



USSA ATHLETICS TOURNAMENT RESULTS 2010

PUK MC ARTHUR STADIUM POTCHEFSTROOM

SA Student Athletics Championships

Day 1

16 April 2010

Men

100m Heat 1 (-0.2) Kagiso Kumbane UFS A 10.99; Drikus Viljoen US A 11.10; Karabo Phahlamohlaka UL 11.18; Tezren Pandither UKZN 11.22; Thabiso Helepi CUT 11.28; Thabo Phakoe UFS B 11.45; Ngube Emmanuel UJ C 11.75; Freedom Mgobhazi DUT 11.85.

100m Heat 2 (-1.8) Waide Jooste UJ A 10.66; Peter Schoeman US A 11.12; siphamadia Mokoena UJ B 11.19; Njabula Mkhize UFS A 11.21; Manfred Titus UFS B 11.23; Zothani Ngubane UKZN 11.30; Banele Nxumalo UCT 11.52; Tshepo Makmene Wits 12.22.

100m Heat 3 (+0.6) Leigh Julies NMMU 10.52; Thuso Mpuang UFS A 10.79; Max Mogotsi UJ C 10.89; Garth Arenz US A 10.96; Vaughn Rossouw UJ B 11.10; Lucien Vogel CAPUT A 11.31; Mario Mangalie CUT 11.59; Mivuyo Mjajubana UCT 11.66.

100m Heat 4 (+0.5) Snyman Prinsloo UJ A 10.57; Gueron Kulsen US A 10.98; Ashford Motsau UFS A 11.17; Andrew Keightley – SmithWits 11.68; Etienne Kriel NMMU 11.70; Yomelelani Damba UJ C 11.78.

100m Heat 5 (+0.6) Hannes Dreyer TUKS A 10.68; Ethan Florus US A 11.06; Nelis de Kock UFS A 11.23; Ashley Phiri Northlink 11.61; Werner Brits 11.61; Zane Watkins Rhodes 11.82; Phakamani Khumal MUT 12.04.

100m Heat 6 (-0.9) Simon Magakwe NWU A 10.75; Isaak v Wyk TUKS A 10.77; Andre Nel NWU B 11.11; Selebogo Mothea VUT 11.35; Reginald Hinda Northlink 11.54; Gary Morris US A 11.55; Tieho Mokhatla NWU Mafikeng 11.72; Max Popescu WITS 11.84; Mothusi Moheta NIHE 13.92.

100m Heat 7 (-2.4) Leon du Toit TUKS A 10.93; Heine Fortuin US A 11.22; Liam Caledon UWC 11.40; Maurice Mathabela TUT 11.45; Bradley Cloete North link 11.70; Mmoloki Matong Nwu Mafikeng 12.54; Sechaba Nkoala CUT 12.74; Lebogang Letswidi NIHE 13.24.

100m SF 1 (+0.2) Leigh Julies NMMU 10.32; Thuso Mpuang UFS A 10.49; Kagiso Kumbane UFS A 10.52; Isaak v Wyk TUKS A 10.73; Ethan Florus US A 10.83; Ashford Motsau UFS A 11.20; Karabo Phahlamohlaka UL 11.23; Nelis de Kock UFS A 11.30.

100m SF 2 (+0.1) Simon Magakwe NWU A 10.49; Snyman Prinsloo UJ A 10.50; Max Mogotsi UJ C 10.90; Peter Schoeman US A 11.02; Gueron Kulsen US A 11.12; Tez Siphamadia Mokoena UJ B 11.19; Vaughn Rossouw UJ B 11.38.

100m SF 3 (N/R) Hannes Dreyer TUKS A 10.57; Waide Jooste UJ A 10.58; Leon du Toit TUKS A 10.98; Drikus Viljoen US A 10.91; Garth Arenz US A 10.91; Andre Nel NWU B 11.01; Heine Fortuin US A 11.07; Njabula Mkhize UFS A 11.21.

100m Final (-0.1) Simon Magakwe NWU A 10.30; Leigh Julies NMMU 10.40; Thuso Mpuang UFS A 10.48; Snyman Prinsloo UJ A 10.52; Waide Jooste UJ A 10.52; Hannes Dreyer TUKS A 10.57; Kagiso Kumbane UFS A 10.60; Isaak v Wyk TUKS A 10.84.

400m Heat 1: Sidwell Mithi UJA 48.14; Adriaan v Wyk TUKS A 48.69; Shemane Mpele VUT 49:49; Prince Masemola TUT 50.39; Michael du Toit UJ B 50.98; Pabello Neer UCT 51.08; Wandile Kheswa UJ C 52.07;

400m Heat 2: Willie de Beer TUKS A 48.74; Shane Victor DUT 48.80; Werner du Toit UJ B 48.92; Lumbart Groenewald US A 49.24; Lehlohonolo Nkoga CUT 49.71; Mark Bender TUKS A 50.60; Andrew Roodt TUKS B 50.97; Edward Monanyane TUT 54.81

400m Heat 3: Sibusiso Sishi UJ A 48:65; Brad Bonner TUKS A 49.28; Rifaat Jappie US A 49.48; Jurgen Burger NMMMU 50.60; Morena Kkhizo UFS B 50.69; Jan Lubbe NWU B 50.69; Piwe Hewu TUT 54.09; Vumile Melane WITS 59.36.

400m Heat 4: Themba Madima TUKS A 48.66; Gerald Lakey CAPUT A 49.04; Sandile Mpsi MUT 50.00; Tinus v Rensburg NWU B 50.12; Hendrik v Staden UJ C 50.47; Francois Retief USA 50.71 Thebeitsile Matlhaku NWU Mafikeng 56.03.

400m Heat 5 : Shaun de Jager US A 49.08; Marnus Koekemoer TUKS A 49.01; Ryan Nel UWC 49.85; Rodwin v Vuuren UJ A 51.71; Erasmus Christopher US B 52.77; Delmain Davids CAPUT A 57.48; Tsletsi Mashose NWU Mafikeng 59.01.

