

Official Athletics Results of Lefika Athletics Club - RELAYS HURDLES EVENT, held on 30th March 2019 at the National Stadium in Gaborone - Botswana



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Results of athletic events, made by TimeTronics, Belgium
 Event Name: Lefika Athletics Club - RELAYS HURDLES EVENT
 March 30th, 2019
 Venue= National Stadium, Gaborone - Botswana

4x200M JUNIOR MEN FINAL .mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|------------------|---------|-------------------|---------|----------------------|---------|-------------------|------------------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 4 | | BOYCE MOGAPI | | PAKO KEATLHO | | LETSILE TEBOGO | | DITIRO NZAMANI | LEFIKA AC | 1:26.62 | 1 |
| 2 | | SEABE MOGIBELO | | KABELO LEBALELA | | KATLEGO KGOPISI | | KEOLEBILE KAPO | LCAC | 1:32.73 | 2 |
| 1 | | OTENG MOETI | | PHENYO MOTSHABISI | | OALOTSWE RAMOSWAANE | | OMOGOLO MONYEMANE | MATSHENG BRIGADE | 1:33.07 | 3 |
| 3 | | KEMELO MOKGOTLHE | | LAONE MFOLWE | | KATLEGO KGOTLAETSILE | | TUMO MASEJANE | LCAC | 1:37.52 | 4 |
| 8 | | THABO TSHEKEDI | | WARREN PETER | | ALPHEOS PITSE | | ABEL MAE | LCAC | DNS | DNS |
| 2 | | KEOLEBILE KAPO | | KAGO MAPKANKA | | SEABE MOGIBELO | | LAONE MFOLWE | LCAC | DNS | DNS |
| 4 | | LETSILE TEBOGO | | BOYCE MOGAPI | | DITIRO NZAMANI | | MITCHELL HOCKER | LEFIKA AC | DNS | DNS |

Official Athletics Results of Lefika Athletics Club - RELAYS HURDLES EVENT, held on 30th March 2019 at the National Stadium in Gaborone - Botswana

4x100M T13 MEN FINAL.mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|-------------------|---------|----------------------|---------|------------------|---------|--------------------|-------------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 1 | | EDWIN MSUGE | | KATLEGO MATUTU | | BOSE MOKWATHI | | CARTTER MABOTE | LINCHWE JSS | 46.16 | 1 |
| 3 | | MOMPOLOKI MOSIIWA | | LEFIKA NTEBO | | MPHO RABOIJANE | | BONOLO RAMOSHABATI | MOTSWEDI RC | 50.11 | 2 |
| 2 | | ALLAN PHUTHEGO | | BABOLOKI KOWA | | ONNEILE BANTSI | | KGALELLO KAISHANE | PODULOGONG | 50.63 | 3 |
| 5 | | BABOLOKI SEONE | | KHUMOETSILE BABUSI | | KATLEGO RAMAEBEA | | OABILE LETSHOLO | LIMKOKWING | 52.73 | 4 |
| 4 | | MPUISE BAOKE | | KEBAFENTSE OTHAKANYE | | OTSILE KGOLE | | BAKANG BAKOLEBENG | GHANZI AA | DNF | DNF |

4x200M SENIOR WOMEN.mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|------------------|---------|------------------|---------|--------------------|---------|-----------------|-----------------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 4 | | LEUNGO MATLHAKU | | GOFAONE DITSHEKO | | NALEDI LOPANG | | GALEFELE MOROKO | JAC | 1:39.39 | 1 |
| 3 | | BELINDAH LOKOSE | | ROSE SANANE | | CATHRINE LESOKWANE | | OARABILE TSHOSA | LEFIKA AC | 1:40.05 | 2 |
| 6 | | GORATA MPHINYANE | | OARABILE BABOLAI | | BOGADI DIPHOLO | | CANDY THEETSO | UBAC | 1:43.52 | 3 |
| 2 | | MICHELL KATSE | | BOGA JACKSON | | OPELO JWANGA | | NANCY BUDWAZI | BDF AC | 1:47.10 | 4 |
| 5 | | MITCHELL PELAELO | | NICOLE LABA | | ZANELLE LETSHWITI | | MITCHELL SEFAKO | LENTSWE CHARLES | 1:56.46 | 5 |
| 1 | | TEBOGO KUTUSO | | THATO SELEI | | LESEGO BENJAMIN | | CHABO MUDALA | FAC | 1:56.83 | 6 |

