOENA	AMPU	B16/6	00:00	Athletics Mpumalanga
29	1894	sydney	KHUMALO	AMPU	B16/6	00:00	Athletics Mpumalanga
33	1893	thando	KHOZA	AMPU	B16/6	00:00	Athletics Mpumalanga
38	1898	david	MUCAVELE	AMPU	B16/6	00:00	Athletics Mpumalanga

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
21	3682	solomon	LEDWABA	LIMA	B16/6	00:00	Limpopo Athletics
53	3687	thapelo	MPHELA	LIMA	B16/6	00:00	Limpopo Athletics
90	3683	mashilo fra	MAHWELERE	LIMA	B16/6	00:00	Limpopo Athletics
98	3685	tshitangoni	MOHLALA	LIMA	B16/6	00:00	Limpopo Athletics

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
61	158	janco	ERASMUS	ACNW	B16/6	00:00	Athletics Central North West
63	155	carlo	CHADINHA	ACNW	B16/6	00:00	Athletics Central North West
74	163	henri	OOSTHUIZEN	ACNW	B16/6	00:00	Athletics Central North West
75	167	tsabanqwe	TLHALEFANG	ACNW	B16/6	00:00	Athletics Central North West

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
89	2329	tshepo	MALEKA	ANWN	B16/6	00:00	Athletics North West North
91	2328	azola	MAHLUNGU	ANWN	B16/6	00:00	Athletics North West North
95	2331	ali	MASIKE	ANWN	B16/6	00:00	Athletics North West North
97	2332	segopotso	MEDUPE	ANWN	B16/6	00:00	Athletics North West North

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RESULTS TEAM COMPETITION B17/6

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	2977	rynard	SWANEPOEL	CGA	B17/6	00:00	Central Gauteng Athletics
9	2974	asanda	MAZWI	CGA	B17/6	00:00	Central Gauteng Athletics
11	2976	thsepo	NTUNTWANA	CGA	B17/6	00:00	Central Gauteng Athletics
18	2970	kagiso	LEDUMA	CGA	B17/6	00:00	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1063	kgadi	MONYEBODI	AGN	B17/6	00:00	Athletics Gauteng North
13	1068	gareth	SMITH	AGN	B17/6	00:00	Athletics Gauteng North
14	1059	tshepo	MANYAKA	AGN	B17/6	00:00	Athletics Gauteng North
20	1055	abednico	CHObA	AGN	B17/6	00:00	Athletics Gauteng North

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
6	576	mopeli	MOPELI	AFS	B17/6	00:00	Athletics Free State
19	571	luvuyo	MNENO	AFS	B17/6	00:00	Athletics Free State
21	566	bakwena	KHAMA	AFS	B17/6	00:00	Athletics Free State

25 573 rethabile MOKHOTHU AFS B17/6 00:00 Athletics Free State
71

POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
10	3945	elyas	AYYOUB	WPA	B17/6	00:00	Western Province Athletics
12	3947	nacko	EDICK	WPA	B17/6	00:00	Western Province Athletics
17	3948	mbasa	MACI	WPA	B17/6	00:00	Western Province Athletics
37	3949	busisani	METU	WPA	B17/6	00:00	Western Province Athletics

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
16	1920	thulani	MTSWENI	AMPU	B17/6	00:00	Athletics Mpumalanga
22	1917	scelo	MNCWANGO	AMPU	B17/6	00:00	Athletics Mpumalanga
23	1909	hanko	CRONJE	AMPU	B17/6	00:00	Athletics Mpumalanga
28	1906	jansen	BELL	AMPU	B17/6	00:00	Athletics Mpumalanga

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	3410	sanele	MASONDO	KZNA	B17/6	00:00	Kwazulu Natal
8	3411	lehlohonoli	MBHELE	KZNA	B17/6	00:00	Kwazulu Natal
57	3409	karabo	MASHILO	KZNA	B17/6	00:00	Kwazulu Natal
81	3412	zola	SOKHELA	KZNA	B17/6	00:00	Kwazulu Natal

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
27	3690	lesibana nt	CHOKOE	LIMA	B17/6	00:00	Limpopo Athletics
31	3694	thomas	MASENYA	LIMA	B17/6	00:00	Limpopo Athletics
46	3692	lehlogonoli	MAKHURA	LIMA	B17/6	00:00	Limpopo Athletics
51	3697	dicks	SATHEKGE	LIMA	B17/6	00:00	Limpopo Athletics

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
36	169	reatlegile	LESOILE	ACNW	B17/6	00:00	Athletics Central North West
72	171	kamagelo	MOKHACHANE	ACNW	B17/6	00:00	Athletics Central North West
74	168	dirk	CRAFFORD	ACNW	B17/6	00:00	Athletics Central North West
76	173	mpho	NDAKANE	ACNW	B17/6	00:00	Athletics Central North West

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
86	2336	jared	CRONJE	ANWN	B17/6	00:00	Athletics North West North
96	2338	zuan	KLEYNHANS	ANWN	B17/6	00:00	Athletics North West North
106	2340	ian	NORTJE	ANWN	B17/6	00:00	Athletics North West North
108	2337	damion	GOTTWALDT	ANWN	B17/6	00:00	Athletics North West North

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RESULTS TEAM COMPETITION JM/8

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	3104	phemelo	NTOE	CGA	JM/8	24:34	Central Gauteng Athletics
4	3107	andries	SESEDI	CGA	JM/8	24:49	Central Gauteng Athletics
6	3096	caleb	BEUKES	CGA	JM/8	24:57	Central Gauteng Athletics

10 3100 chris MHLANGA CGA JM/8 25:17 Central Gauteng Athletics
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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	1307	christophe	SWART	AGN	JM/8	24:42	Athletics Gauteng North
7	1293	matthew	FORRESTER	AGN	JM/8	24:59	Athletics Gauteng North
12	1309	rikus	VAN NIEKERK	AGN	JM/8	25:26	Athletics Gauteng North
24	1298	travis	KOEKEMOER	AGN	JM/8	26:04	Athletics Gauteng North

POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
8	3464	tshiamo	MARIBE	KZNA	JM/8	25:03	Kwazulu Natal
18	3469	luyanda	THWALA	KZNA	JM/8	25:38	Kwazulu Natal
21	3465	koos	MOLUTSI	KZNA	JM/8	25:56	Kwazulu Natal
23	3468	donald	SEITEI	KZNA	JM/8	25:59	Kwazulu Natal

POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	790	ngconde	MATWEBU	AFS	JM/8	24:22	Athletics Free State
11	786	lebohang	MAHLOANE	AFS	JM/8	25:25	Athletics Free State
39	795	lebohang	PHAKAMILE	AFS	JM/8	26:41	Athletics Free State
40	797	retshedisit	SHAI	AFS	JM/8	26:44	Athletics Free State

POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
15	3960	carlo	FLINK	WPA	JM/8	25:37	Western Province Athletics
17	3962	mzwamad	NONJIKO	WPA	JM/8	25:37	Western Province Athletics
28	3964	oliver	STEWART	WPA	JM/8	26:13	Western Province Athletics
42	3963	fernando	SPONDO	WPA	JM/8	26:47	Western Province Athletics

POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
19	3846	jankie	MOLELE	LIMA	JM/8	25:45	Limpopo Athletics
29	3848	karabo	RAMABELE	LIMA	JM/8	26:23	Limpopo Athletics
34	3844	lazarus	MAKGOBA	LIMA	JM/8	26:35	Limpopo Athletics
41	3841	derrick	HLAKO	LIMA	JM/8	26:47	Limpopo Athletics

POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
9	348	robert	DE VILLIERS	ACNW	JM/8	25:08	Athletics Central North West
37	347	moses	BULWANE	ACNW	JM/8	26:38	Athletics Central North West
49	350	abrie	KRUGER	ACNW	JM/8	26:58	Athletics Central North West
84	349	petrus	KALANE	ACNW	JM/8	28:43	Athletics Central North West

POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
32	2102	mtokoza	HLATSHWAYO	AMPU	JM/8	26:32	Athletics Mpumalanga
44	2103	peter	HLONGWANE	AMPU	JM/8	26:51	Athletics Mpumalanga
53	2108	edu	MONDLANE	AMPU	JM/8	27:09	Athletics Mpumalanga
59	2105	lyanda	MABUZA	AMPU	JM/8	27:21	Athletics Mpumalanga

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
22	2507	otsile	OWAGENG	ANWN	JM/8	25:58	Athletics North West North
38	2503	dimpho	DITSEBE	ANWN	JM/8	26:40	Athletics North West North
65	2508	aj	REYNEKE	ANWN	JM/8	27:30	Athletics North West North
71	2504	lion-kay	KOTZE	ANWN	JM/8	27:59	Athletics North West North

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POSITION 10

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
31	2674	waldo	KAPTEIN	ASWD	JM/8	26:31	South Western Districts
35	2676	zerian	LE ROUX	ASWD	JM/8	26:35	South Western Districts
66	2675	waydon	KOMBELA	ASWD	JM/8	27:34	South Western Districts
83	2677	romano	WINDVOGEL	ASWD	JM/8	28:41	South Western Districts

RESULTS TEAM COMPETITION M23/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3126	maxime	CHAUMETON	CGA	M23/4	11:15	Central Gauteng Athletics
2	3127	phenyo	CHIDI	CGA	M23/4	11:24	Central Gauteng Athletics
4	3129	kabelo	MELAMU	CGA	M23/4	11:26	Central Gauteng Athletics
9	3130	innocent	MNYAKENI	CGA	M23/4	11:49	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
6	367	itumeleng	SESIKO	ACNW	M23/4	11:43	Athletics Central North West
8	359	nathaniel	KOTOLE	ACNW	M23/4	11:44	Athletics Central North West
26	360	gcinani	MACAMO	ACNW	M23/4	12:23	Athletics Central North West
30	363	obed	MATHEOLANA	ACNW	M23/4	12:43	Athletics Central North West

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
15	1347	khotsofalo	PHEKO	AGN	M23/4	12:06	Athletics Gauteng North
18	1339	tebogo	MANZIHLE	AGN	M23/4	12:16	Athletics Gauteng North
22	1338	omphile	1483	AGN	M23/4	12:19	Athletics Gauteng North
27	1337	mandla	MAHLANGU	AGN	M23/4	12:24	Athletics Gauteng North

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
21	823	motlatsi	NTSASA	AFS	M23/4	12:19	Athletics Free State
36	821	kagisho	MPUNZI	AFS	M23/4	12:47	Athletics Free State
37	814	modupe	MATHE	AFS	M23/4	12:48	Athletics Free State
41	808	heinrich	BRUHNS	AFS	M23/4	12:51	Athletics Free State

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
32	3853	brian	MANGENA	LIMA	M23/4	12:44	Limpopo Athletics
45	3856	edward	RAMMALA	LIMA	M23/4	12:58	Limpopo Athletics
67	3852	valentine	MAAKAMEDI	LIMA	M23/4	13:46	Limpopo Athletics
71	3854	tokollo	MASHILO	LIMA	M23/4	13:51	Limpopo Athletics

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
16	2135	sibonginko	MASEKO	AMPU	M23/4	12:07	Athletics Mpumalanga
54	2134	doctor	MADALANE	AMPU	M23/4	13:15	Athletics Mpumalanga
75	2138	siboniso	MNEMBANANE	AMPU	M23/4	14:01	Athletics Mpumalanga
77	2140	thulane	NGCOBA	AMPU	M23/4	14:28	Athletics Mpumalanga