400m Heat 6: LJ V Zyl TUKS A 47.98; Henk Beukes UJ A 48.16; PC Beneke UFS A 49.39; Byron Haupt US B 50.39; Pule Nkoli VUT 50.86; Jeanre Rossouw UCT 53.04; Mota Mantje CUT 55.11.

400m SF 1 Sibusiso Sishi UJ A 47.38; LJ v Zyl TUKS A 47.62; Marnus Koekemoer TUKS A 47.78; shane Victor DUT 47.93; Themba Madima TUKS A 48.10; Rifaat Jappie USA 48.73; Werner du Toit UJ B 50.46; Lummaradt Groenewald USA 51.16.

400m SF 2 Sidwell Mithi UJ A 47.77; Adriaan v Wyk TUKS A 47.83; Willie de Beer TUKS A 47.84; Henk Beukes UJ A 47.86; Shaun de jager US A 47.99; Brad Bonner TUKS A 48.40; PC Beneke UFS A 49.91; Gerald Lakey CAPUT A 50.08.

400m F: Sibusiso Sishi UJ A 46.12; LJ v Zyl TUKS A 46.62; Willie de Beer TUKS A 46.70; Shane Victor DUT 46.75; Sidwell Mithi UJ A 47.01; Adriaan v wyk TUKS A 47.81; Marnus Koekemoer TUKS A 47.83; Henk Beukes UJ A 48.11.

1500m Heat 1: Dumisane Hlaselo UFS A 3:56.23; Ratsela Thoriso UJ B 3:56.63; Lloyd Bosman NWU B 3:58.89; Rick Hambridge US A 4:00.06; Bangoqobile Zulu NWU B 4:04.81; Danster Donney NWU B 4:06.86; Rudolf Coetzer UJ C 4:07.73; Andy Mukona TUKS B 4:13.09.

1500m Heat 2: Windy Jonas UFS A 3:59.11; Ratlale Mokone UFS A 3:59.17; Jaques Pretorius US A 3:59.27; Clinton Swanepoel UJ C 4:01.86; Keith Freimond TUKS B 4:07.84; Adrian Wallace TUT 4:09.54; Ruan de Jager USB 4:15.65; Pedro Envor CAPUT B 4:32.38.

1500m Heat 3 : Mthobisi Baloyi NWU A 3:47.73; Elroy Galant NWU A 3:47.75; Molefe Molefe UJ A 3:50.05; Isaac Mboyasi UJ A 3:50,87; Koos Mbele VUT 3:58.77 ; Adriaan Geldenhuis US B 3:59.71; Zwelaleke Sebota NWU A 4:00.63; Olwethu Mlabho UJ B 4:03.13

1500m Final: Elroy Galant NWU A 3:43.72; Mthobisi Baloyi NWU A 3:43.74; Dumisane Hlaselo UFS A 3:44.24; Ratlale Mokone UFS A 3:49.40; Isaac Mboyasi UJ A 3:49.73; Molefe Molefe UJ A 3:51.16; Ratsela Thoriso UJ B 3:53.55; Windy Jonas UFS A 3:57.59; Jaques Pretorius US A 3:57.97; Koos Mbele VUT 4:04.73.

3000m SC Final: Ruben Ramolefi UJA 8:45.05; Edwin Molepo NWU A 8:57.22; Dean Brummer NWU A 8:59.50; Thuso Phaswana UJ A 9:16.37; Khothatso Mokone UFS A 9:21.97; Olwethu Mokone UJ B 9:23.61; Lucas Bothabutle NWU A 9:29.46; Daniel Mokoma VUT 9:48.44

10,000m Final: Stephen Mokoka TUT 30:02.41; Boy Soke UFS A 30:27.57; Isaac Mboyasi UJ A 30:47.69; Rafael Mahapa TUT 31:17.05; Nathan Mathysen UWC 36:47.44.

110m H Heat 1 (N/R) Andre Storm NWU A 14.20; Sors Joubert CAPUT A 14.47; Jaco Willemse NWU A 14.74; Siphamadia Mokoena UJ B 15.22; Werner Joubert TUKS B 15.33; Gary Morris US A 15.98; Christiaan Scholtz US B 16.89; Edu Steyn NWY B 20.98.

110 m H Heat 2 (N/R) Louw Smit US A 14.30; Kobus Moolman TUKS A 14.68; Rohan du Toit NMMU 15.40; Gert Swanepoel NWU A 15.47; HJ Gordon UFS A 15.83.

110m H Heat 3 (N/R) Hardus Maritz NWU A 14.61; Drikus Viljoen US A 14.86; Eduan Nel UJ B 15.19; Busang Kalisang UJ B 15.26; Ockert Groenewald TUKS A 15.57.

110m H Final(+1.4) Andre Storm NWU A 14.04; Louw Smit US A 14.08; Sors Joubert CAPUT A 14.44; Hardus Maritz NWU A 14.47 ; Jaco Willemse NWU A 14.51; Kobus Moolman TUKS A 14.55 ; Eduan Nel UJ B 15.14.

4x 100m Relay: TUKKIES A 40.57; UFS A 40.78; US A 41.23; 41.48; UJ A 42.04; US A 42.09; TUKS A 42.27; NMMU 42.51.

20 Km Walk : Mark Mundell TUKS A 1:33:15.20; Wayne Snyman TUKS A 1:34:00.00; Werner Appel UJ B 1:34:20.30; Armond Nel US A 1:39:34.10; Mojalepa Molise VUT 1:39:39.60; Wade Fraser DUT 1:48:26.20; Jaques Faure TUKS B 1:50:36.30; Elias Ramonyadioe CUT 1:59:55.80

Long Jump Heat 1: Zaarck Visser UJ A (-0.22) 7.39; Keenan Watson UWC (+0.00) 7.28; Adewale Abejumo UKZN (+0.00) 7.01; Zavion Kotze NWU A (-) 6.75; Neo Marie UJ B (-0.23) 6.71; Yomelelani Damba UJ C (+0.37) 6.48; Angelo Japhtas CAPUT A (+0.80) 5.94.