4x200M SENIOR MEN.mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|------------------------|---------|---------------------|---------|--------------------|---------|--------------------|---------------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 2 | | ONNEILE PHOKEDI | | PAKO SERIBE | | GABRIEL TSHOKONEGO | | OFILWE RAMPADI | LEFIKA AC | 1:24.81 | 1 |
| 3 | | POLOKO MHALADI | | LAONE MAOTOANONG | | LARONA KWENANE | | MOMPOLOKI TAKA | BDF | 1:25.34 | 2 |
| 4 | | JOSEPH GAATWESEPE | | LEUNGO KAMOGELO | | TSHIAMO MAKEPE | | KABELO SHABANI | MOROKA AC | 1:27.16 | 3 |
| 8 | | THATO MACHOLO | | OFENTSE MOESI | | LICOLA KEGAKGAMA | | THABISO MACHARA | | 1:28.38 | 4 |
| 5 | | MAATLA OROMENG | | PAKO KEATLHOLETSE | | GAME MANDOZA | | THABANG KGOSIEMANG | LEFIKA AC | 1:33.22 | 5 |
| 7 | | KGOSIETSILE MOTHAMBISO | | OBONETSE MOTSWAGOLE | | BERNARD MASEKE | | ISQOUE MATOWE | BOTS RAILWAYS | 1:34.74 | 6 |
| 1 | | KEABETSE JOHN | | BOITSHOKO OSEKILE | | MOOKETSI MAFORA | | BALEDZI WOTO | LIONS DEN AC | 1:34.79 | 7 |
| 6 | | WEDU KOBANG | | ISAAC MOROKENG | | MOSES SOTHI | | OTSILE MOGALE | BOTS RAILWAYS | 1:54.24 | 8 |

Official Athletics Results of Lefika Athletics Club - RELAYS HURDLES EVENT, held on 30th March 2019 at the National Stadium in Gaborone - Botswana

4x100M JUNIOR WOMEN .mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|-------------------|---------|-----------------|---------|---------------------|---------|--------------------|-------------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 2 | | BELINDAH LOKOSE | | ROSE SENANE | | CATHRINE LESOKWANE | | OARABILE TSHOSA | LEFIKA AC | 48.71 | 1 |
| 1 | | MAEMO RAMATLAPENG | | KARABO RAMALEPA | | PAMELA LEAGAJANG | | BUSISIWE MANGOLE | LINCHWE JSS | 54.70 | 2 |
| 4 | | ZANELLE LETSHWITI | | MITCHELL SEFAKO | | NATASHA MOSEKI | | DOLLY MANGOLE | LCAC | 54.77 | 3 |
| 3 | | THABISO TABANE | | AME MOLOKWANE | | NANCY MOTLHAGATSANE | | ONALETHATA PEOLANE | SEDIBELO | 56.04 | 4 |

4x800M SENIOR WOMEN.mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|--------------------|---------|-----------------------|---------|-----------------|---------|------------------|-----------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 1 | | MAREA MAANO | | KENEILWE KWENA | | GOSEGO MBINDA | | WOBO DIKELEDI | BDF AC | 10:13.25 | 1 |
| 3 | | CHENESANI BATHOENG | | KENNEKAE BATISANG | | CHOSE CHAKALISA | | MITCHELL PELAELO | LIONS DEN | 11:17.41 | 2 |
| 2 | | BOITUMELO OUTULE | | KETLHALEFILE MOTLHOKA | | GAZANANI | | GABBY GOSEKWANG | LEFIKA AC | 11:59.80 | 3 |

