

### Start sheets (All Events)

#### Final Men Senior Discus 16:45 **2.000kg** 1

(WR: Jurgen- SCHULT, GDR, 06 Jun 1986, 74.08) / (AR: Frantz- KRUGER, RSA, 26 May 2002, 70.32) / (SA: Frantz- Kruger, KZNA, 26 May 2002, 70.32)

1	135"	MORSTER FRANCO	UNIVERSITY OF STELLENBOSCH
2	185	SOPHIE Christophe	MAURITIUS
3		VAN RENSBURG LLEWELYN	PAC
4	184	SCHOLTZ Johan	UNIVERSITY OF JOHANNESBURG
5	181	DUVENHAGE Patrick	UNIVERSITY OF PRETORIA
6	180	MARAIS Naas	UNIVERSITY OF JOHANNESBURG
7	182	KEMP Brynn-peter	UNIVERSITY OF STELLENBOSCH
8	183	VISSER Werner	UNIVERSITY OF JOHANNESBURG
9	186	HOGAN VICTOR	UNIVERSITY OF STELLENBOSCH

#### Final ("B" Race) 1 of 2 Women Senior 100m 16:50 2

(WR: Florence- GRIFFITH-JOYNER, USA, 16 Jul 1988, 10.49) / (AR: Murielle- AHOURE, CIV, 11 Jun 2016, 10.78) / (SA: Carina- HORN, AGN, 15 Mar 2018, 11.03)

3		WELSCH STACEY	UNIVERSITY OF WESTERN CAPE
4	227	HILL LAWON	VELOCITY ATHLETICS CLUB
5		WENTZEL KEASHA	UNIVERSITY OF WESTERN CAPE
6	228	STEVENS TAMSIN	ULTRA ATHLETICS CLUB

#### Final ("B" Race) 1 of 2 Men Senior 100m 17:00 3

(WR: Usain- BOLT, JAM, 16 Aug 2009, 09.58) / (AR: Olusoji- FASUBA, NIG, 12 May 2006, 09.85) / (SA: Akani- Simbini, AGN, 18 Jul 2016, 09.89)

1	210	BURGESS Rheece	UNIVERSITY OF WESTERN CAPE
2	208	DAVIDS Luke	UNIVERSITY OF WESTERN CAPE
3	215	ISMAIL Yusuf	UNIVERSITY OF WESTERN CAPE
4	211	RUITERS Curt	PAC
5	219	MAKUSHA Ngoni	ZIMBABWE
6	216	LINNEN Tyler	UNIVERSITY OF WESTERN CAPE
7	209	SCHEEPERS Dyllon	UNIVERSITY OF WESTERN CAPE
8	218	LEMAO Tshenolo	UNIVERSITY OF PRETORIA

#### Final Men Senior 400m 17:10 4

(WR: Wayde- VAN NIEKERK, RSA, 14 Aug 2016, 0:43.03) / (AR: Wayde- VAN NIEKERK, RSA, 14 Aug 2016, 0:43.03) / (SA: Wayde- van Niekerk, AFS, 14 Aug 2016, 0:43.03)

1	222	PRINS TOMMIE	UNIVERSITY OF STELLENBOSCH
2	221	BOYA SIPHOSETHO	UNIVERSITY OF WESTERN CAPE
3	223	WATERBOER PEITER-JOHN	UNIVERSITY OF STELLENBOSCH
4	220	NDLOVU RODWELL	UNIVERSITY OF WESTERN CAPE
5	187	KOEKEMOER Berend	UNIVERSITY OF WESTERN CAPE
6	226	FILLIES JESSE	ITHEKO ATHLETICS CLUB
7	224	BOOYSEN ANDRE	UNIVERSITY OF WESTERN CAPE
8	225	DE LANGE DAMIEN	UNIVERSITY OF WESTERN CAPE

#### Final Men Senior 4X100m Relay 17:20 5

(WR: JAMAICA, 11 Aug 2012, 0:36.84) / (AR: NIGERIA, 09 Aug 1997, 0:37.94) / (SA: RSA Senior Team, 01 Aug 2014, 0:38.35)