Long Jump Heat 2: Dylon Cotter UJ A (+0.00) 7.29; Tumelo Thangane NWUA (+0.00) 7.21; Vaughn Rossouw UJ B (+0.46) 7.04; Roger Haitengi UJ A (+0.00) 6.95; Kimnes Leirvik CAPUT A (+0.00) 6.83; Sibulela Minay UJ B (+0.00) 6.69; Andile Mtshali UKZN (+0.00) 6.54; Pule Rantseli UFSB (+0.00) 6.49

Long Jump Final: Zaarck Visser UJ A (+2.46) 7.79; Tumelo Thangane NWU A (+2.19) 7.65; Dyllon Cotter UJ A (+1.57) 7.40; Zavion Kotze NWU A (-0.00) 7.27; Andile Mtshali UKZN (+0.58) 7.08; Vaughn Rossouw UJ B (-0.12) 6.98; Roger Haitengi UJA (+0.55) 6.93; Sibulela Minay UJ B (-0.34) 6.71.

Pole Vault Final: Cheyne Rahme UJ A 5.00; Eben Beukes UJ B 4.60; Heinrich Smit UJ B 4.60; Conrad Weldhagen UJ B 4.40; Willem de Bruin UJ A 4.00; Kimnes Liervik CAPUT A 4.00; Sors Joubert CAPUT a 4.00

Discus Heat 1: Dewald Moolman TUKSA 51.46; 2. Wynand Coetzee UJ A 49.71; 3. Dean Wattrus NWU A 48.96; 4. Dovovan snyman UJ A 47.82; 5. Jaco Engelbrecht UJ a 47.19; 6. Pieter v Deventer NWU B 45.72; 7. Ross Jordaan US A 44.43; 8. Stephan Brink TUKS A 35.51; 9. Vincent v Rensburg TUKS B 37.47; 10. Migual le Roux UJ B 31.57; 11. Luan Retief US A 31.04; 12. Ruan de Beer UJ B 26.13.

Discus Heat 2: Dewald v Heerden UJ A 49.76; Russel Tucker TUKAS A 49.61; Leon Verster TUKS A 48.37; Brynne-Peters Kemp UJB 47.09; Ryno v Winkel UFS A 44.04; Ricus Roux UFS A 40.25; Jaco Havenga UJ C 40.10; Stephan v Straaten NWU B 38.68

Discus Final: Wynand Coetzee UJ A 52.97; Dewald Moolman TUKS A 51.83; Dewald v Heerden UJ A 51.02; Snyman Donovan UJ A 50.98; Russel Tucker TUKS A 49.98; Brynne-Peters Kemp UJ B 48.54; Jaco Engelbrecht UJ A 48.01; Leon Verster TUKS A 47.83.

Women

100m Heat 1 (-0.2) Cindy Stewart NMMU 11.76; Carina Horn TUKS A 11.77; Stacey Gardiner UWC 11.78; Thandi Vilikazi UJ A 12.12; Leah Slinger US A 12.94; Mamello Tsotesi VUT 13.30; Palesa Thabo CUT 15.40.

100m Heat 2 (+1.1) Christy Coetzee TUKS A 11.80; Cindy Peters UJ A 11.80

100m Heat 3 (+0.5) Chereese Jones TUKS A 12.03; Claudine J v Rensburg TUKS B 12.26; Bernicca Mashava UJ B 12.39; Colleen May UWC 12.47; Sibisiswe Gavu UKZN 12.77; Marike Walters US A 12.78; Leandi Maritz UJ B 12.98; Cherie Strydom UFS A 13.38.

100m Heat 4 (+1.2) Arlene Gowar TUKS A 12.04; Nontobeko Gumede UKZN 12.06; Anre Zandberg US A 12.20; Tasquane hufkie NMMU 12.33; Bernice Roman 12.33; Nickell Jackson UJ B 13.36; Bongwiwe Pinana TUT 13.71; Rafiloe Lebane UJ B 14.25.

100m Heat 5 (-0.1) Taliza Swartz UFS A 12.59; Keshia Kalomo North link 12.67; Anesu Mbizvo UCT 12.97; Simone Morris UWC 12.99; Amy Abel US A 13.03; Kehley Gorgon zeal NMMU 13.13; Ansce Scheepers UFS A 13.24; Masego mosimanyane VUT 13.62; Nozinja Mabaso Cut 13.75.

100m SF 1 (+0.3) Cindy Stewart NMMU 11.83; Thandi Vilikazi UJ A 12.03; Gumede Nontobeko UKZN 12.06; Christy Coetzee TUKS A 12.13; Cindy Peters UJ A 12.14; Tasquane Hufkie NMMU 12.36; Bernice Roman 12.40; Keshia Kalomo North link 13.07.

100m SF 2 (+0.3) Stacey Gardiner UWC 11.78; Carina Horn TUKS A 11.81; Arlene Gowar TUKS A 11.92; Bevin smith UWC 12.03; Chereese Jones TUKS A 12.09; Anre Zandberg US A 12.19; Claudine J v Rensburg TUKS b 12.37; Bernicca Mashava UJ B 12.47.

100m Final (+1.5) Cindy Stewart NMMU 11.55; Stacey Gardiner UWC 11.59; Carina Horn TUKS A 11.70; Thandi Vilikazi UJ A 11.80; Bevin Smith UWC 11.81; Arlene Gowar TUKS A 11.81; Chereese Jones TUKS A 12.01; Nontbokeko Gumede UKZN 12.11.

