

**TEAM RESULTS: FIRST-YEARS MEETING**  
**20 JANUARY 2016**

<u>WOMEN COMPETITION</u>			<u>MENS COMPETITION</u>		
1.	Wag-'n-Bietjie	56	1.	Vishuis	88
2.	Sonnedou	55	2.	Legatum	48
3.	Roosmaryn	43	3.	Armentum	44
3.	Soetdoring	43	4.	Beyers Naude	41
5.	Madelief	22	5.	Kagiso	26
6.	Vergeet-My-Nie	20	6.	Karee	21
7.	Kestell	19	7.	Imperium	16
8.	Marjolein	14	8.	Khayalami	13
9.	Imperium	12	9.	Veritas	10
10.	Arista	8	10.	Outeniqua	7
11.	Emily Hobhouse	7	11.	Con-Laurés	5
12.	Akasia	6	12.	Villa Bravado	4
13.	Welwitschia	3	13.	Tswelopele	1

	<u>W/R</u>	<u>NAME</u>	<u>SURNAME</u>	<u>RESIDENCE</u>	<u>POS</u>
<b><u>MEN</u></b>					
<b>100m</b>					
11.0	0.5	Masego	Sesele	Kagiso	1
11.1	0.6	Mosolo	Mavuma	Vishuis	2
11.2	0.6	Sefako	Mokosoa	Vishuis	3
11.4	1.3	Dean	Bubb	Vishuis	4
11.6	0.1	Inus	De Bruyn	Beyers Naude	5
11.7	1.0	Herman	Potgieter	Armentum	6
<b>200m</b>					
22.4	0.2	Masego	Sesele	Kagiso	1
22.7	1.5	Sefako	Mokosoa	Vishuis	2
23.0	0.0	Karabelo	Moleko	Khayalami	3
23.1	1.5	Ruan	Willemse	Beyers Naude	4
23.4	0.2	Johan	Van der Walt	Vishuis	5
23.7	0.1	Michael	Sadeland	Legatum	6
<b>400m</b>					
51.1		Karabelo	Moleko	Khayalami	1
52.3		Masego	Sesele	Kagiso	2
52.5		Craig	Van Niekerk	Vishuis	3
53.3		Adriaan	Vorster	Veritas	4
54.6		Herman	Potgieter	Armentum	5
55.9		Herman	Du Plessis	Legatum	6
<b>800m</b>					
2:06.8		James	Munnik	Karee	1
2:09.8		Bongani	Nkutha	Imperium	2
2:10.7		Jan-Louis	Wessels	Armentum	3
2:12.4		Viwe	Peter	Armentum	4
2:12.9		Johan	Roberts	Veritas	5
2:16.5		Frans	Marx	Veritas	6
<b>1500m</b>					
4:24.3		James	Munnik	Karee	1
4:26.7		Jan-Louis	Wessels	Armentum	2
4:36.2		Bongani	Nkutha	Imperium	3
5:09.4		Siyabonga	Tshabalala	Outeniqua	4
5:11.0		Frans	Marx	Veritas	5
5:22.0		Diter	Cronje	Veritas	6
<b>3000m</b>					
9:53.6		Bongani	Nkutha	Imperium	1
10:49.1		James	Munnik	Karee	2
11:02.1		Jan-Louis	Wessels	Armentum	3
11:17.9		Pieter	Malan	Beyers Naude	4
12:01.7		Dean	Bubb	Vishuis	5
12:30.4		Mukhuya	Tshitake	Con-Laurés	6
<b>110mH</b>					
15.6	1.7	MP	Hendriks	Legatum	1
16.3	1.3	Niel	Gerber	Vishuis	2