4x800M SENIOR MEN .mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|----------------------|---------|-------------------|---------|---------------------|---------|------------------|--------------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 2 | | SHEPHARD KENATSEHELE | | JULIUS MONYEKI | | PAKO MPONWANE | | OBAKENG MEKWE | BDF AC | 7:37.49 | 1 |
| 5 | | THABISO KGOSIEMANG | | KENTSE TSHWENYEGO | | THABO METSEYABANGWE | | SLYVESTER KOKO | SPORTS VIEW | 7:40.22 | 2 |
| 1 | | RATSHEE RATSHEE | | BOITSHOKO OSEKILE | | LAONE RANKONYANE | | BATANG RANTAUNG | LIONS DEN AC | 8:48.43 | 3 |
| 3 | | MODISE SEPHEBOLO | | BOTHO GOPOLANG | | GIVEN REETSANG | | PHENYO MAJAMA | LEFIKA AC | DNS | DNS |
| 4 | | TSHEPISO MASALELA | | TUMO NKAPE | | GORATA GABANKITSE | | BOITUMELO MASILO | MAUN AC | DNS | DNS |

Official Athletics Results of Lefika Athletics Club - RELAYS HURDLES EVENT, held on 30th March 2019 at the National Stadium in Gaborone - Botswana

4x100M SENIOR MEN FINAL .mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|---------------------|---------|--------------------|---------|----------------------|---------|--------------------|------------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 3 | | DICKSON KAMUNGEREMU | | TATENDA TSUMBA | | ITAYI VAMBE | | NGONI MAKUSHA | ZIMBABWE | 38.95 | 1 |
| 6 | | KEENE MOTUKISE | | BABOLOKI THEBE | | KARABO MOTHIBI | | XHOLANI TALANE | BOTSWANA | 39.01 | 2 |
| 2 | | THAPELO MONAIWA | | THABISO SEKGOPI | | MOTHUSI BOITSHWARELO | | KEORAPETSE | BOTESSA | 40.55 | 3 |
| 1 | | THUTO MASASA | | PAKO SERIBE | | MAATLA MOCHAWACHA | | DITIRO SEBELE | INDIVIDUAL | 40.71 | 4 |
| 4 | | SANDO M.DIERGAARDT | | ERNEST NARIB | | MAHMAD A. BOCK | | VALENCIO V. CLOETE | NAMIBIA | 41.07 | 5 |
| 5 | | OFENTSE JELE | | REBEILWE THWANYANE | | THABO MOTSOKONO | | MORONGWA MOLEELE | UBAC | 41.55 | 6 |

4x100M SENIOR WOMEN .mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|---------------------|---------|------------------|---------|----------------|---------|----------------|-----------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 1 | | GORATA MPHINYANE | | OARABILE BABOLAI | | LONE MAZIMLILE | | CANDY THEETSO | UBAC | 50.85 | 1 |
| 2 | | NANCY BUDWAZI | | MITCHELL KATSE | | OPELO JWANGA | | BOGA JACKSON | BDF AC | 51.65 | 2 |
| 3 | | KGALELELO TLALEYANE | | GOFAONE MODIKWA | | LERATO SEKWAI | | LEYHABO SEKANO | LEFIKA AC | 59.30 | 3 |
| | | | | | | | | | | | |

4x400M SENIOR MEN VISUAL.mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|-------------------|---------|----------------------|---------|---------------------|---------|---------------|-------------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 1 | | BOSE MOKGWATHI | | KEATLARETSE MABOTE | | KATLEGO MATUTU | | EDWIN MASUGE | LINCHWE JSS | 3:35.90 | 1 |
| 3 | | MOMPOLOKI MOSIIWA | | MPHO RABOIJANE | | BONOLO RAMOSHABATI | | LEFIKA NTEBO | MOTSWEDI RC | 3:55.11 | 2 |
| 2 | | OTSILE KGOLE | | KEBAFENTSE OTHAKANYE | | OIKANTSE KENALEMANG | | MPUSANG BAOKE | GANTSI AA | 4:09.37 | 3 |
| | | | | | | | | | | | |