400m Heat 1: Rorisang Rammony NWU A 57.16; Yolandie Le Roux TUKS B 59.77; Diseda Obisi TUT 60.55; Chantelle Anderson US A 60.50; Yonne Eyssen UFS A 63.40m; Anje Badenhorst UFS B 63.52; Monique v Rhyn UFS A 63.92

400m Heat 2: Wenda Theron TUKS A 59.37; Anneri Ebersohn UFS A 60.38; Marizanne Jacobs UFS A 60.67; Narusta v d Colff US A 64.14; Lahja Ndjalo Rhodes 73.79;

400m Heat 3: Eugenie Wicksell TUKS A 57.83; Megan Goddard US A 58.21; Izelle vd Merwe UJ B 60.25; Nandi Meyer UJNB 61.91; Shameen Shaik CAPUT A 68.23

400m Heat 4: 1. Alet v Wyk TUKS A 58.66; 2. Annika v Huyssteen US A 59.63; Soandri Meyer TUKS B 59.63; Monique Maree UJ A 60.13

400m Heat 5: Done Vermaak TUKS B 56.79; Rone Reyneke UFS A 56.82; Janine Pieters NWU A 56.83; Anuscha Nice TUKS A 57.00; Megan Williams UJ A 59.25

400m SF 1 : Alet v Wyk TUKS A 56.22; Rorisang Rammony NWU A 56.45; Anushca Nice TUKS A 57.36; Done Vermaak TUKS B 58.63; Annika v Huyssteen US A 59.82; yolandie le roux TUKS B 60.94; Soandri Meyer TUKS B 61.29.

400m SF 2: Eugenie Wicksell TUKS A 56.17; Rone Reynecke UFS A 56.25; Wenda Theron TUKS A 56.40; Janine Pieters NWU A 56.74; Megan Goddard US A 57.78; Izelle v d Merwe UJ B 80.06; Megan Williams UJ a 60.23; Monique Maree UJ A 60.06.

400m Final: Alet v Wyk TUKS A 54.04; Eugenie Wicksell TUKS A 54.85; Rorisang Rammony NWU A 55.15; Wenda Theron TUKS A 55.21; Anushca Nice TUKS A 56.32; Rone Renecke UFS A 56.53; Janine Pieters NWU A 56.72; Annika v Huyssteen US A 56.93.

1500m Final: Mandie Brandt UJ A 4:30.02; Zinhle Sinqe TUKS A 4:32.99; Juanee Cilliers NWU A 4:34.14; Myrette Filmalter TUKS A 4:35.40; Claire Cronje UFS A 4:39.69; Carlyn Fisher TUKS A 4:40.89; Mia Pienaar US A 4:41.53; Mabona Liziwe TUKS B 4:42.

3000m SC Final : Myrette Filmalter TUKS A 10:47.77, Nolene Conrad UJ A 10:55.80; Ashleigh Schnetler UJ A 11:14.73; Thembi Baloyi TUT 11:36.57; Thandi Malinda UFS A 12:29.90; Pulani Musoni UJ B 12:55.75; Lauren venter UJ B 13:02.69.

5000m Final: Nolene Conrad UJ A 17:22.56; Myrette Filmalter TUKS A 17:38.45; Zinhle Sinqe TUKS A 18:06.18; Ashleigh Schnetler UJ A 18:11.03; Carlyn Fisher TUKS A 18:20.67; Mia Pienaar US A 18:45.97; Portia Ngenya TUT 18:55.93; Elene Lourens US A 19:18.20

20Km Walk Final: 1. Corli Swart NWU A 1:51:07.20; 2. Michelle Hopkins UJ A 1:52:37.90; 3. Suzaan Liebenberg NWU A 2:05:12.40

100m H Heat 1 (-1.1) Janet Wienand US A 14.12; Christine Ras UJ A 14.77; Marli Spies TUKS A 14.99; Mariska Meintjies NWU A 15.00; Carli Gey v Pittius US A 15.85; Hermi Maree NMMU 16.76.

100m H Heat 2 (+1.2) Erika Kleinhans TUKS A 14.20; Ansulet Potgieter UFS A 14.59; Marke Walters US A 14.69; Jana Theron NWU A 14.89; Margit du plessis TUKS A 15.52; Carina Etsebeth TUKS B 16.48; Nazreen West UJ B 18.65.

100m H Final (+1.3) Janet Wienand US A 13.78; Erika Kleinhans TUKS A 13.92; Marli Spies TUKS A 14.39; Marike Walter US A 15.50; Ansulet Potgieter UFS A 14.60; Jana Theron NWU A 14.70

4 x 100m Relay : TUKS A 45.80; UWC 46.73; UJA 48.53; TUKS A 48.56; TUKS A 2 48.67; NWU 48.79; UFS A 49.58; US A 49.83

Triple Jump Final: Cindy Peters UJ A (+1.20)12.84; Patience Ntshingila NWU A (+2.27)12.70; Matsi Diklota UJ A (+1.38)12.62; Monja Goosen TUKS B (+1.30)12.33; Rochelle v d Merwe NMMU(+1.64)12.09; Kelly Kingwell UJ A (+0.00)11.87; Michelle Cornelius TUKS B (+0.54)11.49.

Javelin Throw Final: Sunette Viljoen NWU A 61.89 (USSA Rec) ;Justine Robbeson NWU A 61.23; Tasmin Britz 51.87; Gerlize de Klerk NWU A 51.31; Rencia Fourie NWU A 47.91; Gezelle Bernard NWU A 46.36; Anzel vd Schyff TUKS B 44.71; Mariska Botes NWU B 44.45.

