

# ASA NIGHT SERIES 3 RESULTS

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Updated: April 19, 2016

Results of the third leg of the ASA Night Series at NMMU Stadium, in Port Elizabeth, on Tuesday, 19 April 2016 (RSA unless otherwise stated):

## Men

200m (-0.5): 1 Baboloki Thebe (BOT) 21.04, 2 Roscoe Engel 21.26, 3 Sibusiso Matsenjwa 21.45

400m: 1 Nijel Amos (BOT) 45.73, 2 Shaun de Jager 46.07, 3 Barend Koekemoer 47.45

1 500m men: 1 Dumisane Hlaselo 3:39.49, 2 Jerry Motsau 3:39.74, 3 Jeromy Andreas 3:43.37

5 000m: 1 Gladwin Mzazi 13:54.99, 2 Sibusiso Nzima 13:56.49, 3 Sibusiso Madikizela 14:12.60

110m hurdles: 1 Antonio Alkana 13.67, 2 Tshepo Lefete 13.75, 3 Ruan de Vries 13.87

**400m hurdles: 1 Bernard Pretorius 51.04, 2 Lindsay Hanekom 51.04, 3 PC Beneke 51.35**

**Shot put: 1 Orazio Cremona 20.05, 2 Jaco Engelbrecht 19.15, 3 Burger Lambrechts Jnr 17.38**

Hammer throw: 1 Chris Harmse 72.49, 2 Tshepang Makhetha 67.15, 3 Carel Haasbroek 61.06

## Women

200m: 1 Tamzin Thomas 23.89, 2 Lydia Jele 24.02, 3 Robyn Haupt 24.57

**400m: 1 Wenda Nel 53.02, Christine Botlhogetswe 53.13, 3 Goitseone Seleka 54.050**

1 500m: 1 Lebogang Phalula 4:20.63, 2 Simonay Weitsz 4:22.03, 3 Mandie Brandt 4:22.09

100m hurdles (-0.9): 1 Claudia Heunis 13.72, 2 Lizzy Kriel 14.22, 3 Janke van Wyk 14.32

400m hurdles: 1 Bilindi van der Merwe 1:00.98, 2 Cynthia Tsetsewa 1:01.17, 3 Armoure le Roux 1:01.24

Triple jump: 1 Mayookha Johny 13.78, 2 Nellickal Varkey-Sheena 13.24, 3 Patience Ntshingila 12.86

Discus throw: 1 Ischke Senekal 53.73, 2 Yolandi Stander 46.71, 3 Leandri Geel 46.16

\* Results courtesy of [www.nite3.idbpro.co.za](http://www.nite3.idbpro.co.za)