Official Athletics Results of Lefika Athletics Club - RELAYS HURDLES EVENT, held on 30th March 2019 at the National Stadium in Gaborone - Botswana

4x100M JUNIOR MEN.mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|--------------------|---------|-------------------|---------|----------------------|---------|---------------------|------------------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 1 | | THUTO M. | | MITCHEL H. | | KEALEBOGA B. | | MOTHUSI B. | BOTSWANA | 0:41.71 | 1 |
| 4 | | THABANG K | | JASEN M. | | MAATLA O. | | PAKO K. | LEFIKA | 0:43.47 | 2 |
| 3 | | KAGO MAPLANKA | | KATLEGO KGOPOISI | | SEABE | | KEOLOBILE KAPO | LCAC | 0:44.33 | 3 |
| 2 | | OALOTSE RAMOSWAANE | | OMOGOLO MONYEMANE | | OTENG MOETI | | PHENYO MOTSHABISI | MATSHENG BRIGADE | 0:45.12 | 4 |
| 2 | | LOISE | | KATLEGO KGOPOISI | | TEBOGO | | JUNIOR | UBAC | 0:45.75 | 5 |
| 5 | | LERUMO MATHEO | | KOKETSO LERIRIMA | | RICHARD PHOMETSI | | LEROY R. MUDIMU | LEFIKA | 0:46.06 | 6 |
| 3 | | KAONE MOOKETSI | | TEFO MPAILE | | THINACA CHIGABA | | PERFECT VANDIRI | LENTSWE YOUTH | 0:47.76 | 7 |
| 6 | | BOAGO MABULANA | | KABO PHALAAGAE | | TUMO MALEBYE | | BOITSHWARELO MFOLWE | SEDIBELO | 0:48.95 | 8 |
| 7 | | KUTLWANO TSWAPE | | LERE KAGO | | KEALEBOGA GBANAKGOSI | | METLHA MOKGETHI | SEROWE | 0:48.96 | 9 |
| 5 | | WAREN PETER | | IVANS MOKGATLHARI | | KATSO MOKGATLHANI | | LAONE MTOWE | LCAC | 0:51.36 | 10 |
| 4 | | RONALD MWAMPOLE | | BARCOS PHILLIP | | WILILANI MOKOLWANE | | LONE MAKATI | MAUN AC | 1:02.92 | 11 |
| 6 | | THABO TSHEKEDI | | OARABILE MOLEFE | | ABEL MAE | | KEMELO MOKGOTLHE | DINOKENG | DNF | DNF |

4x100M SENIOR MEN .mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|-------------------|---------|--------------------|---------|-----------------------|---------|-----------------|-------------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 4 | | POLO MHALADI | | LEANAME MAOTWONEN | | GAEMAONE KENOSI | | MOMPOLOKI TAKA | BDF | 41.00 | 1 |
| 5 | | TOM SEKATE | | FANUEL KENOSI | | KAGO MAPOLANKA | | MOAGI KOLOI | UB | 42.10 | 2 |
| 2 | | BOYCE MOGAPI | | GABRIEL TSHOKONEGO | | OFILWE RAMPADI | | LETSILE TEBIGO | LEFIKA AC | 42.27 | 3 |
| 7 | | ATLANG MBIGANI | | BOIKHUTSO MARE | | B.MASEDI | | ODIRILE RAMMUSI | MOJE TSIE | 43.75 | 4 |
| 8 | | THABO MOLAPO | | WEDU KUBANG | | KGOSIETSILE M. | | TSAONE MOUR | B.R | 44.42 | 5 |
| 1 | | PAPI KGAEEGA | | DITEBOGO THABANG | | NTEKELENG DIKUTLO | | TIYAPO LBOGANG | GTC | 45.89 | 6 |
| 3 | | BANTHUSI MOGADIME | | MOTSUMI RAMASU | | ONALETHATA KEBADIRILE | | KAGISO TSETSE | INDIVIDUALS | 48.31 | 7 |
| 6 | | EVANS MOKGATLHANE | | ABEL MAE | | ALDRIN MOKGATLHANE | | THABO TSHIKEDI | DINOKENG | DNS | DNS |

