

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

**Start sheets (All Events)**

**Final Men 25 5km Walk 07:00 0**

1	P1760	HECTOR DOUGLAS	LANGST
2	P700	DONSON HILTON	SPARHR
3	P3117	KLINK TARIQ	CPUT
4		LOOPS BRENTONIO CARL	University of the Western Cape
5	J20397	NDABAMBI SISONKE	RCS Gugs

**Final Women 25 5km Walk 07:00 0**

1	P7761	NQAYI MANDISA	RCS Gugs
---	-------	---------------	----------

**Final Girls 16 5km Walk 07:00 1**

**WPA 2022: 28:27.70 (Anandi Coetzee, BAK, 2004)**

1		KEYSER SIMONE	PRLVAL
2		STRYDOM NINA	PRLVAL

**Final Girls 18 5km Walk 07:00 2**

**WPA 2022: 28:27.70 (Anandi Coetzee, BAK, 2004)**

1		MTWANI LULUTHO	RCS Gugs
2	J20348	MTWAZI LULUTHO	RCS Gugs

**Final Boys 16 5km Walk 07:00 3**

**WPA 2022: 26:50.70 (Armond Nel, BAK, 2005)**

1	J20279	VAN DEVENTER CHARL	WORAC
2		KEYSER ZANDAY	PRLVAL
3		STRYDOM HUGO	PRLVAL

**Final Women 20 5000m 08:00 4**

**WPA 2022: 16:02.55 (Elana van Zyl, Robertson High School, 1984)**

**Final Women 25 5000m 08:00 5**

**WPA 2022: 14:44.15 (Elana Meyer (née van Zyl), University of Stellenbosch, 1993)**

1	P3112	MOREMOHOLO KARABELO	CPUT
2	P6240	SIMAE BULELWA	BOXER

**Final Men 20 5000m 08:00 6**

**WPA 2022: 13:59.01 (Zolani Bhitane, Harmony AC, 2004)**

1	J20164	* CEN	NEDRC
2	J20132	TITUS CHARLTON	Kway VOB
3	J20131	MAKHONXA UZUKHANYE	Kway VOB
4	P28	CIMANI MSINDISI	Kway VOB

**Final Men 25 5000m 08:00 7**

**WPA 2022: 13:30.40 (Ewald Bonzet, BAK, 1978)**

1	P1948	COOPER MIGUEL	NEDRC
2	P2221	KAMMIES MORNE	SANLAM
3		MODYINI VUYISANI	RCS Gugs
4	P5879	ROSSOUW RUDOLF	Wild Runner Ac
5	P1608	MGUDLWA SIPHESIHLE	CPUT
6		SEPTEMBER FRANKLIN	DURBAC
7	P5797	BELILLIE ALANTINO	CHILAC
8		VUYISANI MADYINI	RCS Gugs
9	P1892	HIRBO YOHANNES	NEDRC

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

10	P1949	COOPER ANDREW	NEDRC
11	P2556	MADIKIZELA SIBUSISO	Atlantic athletic club
12		AFRIKA ANDRE	NEDRC

<b>Final Boys 16 300m Hurdles</b>	<b>08:30</b>	<b>8</b>
<b>WPA 2022: 38.47 (Naeem Jack, Itheko, 2021)</b>		

4	J20037	MKONYOVU THANAZILE	Bellville Athletic Club
5	J20015	MEIRING SIMON	Bellville Athletic Club
6		WALTERS KYLE	Bellville Athletic Club

<b>Final Girls 16 300m Hurdles</b>	<b>08:40</b>	<b>9</b>
<b>WPA 2022: 41.36 (Chantelle Terblanche, BAK, 2000)</b>		

4		PARKER CAYLIN	Bellville Athletic Club
5	J20056	TEN CATE AMY	Bellville Athletic Club

<b>Final Girls 18 400m Hurdles</b>	<b>08:50</b>	<b>10</b>
<b>WPA 2022: 0:58.77 (Chantelle Terblanche, BAK, 2002)</b>		

<b>Final Women 20 400m Hurdles</b>	<b>08:50</b>	<b>11</b>
<b>WPA 2022: 0:56.36 (Rogail Joseph, UWC, 2019)</b>		

4	P1051	DU TOIT BRENDA	PRLAC
5		HEERINK-VAN BRED ALEXANDRA	MATIES

<b>Final Women 25 400m Hurdles</b>	<b>08:50</b>	<b>12</b>
<b>WPA 2022: 0:56.36 (Rogail Joseph, UWC, 2019)</b>		

<b>Final Boys 18 400m Hurdles</b>	<b>09:00</b>	<b>13</b>
<b>WPA 2022: 0:51.24 (Tiaan Mouton, BAK, 2011)</b>		

4	J20344	MARCUS JAMIEL	SOUTH PENINSULA
5		BOTHMA BRANDON-LEIGH	Bellville Athletic Club
6		LATIEF LEIGHJAY	GORHS

<b>Final Men 20 400m Hurdles</b>	<b>09:00</b>	<b>14</b>
<b>WPA 2022: 0:50.44 (Eugene van der Westhuizen, Paul Roos Gimnasium, 1993)</b>		

<b>Final Men 25 400m Hurdles</b>	<b>09:00</b>	<b>15</b>
<b>WPA 2022: 0:49.95 (Kobus Burger, University of Stellenbosch, 1985)</b>		

4		PIETERSEN LIAM	MATIES
5	P2412	SOLOMONS TAARIQ	Bellville Athletic Club
6	P208	LABUSCHAGNE RUAN	MATIES

<b>Final Women 20 HighJump</b>	<b>09:00</b>	<b>16</b>
<b>WPA 2022: 1.85 (Heidi de Kock, Pinelands AC, 1977)</b>		

1		HORN MICHAELA	STRAND
---	--	---------------	--------

<b>Final Women 25 HighJump</b>	<b>09:00</b>	<b>17</b>
<b>WPA 2022: 1.87 (Desireé du Plessis, BAK, 1993)</b>		

1	P127	DU TOIT NIENKA	ASPAC
---	------	----------------	-------

<b>Final Boys 18 TripleJump</b>	<b>09:00</b>	<b>18</b>
<b>WPA 2022: 15.51 (Simeon Mars, SPAAC, 2002)</b>		

1		KUDAKWASHE DELAN	PLUMHS
2		VON WIELLIGH LOGAN	DF Malan

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

**Final Men 25 Shotput** **09:00** **19**

**WPA 2022: 19.81 (John van Reenen, University of Stellenbosch, 1970)**

1	P5597	MARAIS DANIEL	SOUTH PENINSULA
2	P7338	FIELD JAMIE	Ultra Athletics Club
3	P5596	FRANCIS ANDREW	SOUTH PENINSULA
4		BOSHOFF FRANCO	MATIES