Shot Put Heat 1: Sonia Smuts TUKS A 12.96; Bianca v Rooyen UJ A 12.51; Justine Robbeson NWU A 12.19; Maryke Oberholzer TUKS A 11.58; Tazmin Britz NWU A 11.51; Gerlize de Klerk NWU A 11.43; Ursula Fourie TUKS B 11.09

Shot Put Heat 2: Sonnika Knoetze NWU A 13.79; Elzaan Mostert UJ A 12.64; Gazelle Bernard NWU A 11.96; Ruzei Vorster UFS A 11.42; Elizna Naude TUKS A 11.28; Lindie Liebenberg NWU A 11.22; Jo-Anne du Toit TUKS B 10.32; Nadia Botha UFS A 09:74;

Shot Put Final: Justine Robeson NWU A 14.00; Bianca v Rooyen UJ A 13.85; Sonnika Knoetze NWU A 13.63; Sonia Smuts TUKS A 13.51; Elzaan Mostert 12.70; Gezelle Bernard NWU A 12.20; Elizna Naude TUKS A 12.08; Maryke Oberholzer TUKS A 11.67.

Hammer Throw Final: Marizette Badenhorst UFS A 51.19; Nanette Stapelberg NWU A 46.14; Leandri de Beer UJ A 45.85; Angeline Rodrigues de Franca TUKS B 45.56; Nadia Botha UFS A 45.40; Anneke Louw NMMU 42.36; Ursula Fourie TUKS B 36.69; Sarah Scheun DUT 34.90; Elzaan Mostert UJ A 30.62; Justine Robbeson NWU A 29.63; Lindie Liebenberg NWU A 22.08

PUK Mc Arthur Stadium Potchefstroom

Men

200m Heat 1: (+2.5)Snyman Prinsloo UJ A 21.52; Ethan Florus US A 22.00;Titus Manfred UFS B 22.47; Nelis de Kock UFS A 22.51; Selebogo Mothea VUT 22.79; Thabo Phakoe UFS B 22.95; Banele Nxumalo UCT 23.39; tieho Mokhatla NWU Mafikeng 24.12.

200m Heat 2(+1.9) Thuso Mpuang UFS A 22.02; Themba Maddima TUKS A 22.32; Sandile Mpsi MUT 22.55;Rifaat Jappie US A 22.72; Ngube Emmanuel UJ C 23.74; Mivuyo Mjajubana UCT 23.85; Max Popesecu WITS 24.34.

200m Heat 3(+2.7) Kagiso Kumbane UFS 21.76;Leon du Toit TUKS A 22.10; Andre Nel NWU B 22.30; Garth Arenz US A 22.35; Jeanre Rossouw UCT 22.48; Tshepo Makomene WITS 24.90

200m Heat 3 (+1.8) Simon Magakwe NWU A 21.16; Isaak v Wyk TUKS A 21.40; Shaun de Jager US A 21.79; Max Mogotsi UJ C 21.97; Nkoga Lehlohonolo CUT 22.35; Leroy Bock CAPUT A22.38.

200m Heat 4(+1.8) Simon Magakwe NWU A 21.16; Isaak v Wyk TUKS A 21.40; Shaun de Jager US A 21.79; Max Mootsi UJ C 21.97; Nkoga Lehlohonolo CAPUT A 22.35.

200m Heat 5: (+1.6) Leigh Julius NMMU 21.67; Hannes Dreyer TUKS A 21.73; Gueron Kulsen US A 22.00; Njabula Mkhize Mota Mantje CUT 24.20; Freedom Mgobhazi DUT 24.26. UFS A 22.76; Reginald Hinda Northlink 23.29.

200m Heat 6: (+1.9) Peter Schoeman US A 22.17; Sidwell Mithi UJA 22.30; Karabo Phahlamoklalaka UL 22.43; Ashford Motsau UFS A 22.53

200m Heat : (+1.8)Waide Jooste UJ A 21.58; Shane Victor DUT 21.90; Sibusiso Sishi UJ A 22.20; Mario Mangalie CUT 23.24;Mpeli Shemane VUT 23.25

200m Heat 8: (+3.5) Willie de Beer TUKS A 21.90; Gert Harding NWU B 22.09; Ryan Nel UWC 22.29; Zothani Ngubane UKZN 22.66.

200m SF 1 (+2.5) Simon Magakwe NWU A 20.85; Kagiso Kumbane UFS A 20.89; Hannes Dreyer TUKS A 21.01; Rthan Florus USA 21.68; Gueron Kulsen US A 22.07; Sibusiso Sishi UJ A 22.12

200m SF 2 (+2.1) Thuso Mpuang UFS A 20.75; Leigh Julius NMMU 20.84; Isaak v Wyk TUKS A 21.18; Shaun de Jager US A 21.75

200m SF 3 (+1.8) Snyman Prinsloo UJ A 21.07; Willie de Beer TUKS A 21.16y; Waide Jooste UJ A 21.46; Leon du Toit TUKS A 21.74;Shane Victor DUT 21.75.

200m Final: (+1.5) Simon Magakwe NWU A 20.23 USSA Rec 20,23; Leigh Julius NMMU 20.42; Thuso Mpuang UFS A 20.54; Kagiso Kumbane UFS A 20.80; Hannes Dreyer TUKS A 20.95; Snyman Prinsloo UJ A 21.03; Willie de Beere TUKS A 21.18; Isaak v Wyk TUKS A 21.26.

800m Heat 1: Windy Jonas UFS A 1:51.94; Ratlale Mokone UFS A 1:52.43; Rick Hambridge US A 1:52.78; Clinton Swanepoel 1:54.50; Werner du Toit UJ B 1:54.55; Keith Freidmond TUKS B 1:55.05

800m Heat 2: Ruben Ramolefi UJ A 1:53.67; Marnus Koekemoer TUKS A 1:55.04; Rudolf Coetzer UJ C 1:56.23; Andy Mukona TUKS B 1:57.37; Jan Lubbe NWU B 1:58.84; Hendrik v Staden UJ C 2:00.67

800m Heat 3: Henk Beukes UJ A 1:52.53; Brad Bonner TUKS A 1:52.77; Hannes Naude UFS A 1:52.81; Tinus v Rensburg NWU B 1:54.10; Bangqobile NWU B 1:55.04; Joshua Venter NMMU 2:08.95.