Official Athletics Results of Lefika Athletics Club - RELAYS HURDLES EVENT, held on 30th March 2019 at the National Stadium in Gaborone - Botswana

4x1500M SENIOR MEN .mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|---------------------|---------|-------------------|---------|--------------------------|---------|----------------------|-------------------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 5 | | SHEPHERD KENATSHELE | | BAKANG MATLHO | | OBAKENG MEKWE | | GODIRAONE NTHOMPE | BDF AC | 16:21.03 | 1 |
| 6 | | ANDREW MEREYASELE | | GOLAOTSWE LEKOLOI | | DIKGAKGAMATSO MODISAGAPE | | OANKARABILE MATLHARE | SV | 16:48.64 | 2 |
| 3 | | THATAYAONE KELAPILE | | KEABETSWE MODISE | | GAOLESE BAGOTSI | | LEBOGANG MEDUPE | FAC | 16:53.76 | 3 |
| 4 | | SAMUEL NKOKETSANG | | OTENG KGAODI | | LAONE OTSHEDILE | | THATO TAFI | TLOKWENG | 17:58.06 | 4 |
| 2 | | AObakwe CAVEN | | BOTSHELO JEREMIAH | | TEBO LETLHASLWA | | JAMES NGWENYA | LEFIKA AC | 18:26.02 | 5 |
| 1 | | MOSES SOTHI | | OTSILE MOGALE | | BERNARD MASEKE | | OABILE MAETSO | BOTSWANA RAILWAYS | DNF | DNF |

4x400M SENIOR WOMEN .mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|-----------------|---------|----------------|---------|------------------|---------|----------------|-----------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 4 | | NALEDI LOPANG | | ORATILE NOWE | | MITCHELL PELAELO | | MOTLATSI RANTE | MAUN | 3:59.90 | 1 |
| 5 | | TRACY WABO | | KWENA KENEELWE | | GOSEGO MBINDA | | NANCY BUDZANI | BDF | 4:18.23 | 2 |
| 3 | | KHUMO GAONAKALA | | GOFONE MODIKWA | | CANDY BATISANI | | JOYCE BARENG | LEFIKA AC | 4:25.24 | 3 |
| | | | | | | | | | | | |

4x400M SENIOR MEN .mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|---------------------|---------|------------------|---------|---------------------|---------|----------------------|--------------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 3 | | LEE EPIE | | BOITUMELO MASILO | | GORATA GABANKITSE | | XHOLANI TALANE | OAC | 3:08.08 | 1 |
| 1 | | DITIRO NZAMANI | | PAKO SERIBE | | ONNEILE PHOKEDI | | MOMPOLOKI PHOWANE | LEFIKA AC | 3:08.16 | 2 |
| 1 | | THABISO SEKGOPI | | CLIFTON MESHACK | | ONKABETSE NKOBOLO | | LEBEDI OMONDI | BOTSWANA | 3:08.22 | 3 |
| 2 | | MAHAMED BOCK | | WARREN S.GORESEB | | EVAN TJVIRIJA | | ERNEST NARIB | NAMIBIA | 3:08.53 | 4 |
| 3 | | TUMO NKAPE | | VICTOR NTWENG | | KEITUMETSE MAITSEO | | KEMORENA TISANG | MAUN AC | 3:09.84 | 5 |
| 4 | | MAATLA MOCHAWACHA | | OFENTSE METI | | NICOLAS KEGAGAMETSE | | MOOKETSI MONTSHIWA | FAC | 3:10.40 | 6 |
| 5 | | THUSO MOSEKI | | KABELO SHABANI | | LEUNGO KAMOGELO | | JOSEPH GAATWESEPE | MOROKA | 3:16.09 | 7 |
| 2 | | ONTEFETSE TSHWARO | | BILLY BUSANG | | BALEDZI WOTO | | DONALD GAOBODIWE | LIONS DEN AC | 3:29.69 | 8 |
| 6 | | TOPO MPOSA | | PHENYO SEBOKWANA | | TEFO SETSIPANE | | TEKANYO LEKGOANYASIA | INDIVIDUAL | 3:59.53 | 9 |
| 5 | | DICKSON KAMUNGEREMU | | NGONI MAKUSHA | | TATENDA TSUMBA | | HAYI VAMBE | ZIMBABWE | DNF | DNF |