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
39	2521	kgotso	VAN WYK	ANWN	M23/4	12:50	Athletics North West North
58	2516	piet	LEGOBATE	ANWN	M23/4	13:21	Athletics North West North
60	2515	peter	KOTSEDI	ANWN	M23/4	13:24	Athletics North West North
76	2514	tiaan	JANEKE	ANWN	M23/4	14:15	Athletics North West North

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RESULTS TEAM COMPETITION SM/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3213	brendon	LENTSWE	CGA	SM/4	11:07	Central Gauteng Athletics
3	3210	marko	BUCCARIZZA	CGA	SM/4	11:32	Central Gauteng Athletics
7	3215	derocious	MAKHUBOLA	CGA	SM/4	11:53	Central Gauteng Athletics
9	3214	henry	MAKANE	CGA	SM/4	11:57	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	3986	anthony	TIMOTEUS	WPA	SM/4	11:30	Western Province Athletics
8	3984	vuyolwethi	MBUKUSHE	WPA	SM/4	11:54	Western Province Athletics
13	3982	andre	AFRIKA	WPA	SM/4	11:59	Western Province Athletics
14	3985	emiele	PAULSEN	WPA	SM/4	11:59	Western Province Athletics

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
4	1481	reghan	MAGWAI	AGN	SM/4	11:34	Athletics Gauteng North
12	1490	tebogo	SEGALAGALA	AGN	SM/4	11:58	Athletics Gauteng North
15	1488	michael	PIENAAR	AGN	SM/4	12:00	Athletics Gauteng North
21	1483	pfarelo	MATHADA	AGN	SM/4	12:20	Athletics Gauteng North

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	873	paseka	MOKUBUNG	AFS	SM/4	11:41	Athletics Free State
24	881	lebohang	TSOTOTSI	AFS	SM/4	12:25	Athletics Free State
27	876	felix	NOMZANA	AFS	SM/4	12:32	Athletics Free State
30	869	mohau	MALISE	AFS	SM/4	12:35	Athletics Free State

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
6	412	jerry	MOTSAU	ACNW	SM/4	11:52	Athletics Central North West
16	409	puseletso	MOFOKENG	ACNW	SM/4	12:05	Athletics Central North West
45	408	anele	MDINGI	ACNW	SM/4	12:59	Athletics Central North West
46	413	mogomots	SEGEMELO	ACNW	SM/4	13:01	Athletics Central North West

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
33	3880	petrus	MOGOLANA	LIMA	SM/4	12:39	Limpopo Athletics
39	3886	tumelo	PHAGO	LIMA	SM/4	12:45	Limpopo Athletics
49	3883	nelson	MOTHOA	LIMA	SM/4	13:11	Limpopo Athletics
50	3879	manhlane	MODIBA	LIMA	SM/4	13:16	Limpopo Athletics

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
35	3928	dewayne j	MOURIES	SAPS	SM/4	12:40	SA Police
40	3926	griffiths	MOHLAHLA	SAPS	SM/4	12:50	SA Police
53	3924	mpho	LEHANYA	SAPS	SM/4	13:23	SA Police
61	3931	thando	NCIPHA	SAPS	SM/4	13:53	SA Police

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
20	2199	brian	MOTSEPE	AMPU	SM/4	12:20	Athletics Mpumalanga
57	2204	bheki	NKOSI	AMPU	SM/4	13:38	Athletics Mpumalanga
59	2200	sthembis	MTHEMBU	AMPU	SM/4	13:44	Athletics Mpumalanga
65	2194	jonas	MABENA	AMPU	SM/4	14:14	Athletics Mpumalanga

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RESULTS TEAM COMPETITION SM/10

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3195	precious	MASHELE	CGA	SM/10	29:38	Central Gauteng Athletics
3	3202	kabelo	SEBOKO	CGA	SM/10	29:50	Central Gauteng Athletics
6	3198	ntsindiso	MPHAKATHI	CGA	SM/10	30:44	Central Gauteng Athletics
9	3200	francis le	PAPU	CGA	SM/10	31:02	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
10	3528	bonginkosi	ZWANE	KZNA	SM/10	31:05	Kwazulu Natal
11	3521	sipho	MBANJWA	KZNA	SM/10	31:15	Kwazulu Natal
20	3523	ayanda	NGCOBO	KZNA	SM/10	31:44	Kwazulu Natal
22	3526	ndumiso	SOKHELA	KZNA	SM/10	31:48	Kwazulu Natal

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
7	1453	milton	KEKANA	AGN	SM/10	30:57	Athletics Gauteng North
13	1466	victor	PHEEHA	AGN	SM/10	31:20	Athletics Gauteng North
23	1465	thabang	NKUNA	AGN	SM/10	31:50	Athletics Gauteng North
24	1455	kamogelo	MASEMOLA	AGN	SM/10	31:53	Athletics Gauteng North

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	862	pakiso	MTHEMBU	AFS	SM/10	29:50	Athletics Free State
8	865	thabo	SEBOTSA	AFS	SM/10	30:59	Athletics Free State
28	863	simon	NDLANE	AFS	SM/10	32:05	Athletics Free State
31	859	thabang	MASIHLEHO	AFS	SM/10	32:16	Athletics Free State

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
4	397	thabang	MOSIAKO	ACNW	SM/10	30:12	Athletics Central North West
17	400	ian	SLINGER	ACNW	SM/10	31:28	Athletics Central North West
34	395	puseletso	MOFOKENG	ACNW	SM/10	32:26	Athletics Central North West
39	398	ofentse	MOTLHOMI	ACNW	SM/10	32:39	Athletics Central North West

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
15	3979	merlin	KLAASTE	WPA	SM/10	31:26	Western Province Athletics
19	3977	raydon	BALIE	WPA	SM/10	31:35	Western Province Athletics
33	3980	vuyolwethi	MBUKUSHE	WPA	SM/10	32:23	Western Province Athletics
35	3978	bruce-lynn	DAMONS	WPA	SM/10	32:32	Western Province Athletics

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	2182	moses	MAHLANGU	AMPU	SM/10	30:22	Athletics Mpumalanga
36	2188	katleho	MOLOI	AMPU	SM/10	32:34	Athletics Mpumalanga
41	2187	kleinboy	MATSEMELA	AMPU	SM/10	32:43	Athletics Mpumalanga
43	2188	katleho	MOLOI	AMPU	SM/10	32:55	Athletics Mpumalanga

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
14	3873	disego	LEDWABA	LIMA	SM/10	31:24	Limpopo Athletics
53	3875	jankie	SEHLAPELO	LIMA	SM/10	33:37	Limpopo Athletics
61	3874	joe solomo	MOJA	LIMA	SM/10	34:13	Limpopo Athletics
74	3876	zeinel	TSIPA	LIMA	SM/10	36:23	Limpopo Athletics

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
56	2545	poloko	MAPHUNYE	ANWN	SM/10	33:47	Athletics North West North
70	2544	gaopalelwe	MANAKE	ANWN	SM/10	35:17	Athletics North West North
73	2547	lebogang	MOKATSOLA	ANWN	SM/10	36:12	Athletics North West North
77	2546	gregory	MOGOLOLA	ANWN	SM/10	36:57	Athletics North West North

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RESULTS TEAM COMPETITION M35/8

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3143	pule	TJAOANA	CGA	M35/8	25:26	Central Gauteng Athletics
4	3142	thomas	SIYAVUYA	CGA	M35/8	26:07	Central Gauteng Athletics
12	3139	peter	MOGOLE	CGA	M35/8	27:29	Central Gauteng Athletics
13	3138	doctor	MATHOLE	CGA	M35/8	27:40	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
8	3481	sipho	NGXONGO	KZNA	M35/8	26:45	Kwazulu Natal
18	3482	innocent	NYAWOSE	KZNA	M35/8	28:19	Kwazulu Natal
21	3483	sphamandl	NZAMA	KZNA	M35/8	28:49	Kwazulu Natal
22	3480	phumelele	BAQWA	KZNA	M35/8	28:52	Kwazulu Natal

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	1354	motsamai	MOTONE	AGN	M35/8	25:42	Athletics Gauteng North
14	1352	musa	MALULEKE	AGN	M35/8	27:42	Athletics Gauteng North
26	1356	randal	TITUS	AGN	M35/8	29:42	Athletics Gauteng North
35	1355	christiaan	MULLER	AGN	M35/8	34:44	Athletics Gauteng North

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
15	2144	sidney	MAISA	AMPU	M35/8	27:43	Athletics Mpumalanga
19	2145	philani	MKHWANAZI	AMPU	M35/8	28:23	Athletics Mpumalanga
23	2143	emmanuel	MABASO	AMPU	M35/8	28:58	Athletics Mpumalanga
28	2147	doctor	SIBANYONI	AMPU	M35/8	30:22	Athletics Mpumalanga

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
7	2522	ishmael	BONNETSOE	ANWN	M35/8	26:31	Athletics North West North
24	2525	sartiel	PULE	ANWN	M35/8	29:12	Athletics North West North
29	2523	kagiso	KUTE	ANWN	M35/8	30:54	Athletics North West North
31	2524	ngwako	MATSHIDISHO	ANWN	M35/8	31:19	Athletics North West North

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RESULTS TEAM COMPETITION M40/8

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3918	mbulelo sy	SPEELMAN	SAPS	M40/8	25:45	SA Police
3	3916	mkhuhlane	MGCINA	SAPS	M40/8	26:14	SA Police
9	3915	noko ronny	MABOTJA	SAPS	M40/8	27:54	SA Police
28	3917	joseph mot	SELOLO	SAPS	M40/8	31:55	SA Police

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
6	3146	lympson	MAIFO	CGA	M40/8	27:26	Central Gauteng Athletics
7	3151	mafika	NGIDI	CGA	M40/8	27:45	Central Gauteng Athletics
15	3147	anton	MARAIS	CGA	M40/8	29:26	Central Gauteng Athletics
16	3148	adam	MAROKO	CGA	M40/8	29:45	Central Gauteng Athletics

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	3490	simphiwe	ZULU	KZNA	M40/8	26:05	Kwazulu Natal
10	3487	menzi	NGCOBO	KZNA	M40/8	28:02	Kwazulu Natal
13	3489	maxwell	NGWAZI	KZNA	M40/8	29:11	Kwazulu Natal
22	3485	sbusiso	BIYELA	KZNA	M40/8	30:46	Kwazulu Natal

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
14	1371	tiaan	ROSSOUW	AGN	M40/8	29:25	Athletics Gauteng North
17	1358	charles	BEAURAIN	AGN	M40/8	29:49	Athletics Gauteng North
24	1365	herman	MARE	AGN	M40/8	31:17	Athletics Gauteng North
26	1360	gerhard	BEUKES	AGN	M40/8	31:46	Athletics Gauteng North

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	833	piet	MPHETENG	AFS	M40/8	27:15	Athletics Free State
12	830	alastair	KINGWILL	AFS	M40/8	29:06	Athletics Free State
35	831	lebogang	MOGONGOA	AFS	M40/8	33:20	Athletics Free State
38	829	henry	JORDAAN	AFS	M40/8	34:55	Athletics Free State

