



## 2021 ASA Senior Track and Field + Combined Events & 20km Championships

All entries must be sent to [durell@athleticsa.co.za](mailto:durell@athleticsa.co.za) by WEDNESDAY 7 APRIL 2021. Incomplete entries will not be accepted and will be returned.

**All information must be completed to ensure correctness of data supplied, missing information could deem the entry invalid**

**Competition Date : 15 – 17 April 2021**

**Closing Date: 7th April 2021**

**Province :** **Athletics Free State (AFS)**

**Contact Person :** Jurina IMMELMAN

**Email :** [jurina@athleticsfs.co.za](mailto:jurina@athleticsfs.co.za)

**Cell # :** 082-4110107

Date Received by ASA Office : \_\_\_\_\_

Please Type in **CAPITALS** where typing is required (White open Cells)

Please complete the document in Full - **Category**, **Demographics** & **Events** are in Dropbox format, you cannot type in these columns (cells)

Best Performances are 2021 Performances ONLY !! (not the athletes' PB from 5 years ago)

**PLEASE DO NOT ALTER THIS FORMAT OR ANY SIZES IN THE DOCUMENT, THE DOCUMENT MUST BE SENT AS SUPPLIED IN EXCEL**

**ONLY RSA athletes, with valid ID Documents may compete, no athletes from other countries may enter !**

**U/18's Born 2004 & 2005 ONLY**

For the purpose of Multi Events

**U/20's Born 2002 & 2003 ONLY**

For the purpose of Multi Events

**Senior's Born "2005" and before**

An Eligible Senior must be 16 years of Age

| Surname        | First Name | 2020 Lic # | RSA           | Gender | Age      | Demo-    | Event      | Best     | Event        | Best  | Event | Best  |
|----------------|------------|------------|---------------|--------|----------|----------|------------|----------|--------------|-------|-------|-------|
|                |            |            | ID Number     | M / F  | Category | graphics |            | Perf     |              | Perf  |       | Perf  |
| DE KLERK       | MINE       | P2551      | 0303300862081 | F      | Senior   | White    | ShotPut    | 16,86    | Discus Throw | 50,81 |       |       |
| DE NYSSCHEN    | HEIKE      | J389       | 0202010228080 | F      | Senior   | White    | Javelin    | 43,72    |              |       |       |       |
| DREYER         | MARNI      | J24        | 0310130053088 | F      | U/20     | White    | Heptathlon |          |              |       |       |       |
| ERASMUS        | ANE        | P760       | 9907180125087 | F      | Senior   | White    | 400mHur    | 63,47    |              |       |       |       |
| HAVINGA        | JANEL      | P784       | 9803130164088 | F      | Senior   | White    | HammerThrd | 42,30    |              |       |       |       |
| KAREEBOS       | REFILOE    | P1929      | 9707010723089 | F      | Senior   | Black    | 3000mSteep | 13:00,74 |              |       |       |       |
| KOTZE          | JUANNE     | J489       | 0407120071086 | F      | Senior   | White    | 400mHur    | 65,17    |              |       |       |       |
| MAREE          | ANZEL      | J417       | 0311170041082 | F      | Senior   | White    | HammerThr  | 41,49    |              |       |       |       |
| MBISHA         | JOVIALE    | P723       | 0010310191084 | F      | Senior   | Black    | 100m       | 12,05    | 200m         | 24,98 |       |       |
| MOGWASI        | SOKWAKANA  | P809       | 9803190329084 | F      | Senior   | Black    | 100m       | 12,07    |              |       |       |       |
| MOEKETSI       | ANNA       | P2362      | 8509250543081 | F      | Senior   | Black    | 10000m     | 40:00,00 |              |       |       |       |
| MULDER         | LIZANDRE   | P796       | 9705130190080 | F      | Senior   | White    | 3000mSteep | 11:41.53 |              |       |       |       |
| MYBURGH        | MARJULYN   | J067       | 0401230063083 | F      | U/18     | White    | Heptathlon |          |              |       |       |       |
| NEL            | ARIANE     | P720       | 9603060026087 | F      | Senior   | White    | 200m       | 23,89    |              |       |       |       |
| PRETORIUS      | ELAINE     | J316       | 0311260048088 | F      | Senior   | White    | HammerThr  | 53,49    |              |       |       |       |
| ROODE          | LENOR      | J572       | 0405170068085 | F      | U/18     | White    | Heptathlon |          |              |       |       |       |
| MOLOTSANE      | KESA       | P828       | 9201080829083 | F      | Senior   | Black    | 5000m      | 17:43,67 |              |       |       |       |
| SPERSHOTT      | GERMARIE   | J82        | 0503230127089 | F      | Senior   | White    | 400mHur    | 62,20    | 100mHur      | 14,51 |       |       |
| STANDER        | YOLANDI    | P819       | 9811270039085 | F      | Senior   | White    | Discus     | 56,10    |              |       |       |       |
| VAN HEERDEN    | MARZANNE   | J102       | 0302070020086 | F      | Senior   | White    | HammerThr  | 43,00    |              |       |       |       |
| VAN TONDER     | JOHANI     | J767       | 0402190087088 | F      | Senior   | White    | TripleJump | 12,24    |              |       |       |       |
| WEYERS         | LIZRI      | J577       | 0309040086089 | F      | Senior   | White    | 3000mSteep | 14:16,30 |              |       |       |       |
| ALVAREZ ARANDA | AARON      | J224       | 0402065722082 | M      | Senior   | White    | Discus     | 58,22    | HammerThr    | 59,38 |       |       |
| DERISON        | TEDDY      | P3250      | 0101105308080 | M      | Senior   | White    | 800m       | 01:52,06 |              |       |       | 4x400 |
| DLUDLU         | SINETHEMBA | P848       | 9902176029088 | M      | Senior   | Black    | 100m       | 10,67    |              |       |       | 4x100 |
| DU TOIT        | JAN        | J469       | 0312045045084 | M      | Senior   | White    | Discus     | 46,38    | Javelin      | 65,60 |       |       |