#### Final Men Senior HighJump 17:45 6

(WR: Javier- SOTOMAYOR, CUB, 27 Jul 1993, 2.45) / (AR: Jacques- FREITAG, RSA, 05 Mar 2005, 2.38) / (SA: Jacques- Freitag, AGN, 05 Mar 2005, 2.38)

1	193	PRINSLOO Sarel	UNIVERSITY OF PRETORIA
2	192	ELLIS Garth	UNIVERSITY OF STELLENBOSCH
3	195	ABABE Tshwanelo	BOTSWANA
4	191	FOURIE Keegan	UNIVERSITY OF STELLENBOSCH
5	188	POOLE Breyton	PAUL ROOS GIMNASIUM
6	190	LINKS Mpho	UNIVERSITY OF NORTH WEST
7	189	MOLEYA Chris	TSWANE UNIVESITY OF TECHNOLOGY
8	194	KGOSIEMANG Kabelo	BOTSWANA

**Final Men Senior LongJump 17:47 7**

**(WR: Mike- POWELL, USA, 30 Aug 1991, 8.95) / (AR: Luvu- MANYONGA, RSA, 22 Apr 2017, 8.65) / (SA: Luvu- Manyonga, 22 Apr 2017, 8.65)**

1		SASMAN BEVAN	UNIVERSITY OF WESTERN CAPE
2	177	MPEFU JUNIOR	PAC
3	205	PEREZ Jesse	UNIVERSITY OF STELLENBOSCH
4	206	MANUAL Divan	UNIVERSITY OF STELLENBOSCH
5	175	JOHANSON Cheswill	UNIVERSITY OF JOHANNESBURG
6	176	COTTER Dylan	UNIVERSITY OF JOHANNESBURG
7	174	VISSER Zarck	UNIVERSITY OF JOHANNESBURG
8	172	SAMAAI Ruswahl	UNIVERSITY OF JOHANNESBURG
9	173	MOKOENA Godfrey	UNIVERSITY OF JOHANNESBURG

**Final Men Senior 400m Hurdles 17:50 0.914m 8**

**(WR: Kevin- YOUNG, USA, 06 Aug 1992, 0:46.78) / (AR: Samuel- MATETE, ZAM, 07 Aug 1991, 0:47.10) / (SA: LJ- van Zyl, AGN, 31 May 2011, 0:47.66)**

1	156	MAREE Linford	UNIVERSITY OF STELLENBOSCH
2	160	SWARTS Lee-hano	UNIVERSITY OF STELLENBOSCH
3	157	HANEKOM Lindsay	UNIVERSITY OF PRETORIA
4	158	FREDERICKS Cornel	UNIVERSITY OF PRETORIA
5	159	VAN ZYL Lj	UNIVERSITY OF PRETORIA
6	155	HAMMAN Le Roux	UNIVERSITY OF PRETORIA
7	154	COUTO Kurt	MOZAMBIQUE
8	153	BORNMAN Marcus	UNIVERSITY OF PRETORIA

**Final Men Senior Javelin 17:55 800g 9**

**(WR: Jan- ZELEZNY, CZE, 25 May 1996, 98.48) / (AR: Julius- YEGO, KEN, 26 Aug 2015, 92.72) / (SA: Marius- Corbett, 21 Sep 1998, 88.75)**

1	203	LINDSAY Dylan	UNKNOWN
2	200	WIESE Erich	UNKNOWN
3	201	VAN VUUREN Henru	UNIVERSITY OF JOHANNESBURG
4	202	LAUBSER Leon	UNKNOWN
5	199	VAN ROOYEN Rocco	BELVILLE ATHLETICS CLUB
6	204	DE WET Dante	UNIVERSITY OF STELLENBOSCH
7	198	VAN RESNBURG Phil Mar	NELSPRUIT AC
8	197	HOLTZHUSEN Tobie	UNIVERSITY OF PRETORIA
9	196	YEGO Julius	KENYA

