

400 meter Women , Time :08:44

Heat : 1 **NR: 49.33sec** **WR: 47.60sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	153	ORATILE NOWE		00	SNT		54.95	
2	144	GOLEKANYE CHIKANI	Jun	02	LAC		58.41	
3	139	PRECIOUS RASANTLO	Jun	02	JAC		61.61	
4	129	ONALETHATA POROGO	Youth	05	RAC		65.83	
5	240	BOEMO MOLOSIWA	Jun	02	UBAC		66.49	
	135	RESA THOMAS		83	LAC		DNS	
	156	TLHOMPHANG BASELE		00	SNT		DNS	
	147	SARAH MOTLHAOPE		99	MRAC		DNS	

Long Jump Women , Time :11:22

Flight : 1 **NR: 6.36m** **WR: 7.52m**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Wind (m/s)	Info
1	127	MPHO SEKATE	Jun	01	SVRC		4.88m	0.9	
2	195	PHEMELO BOKADI		00	LDAC		3.80m	0.6	
3	166	BOITSHEPO MOLOI		00	LDAC		3.57m	0.2	
4	169	GABBY GOSEKWANG		00	LDAC		3.15m	1.0	
	136	KEFILWE RAZOR	Youth	04	BDF/		NR	0.0	

400 meter Jun Men , Time :09:07

Heat : 1 **WR: 43.87sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	34	COLLEN KEBINATSHIPI	Youth	04	JAC		48.40	
2	251	OMPHILE NTAOLANG		00	MAS		49.95	
3	33	THOBO KHULA	Juj	01	JAC		50.15	
4	121	BOSE MOKGWATHI		02	LAC		50.56	
5	16	PATRICK TLHAJWANE		03	RAC		52.86	
	45	THUSAYAONE GABANATLHON		02	JAC		DNS	
	124	PRINCE MOGOROSI		02	LSS		DNS	
	229	AObakwe Lechuti		00	UBAC		DNS	

Heat : 2 **WR: 43.87sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	125	OREEDITSE MASEDE		02	JAC		49.27	
2	20	LAONE MFOLWE		01	RAC		50.01	
3	27	BERNARD OLESITSE		01	JAC		50.57	
4	12	KABELO KANASI		02	RAC		51.84	
5	66	INNOCENT SEFATLHI		02	LAC		52.46	
6	200	EDWIN NGWAKO	Junior	03	MAS		54.20	
7	8	EDY TSALAILE		02	SVRC		59.24	
	250	ONEILE ROYAL		01	IEC		DNS	



Heat : 3 **WR: 43.87sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	32	LAONE DITSHETELO		01	JAC		48.01	
2	115	BOAGO MABULANE		02	LAC		50.47	
3	99	THUSO OMPHILE	Youth	04	MRAC		51.84	
4	15	OMPHEMETSE MOSUPEGE		03	RAC		51.86	
5	67	JAVESON GOTLHE MANDOZE		02	LAC		53.96	
6	252	OTLAADISA RAMAHELELE		01	MAS		54.65	
7	6	ORATILE RAKANYE		03	SVRC		55.37	

400 meter Sen Men , Time :09:38

Heat : 1 **NR: 43.72sec** **WR:43.03sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	87	THUSO MOSEKI		98	MRAC		49.62	
2	92	KOBAMELO MOGALE		99	MRAC		52.95	
3	179	KEARABETSWE SEBACHWE		92	LDAC		54.43	
	3	LEAGENG DISEKO		97	SVRC		DNS	
	163	THABANG PESI		97	LDAC		DNS	
	41	OFENTSE SEBOLAI		99	JAC		DNS	
	117	THABISO KGOSIEMANG		99	LAC		DNS	

Heat : 2 **NR: 43.72sec** **WR:43.03sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	120	THUSO BALESENG		99	LAC		49.24	
2	191	MAATLA MOCHAWACHA		96	LDAC		49.32	
3	221	LEONARD JOSEPH		94	UBAC		51.75	
4	211	MOREKOLODI SAREFO	Senio	99	MBDF		51.99	
5	113	TIDIMALO TEBBY NKHWA		99	LAC		52.65	
6	165	BATANG RANTAUNG		88	LDAC		54.23	
	54	TSHOTLEGO FRECKY		96	NEW		DNS	
	58	LAONE ONTEFETSE		99	BDF		DNS	