**Final Women 20 Discus** **09:00** **20**

**WPA 2022: 49.78 (Theresa Janse van Vuuren, Wellington Onderwys Kollege, 1980)**

1		SOPHILE SIBONGILE	RCS Gugs
---	--	-------------------	----------

**Final Women 25 Discus** **09:00** **21**

**WPA 2022: 51.72 (Lize-Marie Coetzer, University of Stellenbosch, 1984)**

1	P2471	DU TOIT ALETTA	Bellville Athletic Club
2	P2476	GROBBRLAAR ELIZE	Bellville Athletic Club
3	J20195	JORDAAN ZOë	Bellville Athletic Club
4		ALBERTYN ESTë	Bellville Athletic Club
5	J20358	SOPHILE SIBULELE	RCS Gugs
6		GELDERBLOEM ELZANI	University of the Western Cape
7		VAN DER WESTHUIZEN CLAUDIA	Individual

**Final Girls 16 1500m** **09:15** **22**

**WPA 2022: 04:36.58 (Daniel Victor, University of Stellenbosch, 1994)**

1	J20183	VENTER ALICE	Bellville Athletic Club
2		KRUGER TABITA	PRLVAL

**Final Girls 18 1500m** **09:23** **23**

**WPA 2022: 04:18.10 (Elana van Zyl, Robertson High School, 1982)**

1		JANSEN GRAYNICIA	Macassar Run/Walk A.C
2		SMITH RICKECIA	Macassar Run/Walk A.C

**Final Women 20 Polevault** **09:30** **24**

**WPA 2022: 4.05 (Annelie van Wyk, TAK, 2002)**

**Final Women 25 Polevault** **09:30** **25**

**WPA 2022: 4.05 (Annelie van Wyk, TAK, 2002)**

**Final Women 20 1500m** **09:31** **26**

**WPA 2022: 04:10.60 (Tanya Peckham, University of Stellenbosch, 1985)**

1		MABENTSELA SIWAPHIWE	RCS Gugs
---	--	----------------------	----------

**Final Women 25 1500m** **09:31** **27**

**WPA 2022: 04:02.15 (Elana Meyer (neë van Zyl), University of Stellenbosch, 1992)**

1	P3112	MOREMOHOLO KARABELO	CPUT
2	P7170	GRIFFITHS KOBIE	NEDRC
3	P1947	MATIWANE BUSISIWE	NEDRC

**Final Boys 16 1500m** **09:39** **28**

**WPA 2022: 04:00.50 (Conrad Tesnar, Paul Roos Gimnasium, 1990)**

1		NAM CWANGCO	RCS Gugs
2	J20130	MBATSA ASAKHE	Kway VOB
3		MARKGRAAF DARIUS	PRLVAL
4	J20227	DANIELS AIDEN-LEE	KUILAC
5		THABISO NQGYI	RCS Gugs
6	J20133	BHEBHA SIVE	Kway VOB

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

7 J20366 PENDU KUBOBONKE

Kway VOB

**Final Girls 16 LongJump****09:45****29****WPA 2022: 5.83 (Carla Johnson, SPAAC, 2012)**

1 VAN STADEN MICHE

TYGHS

2 BOER JORDAN

PRLVAL

**Final Girls 18 LongJump****09:45****30****WPA 2022: 6.20 (Luzaan du Preez, TAK, 1988)**

1 HULLEY LIVIA

DF Malan

**Final Boys 18 1500m****09:47****31**

1 J20325 HURLING M-J

FAIRHS

2 J20393 KARSTEN LUCA

VELAC

3 J20395 KROKRANI SINOTHANDO

RCS Gugs

4 ROSSOUW SHERWIN

PRLGIM

5 MALOYI AYABONGA

RCS Gugs

6 NTLAKANA XHANTI

RCS Gugs

7 CONRADIE JEAN

PRLVAL

8 J20129 MBATSA INAM

Kway VOB

9 DE JAGER DAVID

PRLVAL

10 AFRIKA ZANDRÉ

University of the Western Cape

11 KLAAS LIHLE

PRLVAL

**Final Men 20 1500m****09:55****32**

1 J20164 \* CEN

NEDRC

2 J20053 RUDOLPH DYLAN

MATIES

3 J20868 JALI LUBABALO

RCS Gugs

**Final Men 20 Shotput****10:00****33****WPA 2022: 18.30 (Zane Weir, UCT, 2014)**

1 J20141 SOEKOE PIETER DIRK

Bellville Athletic Club

2 MTEBENI KARABO

RCS Gugs

**Final Men 20 Javelin****10:00****34****WPA 2022: 75.72 (Rocco van Rooyen, TAK, 2011)**

1 J20141 SOEKOE PIETER DIRK

Bellville Athletic Club

2 MTEBENI KARABO

RCS Gugs

3 SOLOMON JAME

Bellville Athletic Club

4 J20103 VILJOEN ERIK

PRLAC

**Final Girls 18 Discus****10:00****35****WPA 2022: 47.16 (Theresa Janse van Vuuren, Paarl AC, 1978)**

1 SOLOMON JESSÉ

Bellville Athletic Club

2 J20026 LOTTER JANNEKE

Bellville Athletic Club

3 J20355 SERROTTI CHLOE

Tygerberg AC

**Final Men 25 1500m****10:03****36****WPA 2022: 03:33.56 (Johan Landsman, University of Stellenbosch, 1993)**

1 P169 MOUTON JEAN

ATHACD

2 DA SILVA AZEVEDO ALEXANDRO

MATIES

3 J20212 BOOYSEN OWEN

KUILAC

4 P5797 BELILLIE ALANTINO

CHILAC

5 P1510 GIBSON MICHAEL

Fish Hoek Athletics Club

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

6	P3591	BAILEY JASON	Groot Constantia
7	P3070	SOLDAKA SIBONISO	CPUT
8		SMITH ASHLEY	MATIES
9		MCITWA MUSA	Individual

**Final Girls 16 200m** **10:15** **37**

**WPA 2022: 24.40 (Chantelle Terblanche, BAK, 2000)**

3		KOOPMAN KOUM	Macassar Run/Walk A.C
4		VAN STADEN MICHE	TYGHS
5		HENDRICKS SHAKIRA	Bellville Athletic Club
6	J20560	KEET IMAN	Ultra Athletics Club
7		VERONTINE SASKIA	Macassar Run/Walk A.C

**Final Men 20 HighJump** **10:15** **38**

**WPA 2022: 2.25 (Breyton Poole, Helderberg Harriers AC, 2017)**

1		MZOKOZA LAKHENI	WITHS
2	J20345	PETERSEN STORM	SOUTH PENINSULA

**Final Boys 16 200m** **10:21** **39**

**WPA 2022: 21.34 (Kyle Appel, BAK, 2013)**

3		ARENDS MATTHEW	Mitchell's Plain Titans
4		VAN DER HEEVER KAYLAM	Macassar Run/Walk A.C
5		WALTERS KYLE	Bellville Athletic Club
6		WEIDEMAN AARON	University of the Western Cape