800m Heat 4: Adriaan v wyk TUKS A 1:51.22; Mthobisi Baloyi NWU A 1:51.40; Jaques Pretorius US A 1:51.59; Michael du Toit UJ B 1:52.63; Zwelaleke Sebota NWU A 1:52.84

800m Final: Windy Jonas UFS A 1:50.48; Adriaan v Wyk TUKS A 1:50.79; Ratlale Mokone UFS 1:50.98; Mthobisi Baloyi NWU A 1:51.01; Marnus Koekemoer TUKS A 1:51.22; Henk Beukes UJ A 1:51.25; Ruben Ramolefi UJ A 1:52.55; Michael du Toit UJ B 1:52.91.

5000m Final: Elroy Galant NWU A 14:06.09; Isaac Mboyasi UJ A 14: 15.18; Dumisane Hlaselo UFS A 14:22.73; Molefe Molefe UJ A 14:42.41; Edwin Molefe NWU A 14:44.53; Thuso Phaswana UJ A 14:44.92; Dean Brummer NWU A 14:52.74; Thoriso Ratsela UJ B 15:07.49.

400m H Heat 1: Ockert Groenewald TUKSA 43.08; Rodwin v Vuuren UJ A 53.17; Louw Smit US A 53.75; Ian Schoonwinkel NWU B 54.59; Jaco Willemse NWU A 56.99; Busang Kalisang UJ B 58.54; Edward Monanyane TUT 61.12

400m H Heat 2: PC Beneke UFS A 52.44; Hardus Maritz NWU A 53.33; Francois Retief US A 53.46; Mark Bender TUKS A 54.28; Morena Mkhizo UFS B 55.76; Rohan du Toit NMMU 62.27

400m H Heat 3: Johan Hanekom TUKS A 52.84; Pieter Marx UFS A 53.03; Leroy Bock CAPT A 53.44; JT Myburgh TUKS B 53.70; Jurie Moolman TUKS A 53.87; Pieter Koekemoer NWU A 53.88; Andre Storm NWU A 56.03; Sibulelo Mqwathi NWU B 56.61

400m H Final: PC Beneke UFS A 50.74; Johan Hanekom TUKS A 51.63; Pieter Marx UFS A 52.55; Leroy Bock CAPT A 52.68; Hardus Maritz NWU A 52.79; Francois Retief US A 54.25; Rodwin v Vuuren UJ A 54.77

21.1km Road Race : Boy Soke UFSA 1:06:12.00; Rafael Mahapa TUT 1:06:24.00; Zandile Zuma VUT 1:07.46.00

4 x 400m Relay

High Jump Final; Marcolleen Pretorius NWU A 1.83; Janette Siebert UFS A 1.70; Rene Oosthuizen TUKS A 1.70; Carina du Preez UJ A 1.70; Bianca Erwee NWU A 1.65; Tarryn v Vollenhoven UWC 1.60; Matsi Diklota UJ A 1.60

Triple Jump Heat 1: Roger Haitengi UJ A (+0.77)15.77; Dylon Cotter UJ A (+1.47)14.95; Zaarck Visser UJ A (+0.46)14.80; Adewale Adejumo UKZN (+0.13) 14.60; Tuairé Salomon UJ (+0.58) 14.40; Peter Muyeni TUKS B (+1.51) 14.06; Kgomotso Lekalakala TUT (+0.44)13.78

Triple Jump Heat 2: Charles le Roux UFS A (+2.3) 15.20; Tumelo Thangane NWU A (+1.69) 14.95; Neo Marie UJ B (+1.71) 14.43; Maurice Mathabela TUT (+2.18) 14.35; Vaugh Rossouw UJ B (+2.25)13.94.

Triple Jump Final: Tumelo Thangane NWU A (+2.45)17.06; Roger Haitengi UJ A (+0.75) 16.46; Zaarck Visser UJ A (+2.49); Charles le Roux UFS A 15.42 (+1.58); Neo Marie UJ B (+0.68) 14.88; Adewale Abejumo UKZN (+2.45) 14.87; Pieter Muyeni TUKS B (+0.61)14.58; Maurice Mathabela TUT (+1.16) 14.34.

Hammer Throw Final :JK Kruger US A 61.85; Miguual le Roux UJ B 54.53; Tehann v niekerk NWU A 53.62; Ruan de beer UJ B 50.73; Lodewalt Venter NWU B 60.43; Rudolf Roodt DUT 47.49; Pieter Badenhorst UFS A 47.24; Pieter de Villiers UFSA 27.24

Javelin Throw Final: Tobie Holthausen NWU A 74.75; Bernard Crous NWU A 71.41; Ulrich Damon 70.25; Phil-Marie J V Rensburg NWU A 69.96; Andrew Grant-Smith US A 69.43; Niel Zimmerman NWU B 62.13; Jonathan Crichton UJ C 61.66; Franco Stander NWU B 61.53

Shot Put Heat 1: Ross Jordaan US A 16.57; Ryno v Winkel UFS A 15.54; Stephan Brink TUKS A 15.41; Donovan Snyman UJ A 15.11; Pieter v Deventer NWU B 14.13; Dewald Moolman TUKS A 13.61; Luan Retief US A 11.68; Jaco Havenga UJ C ; Migual le Roux UJ B 10.77

Shot Put Heat 2: Jaco Engelbrecht UJ A 15.92; Dean Wattrus NWU A 15.47; Stephan v Straaten NWU B 14.46; Brynne-Peters Kemp UJ B 13.97; Russel Tucker TUKS A 13.73; Leon Verster TUKS A 13.57

Shot Put Final: Dean Wattrus NWU A 18.20; Ross Jordaan US A 18:00; Donovan Snyman UJ A 17.56; Ryno v Winkel UFS A 16.51; Jaqco Engelbrecht UJ A 16.43; Stephan Brink TUKS A 16.02; Russel Tucker TUKS A 15.96

