

2016 SOUTH AFRICAN SNR ATHLETICS CHAMPS, STELLENBOSCH (APR 5 – 16)

67. Men 100 Meter - Finals

1 Henricho Bruintjies	10.17A -0.2
2 Akani Simbine	10.21A -0.2
3 Emile Erasmus	10.29A -0.2

62. Men 400 Meter Hurdles - Finals

1 LJ Van Zyl	49.34
2 Cornel Fredericks	49.75
3 Constant Pretorius	50.00

115. Men Shot Put - Finals

1 Orazio Cremona	19.85mA
2 Jaco Engelbrecht	19.63mA
3 Burger Lambrechts	17.90mA

12. Men Javelin Throw - Finals

1 Phil-Mar Janse v Rensburg	78.88mA
2 Chad Herman	76.81mA
3 Stephan Beukes	74.80mA

72. Men 20000 Meter Race Walk - Finals

1 Lebogang Shange	1:20:42.00 O
2 Wayne Snyman	1:20:46.00 O
3 Sizwe Ndebele	1:28:58.00

141. Men 4x100 Meter Relay - Finals

1 Agn 'A'	40.02R
1) Malasela Senona	2) Thando Roto
3) Clarence Munyai	4) Tlotliso-Gift Leotlela

143. Men 4 x 400 Meter Relay - Finals

1 Agn 'A'	3:08.28
1) Lindsay Hanekom	2) Jon Seeliger
3) Thapelo Phora	4) Willie De Beer

66. Women 100 Meter Sprint - Finals

1 Alyssa Conley	11.36A -0.2
2 Carina Horn	11.37A -0.2
3 Tamzin Thomas	11.67A -0.2

61. Women 400 Meter Hurdles - Finals

1 Wenda Nel	54.84W
2 Anneri Moolman	58.66A
3 Gezelle Magerman	59.03A

142. Women 4x400 Meter Relay - Finals

1 Agn 'A'	3:44.66
1) Soandri Meyer	2) Gezelle Magerman
3) Jeanelle Griesel	4) Wenda Nel

MEN DECATHLON

Fredriech Pretorius overall winner - Total of 7482 points

17. Decathlon: #1 Men 100 Meter Sprint - Finals

3 Fredriech Pretorius	11.11	(836)
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26. Decathlon: #2 Men Long Jump - Finals

1 Fredriech Pretorius	7.25m	(874)
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48. Decathlon: #3 Men Shot Put - Finals

2 Fredriech Pretorius	12.66m	(647)
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58. Decathlon: #4 Men High Jump – Finals

3 Frediech Pretorius	1.93m	(740)
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70. Men 400 Meter Sprint - Finals

3 Frediech Pretorius	50.37	(798)
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74. Men 110 Meter Hurdles - Finals

1 Frediech Pretorius	14.8h	(845)
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87. Men Discus Throw - Finals

3 Frediech Pretorius	38.76m	(639)
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102. Men Pole Vault - Finals

1 Frediech Pretorius	4.50m	(760)
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120. Men Javelin Throw - Finals

2 Frediech Pretorius	53.09m	(634)
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137. Men 1500 Meter Run - Finals

3 Frediech Pretorius	4:35.53	(709)
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