**Final Girls 18 200m** **10:30** **40**

**WPA 2022: 24.25 (Janice Josephs, Ridgeville AC, 1999)**

3		SWARTZ LOUWEN	PRLVAL
4		HAMMAN-JOHNSON RENCHA	DF Malan
5		CUPIDO KYRA	DURHS
6	J20596	SAAL LANNICE	VELAC

**Final 1 of 2 Boys 18 200m** **10:36** **41**

**WPA 2022: 20.57 (Kyle Appel, BAK, 2015)**

2	J20603	LIEBENBERG MATHEW	VELAC
3		AYYOOP SARDIEN	PRLVAL
4	J20512	ISAACS ZAYD	Ultra Athletics Club
5		CLOETE WAYDE	Bellville Athletic Club
6		KUDAKWASHE DELAN	PLUMHS
7	J20207	LEHMENSICH CHRISTIAAN	Bellville Athletic Club
8	J20513	JACOBS FURQAAN	Ultra Athletics Club

**Final 2 of 2 Boys 18 200m** **10:36** **41**

**WPA 2022: 20.57 (Kyle Appel, BAK, 2015)**

3	J20347	RYAN KIRON	Tygerberg AC
4		LATIEF LEIGHJAY	GORHS
5		MUZOKOMBA PAVASHE	Hontentotts holland high school
6		PERRANG CALEB JONATHAN	University of the Western Cape
7		KLAAS LIHLE	PRLVAL
8	J20431	LOMBAART DUWAYNE	University of the Western Cape

**Final Women 20 LongJump** **10:45** **42**

**WPA 2022: 6.54 (Luzaan du Preez, TAK, 1990)**

1		LINKS DZITKA	University of the Western Cape
2	J20342	GALLIE SAFIA	SOUTH PENINSULA

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

<b>Final Women 25 LongJump</b>	<b>10:45</b>	<b>43</b>
<b>WPA 2022: 6.54 (Luzaan du Preez, TAK, 1990)</b>		

1	P2434	YAZE ZANDILE	UCT
2		NGOMA BRICIA	Tygerberg AC

<b>Final Women 20 200m</b>	<b>10:48</b>	<b>44</b>
<b>WPA 2022: 23.19 (Esmari le Roux, BAK, 1994)</b>		

3		HEERINK-VAN BREDA ALEXANDRA	MATIES
4	P1051	DU TOIT BRENDA	PRLAC
5	J20025	DU PLESSIS STEFANI	Bellville Athletic Club
6	J20342	GALLIE SAFIA	SOUTH PENINSULA
7		JOHNSON EMMA	Bellville Athletic Club

<b>Final Women 25 200m</b>	<b>10:52</b>	<b>45</b>
----------------------------	--------------	-----------

2	P2480	ARENDSE SHANNON	Bellville Athletic Club
3		CORBET MELISSA	Tygerberg AC
4	P6136	KLERK KAYLIN	University of the Western Cape
5		JEWASKIEWITZ ZENOBEA	MATIES
6	P5742	MISKE MIRJAM	Tygerberg AC
7	P1947	MATIWANE BUSISIWE	NEDRC
8		MAKHALIMA SISANDA	CPUT

<b>Final 1 of 2 Men 20 200m</b>	<b>11:00</b>	<b>46</b>
<b>WPA 2022: 20.55 (Marcus la Grange, BAK, 1986)</b>		

3	J20591	JOSEPHS LANEY	VELAC
4		CUMMINGS WASHINGTON	Brimstone ltheko
5		MAHADJIR ABDELMADJID MAHAMAT	ASPAC
6		MWAPE GEDEON	PLUMHS
7	J20341	KABUYA MUANZA	SOUTH PENINSULA
8	J20142	SOCHOP KEANAN	Bellville Athletic Club

<b>Final 2 of 2 Men 20 200m</b>	<b>11:00</b>	<b>46</b>
<b>WPA 2022: 20.55 (Marcus la Grange, BAK, 1986)</b>		

3		TITO ISMA-EEL	University of the Western Cape
4		NCAMANI JODI	GORHS
5		AL RASHIDI NAYEF	ASPAC
6		WALTERS ZANE	Bellville Athletic Club
7	J20343	DU TOIT CORION	SOUTH PENINSULA

<b>Final Girls 16 Polevault</b>	<b>11:00</b>	<b>47</b>
<b>WPA 2022: 3.75 (Sylma Jordaan, TAK, 2000)</b>		

<b>Final Girls 18 Polevault</b>	<b>11:00</b>	<b>48</b>
<b>WPA 2022: 3.95 (Annelie van Wyk, TAK, 1999)</b>		

<b>Final Women 20 Shotput</b>	<b>11:00</b>	<b>49</b>
<b>WPA 2022: 16.47 (Maranelle du Toit, BAK, 1997)</b>		

1		SOPHILE SIBONGILE	RCS Gugs
2		SMUTS JENNIFER	PRLVAL
3	J20025	DU PLESSIS STEFANI	Bellville Athletic Club

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

**Final Women 25 Shotput** **11:00** **50**

**WPA 2022: 17.08 (Maranelle du Toit, BAK, 2002)**

1	P2476	GROBBRLAAR ELIZE	Bellville Athletic Club
2	J20195	JORDAAN ZOë	Bellville Athletic Club
3		ALBERTYN ESTé	Bellville Athletic Club
4	P2410	SMIT KAYLA	Bellville Athletic Club
5	P2471	DU TOIT ALETTA	Bellville Athletic Club
6	J20358	SOPHILE SIBULELE	RCS Gugs
7		GELDERBLOEM ELZANI	University of the Western Cape
8	P127	DU TOIT NIENKA	ASPAC

**Final Men 25 Javelin** **11:00** **51**

**WPA 2022: 87.62 (Rocco van Rooyen, BAK, 2020)**

1	P5597	MARAIS DANIEL	SOUTH PENINSULA
2		PATJEE MOGAU	CPUT
3	P5596	FRANCIS ANDREW	SOUTH PENINSULA
4	P7338	FIELD JAMIE	Ultra Athletics Club
5		VAN LILL GERT RUTGER	University of the Western Cape
6		PIETERSEN CHRIS	MATIES

**Final Boys 18 Discus** **11:00** **52**

**WPA 2022: 54.86 (Dirk Hanekom, Strand AC, 1983)**

1		STEENKAMP RONAN	PRLVAL
2	J20046	BURGESS JORDAN	Bellville Athletic Club

**Final 1 of 4 Men 25 200m** **11:15** **53**

**WPA 2022: 20.35 (Marcus la Grange, BAK, 2000)**

2		DE MORNRY RYLE DE MORNRY	Tygerberg AC
3	P3109	SALEMANE THATO	CPUT
4		VAN DER MERWE KEEGAN	Brimstone ltheko
5	P783	CONRADIE PIETER	MATIES
6		NEL HENDINO	Port Nolloth Athletics
7		CAESAR JUREAUX	Tygerberg AC
8	J20398	NDALASI ATHABILE	RCS Gugs