4 x 400m Relay: UJ A 3:11.64; TUKS A 3:13.58; UFS A 3:13.67; TUKS A team 2 3:14.66; US A 3:17.98

Women

200m Heat 1: (+2.3)Carina Horn TUKS A 23,77; Thandi Vilakazi UJ A25.10; Tasquane Hufkie NMMU 25.21; Bernice Roman UWC 25.61;. Narusta vd Colff US A 27:19

200m Heat 2: (+0.9) Chereese Jones TUKS A 25.52; Christine Ras UJ A 26.30; Sibususwe Gavu UKZN 26.62; kehly Gorgonzola NMMU 27.51; Carley Lomax TUKS B 30.20

200m Heat 3: (+2.0) Alet v Wyk 24.59;Rorisang Rammonyane NWU A 25.14; Welme v Zyl TUKS B 25.25; Annika v huyssteen US A 25.45; Gumede Nontobeko UKZN 25.57

200m Heat 4: (+1.6) Arlene Gowar TUKS A25.13 Leah Slinger US A 25.84; Monique Maree UJA 26.33; Marizanne Jacobs UFS A 27.11; Simone Morris UWC 27.39.

200m Heat 5: (+2.7) Stacey Gardiner UWC 24.51; Eugenie Wicksell TUKSA 25.54; Bernicca Mashava UJ B 26.40; Amy Abel US A 27.03; Pinana Bongwiwe TUT 28.35.

200m Heat 6: (+1.5) Cindy Stewart NMMU 24.79; Christy Coetzee TUKS A 24.89; Terry Cozett UWC 26.22; Ansce Scheepers UFS A 26.89.Nickell Jackson UJ B 27.02

200m Heat 7: (+1.6) Bevin Swart UWC 24.31; Taliza Swartz UFSA 25.55; Zaskia Struwig NMMU 25.61; Erika Kleinhans TUKS A 25.98; Namello Tsoteetsi VUT 27.77; Refiloe Lebane UJ B 29.74.

200m SF 1 (+2.1) Carna Horn TUKS A 23.78; Christy Coetzee TUKSA 24.47; Thandi Vilikazi UJ A 24.88; Chereese Jones TUKS A 25.06.

200m SF 2 (+1.9) Bevin Smith UWC 23.93; Cindy Stewart NMMU 24.16; Arlene Gowar TUKS A 24.34; Eugenie Wicksell TUKS A 25.20.

200m SF 3 (+2.5)Stacey Gardiner UWC 24.26; Alet v Wyk TUKS A 24.38; Rorisang Rammonyane NWU A 24.79; Gumede Nontobeko UKZN 25.06

200m Final: (+1.6) Cindy Stewart NMMU 23.59; Carina Horn TUKS A 23.82; Bevin Smith UWC 23.87; Stacey Gardiner UWC 24.16; Alet v Wyk TUKS A 24.42; Arlene Gowar TUKS A 24.43; Christy Coetzee TUKS A 24.60; Rorisang Rammonyane NWU A 24.96

800m Heat 1: Chantelle Anderson US A 2:15.43; Megan Williams UJ A 2;18.84; Juane Cilliers NWU A 2:20.26; Anika Claasens UJ B 2:21.94; Adri Meyer US B 2:24.86;Nandi Meyer UJ B 2:29.31;Linda Hanekom North link 2:30.64; Monique v Rhyn UFS A 2:30.88

800m Heat 2; Mandie Brandt UJ A 2:11.69; Annica Coetzee NMMU 2:11.78; Anuscha Nice TUKS A 2:11.97; Claire Cronje UFS A 2:12.05; Rone Reynecke UFS A 2:12.05; Done Vermaak TUKS B 2:15.29; Anelda Pypers UJA 2:20.31

800m Final: Anuscha Nice TUKS A 2:09.49; Juane Cilliers NWU A 2:09.74; Mandie Brandt UJ A 2:10.00; Annica Coetzee NMMU 2:10.00; Rone Reynecke UFS A 2:11.46; Claire Cronje UFS A 2:13.50; Chantelle Anderson US A 2:13.88; Done Vermaak TUKS B 2:15. 62

400m H Heat 1:Wenda Theron TUKS A 61.55; Mariska Meintjies NWU A 62.52; Megan Goddard US A 63.09; Claudeen Els NWU A 64.41; Hermi Maree NMMU 71.99.

400m H Heat 2: Jana Theron NWU A 62.57; Marli Spies TUKS A 62.88; Anneri Ebersohn UFS 63.12; Yolandi le Roux TUKS B 63.89; Danielle Greef NWU B 67.45; Elouise Snyman UJ B 69.33.

400m H Final: Wenda Theron TUKS A 57.79; Anneri Ebersohn UFS A 60.03; Jana Theron NWU A 60.43; Marli Spies TUKS A 60.98; Mariska Meintjies NWU A 61.49; Megan Goddard US A 62.79;

5000m:

21.1 Km Road Race : Portia Ngwenya TUT 1:23:37.00; Elene Lourens USA 1:23:41.00; Mia pienaar US A 1:23:59.00

4 x 400m Relay: TUKS A 3:44.84; NWU A 3:48.77; US A 3:49.90; UJ A 3:52.25; UFS A 3:53.77

Long Jump Heat 1: Patience Ntshingila NWU A (+3.88)6.00; Cindy Peters UJ A (+2.47)5.90; Rochelle vd Merwe NMMU (+0.47)5.75; Marni Stevens NWU B (+1.81)5.56; Claudine J v Rensburg TUKS B(+2.87) 5.47

Long Jump Heat 2: Liniq Prinsloo TUKS A (+2.28)5.91; Kelly Kingwell UJ A (+1.99)5.76; Monja Goosen Tuks(+1.5)5.75; Danelle Fourie UJ A (+1.01) 5.36