|               |             |       |               |   |        |          |            |          |         |          |  |         |  |
|---------------|-------------|-------|---------------|---|--------|----------|------------|----------|---------|----------|--|---------|--|
| HAVINGA       | JAMES       | P788  | 0009275027085 | M | Senior | White    | HammerThrc | 55,16    |         |          |  |         |  |
| JULIES        | NICOLAS     | J320  | 0307105082084 | M | Senior | Coloured | HammerThrc | 58,96    |         |          |  |         |  |
| LIEBENBERG    | DJ          | J220  | 0303015190083 | M | Senior | White    | Discus     | 48,48    | Shotput | 43,72    |  |         |  |
| MAKEPE        | KELEBOHILE  | P857  | 0012255272085 | M | Senior | Black    | 3000mSteep | 09:50,32 |         |          |  |         |  |
| MALEMATSHA    | THATO       | J276  | 0106055613082 | M | Senior | Black    | LongJump   | 7,25     |         |          |  |         |  |
| MARAIS        | DIAAN       | J230  | 0205145098088 | M | Senior | White    | Discus     | 46,4     |         |          |  |         |  |
| MASOBELO      | TSHEPANG    | P3251 | 9808185055081 | M | Senior | Black    | 100m       | 10,62    |         |          |  | 4x100   |  |
| MATSOSO       | TSEBO       | P717  | 9905275180082 | M | Senior | Black    | 200m       | 20,48    | 400m    | 46,32    |  | 4x100   |  |
| MBOXWANA      | GIFT        | J274  | 0202165966082 | M | Senior | Black    | 400m       | 47,71    |         |          |  |         |  |
| MOKHOSOA      | SEFAKO      | P827  | 9603135423087 | M | Senior | Black    | TripleJump | 15,43    |         |          |  |         |  |
| MOLETE        | ITUMELENG   | J269  | 0303265112084 | M | Senior | Black    | 100m       | 10,62    | 200m    | 21,75    |  | 4 x 100 |  |
| MOLEYANE      | LUCKY       | J172  | 0302076104082 | M | Senior | Black    | 100m       | 10,35    | 200m    | 21,11    |  | 4 x 100 |  |
| MTHIMKULU     | MTHI        | J117  | 0304305213080 | M | Senior | Black    | 400m       | 47,67    |         |          |  | 4 x 100 |  |
| OLIPHANT      | UNATHI      | P708  | 9706245854081 | M | Senior | Black    | 400m       | 47,44    | 200m    | 21,31    |  | 4x400   |  |
| SCHEEPERS     | CONRADIE    | P301  | 6709205053085 | M | Senior | White    | ShotPut    | 42,30    |         |          |  |         |  |
| SCHLEBUSCH    | JANNES      | P724  | 0008265024086 | M | Senior | White    | Javelin    | 70,53    |         |          |  |         |  |
| SEGOPOLO      | NEO         | P320  | 9706165214084 | M | Senior | Black    | 3000mSteep | 09:46,85 |         |          |  |         |  |
| SETLHABI      | ORATILE     | P860  | 9709215186088 | M | Senior | Black    | 200m       | 21,29    |         |          |  | 4X100   |  |
| SITHOLE       | BONGANI     | P3252 | 9810055944089 | M | Senior | Black    | 400m       | 47,98    |         |          |  | 4x400   |  |
| VAN DER MERWE | LIAN        | J222  | 0309175097083 | M | Senior | White    | 110mHur    | 15,15    |         |          |  | 4 x 100 |  |
| VAN NIEKERK   | WAYDE       | P836  | 9207155026083 | M | Senior | Coloured | 200m       | 20,10    | 400m    | 45,92    |  |         |  |
| VAN DER WALT  | TJAART      | J3    | 0404055070084 | M | Senior | White    | 400m       | 47,63    |         |          |  | 4x400   |  |
| VORSTMAN      | PIETER-JUAN | J229  | 0208145041082 | M | Senior | White    | HammerThrc | 67,82    |         |          |  |         |  |
| VOSLOO        | WICUS       | P834  | 0103215308083 | M | Senior | White    | 110mHur    | 15,55    |         |          |  |         |  |
| MTEMBU        | PAKISO      | P876  | 9906105390081 | M | Senior | Black    | 5000m      | 14:25,00 | 10000m  | 29:35,00 |  |         |  |