**Final Men Senior 200m 18:00 10**

**(WR: Usain- BOLT, JAM, 20 Aug 2009, 19.19) / (AR: Frankie- FREDERICKS, NAM, 01 Aug 1996, 19.68) / (SA: Clarence- MUNYAI, AGN, 16 Mar 2018, 19.69)**

1	217	MATSENJWA Sibusiso	SWAZILAND
2	218	LEMAO Tshenolo	UNIVERSITY OF PRETORIA
3	215	ISMAIL Yusuf	UNIVERSITY OF WESTERN CAPE

4	213	ADAMS Luxolo	MADIBAZ ATHLETICS CLUB
5	212	JOBODWANA Anaso	UNIVERSITY OF PRETORIA
6	214	APPEL Kyle	BELVILLE ATHLETICS CLUB
7	216	LINNEN Tyler	UNIVERSITY OF WESTERN CAPE
8	219	MAKUSHA Ngoni	ZIMBABWE

**Final Men Senior Mile (NON Prize Event) 18:10 11**

1	164	HLASELO Dumisane	UNIVERSITY OF JOHANNESBURG
2	169	BUCARIZZA Marko	UNKNOWN
3	163	SIBIYA Nkosinathi	KZN ACADEMY
4	168	MAKANE Henry	UNIVERSITY OF JOHANNESBURG
5	166	MPHAHLELE Ryan	THEMBISA ATHLETICS CLUB
6	161	MOTSAU Jerry	BOXER ATHLETICS CLUB
7	171	MALEBANA Dais	UNIVERSITY OF PRETORIA
8	162	MOKOPANE Rantso	UNIVERSITY OF NORTH WEST
9	167	BESTER Robert	UNIVERSITY OF PRETORIA
10	170	SEBOKO Kabelo	UNKNOWN
11	165	SEHOHLE Folavio	LOWMED ATHLETICS CLUB
12	207	DOOKUN Mohammad	MAURITIUS

**Final Women Senior 1500m 18:20 12**

(WR: Genzebe- DIBABA, ETH, 17 Jul 2015, 03:50.07) / (AR: Genzebe- DIBABA, ETH, 17 Jul 2015, 03:50.07) / (SA: Zola- Budd, AFS, 21 Mar 1984, 04:01.81)

1		RASSOUW LARA	UNKNOWN
2		NKUMENGE VUYISEKA	UNKNOWN
3	104	ROELOFSE Lyndi	KPMG
4	105	MKHIZE Happiness	UNIVERSITY OF KWA-ZULU NATAL
5	101	JACOBS Sunel	STELLENBOSCH ATHLETICS CLUB
6	109	SCOTT Dominique	WESTERN PROVINCE ATHLETICS
7	100	SEMENYA Caster	MASAI ATHLEICS CLUB
8	102	BRANDT Mandi	WESTERN PROVINCE ATHLETICS
9	107	VAN GRAAN KAYLA	KPMG
10	106	KRUGER ZANI	UNIVERSITY OF STELLENBOSCH
11	103	CLOETE Thinike	STELLENBOSCH ATHLETICS CLUB
12	108	SHANGE Yandiswa	KPMG

**Final Men Senior 110m Hurdles 18:30 1.067m 13**

(WR: Aries- MERRITT, USA, 07 Sep 2012, 12.80) / (AR: Antonio- ALKANA, RSA, 05 Jun 2017, 13.11) / (SA: Antonio- ALKANA, WPA, 05 Jun 2017, 13.11)

1	151	PIENAAR Marcello	UNIVERSITY OF NORTH WEST
2	150	VUTIVI Shibodze	UNIVERSITY OF NORTH WEST
3	148	PIETERSE Fred Charles	NAMIBIA
4	145	DE VRIES Ruan	UNIVERSITY OF PRETORIA
5	147	ALKANA Antonio	BELVILLE ATHLETICS CLUB
6	146	HAMMAN Muntingh	UNIVERSITY OF PRETORIA
7	149	NAEEM Razak	UNIVERSITY OF NORTH WEST
8	152	RIDDLES Darren	BELVILLE ATHLETICS CLUB

