 **Athletics Association Swaziland**

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**INGWENYAMA CUP ATHLETICS COMPETITION**

**5 FEBRUARY 2017**

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| 100m men | Name | Club | Perfomance |
|  | 1.Sibusiso Matsenjwa | RSP | 10.50s |
|  | 2.Mlandvo Shongwe | RSP | 10.70s |
|  | 3.Mzamo Mngomezulu | MAC | 10.90s |
|  | 4.Sebenele Dlamini | Correctional | 11.20s |
|  | 5.Jozane Maziya | RSP | 11.40s |
|  | 6.Mlungisi Shongwe | MAC | 11.70s |
|  | 7.Mlamuli Gwebu | MAC | 12.00s |
|  | 8.Mciniseli Vilakati | Elangeni | 12.20s |

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| 100m women | NAME | CLUB | PERFOMANCE |
|  | 1.Bongiwe Mhlalela | Tabas | 12.70 |
|  | 2.Siphesihle Dlamini | RSP | 13.10 |
|  | 3.Silungile Thwala | MAC | 13.40 |
|  | 4.Nolwazi Vilakati | UNISWA | 13.90 |
|  | 5.Pretty Tsabedze | USDF | 14.20 |
|  | 6.Lindelwa Matsenjwa | Tabas | 14.60 |
|  | Melody Tsabedze | USDF | Disqualified |

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| 400m men | NAME | CLUB | PERFOMANCE |
|  | 1.Louis Mashaba | RSP | 47.70 |
|  | 2.Andile Lusenga | Correctional | 48.00 |
|  | 3.Thandaza Zwane | Correctional | 48.30 |
|  | 4.Mcebo Mkhaliphi | RSP | 49.80 |
|  | 5.Manquba Nyoni | UNISWA | 50.50 |
|  | 6.Sibusiso Lukhele | Correctional | 51.90 |
|  | 7.Innocent Mthimkhulu | Correctional | 1.16.40 |

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| 400m Women | NAME | CLUB | PERFOMANCE |
|  | 1.Futhi Dlamini | Elangeni | 1.02.30 |
|  | 2.Nobuhle Mamba | RSP | 1.02.70 |
|  | 3.Tenanile Ngcamphalala | Elangeni | 1.04.80 |
|  | 4.Veronica Masango | Tabas | 1.07.30 |
|  | 5.Lindelwa Mdlovu | Tabas | 1.23.30 |

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| 1500m men | NAME | CLUB | PERFOMANCE |
|  | 1.Veli Dlamini | USDF | 3.52.90 |
|  | 2.Mthobisi Ndwandwe | Correctional | 3.56.00 |
|  | 3.Sandile Mkhonta | Correctional | 4.04.30 |
|  | 4.Mduduzi Hlatjwako | RSP | 4.05.60 |
|  | 5.Manquba Sihlongonyane | RSP | 4.09.50 |
|  | 6.Sibusiso | RSP | 4.10.60 |
|  | 7.Saneliso Zwane | USDF | 4.13.50 |
|  | 8.Bhekisisa Khumalo | USDF | 4.15.40 |
|  | 9.Nkululeko | Correctional | 4.20.30 |
|  | 10.Mxolisi Gulwako | RSP | 4.22.10 |
|  | 11.Qiniso Nhleko | RSP | 4.23.60 |

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| 4x100m relay men | NAME | PERFOMANCE |
|  | 1.RSP 1 | 40.70 |
|  | 2.Correctional | 41.80 |
|  | 3.RSP 2 | 42.90 |
|  | 4.Uniswa | 43.90 |
|  | 5.Elangeni | 44.20 |

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| 4x100m relay women | NAME | PERFOMANCE |
|  | 1.RSP | 52.70 |
|  | 2.Elangeni | 54.30 |
|  | 3.USDF | 55.80 |
|  | Tabas | DNF |