Long Jump Final: Liniq Prinsloo TUKS A (=2.84) 6.21; Monja Goosen TUKS B (+1.99) 6.08; Cindy Peters UJ A (+2.62) 5.90; Rochelle vd Merwe NMMU (+2.90) 5.72; Marni Stevens NWU B (+4.09) 5.66; Claudine J v Rensburg TUKS B (+2.99) 5.54; Patience Ntshingila NWU A (+1.09)5.58; Keshia Kalomo North link (+1.64)5.44

High Jump Final: Ruaan Claasen UJ B 2.10; Zarion Kotze NWU 2.10; Salomon Tuarie UJ B 2.05; JP v d Schyff NWU B 2.05; Andre Fourie NMMU 2.05;

Pole Vault Final: Deone Joubert UJ A 3.60; Mandi Maritz NMMU 3.30; Nicola Loots US A 3.10; Marike Jansen NWU B 3.10; Dane Isabel Botes UJ A 3.00; Talitha Lombard CAPT A 3.00 Solize Vosloo TUKS B 2.90

Discus Final: Elizna Naude TUKS A 58.39; Maryke Oberholzer TUKS A 51.54; Jo-Anne du Toit 41.22; Sonia Muts TUKS A 40.79; Lindie Liebenberg NWU A 39.13; Leandri de Beer UJ A 38.93; Amore Kotze UJ B 37.25; Ursula Fourie UJ B 37.23.

TEAM SCORES

SECTION A – WOMEN

1. Pretoria University A	211.5
2. NWU Pukke A	161
3. UJ A	134
4. UFS A	68
5. US A	63

SECTION A – MEN

1. NWU Pukke	179
2. UJ A	177
3. Kovsies	120
4. University of Pretoria A	109
5. Maties	48

SECTION B – MEN

1. TUT	22
2. NMMU	17
3. DUT	11
4. NWU-MAF	7

SECTION B – WOMEN

1. NMMU	37
2. UWC	39.5
3. TUT	17
4. UCT	8

TOTAL MEN + WOMEN - SECTION A

1. NWU Pukke	340
2. UP	320.5
3. UJ	311
4. UFS	188
5. US	111

TOTAL MEN + WOMEN - SECTION B

1. NMMU	54
2. UWC	39.5
3. TUT	39
4. DUT	12
5. UCT+UKZN	8

**USSA ATHLETICS
HALF MARATHON - 17 APRIL 2010
POTCHEFSTROOM**

MEN

Number	Name	Surname	Institution
73	Johan	Cronjé	UFS-A
88	Boy	Soke	UFS-A
132	Juan	Van Deventer	UJ-A
165	Marcel	Luther	UJ-C
236	Mark	Mundell	Tuks-A
366	Chuma	Headbush	CAPUT-A
367	Marks	Mpakula	CAPUT-A
369	Mava	Mkeba	CAPUT-A
373	Isaac	Selepe	CAPUT-A
375	Faizel	October	CAPUT-A
376	Azreal	Scheepers	CAPUT-A
383	Mansoer	Karriem	CAPUT-A
410	Orlando	Molotsi	VUT
411	Zandile	Zuma	VUT
415	Phuti	Phopola	VUT
416	Potlaki	Chautsane	VUT
417	Teboho	Lechela	VUT
418	Sbusiso	Mukamo	VUT
439	Julius	Thinda	CUT
442	Bongani	Mokaloba	CUT
444	Tsitso	Mataung	CUT
445	Lebogang	Molopo	CUT
446	Itumeleng	Dipitsi	CUT
459	Lebese	Mmola	NWU-MAF
460	Pule	Phiri	NWU-MAF
461	Gaarekwe	Mopelwa	NWU-MAF
462	Pogiso	Fortein	NWU-MAF
463	Tsietsi	Mashose	NWU-MAF
506	Innocent	Mazibuko	MUT
507	Themhani	Bhungane	MUT
508	Mhlonishwa	Ndlovu	MUT
516	Michael-John	Cannon	Thodes
524	Joel	Madiba	TUT
527	Stephen	Makoka	TUT
528	Rafael	Mahapa	TUT
529	Solomon	Mthobeni	TUT
531	Adrian	Wallace	TUT
534	Lukhanyo	Mabinza	TUT
535	Sello	Molefe	TUT
552	Michael-John	Loseby	UCT
553	Byron	Reeve	UCT
554	Neil	Lloyd	UCT
555	Stephen	James	UCT
556	Francois	De Flamingh	UCT
557	Ben	Brimble	UCT
558	Richard	Wright	UCT
608	Lucas	Mohlala	WITS
609	Lawrence	Hayward	WITS
610	M	Sethibe	WITS

**USSA ATHLETICS
HALF MARATHON - 17 APRIL 2010
POTCHEFSTROOM**

WOMEN

Number	Name	Surname	Institution
107	Nelmari	Loubser	UFS-A
114	Maryna	Swanepoel	UFS-A
340	Elene	Lourens	US-A
343	Mia	Pienaar	US-A
348	Danette	Smith	US-A
356	Louise	Muller	US-B
357	Christina	Langenhoven	US-B
431	Refiwe	Kubheka	VUT
451	Dichakane	Maloka	CUT
452	Thabang	Masihleho	CUT
453	Mojalefa	Mosebeko	CUT
517	Lahja	Ndjalo	Rhodes
520	Fikile	Sithole	Rhodes
521	Lianne	Riley	Rhodes
522	Melanie	Bruce-Miller	Rhodes
523	Nandipha	Mabece	Rhodes
538	Refiloe	Matome	TUT
541	Thitshaamba	Mavhanda	TUT
542	Portia	Ngwenya	TUT
543	Thembi	Baloyi	TUT
545	Mamiki	Motsire	TUT
547	Kabelo	Modimola	TUT
544	Bayanda	Mpambani	TUT
561	Tanya	Scott	UCT
562	Kathleen	Fennemore	UCT
563	Theresa	Watson	UCT
564	Kiara	Suttner	UCT
565	Dominique	Leibbrandt	UCT
597	Nonhlanhla	Ncgobo	UWC