**Final 2 of 4 Men 25 200m** **11:15** **53**

**WPA 2022: 20.35 (Marcus la Grange, BAK, 2000)**

2	P6228	SHABODIEN ZUBAIR	University of the Western Cape
3	P5743	EWERS JOSHUA	Tygerberg AC
4		PRETORIUS MATT	Brimstone ltheko
5		BARROW OWAAB	ASPAC
6		PIETERSEN LIAM	MATIES
7		JAHWI BLESSED	STRAND
8		WELCOME TAHRIQ	Brimstone ltheko

**Final 3 of 4 Men 25 200m** **11:15** **53**

**WPA 2022: 20.35 (Marcus la Grange, BAK, 2000)**

3	P5744	CAMERON KURT	Tygerberg AC
4	P3111	TUIS NATHI	CPUT
5		ALABSI SAEED	ASPAC
6		ENGEL ROSCOE	Individual
7	P3071	JAMES EMMANUAL	CPUT
8	P5745	ANDREWS GRANT	Tygerberg AC

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

**Final 4 of 4 Men 25 200m** **11:15** **53**

**WPA 2022: 20.35 (Marcus la Grange, BAK, 2000)**

3		NTUTU JONATHAN	PRLAC
4		MNISI MATIMBA IAN	Individual
5		VAN WYK IMRAAN CASSIEM	CPUT
6	P5741	RUITERS CURT	Tygerberg AC
7	P3091	SEKOME LUCKY	CPUT
8		CLARKE CHEVAN	Tygerberg AC

**Final Girls 16 1500m SteepleChase** **11:30** **54**

**WPA 2022: 05:42.72 (Anika Visser, BAK, 2020)**

1		KRUGER TABITA	PRLVAL
---	--	---------------	--------

**Final Boys 16 1500m SteepleChase** **11:30** **55**

**WPA 2022: 04:28.09 (Shaun Zuzani, New Balance AC, 2004)**

1		MARKGRAAF DARIUS	PRLVAL
---	--	------------------	--------

**Final Men 25 HighJump** **11:30** **56**

**WPA 2022: 2.27 (Gavin Lendis, SPAAC, 1997)**

1	P3113	MASUKU SIYANDA	CPUT
---	-------	----------------	------

**Final Girls 18 2000m SteepleChase** **11:40** **57**

**WPA 2022: 07:17.34 (Nadine Visser, BAK, 2020)**

1	J20030	VISSER ANIKA	Bellville Athletic Club
2		HOORN TAMIA	DURBAC
3		TULIS LEONA	PRLVAL

**Final Men 20 LongJump** **11:45** **58**

**WPA 2022: 7.80 (Marcus la Grange, BAK, 1995)**

1		TITO ISMA-EEL	University of the Western Cape
2	J20343	DU TOIT CORION	SOUTH PENINSULA
3		MWAPE GEDEON	PLUMHS
4		MZOKOZA LAKHENI	WITHS
5		WALTERS ZANE	Bellville Athletic Club

**Final Men 25 LongJump** **11:45** **59**

**WPA 2022: 7.80 (Marcus la Grange, BAK, 1995)**

1	P5597	MARAIS DANIEL	SOUTH PENINSULA
2		MOLETSANE RORISANG	CPUT
3	P5596	FRANCIS ANDREW	SOUTH PENINSULA
4		VAN WYK IMRAAN CASSIEM	CPUT
5	P7339	MANASSE MIKHAIL	Ultra Athletics Club
6		NKAMBULE LIFA	CPUT
7		MOODIE KEANU	MATIES

**Final Boys 18 2000m SteepleChase** **11:52** **83.8cm** **60**

**WPA 2022: 06:32.10 (Ameron Cona, Bottelary AC, 2020)**

1		PETERSEN SHAUN	DURBAC
2		SOPHILE MBULELO	RCS Gugs
3	J20135	TAFANA KHANYA	Kway VOB
4		DE JAGER DAVID	PRLVAL
5		KLAAS LIHLE	PRLVAL

**Final Boys 16 Shotput** **12:00** **5kg** **61**

**WPA 2022: 17.85 (JP van der Spuy, BAK, 2001)**



**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

<b>Final Boys 18 Javelin</b>	<b>12:00</b>	<b>62</b>
<b>WPA 2022: 83.16 (Morné Moolman, BAK, 2011)</b>		

1	J20177	VAN DEN BERG JACQUES	PRLGIM
---	--------	----------------------	--------

<b>Final Men 20 Discus</b>	<b>12:00</b>	<b>63</b>
<b>WPA 2022: 55.08 (Karl Ueckermann, BAK, 1993)</b>		

1	J20141	SOEKOE PIETER DIRK	Bellville Athletic Club
---	--------	--------------------	-------------------------

2		MTEBENI KARABO	RCS Gugs
---	--	----------------	----------

<b>Final Men 25 Discus</b>	<b>12:00</b>	<b>64</b>
<b>WPA 2022: 68.48 (John van Reenen, University of Stellenbosch, 1975)</b>		

<b>Final Women 20 3000m SteepleChase</b>	<b>12:02</b>	<b>65</b>
<b>WPA 2022: 10:46.09 (Destiny Tieties, Adidas AC, 2006)</b>		

1		CILLIERS MARIETJIE	PRLVAL
---	--	--------------------	--------

<b>Final Men 20 3000m SteepleChase</b>	<b>12:02</b>	<b>66</b>
<b>WPA 2022: 08:42.86 (Anthony Godongwana, Celtic Harriers AC, 2003)</b>		

1	J20606	MKUNGELA BHULE	Atlantic athletic club
---	--------	----------------	------------------------

<b>Final Men 25 3000m SteepleChase</b>	<b>12:17</b>	<b>67</b>
<b>WPA 2022: 08:29.30 (Johan Daffue, University of Stellenbosch, 1981)</b>		

1	P169	MOUTON JEAN	ATHACD
---	------	-------------	--------

<b>Final Women 25 3000m SteepleChase</b>	<b>12:17</b>	<b>68</b>
<b>WPA 2022: 10:20.72 (Nolene Conrad, Liberty Nike AC, 2005)</b>		

<b>Final Men 20 Polevault</b>	<b>12:30</b>	<b>69</b>
<b>WPA 2022: 5.21 (Pieter Brits, University of Stellenbosch, 1994)</b>		

<b>Final Men 25 Polevault</b>	<b>12:30</b>	<b>70</b>
<b>WPA 2022: 5.90 (Okkert Brits, University of Stellenbosch, 1994)</b>		