17.8	1.0	Reid	Michaers	Beyers Naude	3
18.6	1.7	Inus	De Bruyn	Beuers Naude	4
19.6	0.8	Billy	Reynders	Vishuis	5
19.8	1.3	Bradley	Eekhout	Villa Bravado	6
<b>HIGH JUMP</b>					
1.95		Riekert	Redelinghuys	Legatum	1
1.80		Zhukanye	Mnyonda	Armentum	2
1.75		Linten		Con-Laurés	3
1.75		Ruben	Terblanche	Vishuis	4
1.60		Katleho	Kamoni	Kagiso	5
1.60		Meyer	Meintjies	Armentum	6
<b>LONG JUMP</b>					
6.26		Michael	Sonderkind	Legatum	1
6.00		Niel	Gerber	Vishuis	2
5.83		Ruan	Willemse	Beyers Naude	3
5.80		Inus	De Bruyn	Beuers Naude	4
5.68		Ruwayne	Smith	Villa Bravado	5
5.41		Qudin	Alexander	Beyers Naude	6
<b>TRIPLE JUMP</b>					
14.25		Sefako	Mokosoa	Vishuis	1
13.41		Iwazi	Nceteza	Kagiso	2
11.98		Zukhanye	Mnyanda	Armentum	3
<b>SHOT PUT</b>					
14.39		Daniel	Rust	Vishuis	1
13.36		SW	Van Wyk	Vishuis	2
12.88		Harry	Van Eeden	Legatum	3
12.34		Mias	Janse van Vuuren	Beyers Naude	4
12.32		Lincoln	Jordaan	Armentum	5
11.83		Gerhard	Steyn	Veritas	6
<b>DISCUS THROW</b>					
40.20		SW	Van Wyk	Vishuis	1
32.04		Daniel	Rust	Vishuis	2
31.77		Tertius	Lamprecht	Armentum	3
30.44		Pieter	Kleynhans	Vishuis	4
30.27		Janco	Nel	Legatum	5
28.94		Janco	Kruger	Armentum	6
<b>JAVELIN</b>					
51.17		Johan	Dippenaar	Legatum	1
50.15		Michael	Soderland	Legatum	2
47.08		SW	Van Wyk	Vishuis	3
45.68		Gideon	Van der Walt	Vishuis	4
44.43		Gian	Le Roux	Karee	5
43.97		Tertius	Lamprecht	Armentum	6
<b>1500 RACE WALK</b>					
8:22.0		Benno	Klink	Beyers Naude	1
8:56.0		Eduard	Smit	Beyers Naude	2

9:00.0		Bafikeng	Pule	Outeniqua	3
9:01.0		Teboho	Ramasimong	Armentum	4
9:52.0		PG	Oosthuizen	Legatum	5
9:59.0		Viwe	Mzinjani	Tswelopele	6
<b>4 x 100m RELAY</b>					
46.1		Vishuis			1
46.4		Legatum			2
47.7		Armentum			3
47.8		Beyers Naude			4
48.9		Khayalami			5
47.0		Villa Bravado			6
<b><u>WOMEN</u></b>					
<b>100m</b>					
13.0		Elizma	Kuhn	Soetdoring	1
13.3		Aisha	Dhupli	Imperium	2
13.4		Nina	Olivier	Madelief	3
13.9		Elme	Smirh	Marjolein	4
14.2		Anke	Spies	Welwitchia	5
14.3		Antonette	Louw	Wag-'n-Bietjie	6
14.3		Su-Mari	Badenhorst	Roosmaryn	6
<b>200m</b>					
16.5	1.1	Aisha	Dhupli	Imperium	1
27.5	0.4	Elizma	Kuhn	Soetdoring	2
27.9	0.5	Nina	Olivier	Madelief	3
28.6	0.5	Claire	Eriksen	Sonnedou	4
29.2	0.3	Lizelle	Nel	Soetdoring	5
30.0	0.8	Antonette	Louw	Wag-'n-Bietjie	6
<b>400m</b>					
62.8		Heideli	Du Plessis	Roosmaryn	1
66.3		Nina	Olivier	Madelief	2
68.3		Marique	Wilkinson	Arista	3
68.5		Claire	Eriksen	Sonnedou	4
68.6		Danielle	Van Os	Kestell	5
69.8		Antonette	Louw	Wag-'n-Bietjie	6
<b>800m</b>					
2:41.9		Heideli	Du Plessis	Roosmaryn	1
2:45.8		Anneline	Bibby	Vergeet-My-Nie	2
2:46.4		Mia	Nel	Soetdoring	3
2:53.4		Marise	Havenga	Wag-'n-Bietjie	4
2:56.5		Jean-Mari	Linde	Soetdoring	5
3:16.9		Ilona	Pretorius	Sonnedou	6
<b>1500m</b>					
6:00.5		Lizandr�	Mulder	Sonnedou	1
6:13.5		Rachel	Stevenson	Roosmaryn	2
6:14.3		Jean-Mari	Linde	Soetdoring	3
6:20.6		Martha-Lize	McClaren	Marjolein	4
6:25.3		Madelie	Theron	Wag-'n-Bietjie	5