**Final Men Senior 800m 18:40 14**

(WR: David- RUDISHA, KEN, 09 Aug 2012, 1:40.91) / (AR: David- RUDISHA, KEN, 09 Aug 2012, 1:40.91) / (SA: Hezekiel- Sepeng, ACNW, 03 Sep 1999, 1:42.69)

1	140	WILLIAMS Zaid	STELLENBOSCH ATHLETICS CLUB
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2	144	FARO Duran	UNIVERSITY OF WESTERN CAPE
3	143	WAGENAAR Luuk	NETHERLANDS
4	187	KOEKEMOER Berend	UNIVERSITY OF WESTERN CAPE
5	142	CONRADIE Pieter	POTCH TRACK CLUB
6	136	VAN RENSBURG Rynardt	UNIVERSITY OF FREESTATE
7	137	TSHITE Tshepo	NEDBANK ATHLETICS CLUB
8	141	EHLERS Theuns	UNIVERSITY OF PRETORIA
9	138	KUSCHE George	EC ACTIVE ATHLETICS
10	139	NCAMANE Jabulane	EC ACTIVE ATHLETICS
11	134	MOHLOSI Kabelo	ROYAL BAFOKENG ATHLETICS CLUB

**Final Women Senior 400m (NON Prize Event) 18:50 15**

1	117	LIEBENBERG Anrune	UNIVERSITY OF STELLENBOSCH
2	113	CROUS TIA	BELVILLE ATHLETICS CLUB
3	111	VAN HEERDEN COURTNEY	BELVILLE ATHLETICS CLUB
4	116	SENEKAL Jean-marie	UNIVERSITY OF STELLENBOSCH
5	110	PALFRAMAN Justine	UNIVERSITY OF STELLENBOSCH
6	114	LOFSTRAND Gena	FAST FEET TRACK CLUB
7	115	VERCUIEL Juli	BELVILLE ATHLETICS CLUB
8	112	VILJOEN Marlie	UNKNOWN

**Final ("A" Race) 2 of 2 Women Senior 100m 19:00 16**

(WR: Florence- GRIFFITH-JOYNER, USA, 16 Jul 1988, 10.49) / (AR: Murielle- AHOURE, CIV, 11 Jun 2016, 10.78) / (SA: Carina- HORN, AGN, 15 Mar 2018, 11.03)

1	122	ADEOLU ALICE	BELVILLE ATHLETICS CLUB
2	124	VAN HEERDEN Anja	BELVILLE ATHLETICS CLUB
3	119	THOMAS Tamzin	UNIVERSITY OF JOHANNESBURG
4	125	WILIAMSON Cassidy	FAST FEET TRACK CLUB
5	118	HORN Carina	UNIVERSITY OF PRETORIA
6	120	PARKER Nabeela	UNIVERSITY OF WESTERN CAPE
7	121	HAUPT Robyn	UNIVERSITY OF WESTERN CAPE
8	123	SAMUEL Chelsea	UNIVERSITY OF WESTERN CAPE

**Final ("A" Race) 2 of 2 Men Senior 100m 19:05 17**

(WR: Usain- BOLT, JAM, 16 Aug 2009, 09.58) / (AR: Olusoji- FASUBA, NIG, 12 May 2006, 09.85) / (SA: Akani- Simbini, AGN, 18 Jul 2016, 09.89)

1	127	DODLO Thando	MONNAS ATHLETICS CLUB
2	129	ENGEL Roscoe	BELVILLE ATHLETICS CLUB
3	126	MAGAKWE Simon	UNIVERSITY OF WESTERN CAPE
4	128	SIMBINE Akani	UNIVERSITY OF PRETORIA
5	130	BRUINTIES Henricho	TSWANE UNIVESITY OF TECHNOLOGY
6	132	LEHATA Mosito	LESOTHO
7	131	MLENGA Retshidisitswe	PRESTIGE COLLEGE
8	133	SAMKELO Sabelo	UNIVERSITY OF JOHANNESBURG