<b>Final Girls 16 400m</b>	<b>12:40</b>	<b>71</b>
<b>WPA 2022: 0:56.13 (Sonja van der Merwe, TAK, 2007)</b>		

4		VAN STADEN MICHE	TYGHS
---	--	------------------	-------

5		HENDRICKS SHAKIRA	Bellville Athletic Club
---	--	-------------------	-------------------------

<b>Final Boys 16 400m</b>	<b>12:48</b>	<b>72</b>
<b>WPA 2022: 0:48.64 (Jayson Weber, BAK, 2016)</b>		

5		ARENDS MATTHEW	Mitchell's Plain Titans
---	--	----------------	-------------------------

<b>Final Girls 18 400m</b>	<b>12:56</b>	<b>73</b>
<b>WPA 2022: 0:54.90 (Sonja van der Merwe, TAK, 2009)</b>		

4		TERBLANCHE CHLOE	MILHS
---	--	------------------	-------

5	J20573	ZGERSKI AVA IVANOVNA	West Coast Athletics Club
---	--------	----------------------	---------------------------

<b>Final Girls 16 HighJump</b>	<b>13:00</b>	<b>74</b>
<b>WPA 2022: 1.81 (Elmarie Gerryts, TAK, 1988)</b>		

<b>Final Boys 16 LongJump</b>	<b>13:00</b>	<b>75</b>
<b>WPA 2022: 6.64 (Le Roux van Aarde, Swartland High School, 1992)</b>		

1		NICHOLL ALEXANDER	DF Malan
---	--	-------------------	----------

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

<b>Final Boys 18 LongJump</b>	<b>13:00</b>	<b>76</b>
<b>WPA 2022: 7.57 (Julian Karolus, TAK, 2005)</b>		

1	J20347	RYAN KIRON	Tygerberg AC
2		MUZOKOMBA PAVASHE	Hontentotts holland high school

<b>Final Boys 18 Shotput</b>	<b>13:00</b>	<b>77</b>
<b>WPA 2022: 17.63 (JP van der Spuy, BAK, 2003)</b>		

1		SOPHILE MBULELO	RCS Gugs
2	J20046	BURGESS JORDAN	Bellville Athletic Club

<b>Final Boys 16 Javelin</b>	<b>13:00</b>	<b>700g</b>	<b>78</b>
<b>WPA 2022: 70.41 (Morné Moolman, BAK, 2009)</b>			

1		LOUW JIAN JIMMY	Tygerberg AC
2	J20039	HEUSER JOHAN	Bellville Athletic Club

<b>Final Girls 16 Discus</b>	<b>13:00</b>	<b>1kg</b>	<b>79</b>
<b>WPA 2022: 40.20 (Maranelle du Toit, BAK, 1993)</b>			

1	J20024	CHALMERS ALISON	Bellville Athletic Club
2	J20027	JOHNSON AIMEE	Bellville Athletic Club

<b>Final Boys 18 400m</b>	<b>13:04</b>	<b>80</b>
<b>WPA 2022: 0:46.66 (Mark van Soest, TAK, 1999)</b>		

3		WILSON ASHLEY	Macassar Run/Walk A.C
4	J20251	WAKEFIELD JUNAID	University of the Western Cape
5	P1636	BUTTON DANIEL	NEDRC
6		PERRANG CALEB JONATHAN	University of the Western Cape
7		HANSEN RYLE	VELAC

<b>Final Women 20 400m</b>	<b>13:20</b>	<b>81</b>
<b>WPA 2022: 0:54.06 (Sonja van der Merwe, TAK, 2010)</b>		

<b>Final Men 20 400m</b>	<b>13:28</b>	<b>82</b>
<b>WPA 2022: 0:46.65 (Kyle Appel, BAK, 2017)</b>		

3		DE WEE JAYDON	VELAC
4	J20053	RUDOLPH DYLAN	MATIES
5		KAPANK WAYLON	MATIES
6	J20341	KABUYA MUANZA	SOUTH PENINSULA

<b>Final Women 25 400m</b>	<b>13:40</b>	<b>83</b>
<b>WPA 2022: 0:52.75 (Sonja van der Merwe, TAK, 2012)</b>		

3	P1947	MATIWANE BUSISIWE	NEDRC
4	P6136	KLERK KAYLIN	University of the Western Cape
5	P726	MKETO EMIHLE	STELAC
6		FOGLE JOS	MATIES
7		JULIES SAMANTHA	Macassar Run/Walk A.C

<b>Final 1 of 2 Men 25 400m</b>	<b>13:44</b>	<b>84</b>
<b>WPA 2022: 0:44.65 (Marcus la Grange, BAK, 2002)</b>		

2		MOLETSANE RORISANG	CPUT
3		VORSTER MORGAN	University of the Western Cape
4		VAN DER MERWE KEEGAN	Brimstone ltheko
5	P783	CONRADIE PIETER	MATIES
6	P1598	NONGAWUZA WANDILE BENJAMIN	CPUT
7		CHEME SIMAMKELE	CENAC
8	P644	BRINK LAMBERT	STELAC

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

**Final 2 of 2 Men 25 400m** **13:44** **84**

**WPA 2022: 0:44.65 (Marcus la Grange, BAK, 2002)**

2	HASSAN QAASIM	Individual
3	BUKASA THAMAR	Individual
4	BERGSTEDT ASHWYN	University of the Western Cape
5	JAHWI BLESSED	STRAND
6	MGOMALALA THOMAS	CPUT
7	J20398 NDALASI ATHABILE	RCS Gugs

**Final Girls 16 800m** **14:00** **85**

**WPA 2022: 2:14.97 (Elsire Strauss, Calvinia High School, 1994)**

5	J20556 DARIES MUDJAYIDAH	Ultra Athletics Club
---	--------------------------	----------------------

**Final Girls 18 HighJump** **14:00** **86**

**WPA 2022: 1.82 (Heidi de Kock, Pinelands AC, 1976)**

**Final Girls 16 Shotput** **14:00** **3kg** **87**

**WPA 2022: 13.19 (Chloë Serrotti, TAK, 2021)**

1	J20027 JOHNSON AIMEE	Bellville Athletic Club
---	----------------------	-------------------------

**Final Women 20 Javelin** **14:00** **88**

**WPA 2022: 51.47 (Tarryn Bright, BAK, 2002)**

**Final Women 25 Javelin** **14:00** **89**

**WPA 2022: 51.74 (Michelle Bradbury, BAK, 1993)**

1	P2471 DU TOIT ALETTA	Bellville Athletic Club
2	ALBERTYN ESTÉ	Bellville Athletic Club
3	P2476 GROBBRLAAR ELIZE	Bellville Athletic Club