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
18	2527	willem	ODENDAAL	ANWN	M40/8	29:56	Athletics North West North
23	2529	ettienne	SCHOEMAN	ANWN	M40/8	30:51	Athletics North West North
25	2530	leon	SCHOLTZ	ANWN	M40/8	31:20	Athletics North West North
30	2528	jako	PIENAAR	ANWN	M40/8	32:30	Athletics North West North

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
40	2148	arno	ARCHER	AMPU	M40/8	35:46	Athletics Mpumalanga
45	2151	ryan	VENTER	AMPU	M40/8	37:25	Athletics Mpumalanga
46	2150	rudi	RAUTENBACH	AMPU	M40/8	38:04	Athletics Mpumalanga
49	2149	de wet	HOLTZHAUSEN	AMPU	M40/8	39:24	Athletics Mpumalanga

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RESULTS TEAM COMPETITION M45/8

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3157	timothy	MAKOFANE	CGA	M45/8	26:56	Central Gauteng Athletics
4	3159	adam	MOTONA	CGA	M45/8	28:04	Central Gauteng Athletics
9	3158	sello	MOILOA	CGA	M45/8	28:44	Central Gauteng Athletics
10	3156	lucky	MABUZA	CGA	M45/8	28:59	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	1390	philimon	MANYAKA	AGN	M45/8	27:41	Athletics Gauteng North
6	1391	piet	MOSEBEDI	AGN	M45/8	28:23	Athletics Gauteng North
8	1392	henk	MULDER	AGN	M45/8	28:42	Athletics Gauteng North
11	1386	gideon	JOUBERT	AGN	M45/8	29:14	Athletics Gauteng North

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	3492	michael	KHAMBULE	KZNA	M45/8	27:43	Kwazulu Natal
13	3491	mandla	HLONGWA	KZNA	M45/8	29:53	Kwazulu Natal
18	3495	jerome	ZONDI	KZNA	M45/8	30:54	Kwazulu Natal
28	3493	brendan	MAYER	KZNA	M45/8	32:16	Kwazulu Natal

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
19	374	pieter	BURGER	ACNW	M45/8	31:23	Athletics Central North West
20	379	johan	VISSER	ACNW	M45/8	31:24	Athletics Central North West
26	375	hugo	CALITZ	ACNW	M45/8	32:07	Athletics Central North West
30	378	cor	LEIJENAAR	ACNW	M45/8	32:33	Athletics Central North West

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
15	2155	ezeziel	KGOPODIMETSE	AMPU	M45/8	30:24	Athletics Mpumalanga
22	2158	johan	STEYN	AMPU	M45/8	31:43	Athletics Mpumalanga
27	2153	sipho	HLUMBANE	AMPU	M45/8	32:12	Athletics Mpumalanga
32	2154	johan	JOUBERT	AMPU	M45/8	33:05	Athletics Mpumalanga

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RESULTS TEAM COMPETITION M50/8

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	3161	peter	MASIA	CGA	M50/8	27:14	Central Gauteng Athletics
3	3165	george	MOOI	CGA	M50/8	27:32	Central Gauteng Athletics
4	3164	moeketsi jc	MOAGI	CGA	M50/8	28:35	Central Gauteng Athletics
5	3160	lawrence	CHIPANGAAN	CGA	M50/8	28:47	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3921	mluleki elli	NOBANDA	SAPS	M50/8	27:02	SA Police
10	3920	madoda es	MIYA	SAPS	M50/8	30:18	SA Police
16	3923	solomon	DE BEER	SAPS	M50/8	31:29	SA Police
18	3922	tebogo joh	SEROKA	SAPS	M50/8	32:30	SA Police

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
8	1399	dawie	DE VILLIERS	AGN	M50/8	29:53	Athletics Gauteng North
11	1398	johan	BUYS	AGN	M50/8	30:39	Athletics Gauteng North
21	1395	kobus	BESTER	AGN	M50/8	33:08	Athletics Gauteng North
22	1402	moses	LETLHAKA	AGN	M50/8	33:21	Athletics Gauteng North

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
6	2164	abednego	SHONGWE	AMPU	M50/8	29:32	Athletics Mpumalanga
12	2163	kobus	ROETS	AMPU	M50/8	30:43	Athletics Mpumalanga
14	2162	lucas	MAHLANGU	AMPU	M50/8	30:58	Athletics Mpumalanga
31	2161	linda	MAGQABI	AMPU	M50/8	36:37	Athletics Mpumalanga

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
23	846	flippie	KOTZE	AFS	M50/8	33:58	Athletics Free State
33	847	kgosietsile	SHUPING	AFS	M50/8	37:29	Athletics Free State
37	844	andre	BARTLEMAN	AFS	M50/8	38:53	Athletics Free State
39	845	reinier	BRÖNN	AFS	M50/8	39:54	Athletics Free State

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RESULTS TEAM COMPETITION M55/8

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	3170	reform	NDLOVU	CGA	M55/8	29:06	Central Gauteng Athletics
3	3171	jeremia	RANKAPULE	CGA	M55/8	30:38	Central Gauteng Athletics
8	3173	arthur	WOOLDRIDGE	CGA	M55/8	31:16	Central Gauteng Athletics
9	3167	thulani	MAHLANGU	CGA	M55/8	31:38	Central Gauteng Athletics

POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3505	wayne	SCOTT	KZNA	M55/8	29:00	Kwazulu Natal
7	3503	sipho	MAJOMBOZI	KZNA	M55/8	31:13	Kwazulu Natal
13	3504	jabulani	MNGUNI	KZNA	M55/8	33:45	Kwazulu Natal
15	3502	ken	CULVERWELL	KZNA	M55/8	35:09	Kwazulu Natal

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	1416	johannes	NAUDE	AGN	M55/8	31:06	Athletics Gauteng North
14	1411	avril	BARKHUYSEN	AGN	M55/8	34:51	Athletics Gauteng North
16	1414	piet	LOTTER	AGN	M55/8	35:26	Athletics Gauteng North
20	1418	torrie	STOLTZ	AGN	M55/8	37:16	Athletics Gauteng North

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RESULTS TEAM COMPETITION M60/6**POSITION 1**

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	3178	petrus	KEKANA	CGA	M60/6	24:32	Central Gauteng Athletics
4	3174	andre	BREDENKAMP	CGA	M60/6	24:34	Central Gauteng Athletics
5	3181	alan	SMITH	CGA	M60/6	24:49	Central Gauteng Athletics
11	3177	chris	FULLER	CGA	M60/6	25:42	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	3510	patrick	WYNNE	KZNA	M60/6	24:25	Kwazulu Natal
7	3507	andrew	DALY	KZNA	M60/6	25:14	Kwazulu Natal
13	3509	andre	SPIES	KZNA	M60/6	26:27	Kwazulu Natal
16	3506	vernon	ANLEY	KZNA	M60/6	27:25	Kwazulu Natal

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
6	2170	gideon	RADEBE	AMPU	M60/6	24:55	Athletics Mpumalanga
8	2171	stoney	STEENKAMP	AMPU	M60/6	25:27	Athletics Mpumalanga
21	2167	johann	COETZEE	AMPU	M60/6	28:13	Athletics Mpumalanga
23	2169	cobus	FOURIE	AMPU	M60/6	28:37	Athletics Mpumalanga

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
10	1432	johann	WALTERS	AGN	M60/6	25:33	Athletics Gauteng North
17	1420	jan	BESTER	AGN	M60/6	27:39	Athletics Gauteng North
19	1422	dirk	BRINK	AGN	M60/6	27:57	Athletics Gauteng North
24	1428	gerrie	NEL	AGN	M60/6	28:52	Athletics Gauteng North

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RESULTS TEAM COMPETITION M65/6**POSITION 1**

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	3183	stephen	MOAGI	CGA	M65/6	26:01	Central Gauteng Athletics

4	3187	cyril	VERGI	CGA	M65/6	27:08	Central Gauteng Athletics
10	3182	aloysius	EYBERS	CGA	M65/6	28:19	Central Gauteng Athletics
11	3185	maxwell	TEFFO	CGA	M65/6	28:22	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	2540	warren	SCHMELZER	ANWN	M65/6	24:36	Athletics North West North
7	2539	trevor	PARRY	ANWN	M65/6	27:27	Athletics North West North
8	2541	nico	STEENEKAMP	ANWN	M65/6	28:00	Athletics North West North
18	2538	jacob	MJANDANA	ANWN	M65/6	30:12	Athletics North West North

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1435	david	MAPHANGULO	AGN	M65/6	23:42	Athletics Gauteng North
6	1438	machiel	VAN NIEKERK	AGN	M65/6	27:16	Athletics Gauteng North
16	1433	tommy	BREEDT	AGN	M65/6	30:05	Athletics Gauteng North
23	1439	wessel	VAN WYK	AGN	M65/6	33:12	Athletics Gauteng North

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
17	393	henk	TERBLANCHE	ACNW	M65/6	30:05	Athletics Central North West
19	390	johan	BOTES	ACNW	M65/6	30:39	Athletics Central North West
22	391	eddie	MONG	ACNW	M65/6	31:35	Athletics Central North West
25	392	lourens	SWANEPOEL	ACNW	M65/6	34:17	Athletics Central North West

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RESULTS TEAM COMPETITION M70/6

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	3188	brian	CHAMBERLAIN	CGA	M70/6	27:02	Central Gauteng Athletics
4	3191	philimon	ZULU	CGA	M70/6	27:37	Central Gauteng Athletics
8	3189	phil	CONNOLLY	CGA	M70/6	29:11	Central Gauteng Athletics
11	3190	brian	CURRIE	CGA	M70/6	30:06	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1442	mike	DU BRUTO	AGN	M70/6	26:40	Athletics Gauteng North
3	1443	daniel	HLONGWANE	AGN	M70/6	27:18	Athletics Gauteng North
7	1441	philip	BOARDMAN	AGN	M70/6	28:31	Athletics Gauteng North
15	1444	pieter	ROSSOUW	AGN	M70/6	33:39	Athletics Gauteng North

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RESULTS TEAM COMPETITION G8/1

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1269	tyler	VAN ROOYEN	AGN	G8/1	03:38	Athletics Gauteng North
3	1265	lee-hane	MIENNIE	AGN	G8/1	03:44	Athletics Gauteng North
4	1255	sianne	BIGNAUT	AGN	G8/1	03:44	Athletics Gauteng North
8	10	alexa	VAN LOGGENBERG	AGN	G8/1	03:49	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	752	mamello	HANKANA	AFS	G8/1	03:44	Athletics Free State
6	759	ebeth	STRYDOM	AFS	G8/1	03:47	Athletics Free State
12	749	chani	BRITZ	AFS	G8/1	03:53	Athletics Free State
22	761	gerne	VAN ROOYEN	AFS	G8/1	04:05	Athletics Free State
42							

POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	321	zoe	RISI	ACNW	G8/1	03:46	Athletics Central North West
9	323	mnushke	SMITH	ACNW	G8/1	03:50	Athletics Central North West
13	320	hayley	LUES	ACNW	G8/1	03:54	Athletics Central North West
17	311	lisa	ENGELBRECHT	ACNW	G8/1	04:01	Athletics Central North West
44							

POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
18	3819	subrinah	CHILOANE	LIMA	G8/1	04:02	Limpopo Athletics
23	3825	tshedimos	SELALA	LIMA	G8/1	04:06	Limpopo Athletics
37	3828	lana	VAN DER MERWE	LIMA	G8/1	04:13	Limpopo Athletics
44	3822	millicent	MAKGATA	LIMA	G8/1	04:21	Limpopo Athletics
122							

POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
29	2668	lorenchia	WOLHUTER	ASWD	G8/1	04:09	South Western Districts
31	2665	jesnique	DU PLESSIS	ASWD	G8/1	04:10	South Western Districts
36	2666	hanelie	VAN STADEN	ASWD	G8/1	04:12	South Western Districts
39	2664	lameeze	DE BRUYN	ASWD	G8/1	04:14	South Western Districts
135							

POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
21	2079	kaylene	STOLTZ	AMPU	G8/1	04:04	Athletics Mpumalanga
34	2066	hazel	BELLINGAN	AMPU	G8/1	04:11	Athletics Mpumalanga
43	2070	kamea	FINCHAM	AMPU	G8/1	04:20	Athletics Mpumalanga
48	2071	ilke	JANSEN	AMPU	G8/1	04:23	Athletics Mpumalanga
146							

POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
7	3081	natalie	STRYDOM	CGA	G8/1	03:47	Central Gauteng Athletics
15	3078	tinyiko	MKHAWANA	CGA	G8/1	04:00	Central Gauteng Athletics
28	3080	rebecca	ROHREBECK	CGA	G8/1	04:08	Central Gauteng Athletics
103	3077	theko	BONTLE	CGA	G8/1	05:16	Central Gauteng Athletics
153							

POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
45	2484	danne	WELMAN	ANWN	G8/1	04:21	Athletics North West North
47	2485	milan	YOUNG	ANWN	G8/1	04:22	Athletics North West North
57	2478	elly	OLIVIER	ANWN	G8/1	04:33	Athletics North West North
61	2482	mile	VAN DER HEEVER	ANWN	G8/1	04:38	Athletics North West North
210							

POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
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59	1764	mikayla	VAN BOSCH	AGW	G8/1	04:35	Griqua Land West
86	1759	anna	COETZEE	AGW	G8/1	04:59	Griqua Land West
87	1766	inge	VITTI	AGW	G8/1	04:59	Griqua Land West
95	1763	orefile	SEKGOKWE	AGW	G8/1	05:07	Griqua Land West

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RESULTS TEAM COMPETITION G9/2

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3089	thato	SESOKO	CGA	G9/2	07:26	Central Gauteng Athletics
2	3088	taya	PELSE	CGA	G9/2	07:35	Central Gauteng Athletics
4	3084	lebohang	MAIKANE	CGA	G9/2	07:36	Central Gauteng Athletics
8	3087	anna	NKABINDE	CGA	G9/2	07:52	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
6	1281	leandri	PRETORIUS	AGN	G9/2	07:46	Athletics Gauteng North
14	1287	lane	VAN DER WESTHUIZEN	AGN	G9/2	08:03	Athletics Gauteng North
18	1275	celia	HOMAN	AGN	G9/2	08:07	Athletics Gauteng North
20	1288	chane	VENTER	AGN	G9/2	08:10	Athletics Gauteng North

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
9	2096	mieke	PAUER	AMPU	G9/2	07:53	Athletics Mpumalanga
10	2087	cheyenne	ERASMUS	AMPU	G9/2	07:54	Athletics Mpumalanga
17	2086	elaine	DU VENAGE	AMPU	G9/2	08:05	Athletics Mpumalanga
28	2089	danica	HOLTZHAUSEN	AMPU	G9/2	08:15	Athletics Mpumalanga

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	767	itumeleng	JAMPI	AFS	G9/2	07:35	Athletics Free State
5	771	okuhle	MAGWENTSHU	AFS	G9/2	07:40	Athletics Free State
27	768	lelanie	JORDAAN	AFS	G9/2	08:14	Athletics Free State
30	779	gerne	POTGIETER	AFS	G9/2	08:16	Athletics Free State

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
15	1770	liesa	KRUGER	AGW	G9/2	08:04	Griqua Land West
19	1768	temerelcia	CHOLO	AGW	G9/2	08:10	Griqua Land West
23	1771	franciska	MOORCROFT	AGW	G9/2	08:12	Griqua Land West
49	1774	anna	WESSELS	AGW	G9/2	08:31	Griqua Land West

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
7	2673	julande	VISSER	ASWD	G9/2	07:51	South Western Districts
13	2671	aranca	KOONTHEA	ASWD	G9/2	08:00	South Western Districts
26	2672	sumay	VAN WYK	ASWD	G9/2	08:13	South Western Districts
84	2669	davidene	ISAACS	ASWD	G9/2	09:08	South Western Districts

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
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21	3840	happiness	VILAKAZI	LIMA	G9/2	08:11	Limpopo Athletics
35	3833	lerato	LESHABA	LIMA	G9/2	08:21	Limpopo Athletics
39	3838	naledi	MODILA	LIMA	G9/2	08:23	Limpopo Athletics
48	3834	ayanda	MABANE	LIMA	G9/2	08:30	Limpopo Athletics

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
11	2487	sadie	BOTHMA	ANWN	G9/2	07:56	Athletics North West North
29	2497	liandri	RADEMAN	ANWN	G9/2	08:16	Athletics North West North
41	2498	sydi	SWANEPOEL	ANWN	G9/2	08:24	Athletics North West North
70	2495	nina	PIETERSE	ANWN	G9/2	08:51	Athletics North West North

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
16	331	rianca	JONKER	ACNW	G9/2	08:04	Athletics Central North West
32	338	richenda	ROSSITER	ACNW	G9/2	08:18	Athletics Central North West
50	344	amole	VILJOEN	ACNW	G9/2	08:32	Athletics Central North West
54	327	ninke	DE BRUIN	ACNW	G9/2	08:34	Athletics Central North West

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RESULTS TEAM COMPETITION G10/2

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	1109	line	DE VILLIERS	AGN	G10/2	06:01	Athletics Gauteng North
6	1122	rozellin	VAN NIEKERK	AGN	G10/2	06:15	Athletics Gauteng North
11	1119	bianca	STOLTZ	AGN	G10/2	06:19	Athletics Gauteng North
12	1120	heike	SWART	AGN	G10/2	06:19	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	3001	katego	SESING	CGA	G10/2	06:11	Central Gauteng Athletics
9	2997	mbali	MODISANE	CGA	G10/2	06:18	Central Gauteng Athletics
14	2993	anaamika	MAHARAJ	CGA	G10/2	06:25	Central Gauteng Athletics
22	3000	karabo	RABOTAPI	CGA	G10/2	06:36	Central Gauteng Athletics

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
4	627	nthabiseng	NYAPOTSE	AFS	G10/2	06:11	Athletics Free State
7	618	carla	BRITZ	AFS	G10/2	06:17	Athletics Free State
27	624	asanda	MANQUTHU	AFS	G10/2	06:43	Athletics Free State
30	623	amanda	MANQUTHU	AFS	G10/2	06:45	Athletics Free State

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	3741	kwetepe	PHETLA	LIMA	G10/2	06:14	Limpopo Athletics
18	3732	taetso	MANAPE	LIMA	G10/2	06:31	Limpopo Athletics
19	3729	reyabetsw	KUBJANA	LIMA	G10/2	06:32	Limpopo Athletics
28	3731	thatego	MALULEKA	LIMA	G10/2	06:43	Limpopo Athletics

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
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10	1963	minay	CAMPHER	AMPU	G10/2	06:18	Athletics Mpumalanga
15	1969	danankia	LESCH	AMPU	G10/2	06:25	Athletics Mpumalanga
29	1972	liancia	OOSTHUYSEN	AMPU	G10/2	06:43	Athletics Mpumalanga
64	1975	quinzelle	VAN DER BERG	AMPU	G10/2	07:04	Athletics Mpumalanga

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	2633	caitlyn	CAWOOD	ASWD	G10/2	06:01	South Western Districts
36	2632	amanda	AMSTERDAM	ASWD	G10/2	06:49	South Western Districts
45	2636	marelise	ROBBENSON	ASWD	G10/2	06:53	South Western Districts
46	2634	legacia	JACOBS	ASWD	G10/2	06:54	South Western Districts

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
8	213	sarah	BOUWER	ACNW	G10/2	06:18	Athletics Central North West
13	223	giselle	TALJAARD	ACNW	G10/2	06:20	Athletics Central North West
70	221	dianell	SCHOLTZ	ACNW	G10/2	07:07	Athletics Central North West
72	226	genna	VAN DER MERWE	ACNW	G10/2	07:11	Athletics Central North West

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
17	2383	lillanie	ELOFF	ANWN	G10/2	06:28	Athletics North West North
21	2388	tatiana	PIETERSE	ANWN	G10/2	06:33	Athletics North West North
65	2390	marianka	SCHRAMM	ANWN	G10/2	07:04	Athletics North West North
81	2381	quenne	BOTHA	ANWN	G10/2	07:19	Athletics North West North

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
57	1733	sade	GIRD	AGW	G10/2	07:01	Griqua Land West
84	1736	jay-lay	KRUGER	AGW	G10/2	07:23	Griqua Land West
98	1737	naidene	MOITSE	AGW	G10/2	07:33	Griqua Land West
111	1734	faith	KASPER	AGW	G10/2	07:49	Griqua Land West

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RESULTS TEAM COMPETITION G11/3

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	1138	kaylen	NIEMANN	AGN	G11/3	10:35	Athletics Gauteng North
8	1126	dienneke	BEUKES	AGN	G11/3	11:24	Athletics Gauteng North
12	1136	izelle	NEL	AGN	G11/3	11:36	Athletics Gauteng North
17	1134	nkele	MASINGI	AGN	G11/3	11:44	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	1991	duane	WALKER	AMPU	G11/3	11:14	Athletics Mpumalanga
6	1980	roxy-lee	FICK	AMPU	G11/3	11:21	Athletics Mpumalanga
13	1977	chenel	BADENHORST	AMPU	G11/3	11:39	Athletics Mpumalanga
16	1990	lwandle	VILANE	AMPU	G11/3	11:44	Athletics Mpumalanga

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
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3	3007	polite	MBOOKANE	CGA	G11/3	11:05	Central Gauteng Athletics
4	3008	chemene	MENTZ	CGA	G11/3	11:09	Central Gauteng Athletics
23	3009	paballo	MGWANGQA	CGA	G11/3	11:52	Central Gauteng Athletics
24	3011	reamogets	RAGEDI	CGA	G11/3	11:52	Central Gauteng Athletics

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
9	3759	khomotso	PHADU	LIMA	G11/3	11:27	Limpopo Athletics
11	3751	karabo	MAKGATA	LIMA	G11/3	11:33	Limpopo Athletics
18	3754	lerato	MASHILO	LIMA	G11/3	11:45	Limpopo Athletics
29	3757	lebogang	NGOBENI	LIMA	G11/3	11:58	Limpopo Athletics

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
14	648	danell	OELOFSE	AFS	G11/3	11:41	Athletics Free State
20	645	mamello	MASHABE	AFS	G11/3	11:46	Athletics Free State
26	638	kgomotso	FRANCE	AFS	G11/3	11:54	Athletics Free State
40	650	moleboher	SELEPE	AFS	G11/3	12:10	Athletics Free State