6:27.5		Johané	Deetlefs	Roosmaryn	6
<b>3000m</b>					
12:20.5		Elaine	Du Plessis	Roosmaryn	1
13:51.0		Lizandré	Mulder	Sonnedou	2
14:00.0		Mieke	Jonker	Vergeet-My-Nie	3
14:25.9		Anneke	Nieuwoudt	Wag-'n-Bietjie	4
14:44.0		Sonnika	Coetzee	Vergeet-My-Nie	5
15:10.0		Hannee	Van Blerk	Soetdoring	6
<b>100mH</b>					
17.6		Isabeau	Malan	Sonnedou	1
18.7		Lomari	Geertsema	Kestell	2
19.2		Samantha	Truter	Roosmaryn	3
19.4		Karliën	Lombard	Arista	4
19.5		Mariska	Pieters	Soetdoring	5
19.6		Deidre	Fourie	Roosmaryn	6
<b>HIGH JUMP</b>					
1.50		Mariska	Pieters	Soetdoring	1
1.50		Bernice	Fourie	Madelief	2
1.38		Lise-Mari	Marais	Akasia	3
1.38		Heideli	Du Plessis	Roosmaryn	4
1.38		Marquerite	Van Heerden	Sonnedou	5
1.38		Lutho	Bleki	Kagiso	6
<b>LONG JUMP</b>					
4.44		Zenna	Els	Sonnedou	1
4.39		Diandia	Beling	Sonnedou	2
4.24		Lomari	Geertsema	Kestell	3
4.22		Deidré	Fourie	Roosmaryn	4
4.04		Lise-Mari	Marais	Akasia	5
4.01		Danielle	Van Os	Kestell	6
<b>TRIPLE JUMP</b>					
<b>SHOT PUT</b>					
11.37		Bethanie	Du Raan	Wag-'n-Bietjie	1
9.88		Zinel	Kraynauw	Emily Hobhouse	2
9.53		Nadia	Meiring	Wag-'n-Bietjie	3
8.59		Izel	Cilliers	Wag-n-Bietjie	4
8.13		Chrisna	Bothma	Vergeet-My-Nie	5
8.09		Lauren	Axsel	Roosmaryn	6
<b>DISCUS THROW</b>					
31.67		Bethanie	Du Raan	Wag-'n-Bietjie	1
27.92		Nadia	Meiring	Wag-'n-Bietjie	2
27.78		Izelle	Cilliers	Wag-n-Bietjie	3
27.25		Han-Mari	Nel	Wag-'n-Bietjie	4
25.84		Christina	Couvas	Vergeet-My-Nie	5
21.34		Chantené	Barlinghuys	Sonnedou	6
<b>JAVELIN</b>					
35.18		Shandre	Fouche	Sonnedou	1

32.20		Landrie	Oosthuizen	Marjolein	2
29.91		Han-Mari	Nel	Wag-'n-Bietjie	3
27.73		Izelle	Cilliers	Wag-'n-Bietjie	4
27.29		Rykie	Venter	Soetdoring	5
26.53		Thulisile	Moumakwe	Arista	6
<b>1500 RACE WALK</b>					
10:15.0		Cherylynn	Croame	Kestell	1
10:28.0		Germiek	Van Rooyen	Soetdoring	2
10:33.0		Nolene	Campher	Wag-'n-Bietjie	3
11:03.0		Jana	Basson	Roosmaryn	4
11:30.0		Yenziwe	Mbamba	Emily Hobhouse	5
11:37.0		Anica	Kock	Welwitchia	6
<b>4 x 100m RELAY</b>					
57.8		Sonnedou			1
58.6		Vergeet-My-Nie			2
59.1		Madelief			3
59.2		Marjolein			4
59.3		Soetdoring			5
60.1		Wag-'n-Bietjie			6