**Final Boys 16 Discus** **14:00** **1.5kg** **90**

**WPA 2022: 56.00 (Willie Coetzee, Paarl Boys' High School, 1984)**

1	DU TOIT FRANCOIS (ARMAND)	Bellville Athletic Club
---	---------------------------	-------------------------

**Final Boys 16 800m** **14:06** **91**

**WPA 2022: 1:57.10 (Paul Eksteen, Paarl Gimnasium, 1980)**

3	NAM CWANGCO	RCS Gugs
4	THABISO NQGYI	RCS Gugs
5	J20589 DAMARA BADRODEEN	VELAC
6	J20366 PENDU KUBOBONKE	Kway VOB

**Final Men 20 TripleJump** **14:15** **92**

**WPA 2022: 15.86 (Simeon Mars, SPAAC, 2003)**

1	MZOKOZA LAKHENI	WITHS
2	CLOETE MATTHEW	MATIES

**Final Men 25 TripleJump** **14:15** **13m** **93**

**WPA 2022: 16.24 (Jason Sewenyana, TAK, 2012)**

1	NKAMBULE LIFA	CPUT
2	MGOMALALA THOMAS	CPUT
3	SEWANYANA JASON	Tygerberg AC

**Final Girls 18 800m** **14:18** **94**

**WPA 2022: 2:04.63 (Marjorie van der Merwe, Paarl Gimnasium, 1985)**

4	J20573 ZGERSKI AVA IVANOVNA	West Coast Athletics Club
5	TERBLANCHE CHLOE	MILHS

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

**Final Women 20 800m** **14:24** **95**

**WPA 2022: 2:02.24 (Tanya Peckham, University of Stellenbosch, 1985)**

4	J20352	VILJOEN MIENKE	ASPAC
5	P698	BRUGMAN ILSE	MATIES
6		MABENTSELA SIWAPHIWE	RCS Gugs

**Final Women 25 800m** **14:24** **96**

**WPA 2022: 2:02.24 (Tanya Peckham, University of Stellenbosch, 1985)**

4	P7170	GRIFFITHS KOBIE	NEDRC
5	P726	MKETO EMIHLE	STELAC
6	P3112	MOREMOHOLO KARABELO	CPUT

**Final Boys 18 800m** **14:30** **97**

3	J20182	MAANS ANGEO	PRLGIM
4	J20750	LE ROUX ROELOF	STELAC
5	J20181	ADAMS JOSHUA	PRLAC
6	P1636	BUTTON DANIEL	NEDRC
7		MALOYI AYABONGA	RCS Gugs
8	J20395	KROKRANI SINOTHANDO	RCS Gugs

**Final Men 20 800m** **14:42** **98**

**WPA 2022: 1:46.38 (Marius van Heerden, TAK, 1993)**

4	J20868	JALI LUBABALO	RCS Gugs
5	J20127	CHEPAPE TUMELO	Kway VOB

**Final Men 25 800m** **14:52** **99**

**WPA 2022: 1:44.57 (Marius van Heerden, BAK, 1996)**

1	P783	CONRADIE PIETER	MATIES
2		CHEME SIMAMKELE	CENAC
3		VAN DER WESTHUIZEN CIMON	STELAC
4	P754	VAN HUYSSTEEN STIAAN	STELAC
5	P644	BRINK LAMBERT	STELAC
6	P169	MOUTON JEAN	ATHACD
7		KOTZE AUBREY	Eersterivier AC
8	P166	SOLOMONS DULLAN	ASPAC
9		JANTJIES GAWAIN	University of the Western Cape
10	P3090	MAKAMBA ZIPHO	CPUT
11		COBERN SHALTON	MATIES
12		MCITWA MUSA	Individual

**Final Boys 18 HighJump** **15:00** **100**

**WPA 2022: 2.25 (Breyton Poole, Helderberg Harriers AC, 2017)**

1	J20344	MARCUS JAMIEL	SOUTH PENINSULA
2		VON WIELLIGH LOGAN	DF Malan

**Final Boys 16 Polevault** **15:00** **101**

**WPA 2022: 4.00 (Heinrich Lategan, Paarl Gimnasium, 1991)**

**Final Boys 18 Polevault** **15:00** **102**

**WPA 2022: 4.70 (Brent Howell, BAK, 2003)**

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

<b>Final Boys 16 TripleJump</b>	<b>15:00</b>	<b>103</b>
<b>WPA 2022: 13.45 (Zinedene Meiring, SPAAC, 2013)</b>		

<b>Final Girls 18 Shotput</b>	<b>15:00</b>	<b>104</b>
<b>WPA 2022: 13.18 (Kayla Smit, BAK, 2018)</b>		

1	SOLOMON JESSÉ	Bellville Athletic Club
2	J20026 LOTTER JANNEKE	Bellville Athletic Club
3	J20011 GOUWS ANJA	Bellville Athletic Club
4	J20355 SERROTTI CHLOE	Tygerberg AC

<b>Final Girls 18 Javelin</b>	<b>15:00</b>	<b>105</b>
<b>WPA 2022: 53.10 (Anneke Germishuys, TAK, 2015)</b>		

1	J20019 KRIEL CHENE	Bellville Athletic Club
---	--------------------	-------------------------

<b>Final Girls 16 Hammer</b>	<b>15:00</b>	<b>3kg</b>	<b>106</b>
<b>WPA 2022: 49.72 (Kayla Smit, BAK, 2016)</b>			

<b>Final Girls 18 Hammer</b>	<b>15:00</b>	<b>107</b>
<b>WPA 2022: 58.30 (Kayla Smit, BAK, 2018)</b>		

1	J20138 SMIT CARLI	Bellville Athletic Club
2	SMIT ANKE	DUKUI
3	J20355 SERROTTI CHLOE	Tygerberg AC

<b>Final Women 20 Hammer</b>	<b>15:00</b>	<b>108</b>
<b>WPA 2022: 51.57 (Kayla Smit, BAK, 2019)</b>		

1	J20168 OOSTHUIZEN ANJA	Bellville Athletic Club
---	------------------------	-------------------------

<b>Final Women 25 Hammer</b>	<b>15:00</b>	<b>109</b>
<b>WPA 2022: 59.37 (Elmarie Knoetzen, BAK, 2002)</b>		

1	P2471 DU TOIT ALETTA	Bellville Athletic Club
2	P2476 GROBBRLAAR ELIZE	Bellville Athletic Club
3	P2410 SMIT KAYLA	Bellville Athletic Club
4	P2406 PRINS ANJA	Bellville Athletic Club

<b>Final 1 of 2 Girls 16 100m</b>	<b>15:10</b>	<b>110</b>
-----------------------------------	--------------	------------

3	KOOPMAN KOUM	Macassar Run/Walk A.C
4	KHAN SAFA	Tygerberg AC
5	J20056 TEN CATE AMY	Bellville Athletic Club
6	J20560 KEET IMAN	Ultra Athletics Club
7	J20581 V SCHALKWYK SHAKIRA	VELAC

<b>Final 2 of 2 Girls 16 100m</b>	<b>15:10</b>	<b>110</b>
-----------------------------------	--------------	------------