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
10	2641	shaneez	WEIMERS	ASWD	G11/3	11:29	South Western Districts
15	2638	rhiney	MARITZ	ASWD	G11/3	11:43	South Western Districts
37	2639	alexis	OPPERMAN	ASWD	G11/3	12:06	South Western Districts
47	2640	elisma	VAN WYK	ASWD	G11/3	12:18	South Western Districts

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
19	245	carli	VISSER	ACNW	G11/3	11:45	Athletics Central North West
38	232	johanka	DE VILLIERS	ACNW	G11/3	12:06	Athletics Central North West
56	230	ru-nita	BRITZ	ACNW	G11/3	12:25	Athletics Central North West
71	236	dane	MARITZ	ACNW	G11/3	12:35	Athletics Central North West

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	2802	selna	VAN AS	AVT	G11/3	10:31	Athletics Vaal Triangle
7	2801	minjunet	SMIT	AVT	G11/3	11:22	Athletics Vaal Triangle
73	2800	gabriella	ROOS	AVT	G11/3	12:38	Athletics Vaal Triangle
111	2798	deziree	JOUBERT	AVT	G11/3	13:26	Athletics Vaal Triangle

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
35	2412	mirne	YOUNG	ANWN	G11/3	12:05	Athletics North West North
45	2406	sunel	NAUDE	ANWN	G11/3	12:17	Athletics North West North
65	2411	rulandi	WEYERS	ANWN	G11/3	12:32	Athletics North West North
68	2396	mar-lene	BOTHA	ANWN	G11/3	12:33	Athletics North West North

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RESULTS TEAM COMPETITION G12/3

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
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1	2005	shebba	SITHOLE	AMPU	G12/3	10:47	Athletics Mpumalanga
4	1999	elri	KRUGER	AMPU	G12/3	10:57	Athletics Mpumalanga
7	2007	luzulke	VAN WYK	AMPU	G12/3	11:10	Athletics Mpumalanga
10	2006	lindiwe	TSOTETSI	AMPU	G12/3	11:16	Athletics Mpumalanga

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	1150	luca	DE WAAL	AGN	G12/3	10:49	Athletics Gauteng North
3	1156	lebogang	MODUNGWA	AGN	G12/3	10:55	Athletics Gauteng North
6	1155	maudi	MHLANGA	AGN	G12/3	11:09	Athletics Gauteng North
11	1146	nilene	BEZUIDENHOUT	AGN	G12/3	11:23	Athletics Gauteng North

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
15	656	rethabile	CHABANE	AFS	G12/3	11:31	Athletics Free State
17	659	nonkululek	MATROS	AFS	G12/3	11:33	Athletics Free State
18	668	inge	VAN STADEN	AFS	G12/3	11:33	Athletics Free State
23	652	keamogets	BENESI	AFS	G12/3	11:36	Athletics Free State

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
13	3019	naledi	MOTHOGWANE	CGA	G12/3	11:30	Central Gauteng Athletics
20	3017	loghan	GRAY	CGA	G12/3	11:35	Central Gauteng Athletics
21	3016	kitso	GAOREKWE	CGA	G12/3	11:35	Central Gauteng Athletics
22	3020	lee sue	NYATHI	CGA	G12/3	11:36	Central Gauteng Athletics

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
12	3427	nomfundo	DLAMINI	KZNA	G12/3	11:24	Kwazulu Natal
14	3430	sinenhlanh	MTHOMBENI	KZNA	G12/3	11:31	Kwazulu Natal
29	3429	ella-rose	GASS	KZNA	G12/3	11:43	Kwazulu Natal
36	3432	alwande	SHABANGU	KZNA	G12/3	11:53	Kwazulu Natal

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
9	3771	kadibetso	SHAKWANE	LIMA	G12/3	11:15	Limpopo Athletics
26	3770	lohandi	SCHUTTE	LIMA	G12/3	11:41	Limpopo Athletics
44	3768	sare	NEL	LIMA	G12/3	12:00	Limpopo Athletics
48	3763	tshepiso	KGALEMA	LIMA	G12/3	12:03	Limpopo Athletics

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
34	2642	lee-gayle	OLYN	ASWD	G12/3	11:51	South Western Districts
53	2643	nolene	PIETERSE	ASWD	G12/3	12:06	South Western Districts
58	2644	xavairea	TEKANA	ASWD	G12/3	12:11	South Western Districts
81	49	isabella	VOSTER	ASWD	G12/3	12:45	South Western Districts

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
8	2416	carmen	DICKS	ANWN	G12/3	11:11	Athletics North West North
64	2419	agnes	NCUBE	ANWN	G12/3	12:20	Athletics North West North
80	2421	katelyn	ROSSOUW	ANWN	G12/3	12:44	Athletics North West North

86 2418 mia LE ROUX ANWN G12/3 12:50 Athletics North West North
238

POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
62	258	abbigail	VILJOEN	ACNW	G12/3	12:19	Athletics Central North West
74	254	anchen	SCHUTTE	ACNW	G12/3	12:34	Athletics Central North West
79	248	karla	DE BRUYN	ACNW	G12/3	12:41	Athletics Central North West
84	252	xandri	PALMER	ACNW	G12/3	12:48	Athletics Central North West

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POSITION 10

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
54	3320	kara	FOURIE	EPA	G12/3	12:07	Eastern Province Athletics
70	3321	megan	HOUGH	EPA	G12/3	12:30	Eastern Province Athletics
76	3322	marne	KOEN	EPA	G12/3	12:38	Eastern Province Athletics
121	3319	lynique	DE VOS	EPA	G12/3	14:08	Eastern Province Athletics

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POSITION 11

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
60	1744	mia	EKKERD	AGW	G12/3	12:19	Griqua Land West
71	1743	xolelwa	BAMBISO	AGW	G12/3	12:31	Griqua Land West
103	1749	anika	VAN DER MERWE	AGW	G12/3	13:17	Griqua Land West
104	1746	nomthandz	HOFMAN	AGW	G12/3	13:23	Griqua Land West

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RESULTS TEAM COMPETITION G13/3

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	3028	ntombi	GUMEDE	CGA	G13/3	10:00	Central Gauteng Athletics
5	3026	makgwarar	DIEKETSENG	CGA	G13/3	10:14	Central Gauteng Athletics
6	3030	lebo	NKOYANE	CGA	G13/3	10:15	Central Gauteng Athletics
9	3024	camryn	DE MEYER	CGA	G13/3	10:19	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1178	liane	SMIT	AGN	G13/3	09:58	Athletics Gauteng North
8	1170	izandri	JACOBS	AGN	G13/3	10:15	Athletics Gauteng North
10	31	ntloheleng	THELEJANE	AGN	G13/3	10:21	Athletics Gauteng North
17	1169	niazell	GRABE	AGN	G13/3	10:30	Athletics Gauteng North

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
4	2807	marli	DIMOND	AVT	G13/3	10:12	Athletics Vaal Triangle
7	2810	wiepke	SCHOEMAN	AVT	G13/3	10:15	Athletics Vaal Triangle
20	2858	nthabiseng	SEHLOHO	AVT	G13/3	10:33	Athletics Vaal Triangle
32	2806	jolaine	AUCAMP	AVT	G13/3	10:47	Athletics Vaal Triangle

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	2017	lika	OLIVIER	AMPU	G13/3	10:00	Athletics Mpumalanga
21	2013	dejane	HOLTZHAUSEN	AMPU	G13/3	10:33	Athletics Mpumalanga
25	2018	tanya	PIETERSE	AMPU	G13/3	10:38	Athletics Mpumalanga

57 2011 sihle CINDI AMPU G13/3 11:03 Athletics Mpumalanga
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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
11	679	refiloe	MOTLOHI	AFS	G13/3	10:21	Athletics Free State
19	680	karabo	MSUTU	AFS	G13/3	10:33	Athletics Free State
38	677	relebohile	MOHALE	AFS	G13/3	10:53	Athletics Free State
43	685	carlé	STOCKENSTRÖM	AFS	G13/3	10:55	Athletics Free State

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
13	269	kayla	SCHEPPEL	ACNW	G13/3	10:23	Athletics Central North West
40	272	alri	VERSTER	ACNW	G13/3	10:54	Athletics Central North West
49	260	angie	BADALA	ACNW	G13/3	10:58	Athletics Central North West
62	265	amone	LE ROUX	ACNW	G13/3	11:07	Athletics Central North West

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
37	3435	keira	NAIDOO	KZNA	G13/3	10:52	Kwazulu Natal
44	1377	Rylee-Kai	CHALLENGOR	KZNA	G13/3	10:56	Kwazulu Natal
47	3437	bathabile	SHEZI	KZNA	G13/3	10:57	Kwazulu Natal
68	3433	bongiwe	MASONDO	KZNA	G13/3	11:13	Kwazulu Natal

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
28	2427	abbygale	HAVENGA	ANWN	G13/3	10:42	Athletics North West North
58	2432	janeske	VAN DER WALT	ANWN	G13/3	11:03	Athletics North West North
65	2428	monique	KLOPPER	ANWN	G13/3	11:10	Athletics North West North
71	2431	dineo	SILINZA	ANWN	G13/3	11:15	Athletics North West North

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
52	3785	ashley	MOREIRA	LIMA	G13/3	10:59	Limpopo Athletics
53	3775	vanessa	DA SILVA	LIMA	G13/3	11:00	Limpopo Athletics
63	3783	joy	MATENTSHI	LIMA	G13/3	11:07	Limpopo Athletics
67	3778	thebatso	KOLA	LIMA	G13/3	11:13	Limpopo Athletics

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POSITION 10

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
55	2648	daneil	TIETIES	ASWD	G13/3	11:01	South Western Districts
60	2646	shafieka	DU PREEZ	ASWD	G13/3	11:06	South Western Districts
102	2649	hope	WILLIAMS	ASWD	G13/3	11:43	South Western Districts
115	2647	sherna	PHILLIPS	ASWD	G13/3	11:56	South Western Districts

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RESULTS TEAM COMPETITION G14/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	3040	phemelo	MATSHABA	CGA	G14/4	14:05	Central Gauteng Athletics
4	3038	naledi	MAKGATHA	CGA	G14/4	14:07	Central Gauteng Athletics
5	3039	khunedi	MASHISHI	CGA	G14/4	14:13	Central Gauteng Athletics

6 3043 ntokoza TLOU CGA G14/4 14:24 Central Gauteng Athletics
18

POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1182	li-marie	DEKKER	AGN	G14/4	13:51	Athletics Gauteng North
2	1188	tinyiko	NDLALA	AGN	G14/4	14:03	Athletics Gauteng North
10	1184	talita	HOMAN	AGN	G14/4	14:27	Athletics Gauteng North
15	1196	melissa	VAN NIEKERK	AGN	G14/4	14:49	Athletics Gauteng North

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
8	2813	mieke	SMIT	AVT	G14/4	14:26	Athletics Vaal Triangle
19	2814	sune	SNYMAN	AVT	G14/4	15:04	Athletics Vaal Triangle
36	2812	karabo	SEHLOHO	AVT	G14/4	15:50	Athletics Vaal Triangle
41	2815	johanne	VALINTIN	AVT	G14/4	16:03	Athletics Vaal Triangle

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
17	3442	sisanda	SIKHAKHANE	KZNA	G14/4	14:51	Kwazulu Natal
23	3440	beth	MAYER	KZNA	G14/4	15:21	Kwazulu Natal
42	3441	xolisile	NENE	KZNA	G14/4	16:09	Kwazulu Natal
45	3439	samkelisw	DLADLA	KZNA	G14/4	16:13	Kwazulu Natal