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4x400M JUNIOR MEN.mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|----------------|---------|----------------|---------|------------------|---------|--------------------|-------------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 3 | | GIVEN REETSANG | | BOTHO GOPOLANG | | THEO SEITSHIRO | | OOKEDITSE SHADRECK | LEFIKA AC | 3:17.05 | 1 |
| 2 | | LAONE MFOLWE | | SEABE MOGIBELO | | ALPHIOS PITSE | | KABELO LEBALELA | LCAC | 3:18.11 | 2 |
| 1 | | LONE MAKATI | | BARCOS PHILLIP | | WILANI MOKOLWANE | | PAUL ORAENG | | 3:18.79 | 3 |
| DNS | | KAONE MOOKETSI | | TEFO MAPILE | | PERFECT VANDARAI | | TANAKA CHIKABA | LINCHWE JSS | DNS | DNS |

MEDLEY RELAY YOUTH BOYS FINAL.mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|-----------------|---------|----------------|---------|---------------------|---------|----------------|--------------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 4 | | JAYSON MANDOZE | | ALLISON KENOSI | | JAVESON MANDOZE | | PHENYO MAJAMA | LEFIKA AC | 1:58.61 | 1 |
| 1 | | BOKAMOSO PHEKO | | TEFO PALAI | | MOEMEDI LEKORWE | | KOKETSO PHEKO | DINOKENG | 2:09.32 | 2 |
| 3 | | KABO PHALAYAGAE | | TUMO MALEBYE | | BOITSHWARELO MFOLWE | | BOAGO MABULANA | SEDIBELO JSS | 2:10.20 | 3 |

4x400M MIXED RELAY SENIOR.mf3

| Draw | 1st Leg | | 2nd Leg | | 3rd Leg | | 4th Leg | | Club | Performance | Pos |
|------|---------|-------------------|---------|----------------|---------|------------------|---------|--------------------|-----------|-------------|-----|
| | Bib | Name | Bib | Name | Bib | Name | Bib | Name | | | |
| 5 | | RONALD MWAMPOLE | | NANCY BUDZANE | | OARABILE TSHOSA | | KEALEBOGA BALEMOGE | LEFIKA AC | 3:43.55 | 1 |
| 1 | | TAFARA HONDONGA | | THATO SELEI | | LESEGO BENJAMIN | | OMPHILE SERIBE | FAC | 3:54.54 | 2 |
| 4 | | JAMES NGWENYA | | AUGUST PELAELO | | BOITUMELO OUTULE | | OTENG KGAODI | LEFIKA AC | 3:57.99 | 3 |
| 6 | | MOREKOLODI SWARTS | | MARIETA GALANI | | THUSO MACHARA | | TEBOGO KUTUSO | FAC | 4:06.19 | 4 |
| 3 | | RATSHEE RATSHEE | | CHENE BATHOEN | | CHUSE CHAKALISA | | LAME RANKONYANE | LIONS DEN | 4:16.56 | 5 |