3	J20587 SAMBABA VEONTE	VELAC
4	VERONTINE SASKIA	Macassar Run/Walk A.C
5	HENDRICKS SHAKIRA	Bellville Athletic Club
6	VAN STADEN MICHE	TYGHS

<b>Final Boys 16 100m</b>	<b>15:19</b>	<b>111</b>
<b>WPA 2022: 10.88 (Kyle Appel, BAK, 2013)</b>		

3	VAN DER HEEVER KAYLAM	Macassar Run/Walk A.C
4	WEIDEMAN AARON	University of the Western Cape
5	WALTERS KYLE	Bellville Athletic Club
6	ROWEN RONALDO	VELAC

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

**Final Girls 18 100m** **15:31** **112**

3	SWARTZ LOUWEN	PRLVAL
4	HAMMAN-JOHNSON RENCHA	DF Malan
5	CUPIDO KYRA	DURHS
6	J20594 PHERCARDY CHELSEA	VELAC
7	J20576 V WYK SHANDRE	VELAC
8	J20598 SOLOMONS JAIME	VELAC

**Final Girls 16 TripleJump** **15:31** **113**

1	BOER JORDAN	PRLVAL
---	-------------	--------

**Final Girls 18 TripleJump** **15:31** **114**

**WPA 2022: 12.77 (Valentina da Rocha, SPAAC, 2010)**

1	HULLEY LIVIA	DF Malan
2	HAMMAN-JOHNSON RENCHA	DF Malan

**Final 1 of 3 Boys 18 100m** **15:40** **115**

**WPA 2022: 10.31 (Luke Davids, UWC, 2018)**

3	KLAAS LIHLE	PRLVAL
4	CHOTIA ABDURRAZZAQ	WYNBH
5	LATIEF LEIGHJAY	GORHS
6	J20347 RYAN KIRON	Tygerberg AC
7	J20603 LIEBENBERG MATHEW	VELAC
8	J20595 PETERSEN KEERACO	VELAC

**Final 2 of 3 Boys 18 100m** **15:40** **115**

**WPA 2022: 10.31 (Luke Davids, UWC, 2018)**

3	J20513 JACOBS FURQAAN	Ultra Athletics Club
4	KUDAKWASHE DELAN	PLUMHS
5	CLOETE WAYDE	Bellville Athletic Club
6	J20344 MARCUS JAMIEL	SOUTH PENINSULA
7	DAVIDS EMRE	VELAC
8	KLEINSCHMIDT AARON	BONAC

**Final 3 of 3 Boys 18 100m** **15:40** **115**

**WPA 2022: 10.31 (Luke Davids, UWC, 2018)**

3	J20207 LEHMENSICH CHRISTIAAN	Bellville Athletic Club
4	J20512 ISAACS ZAYD	Ultra Athletics Club
5	MUZOKOMBA PAVASHE	Hontentotts holland high school
6	AYYOOP SARDIEN	PRLVAL
7	HANSEN RYLE	VELAC
8	J20558 KAMRODIEN ZAMAAN	Ultra Athletics Club

**Final 1 of 2 Women 20 100m** **15:52** **116**

**WPA 2022: 11.55 (Esmari le Roux, BAK, 1995)**

3	SWILE LEAH	ASPAC
4	J20342 GALLIE SAFIA	SOUTH PENINSULA
5	P1367 DE JAGER RENCIA	NEDRC
6	J20580 DAVIDS ROBIN	VELAC

**Final 2 of 2 Women 20 100m** **15:52** **116**

**WPA 2022: 11.55 (Esmari le Roux, BAK, 1995)**

3	JOHNSON EMMA	Bellville Athletic Club
---	--------------	-------------------------

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

4	P1051	DU TOIT BRENDA	PRLAC
5	J20025	DU PLESSIS STEFANI	Bellville Athletic Club
6		HESSELMAN ZOE	VELAC
7	J20579	JOSHOU MELANIE	VELAC

**Final 1 of 2 Men 20 100m** **16:00** **117**

**WPA 2022: 10.31 (Luke Davids, UWC, 2018)**

3	J20343	DU TOIT CORION	SOUTH PENINSULA
4	J20257	ELIARS SHERWIN	University of the Western Cape
5		JANTJIES MILLANO MACIANO	Brimstone Itheke
6		WALTERS ZANE	Bellville Athletic Club
7	J20591	JOSEPHS LANEY	VELAC

**Final 2 of 2 Men 20 100m** **16:00** **117**

**WPA 2022: 10.31 (Luke Davids, UWC, 2018)**

3	J20602	BOOIS WAYDEN	VELAC
4		CUMMINGS WASHINGTON	Brimstone Itheke
5		NCAMANI JODI	GORHS
6		MWAPE GEDEON	PLUMHS
7	J20341	KABUYA MUANZA	SOUTH PENINSULA

**Final Boys 16 HighJump** **16:00** **118**

**WPA 2022: 2.05 (Breyton Poole, Helderberg Harriers AC, 2015)**

**Final Girls 16 Javelin** **16:00** **500g** **119**

**WPA 2022: 43.86 (Kayla Reyneke, BAK, 2020)**

1	J20036	BARNARD TAMZIN	Tygerberg AC
---	--------	----------------	--------------

**Final Boys 16 Hammer** **16:00** **5kg** **120**

**WPA 2022: 61.04 (Heinrich Gonzales, BAK, 2003)**

1		VAN DYK HAYDEN	PRLVAL
---	--	----------------	--------

**Final Boys 18 Hammer** **16:00** **121**

**WPA 2022: 79.79 (Werner Smit, TAK, 2000)**

**Final Men 20 Hammer** **16:00** **122**

**WPA 2022: 81.04 (Werner Smit, TAK, 2003)**

1	J20141	SOEKOE PIETER DIRK	Bellville Athletic Club
2	P19	SMIT CHRISTOPHER	STRAND

**Final Men 25 Hammer** **16:00** **123**

**WPA 2022: 71.04 (Werner Smit, TAK, 2003)**

1	P1850	OLIVIER JAUNU	Bellville Athletic Club
---	-------	---------------	-------------------------

**Final Women 25 100m** **16:16** **124**

**WPA 2022: 11.38 (Janice Josephs, Liberty Nike AC, 2003)**

3		MAKHALIMA SISANDA	CPUT
4	P5742	MISKE MIRJAM	Tygerberg AC
5		JEWASKIEWITZ ZENOBEA	MATIES
6		CORBET MELISSA	Tygerberg AC
7	P6135	BYMAN LAURE	University of the Western Cape