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
14	701	paballo	RADEBE	AFS	G14/4	14:42	Athletics Free State
34	702	realeboha	SEKHOTO	AFS	G14/4	15:40	Athletics Free State
40	689	alexandra	DE KLERK	AFS	G14/4	16:00	Athletics Free State
48	697	refiloe	MOKHENA	AFS	G14/4	16:20	Athletics Free State

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
24	2023	meceila	BRITS	AMPU	G14/4	15:23	Athletics Mpumalanga
30	2027	liane	PARKES	AMPU	G14/4	15:34	Athletics Mpumalanga
38	2022	kristen	BERRY	AMPU	G14/4	15:55	Athletics Mpumalanga
57	2029	theresse	SEYFFERT	AMPU	G14/4	16:51	Athletics Mpumalanga

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
7	280	lee-ann	MARX	ACNW	G14/4	14:24	Athletics Central North West
46	279	ilane	HERBST	ACNW	G14/4	16:14	Athletics Central North West
47	277	juliska	ERASMUS	ACNW	G14/4	16:18	Athletics Central North West
74	273	malincke	BOTHA	ACNW	G14/4	17:26	Athletics Central North West

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
21	3791	fiona	MAKAKABE	LIMA	G14/4	15:17	Limpopo Athletics
53	3794	kgothatso	TSHEHLA	LIMA	G14/4	16:31	Limpopo Athletics
59	3789	bahangwal	KUBJANE	LIMA	G14/4	16:51	Limpopo Athletics
61	3793	motsatsi	MOTSEO	LIMA	G14/4	16:55	Limpopo Athletics

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
28	2441	micha	VAN VUUREN	ANWN	G14/4	15:33	Athletics North West North
55	2440	monique	STRYDOM	ANWN	G14/4	16:46	Athletics North West North
64	2442	alicia	VIVIERS	ANWN	G14/4	17:00	Athletics North West North
82	2438	kaylia	PENTZ	ANWN	G14/4	18:12	Athletics North West North

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POSITION 10

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
22	2653	mushcha	ROBBENSON	ASWD	G14/4	15:18	South Western Districts
44	2652	leandria	MANGO	ASWD	G14/4	16:13	South Western Districts
86	2650	petrone	GROENEWALD	ASWD	G14/4	18:21	South Western Districts
90	2651	eldone	JANSEN	ASWD	G14/4	18:42	South Western Districts

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RESULTS TEAM COMPETITION G15/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	1215	amogelang	TSHABALALA	AGN	G15/4	14:05	Athletics Gauteng North
6	1204	danita	DINWOODIE	AGN	G15/4	14:39	Athletics Gauteng North
7	1208	mathopelo	MAVUSA	AGN	G15/4	14:43	Athletics Gauteng North
8	1205	annika	JOUBERT	AGN	G15/4	14:44	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	3049	ntokoza	GUMEDE	CGA	G15/4	13:47	Central Gauteng Athletics
4	3057	kimberley	SWANEPOEL	CGA	G15/4	14:16	Central Gauteng Athletics
11	3050	sue-cai	YLEN KORKIE	CGA	G15/4	15:00	Central Gauteng Athletics
16	3052	neyma	MAZIBUKO	CGA	G15/4	15:11	Central Gauteng Athletics

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
26	712	nomhle	JULIE	AFS	G15/4	15:31	Athletics Free State
31	721	nonkululek	VELI	AFS	G15/4	15:43	Athletics Free State
33	714	nomthand	MADUNA	AFS	G15/4	15:45	Athletics Free State
38	706	beanke	DU TOIT	AFS	G15/4	15:57	Athletics Free State

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
10	2044	britney	VAN DER MERWE	AMPU	G15/4	14:55	Athletics Mpumalanga
28	2035	sharona	KLEIN	AMPU	G15/4	15:36	Athletics Mpumalanga
37	2036	berna	KOK	AMPU	G15/4	15:55	Athletics Mpumalanga
59	2045	zelmari	VAN DER MERWE	AMPU	G15/4	16:37	Athletics Mpumalanga

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
43	3446	megan	OLIVIER	KZNA	G15/4	16:06	Kwazulu Natal
44	3445	nonjabulo	MAJOLA	KZNA	G15/4	16:07	Kwazulu Natal
52	3448	caroline	STUURMAN	KZNA	G15/4	16:25	Kwazulu Natal
54	3447	emma	SLACK	KZNA	G15/4	16:27	Kwazulu Natal

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
19	292	riana	NEL	ACNW	G15/4	15:18	Athletics Central North West
67	285	isone	BOOYENS	ACNW	G15/4	17:10	Athletics Central North West
74	287	chimone	DU PISANI	ACNW	G15/4	17:31	Athletics Central North West
81	290	marne	MEINTJIES	ACNW	G15/4	17:52	Athletics Central North West

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
47	2446	regomodit	MOTSHABI	ANWN	G15/4	16:11	Athletics North West North
70	2444	lelanie	JANSEN V VUUREN	ANWN	G15/4	17:13	Athletics North West North
82	2445	ane	JV RENSBURG	ANWN	G15/4	17:52	Athletics North West North
83	2452	nia	VILJOEN	ANWN	G15/4	17:56	Athletics North West North

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
58	3802	poseletso	MOHOMOGALE	LIMA	G15/4	16:37	Limpopo Athletics
65	3798	phumzile	KGARIA	LIMA	G15/4	17:07	Limpopo Athletics
75	3805	selaelo bea	SERUMULA	LIMA	G15/4	17:31	Limpopo Athletics
85	3797	annecia	ENGELBRECHT	LIMA	G15/4	18:06	Limpopo Athletics

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RESULTS TEAM COMPETITION G16/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	1224	chanelle	KRUGER	AGN	G16/4	14:26	Athletics Gauteng North
4	1222	gabriella	GAIT-SMITH	AGN	G16/4	14:33	Athletics Gauteng North
8	1218	juanike	CRONJE	AGN	G16/4	14:47	Athletics Gauteng North
9	1219	marianne	CRONJE	AGN	G16/4	14:54	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	3058	shannon	BOTHA	CGA	G16/4	14:39	Central Gauteng Athletics
6	3059	chane	DE MEYER	CGA	G16/4	14:40	Central Gauteng Athletics
7	3060	tokelo	MATEBANE	CGA	G16/4	14:45	Central Gauteng Athletics
12	3063	deneke	SNYMAN	CGA	G16/4	15:07	Central Gauteng Athletics

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	732	karabo	MOTSOENENG	AFS	G16/4	14:19	Athletics Free State
27	722	tsholofelo	DIKOKO	AFS	G16/4	15:38	Athletics Free State
40	735	bantshabik	SHOALAI	AFS	G16/4	16:20	Athletics Free State
43	728	modiehi	MACHELI	AFS	G16/4	16:43	Athletics Free State

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
21	3453	snegugu	XULU	KZNA	G16/4	15:31	Kwazulu Natal
32	3452	nonjabulo	XULU	KZNA	G16/4	15:53	Kwazulu Natal
34	3449	smangaliso	MADLALA	KZNA	G16/4	15:56	Kwazulu Natal
36	3451	balisa	MONAKALI	KZNA	G16/4	16:07	Kwazulu Natal

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
15	2052	michelle	PARKES	AMPU	G16/4	15:15	Athletics Mpumalanga
29	2053	zanele	SEHOHLE	AMPU	G16/4	15:45	Athletics Mpumalanga
51	2050	gomotsega	MOSIAKO	AMPU	G16/4	17:12	Athletics Mpumalanga
54	2048	hloniphile	MADONSELA	AMPU	G16/4	17:18	Athletics Mpumalanga

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	303	danielle	VERSTER	ACNW	G16/4	13:45	Athletics Central North West
45	301	terizia	VAN DER PLAATS	ACNW	G16/4	16:47	Athletics Central North West
53	300	sunel	SMIT	ACNW	G16/4	17:15	Athletics Central North West
57	294	vizahn	BURGER	ACNW	G16/4	17:19	Athletics Central North West

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
10	2659	berdine	KOLELA	ASWD	G16/4	15:02	South Western Districts
65	2658	jadri-ann	HUMAN	ASWD	G16/4	18:04	South Western Districts
72	2660	lesley-ann	SPOGTER	ASWD	G16/4	18:30	South Western Districts
79	2657	shalanda	BARNARDO	ASWD	G16/4	18:49	South Western Districts

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
44	2459	trinity	SWIGELAAR	ANWN	G16/4	16:47	Athletics North West North
62	2458	tenice	PIQUITA	ANWN	G16/4	17:44	Athletics North West North
68	2454	anzune	GELDENHUYS	ANWN	G16/4	18:07	Athletics North West North
70	2455	lize-mari	KLOPPER	ANWN	G16/4	18:10	Athletics North West North

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
41	3811	tebogo	SELALA	LIMA	G16/4	16:23	Limpopo Athletics
64	3814	macayla	TREURNICH	LIMA	G16/4	17:59	Limpopo Athletics
66	3807	boitumelo	MASHIANOKE	LIMA	G16/4	18:04	Limpopo Athletics
73	3810	mariesa	SCHUTTE	LIMA	G16/4	18:34	Limpopo Athletics

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RESULTS TEAM COMPETITION G17/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1246	carmie	PRINSLOO	AGN	G17/4	13:41	Athletics Gauteng North
2	1248	prudence	SEKGODISO	AGN	G17/4	13:43	Athletics Gauteng North
5	1247	hlokomelo	SEHLABI	AGN	G17/4	14:13	Athletics Gauteng North
7	1236	kirsti	BELL	AGN	G17/4	14:56	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
4	3067	gene	COETZEE	CGA	G17/4	14:05	Central Gauteng Athletics
8	3074	copeland	SARAH	CGA	G17/4	14:58	Central Gauteng Athletics
9	3069	kenaleone	KUMILE	CGA	G17/4	14:59	Central Gauteng Athletics
12	3076	sandra	WIJTENBURG	CGA	G17/4	15:16	Central Gauteng Athletics

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
31	2059	elisma	DU PLOOY	AMPU	G17/4	16:07	Athletics Mpumalanga
35	2057	zandile	COSSA	AMPU	G17/4	16:27	Athletics Mpumalanga
36	2065	sumari	VAN STADEN	AMPU	G17/4	16:32	Athletics Mpumalanga
40	2056	sikhulile	BUTHELEZI	AMPU	G17/4	16:45	Athletics Mpumalanga

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
6	2863	alme	JORDAAN	BOLA	G17/4	14:42	Boland Athletics
26	2866	farren	WENN	BOLA	G17/4	15:59	Boland Athletics
53	2865	anneke	VILJOEN	BOLA	G17/4	17:17	Boland Athletics
73	2864	cimon	VAN DER WESTHUIZEN	BOLA	G17/4	19:08	Boland Athletics

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
28	3455	bongekile	MANYONI	KZNA	G17/4	16:04	Kwazulu Natal
38	3456	slindile	MJWARA	KZNA	G17/4	16:37	Kwazulu Natal
48	3457	aneliswa	MTHEMBU	KZNA	G17/4	17:05	Kwazulu Natal
52	3458	silindile	XIMBA	KZNA	G17/4	17:14	Kwazulu Natal

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
44	740	mamello	MOFOKENG	AFS	G17/4	17:02	Athletics Free State
45	737	stella	BRAND	AFS	G17/4	17:03	Athletics Free State
51	741	tsietso	MOFOKENG	AFS	G17/4	17:10	Athletics Free State
55	742	tebello	MOHLOKI	AFS	G17/4	17:22	Athletics Free State

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
34	306	leonore	LUBBE	ACNW	G17/4	16:25	Athletics Central North West
54	305	nellie	HETZEL	ACNW	G17/4	17:21	Athletics Central North West
74	309	vicky	VAN HEERDEN	ACNW	G17/4	19:11	Athletics Central North West
77	308	marne	VAN DER MERWE	ACNW	G17/4	19:59	Athletics Central North West

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POSITION 8

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
50	2465	rolandie	LIEBENBERG	ANWN	G17/4	17:09	Athletics North West North
67	2467	jennifer	VILJOEN	ANWN	G17/4	18:05	Athletics North West North
69	2461	abigail	DE BEER	ANWN	G17/4	18:41	Athletics North West North
70	2464	tanya	KASEKE	ANWN	G17/4	18:42	Athletics North West North

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POSITION 9

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
30	3816	dinte sharc	MONAKEDI	LIMA	G17/4	16:07	Limpopo Athletics
63	3818	abbi	VAN DER WALT	LIMA	G17/4	17:47	Limpopo Athletics
76	3817	jolandi	VAN DER MERWE	LIMA	G17/4	19:56	Limpopo Athletics
171	3815	jeneve	BOOYSEN	LIMA	G17/4	21:31	Limpopo Athletics

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RESULTS TEAM COMPETITION JW/6

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	3117	casey	BOSMAN	CGA	JW/6	22:02	Central Gauteng Athletics
4	3123	dipuo	MASHAMAITE	CGA	JW/6	22:10	Central Gauteng Athletics
8	3124	lyndi	ROELOFSE	CGA	JW/6	22:33	Central Gauteng Athletics
14	3125	ntombenh	SEABI	CGA	JW/6	23:12	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
7	1326	amber	RAYNERS	AGN	JW/6	22:28	Athletics Gauteng North
9	1315	leshan	CURLEWIS	AGN	JW/6	22:37	Athletics Gauteng North
12	1330	lizeth	VAN WYK	AGN	JW/6	23:02	Athletics Gauteng North
13	1320	mizhane	LOUBSER-KUHN	AGN	JW/6	23:08	Athletics Gauteng North

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	354	cara	DU PREEZ	ACNW	JW/6	21:46	Athletics Central North West
11	356	bianca	VAN DEVENTER	ACNW	JW/6	22:57	Athletics Central North West
15	357	yolandi	VAN DEVENTER	ACNW	JW/6	23:12	Athletics Central North West
25	355	este	LOMBARD	ACNW	JW/6	24:32	Athletics Central North West

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
20	3966	kia	GIBBS	WPA	JW/6	23:32	Western Province Athletics
22	3967	athemba	NQUMASHE	WPA	JW/6	24:08	Western Province Athletics
26	3965	gina	DE KLERK	WPA	JW/6	24:50	Western Province Athletics
37	3968	caitlin	SCHLEHMEYER	WPA	JW/6	26:33	Western Province Athletics

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
32	2121	naftileen	GROBLER	AMPU	JW/6	25:37	Athletics Mpumalanga
36	2126	karabo	MOSASI	AMPU	JW/6	26:25	Athletics Mpumalanga
38	2119	elizabeth	CARR	AMPU	JW/6	26:51	Athletics Mpumalanga
42	2125	liya	MNDEBELE	AMPU	JW/6	27:00	Athletics Mpumalanga

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
21	804	ntsoaki	MOLAHLOE	AFS	JW/6	23:46	Athletics Free State
33	805	rearebetso	MOSIKARE	AFS	JW/6	25:53	Athletics Free State
47	801	molehe	MALEHLOHONOLO	AFS	JW/6	27:25	Athletics Free State
48	803	nomsa	MNISI	AFS	JW/6	27:28	Athletics Free State

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RESULTS TEAM COMPETITION W23/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1531	lee-anne	BLAKE	AGN	W23/4	14:09	Athletics Gauteng North
3	1536	janie	JANSE VAN RENSBURG	AGN	W23/4	14:16	Athletics Gauteng North
4	1545	jana	VAN DER MERWE	AGN	W23/4	14:25	Athletics Gauteng North
8	1548	simonay	WEITSZ	AGN	W23/4	14:51	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	899	lizandre	MULDER	AFS	W23/4	14:27	Athletics Free State
6	894	channah	DU PLESSIS	AFS	W23/4	14:36	Athletics Free State
7	901	vicky	OELOFSE	AFS	W23/4	14:41	Athletics Free State
14	897	dineo	MOKOENA	AFS	W23/4	15:13	Athletics Free State

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	3242	nicole	VAN DER MERWE	CGA	W23/4	14:15	Central Gauteng Athletics
10	3241	lebogang	RAMELA	CGA	W23/4	15:00	Central Gauteng Athletics
12	3238	selinah	MADIELA	CGA	W23/4	15:12	Central Gauteng Athletics
20	3240	welma	NKUNA	CGA	W23/4	15:42	Central Gauteng Athletics

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
16	423	hanli	ETSEBETH	ACNW	W23/4	15:31	Athletics Central North West
17	426	caelin	VAN DER WESTHUIZEN	ACNW	W23/4	15:33	Athletics Central North West
19	421	dominique	BARNARD	ACNW	W23/4	15:40	Athletics Central North West
32	424	line	PRETORIUS	ACNW	W23/4	16:43	Athletics Central North West

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
26	3544	nonhlanhla	GCINA	KZNA	W23/4	16:16	Kwazulu Natal
44	3543	sphelele	FAKUDE	KZNA	W23/4	17:44	Kwazulu Natal
52	3545	gugulethu	MABUYAKHULU	KZNA	W23/4	20:04	Kwazulu Natal
106	3546	bongiwe	NKABINDE	KZNA	W23/4	21:37	Kwazulu Natal

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RESULTS TEAM COMPETITION SW/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1530	aynslee	VAN GRAAN	AGN	SW/4	13:37	Athletics Gauteng North
5	1514	ellen	BEKKER	AGN	SW/4	14:31	Athletics Gauteng North
8	1529	carina	SWIEGERS	AGN	SW/4	14:52	Athletics Gauteng North
10	1518	chantelle	BREYTENBACH	AGN	SW/4	15:06	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
4	3233	cian	OLDKNOW	CGA	SW/4	14:26	Central Gauteng Athletics
6	3234	michelle	STRYDOM	CGA	SW/4	14:39	Central Gauteng Athletics
7	3230	precious	HLAKA	CGA	SW/4	14:44	Central Gauteng Athletics
11	3229	nomsa	COSSA	CGA	SW/4	15:10	Central Gauteng Athletics

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
15	3530	phumzile	GWALA	KZNA	SW/4	15:29	Kwazulu Natal
17	3531	xoli	MADIDA	KZNA	SW/4	15:40	Kwazulu Natal
26	3529	slindile	BIYELA	KZNA	SW/4	16:37	Kwazulu Natal
27	3534	nokukhany	MEMELA	KZNA	SW/4	16:42	Kwazulu Natal

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	2556	rone	REYNECKE	ANWN	SW/4	14:25	Athletics North West North
19	2557	simone	VERWEY	ANWN	SW/4	15:52	Athletics North West North
24	2558	leandri	WILLIAMSON	ANWN	SW/4	16:36	Athletics North West North
41	2555	boitshoko	PHELOANE	ANWN	SW/4	18:46	Athletics North West North

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
13	3346	luthando	NXANISA	EPA	SW/4	15:17	Eastern Province Athletics
20	3345	kayla	NELL	EPA	SW/4	15:53	Eastern Province Athletics
25	3344	ndileka	MVAKWENDLU	EPA	SW/4	16:36	Eastern Province Athletics
31	6	terri-lynn	PENNEY	EPA	SW/4	17:19	Eastern Province Athletics

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	890	marne	MENTZ	AFS	SW/4	13:56	Athletics Free State
28	887	melanie	DE BRUYN	AFS	SW/4	16:44	Athletics Free State
30	891	ruth	MLAMBO	AFS	SW/4	17:04	Athletics Free State
32	889	palesa	MAFANYA	AFS	SW/4	17:22	Athletics Free State

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
9	2210	anuscha	NICE	AMPU	SW/4	15:05	Athletics Mpumalanga
22	2207	anica	CILLIERS	AMPU	SW/4	16:25	Athletics Mpumalanga
40	2208	estella	COSSA	AMPU	SW/4	18:12	Athletics Mpumalanga
50	2209	thembi	MABASO	AMPU	SW/4	21:37	Athletics Mpumalanga

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RESULTS TEAM COMPETITION SW/10

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1508	glenrose	XABA	AGN	SW/10	34:25	Athletics Gauteng North
3	1507	aynslee	VAN GRAAN	AGN	SW/10	35:56	Athletics Gauteng North
15	1492	lizerie	FERREIRA	AGN	SW/10	38:30	Athletics Gauteng North
17	1504	kataza	SHIPALANA	AGN	SW/10	38:59	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
6	3538	thobile	MKHIZE	KZNA	SW/10	37:02	Kwazulu Natal
8	3535	makhosaza	MHLONGO	KZNA	SW/10	37:18	Kwazulu Natal
13	3536	nwabisa	MJOLI	KZNA	SW/10	38:17	Kwazulu Natal
14	3541	cacisile	SOSIBO	KZNA	SW/10	38:21	Kwazulu Natal

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	3226	farida	ZWANE	CGA	SW/10	36:49	Central Gauteng Athletics
11	3219	cornelia	JOUBERT	CGA	SW/10	38:09	Central Gauteng Athletics
12	3225	katy	VAN METER	CGA	SW/10	38:14	Central Gauteng Athletics
20	3237	liza	KELLERMAN	CGA	SW/10	39:27	Central Gauteng Athletics

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	885	kesa	MOLOTSANE	AFS	SW/10	35:10	Athletics Free State
7	883	tyler	BELING	AFS	SW/10	37:03	Athletics Free State
9	884	anna	MOEKETSI	AFS	SW/10	37:50	Athletics Free State
30	886	maryna	SWANEPOEL	AFS	SW/10	43:45	Athletics Free State

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
4	3990	kyla	VAN GRAAN	WPA	SW/10	36:20	Western Province Athletics
10	3991	zintle	XINIWE	WPA	SW/10	37:54	Western Province Athletics
16	3989	vuyiseka	NKUMENGE	WPA	SW/10	38:43	Western Province Athletics
22	3987	sophie	COPE	WPA	SW/10	39:41	Western Province Athletics

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RESULTS TEAM COMPETITION W35/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	3548	janie	GRUNDLING	KZNA	W35/4	00:00	Kwazulu Natal
6	3550	zama	MOKOENA	KZNA	W35/4	00:00	Kwazulu Natal
7	3549	hlobisile	MADIDA	KZNA	W35/4	00:00	Kwazulu Natal
8	3547	tracey	ALLISON	KZNA	W35/4	00:00	Kwazulu Natal