**Final Women 20 TripleJump** **16:16** **125**

**WPA 2022: 12.77 (Valentina da Rocha, SPAAC, 2010)**

1		LINKS DZITKA	University of the Western Cape
---	--	--------------	--------------------------------

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

**Final Women 25 TripleJump** **16:16**      **11m**      **126**

**WPA 2022: 12.58 (Ramona Gabriels, Ridgeville AC, 2000)**

1                      NGOMA BRICIA    Tygerberg AC

**Final 1 of 4 Men 25 100m** **16:24**      **127**

**WPA 2022: 10.06 (Roscoe Engel, TAK, 2018)**

1      P3111      TUIS NATHI    CPUT

2      P5745      ANDREWS GRANT    Tygerberg AC

3                      MOODIE KEANU    MATIES

4                      JAHWI BLESSED    STRAND

5      P1814      GALLANT COHEN    COSTAC

6      P5744      CAMERON KURT    Tygerberg AC

7      P7205      JEWASKIEWITZ DEON    Gauteng North

8                      MGOMALALA THOMAS    CPUT

**Final 2 of 4 Men 25 100m** **16:24**      **127**

**WPA 2022: 10.06 (Roscoe Engel, TAK, 2018)**

1      P3091      SEKOME LUCKY    CPUT

2      P6228      SHABODIEN ZUBAIR    University of the Western Cape

3                      DE MORNAY RYLE DE MORNAY    Tygerberg AC

4                      PRETORIUS MATT    Brimstone ltheke

5      P5743      EWERS JOSHUA    Tygerberg AC

6                      NEL HENDINO    Port Nolloth Athletics

7                      CAESAR JUREAUX    Tygerberg AC

8                      MOLETSANE RORISANG    CPUT

**Final 3 of 4 Men 25 100m** **16:24**      **127**

**WPA 2022: 10.06 (Roscoe Engel, TAK, 2018)**

1      P5597      MARAIS DANIEL    SOUTH PENINSULA

2      P6137      DEVOS MC DONALD    University of the Western Cape

3      P1598      NONGAWUZA WANDILE BENJAMIN    CPUT

4                      ENGEL ROSCOE    Individual

5                      VAN DER MERWE KEEGAN    Brimstone ltheke

6      P7339      MANASSE MIKHAIL    Ultra Athletics Club

7                      BERGSTEDT ASHWYN    University of the Western Cape

8                      VAN LILL GERT RUTGER    University of the Western Cape

**Final 4 of 4 Men 25 100m** **16:24**      **127**

**WPA 2022: 10.06 (Roscoe Engel, TAK, 2018)**

1      P5596      FRANCIS ANDREW    SOUTH PENINSULA

2                      CLARKE CHEVAN    Tygerberg AC

3                      VAN WYK IMRAAN CASSIEM    CPUT

4      P5741      RUITERS CURT    Tygerberg AC

5                      MNISI MATIMBA IAN    Individual

6                      LINNEN TYLER    University of the Western Cape

7      P1599      BANGANI SIBABALWE    CPUT

8      P3109      SALEMANE THATO    CPUT

**Final Girls 16 3000m** **16:45**      **128**

**WPA 2022: 09:37.81 (Zintle Xiniwe, Atlantic AC, 2001)**

1      J20183      VENTER ALICE    Bellville Athletic Club



**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

**Final Girls 18 3000m** **16:45** **129**

**WPA 2022: 09:09.30 (Elana van Zyl, Robertson High School, 1983)**

1	MBASA MICHEALA	Macassar Run/Walk A.C
2	J20573 ZGERSKI AVA IVANOVNA	West Coast Athletics Club
3	APRIL LEE-ANN	Macassar Run/Walk A.C

**Final Women 20 3000m** **16:45** **130**

**WPA 2022: 08:58.73 (Elana van Zyl, University of Stellenbosch, 1985)**

1	CILLIERS MARIETJIE	PRLVAL
---	--------------------	--------

**Final Boys 16 3000m** **17:00** **131**

**WPA 2022: 08:34.80 (Conrad Tesnar, Paul Roos Gimnasium, 1990)**

1	J20366 PENDU KUBOBONKE	Kway VOB
---	------------------------	----------

**Final Boys 18 3000m** **17:00** **132**

**WPA 2022: 08:14.86 (Songqibido Nkosinoxolo, Celtic Harriers AC, 2003)**

1	J20393 KARSTEN LUCA	VELAC
2	P7123 BURGGRAAFF WAHLDU	BRACAC

**Final Men 20 3000m** **17:00** **133**

**WPA 2022: 08:11.25 (Naudé Jordaan, Paarl Boys' High School, 1986)**

**Final Girls 16 90m Hurdles** **17:15** **134**

5	J20056 TEN CATE AMY	Bellville Athletic Club
---	---------------------	-------------------------

**Final Girls 18 100m Hurdles** **17:25** **135**

**WPA 2022: 13.65 (Chantelle Terblanche, BAK, 2000)**

5	OBERHOLZER LANA	Bellville Athletic Club
---	-----------------	-------------------------

**Final Women 20 100m Hurdles** **17:25** **136**

**WPA 2022: 13.47 (Arnéll Jacobs, BAK, 1997)**

4	SWILE LEAH	ASPAC
5	J20025 DU PLESSIS STEFANI	Bellville Athletic Club

**Final Women 25 100m Hurdles** **17:25** **137**

**WPA 2022: 13.47 (Arnéll Jacobs, BAK, 1997)**

5	P127 DU TOIT NIENKA	ASPAC
---	---------------------	-------

**Final Boys 16 100m Hurdles** **17:30** **84cm** **138**

**WPA 2022: 12.97 (Dalvon Blood, UCT, 2016)**

5	J20015 MEIRING SIMON	Bellville Athletic Club
---	----------------------	-------------------------

**Final Boys 18 110m Hurdles** **17:40** **139**

**WPA 2022: 13.41 (Tiaan Smit, BAK, 2011)**

4	KLEINSCHMIDT AARON	BONAC
5	J20207 LEHMENSICH CHRISTIAAN	Bellville Athletic Club

**Final Men 20 110m Hurdles** **17:50** **140**

4	J20257 ELIARS SHERWIN	University of the Western Cape
5	AL RASHIDI NAYEF	ASPAC
6	ANYANWUAGWU CHUKUEMEKA	PLUMHS

**Final Men 25 110m Hurdles** **17:50** **141**

**WPA 2022: 13.11 (Antonio Alkana, BAK, 2017)**

4	ALABSI SAEED	ASPAC
5	P1180 ALKANA ANTONIO	PRLAC

**Meeting :WPA LEAGUE MEETING  
2022/03/05 at PAROW ATHLETICS TRACK**

<b>Final Women 25 10000m</b>	<b>18:00</b>	<b>142</b>
WPA 2022: 30:52.51 (Elana Meyer (neé van Zyl), University of Stellenbosch, 1994)		

<b>Final Men 25 10000m</b>	<b>18:00</b>	<b>143</b>
WPA 2022: 28:24.61 (Ian Syster, MrPrice AC, 2002)		

1 P2556 MADIKIZELA SIBUSISO Atlantic athletic club