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1561	andrea	STEYN	AGN	W35/4	00:00	Athletics Gauteng North
3	1565	nicole	VENTER	AGN	W35/4	00:00	Athletics Gauteng North
9	1558	hannelie	MARE	AGN	W35/4	00:00	Athletics Gauteng North
10	1552	marcelle	COETZEE	AGN	W35/4	00:00	Athletics Gauteng North

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
4	3246	rebecca	MOKGOSINYANE	CGA	W35/4	00:00	Central Gauteng Athletics
11	3243	mpho	MABUZA	CGA	W35/4	00:00	Central Gauteng Athletics
25	3249	boitumelo	SEHLOHO	CGA	W35/4	00:00	Central Gauteng Athletics
28	3247	seipati	PEO	CGA	W35/4	00:00	Central Gauteng Athletics

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
14	429	annalisa	FREESE	ACNW	W35/4	00:00	Athletics Central North West
21	432	adele	VAN NIEKERK	ACNW	W35/4	00:00	Athletics Central North West
29	431	yolandi	MARX	ACNW	W35/4	00:00	Athletics Central North West
33	430	mandie	KRUGER	ACNW	W35/4	00:00	Athletics Central North West

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
24	2212	ilse	BOTHA	AMPU	W35/4	00:00	Athletics Mpumalanga
26	2216	dolene	VAN DER BERG	AMPU	W35/4	00:00	Athletics Mpumalanga
36	2215	carla	STEENKAMP	AMPU	W35/4	00:00	Athletics Mpumalanga
37	2214	janettha	HOLTZHAUSEN	AMPU	W35/4	00:00	Athletics Mpumalanga

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
32	907	yzelle	DE BEER	AFS	W35/4	00:00	Athletics Free State
38	910	liz	MEETS	AFS	W35/4	00:00	Athletics Free State
43	911	anica	VISAGIE	AFS	W35/4	00:00	Athletics Free State
46	909	marieta	MARX	AFS	W35/4	00:00	Athletics Free State

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RESULTS TEAM COMPETITION W40/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	3252	ilse	MARAIS	CGA	W40/4	00:00	Central Gauteng Athletics
4	3257	maria	VILAKAZI	CGA	W40/4	00:00	Central Gauteng Athletics
7	3254	maphuti	PHAKA	CGA	W40/4	00:00	Central Gauteng Athletics
10	3256	morakane	TSEPETSI	CGA	W40/4	00:00	Central Gauteng Athletics

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1574	liza	MARITZ	AGN	W40/4	00:00	Athletics Gauteng North
8	1579	marizelle	RAUBENHEIMER	AGN	W40/4	00:00	Athletics Gauteng North
21	1580	monica	ROUSSEAU	AGN	W40/4	00:00	Athletics Gauteng North
28	1575	refiloe	MOTAUNG	AGN	W40/4	00:00	Athletics Gauteng North

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	434	minette	BELL	ACNW	W40/4	00:00	Athletics Central North West
16	437	daleen	VAN DER MERWE	ACNW	W40/4	00:00	Athletics Central North West
23	436	willemien	VAN DER LINDE	ACNW	W40/4	00:00	Athletics Central North West
36	435	marianne	KOTZE	ACNW	W40/4	00:00	Athletics Central North West

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
13	3554	kim	HOATSON	KZNA	W40/4	00:00	Kwazulu Natal
18	3552	victoria	COETZEE	KZNA	W40/4	00:00	Kwazulu Natal
24	3553	precious	DUMA	KZNA	W40/4	00:00	Kwazulu Natal
41	3555	natacha	SMITH	KZNA	W40/4	00:00	Kwazulu Natal

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
20	2220	chantal	MIDDEL-BOVEE	AMPU	W40/4	00:00	Athletics Mpumalanga
25	2222	rynita	VENTER	AMPU	W40/4	00:00	Athletics Mpumalanga
39	2221	hester	SHEPHERD	AMPU	W40/4	00:00	Athletics Mpumalanga
44	2218	nicolene	LANGERMAN	AMPU	W40/4	00:00	Athletics Mpumalanga

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RESULTS TEAM COMPETITION W45/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1602	ronel	THOMAS	AGN	W45/4	00:00	Athletics Gauteng North
3	1593	sunet	EYBERS	AGN	W45/4	00:00	Athletics Gauteng North

8	1592	carika	CURLEWIS	AGN	W45/4	00:00	Athletics Gauteng North
9	1587	tania	BLIGNAUT	AGN	W45/4	00:00	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
7	3258	melanie	JENNETT	CGA	W45/4	00:00	Central Gauteng Athletics
14	3261	assalina	NYATHI	CGA	W45/4	00:00	Central Gauteng Athletics
17	3264	nomasontc	SKOSANA	CGA	W45/4	00:00	Central Gauteng Athletics
20	3260	florence	MUNYAI	CGA	W45/4	00:00	Central Gauteng Athletics

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
4	3557	meggan	MACKENZIE	KZNA	W45/4	00:00	Kwazulu Natal
10	3561	sibongile	ZIQUBU	KZNA	W45/4	00:00	Kwazulu Natal
21	3558	hleziphi	NCAYIYANA	KZNA	W45/4	00:00	Kwazulu Natal
24	3559	tholakele	NGCOBO	KZNA	W45/4	00:00	Kwazulu Natal

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
6	920	leana	ESTERHUIZEN	AFS	W45/4	00:00	Athletics Free State
16	918	kemaine	BOTHA	AFS	W45/4	00:00	Athletics Free State
23	922	mercia	PRETORIUS	AFS	W45/4	00:00	Athletics Free State
30	921	carolise	JACOBS	AFS	W45/4	00:00	Athletics Free State

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
12	2572	elsabe	LUBBE	ANWN	W45/4	00:00	Athletics North West North
15	2574	karon	MURLEY	ANWN	W45/4	00:00	Athletics North West North
27	2570	riette	BESTER	ANWN	W45/4	00:00	Athletics North West North
33	2571	hester	DE WET	ANWN	W45/4	00:00	Athletics North West North

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POSITION 6

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
11	440	liani	ERASMUS	ACNW	W45/4	00:00	Athletics Central North West
18	441	mariette	HITGE	ACNW	W45/4	00:00	Athletics Central North West
28	443	monicah	MOGATLE	ACNW	W45/4	00:00	Athletics Central North West
43	438	johanni	DE JAGER	ACNW	W45/4	00:00	Athletics Central North West

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POSITION 7

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
26	2224	anke	DU TOIT	AMPU	W45/4	00:00	Athletics Mpumalanga
42	2225	nelia	GROBLER	AMPU	W45/4	00:00	Athletics Mpumalanga
44	2229	margaret	VAN VUREN	AMPU	W45/4	00:00	Athletics Mpumalanga
47	2226	sanet	JACOBS	AMPU	W45/4	00:00	Athletics Mpumalanga

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RESULTS TEAM COMPETITION W50/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	3566	michelle	SIMS	KZNA	W50/4	00:00	Kwazulu Natal
4	3565	lise	MUCHNA	KZNA	W50/4	00:00	Kwazulu Natal

8	3563	kylie	GRIFFIN	KZNA	W50/4	00:00	Kwazulu Natal
10	3564	laura	KHUZWAYO	KZNA	W50/4	00:00	Kwazulu Natal

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1621	salome	VERMEULEN	AGN	W50/4	00:00	Athletics Gauteng North
2	1615	marli	MUNNIK	AGN	W50/4	00:00	Athletics Gauteng North
13	1604	karen	COOMBER	AGN	W50/4	00:00	Athletics Gauteng North
17	1607	carol	GOODINSON	AGN	W50/4	00:00	Athletics Gauteng North

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	2233	martie	NAUDE	AMPU	W50/4	00:00	Athletics Mpumalanga
9	2231	marthi	HARMSE	AMPU	W50/4	00:00	Athletics Mpumalanga
29	2232	elzarie	JORDAAN	AMPU	W50/4	00:00	Athletics Mpumalanga
32	2237	charmaine	VAN DER MERWE	AMPU	W50/4	00:00	Athletics Mpumalanga

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POSITION 4

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
14	3265	winnie	DE WINNAAR	CGA	W50/4	00:00	Central Gauteng Athletics
18	3268	sarah	MAHLANGU	CGA	W50/4	00:00	Central Gauteng Athletics
25	3266	irene	JACOBS	CGA	W50/4	00:00	Central Gauteng Athletics
27	3271	monica	REIS	CGA	W50/4	00:00	Central Gauteng Athletics

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POSITION 5

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
6	2579	elmarie	PRETORIUS	ANWN	W50/4	00:00	Athletics North West North
12	2576	magda	HAASBROEK	ANWN	W50/4	00:00	Athletics North West North
26	2575	linda	AUCAMP	ANWN	W50/4	00:00	Athletics North West North
44	2577	heila	HORN	ANWN	W50/4	00:00	Athletics North West North

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RESULTS TEAM COMPETITION W55/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	1627	elmarie	DU TOIT	AGN	W55/4	00:00	Athletics Gauteng North
6	1633	emmarie	THEUNISSEN	AGN	W55/4	00:00	Athletics Gauteng North
7	1622	elize	BERRANGE	AGN	W55/4	00:00	Athletics Gauteng North
8	1629	ronel	FOURIE	AGN	W55/4	00:00	Athletics Gauteng North

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POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
2	3273	jackie	FREY	CGA	W55/4	00:00	Central Gauteng Athletics
10	3277	rita	LOOTS	CGA	W55/4	00:00	Central Gauteng Athletics
12	3274	thembeke	KETSEKELE	CGA	W55/4	00:00	Central Gauteng Athletics
15	3279	victoria	NGOBESE	CGA	W55/4	00:00	Central Gauteng Athletics

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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
3	2580	ronel	DU PLESSIS	ANWN	W55/4	00:00	Athletics North West North
11	2582	riette	VAN DEN BERG	ANWN	W55/4	00:00	Athletics North West North

25	2584	amanda	VILJOEN	ANWN	W55/4	00:00	Athletics North West North
27	2583	lynne	VAN TONDER	ANWN	W55/4	00:00	Athletics North West North
66							

RESULTS TEAM COMPETITION W60/4

POSITION 1

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
1	1635	anlerie	BOTHA	AGN	W60/4	00:00	Athletics Gauteng North
6	1645	frances	VAN BLERK	AGN	W60/4	00:00	Athletics Gauteng North
10	1637	ilze	CROUS	AGN	W60/4	00:00	Athletics Gauteng North
11	1640	mariet	GEYER	AGN	W60/4	00:00	Athletics Gauteng North
28							

POSITION 2

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
5	3569	blanche	MOILA	KZNA	W60/4	00:00	Kwazulu Natal
7	3567	sanet	BEUKES	KZNA	W60/4	00:00	Kwazulu Natal
9	3570	teresa	SCOTT	KZNA	W60/4	00:00	Kwazulu Natal
13	3568	sheree	KIRSTEN	KZNA	W60/4	00:00	Kwazulu Natal
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POSITION 3

POS	NO	NAME	SURNAME	PROV	AGE CAT	TIME	PROVINCE
8	3285	onica	MOTSEI	CGA	W60/4	00:00	Central Gauteng Athletics
18	3282	sewele	MAPONYA	CGA	W60/4	00:00	Central Gauteng Athletics
20	3286	selinah	NETSHISAULU	CGA	W60/4	00:00	Central Gauteng Athletics
25	3283	thandi	MLAMBO	CGA	W60/4	00:00	Central Gauteng Athletics
71							