Heat : 3 **NR: 43.72sec** **WR:43.03sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	108	BOITUMELO MASILO		95	SNT		46.22	
2	215	BAYAPO NDORI	senior	99	MBDF		46.95	
3	93	KEABOKA KGOSITHEBE		01	MRAC		52.06	
4	119	KEATLARETSE MABOTE		87	LAC		52.40	
5	118	TUMO MOSEJANE		98	LAC		54.44	
6	59	BOSA MOETI		01	BDF		55.35	
7	190	BAAGI MOGALE		95	LDAC		55.44	
	224	CLIFFTON MESHACK		96	UBAC		DNS	

Heat : 4 **NR: 43.72sec** **WR:43.03sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	110	LAONE LEEROY ONTEFETSE		99	BDF		47.51	
2	219	LARONA MAYANA	Senio	01	MBDF		49.51	
3	22	AUSTIN MOTONA		99	RAC		50.16	



4	238	VEIRIRIRA UARIUA		94	UBAC	50.30	
5	89	TLOTLO MAHEMPE		99	MRAC	51.26	
6	194	BALEDZI WOTO		95	LDAC	51.52	
7	122	SEABE MOKIBELO		01	LAC	51.59	
	160	GIVEN REETSANG		99	LDAC	DNS	

Heat : 5 **NR: 43.72sec** **WR:43.03sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	106	LEUNGO SCOTCH		96	SNT		46.15	
2	231	LEUNGO KAMOGELO			UBAC		48.32	
3	214	VICTOR NTWENG	Senio	95	MBDF		49.13	
4	88	MONTHUSI GAETWESEPE		95	MRAC		50.28	
5	1	ONALETHATA ABEDNICO SEG		00	SVRC		53.31	
6	14	TSHWEU KADIMO		96	RAC		57.94	
	173	TSHWARO ONTEFETSE		92	LDAC		DNS	
	216	MPOTSANG KODUMO	Senio	99	MBDF		DNS	

800 meter Women , Time :09:43

Heat : 1 **NR: 2:05.32sec** **WR:1:53.28sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	185	LAONE MOLOI		00	LDAC		2:14.14	
2	150	KELEBOGILE BILE	Jun	02	MRAC		2:26.83	
3	131	KESEGO KEBOPETSWE	Jun	03	RAC		2:30.41	
4	175	BRIDGET NKAITIGA	Jun	06	LDAC		2:32.55	
5	128	MMAPULA SENONNORI	Jun	06	SVRC		2:49.06	
6	192	TSHEPHANG MOKANAMI		00	LDAC		2:54.00	

800 meter Jun Men , Time :09:48

Heat : 1 **NR: 1:41.73sec** **WR: 1:41.73sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	57	ALLEX MODUMO		02	BDF		1:55.11	
2	253	KARABO OMPALETSE		01	MAS		1:58.24	
3	7	WAME MARAMBE		03	SVRC		2:03.13	
4	181	TALENT PHILLIP		01	LDAC		2:06.49	
5	48	TEFO MOATLHAPENG	Youth	05	JAC		2:29.59	
	247	NTHEBOLANG LAME GABANAT		02	SVRC		DNS	
	199	KABO THUSANG	Junior	03	MAS		DNF	
	251	OMPHILE NTAOLANG		00	MAS		DNF	
	97	TAELO WAME NTWAETSILE	Youth	05	MRAC		DNS	
	98	KAMOGELO SEBOKO		03	MRAC		DNS	

Long Jump Men , Time :13:08

Flight : 1 **NR: 8.27m** **WR: 8.95m**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Wind (m/s)	Info
1	227	THAPELO MONAIWA		98	UBAC		7.62m	0.0	



2	202	TSHIRELETSO PHUSHUDI	Senio	99	OAC	7.25m	1.0		
3	78	NORMAN CHIBANE		99	LAC	7.15m	2.2	0.00m	0.0
4	59	BOSA MOETI		01	BDF	5.98m	-2.1		
5	124	PRINCE MOGOROSI	Jun	02	LSS	5.65m	-0.3		
6	96	TIMOTHY CHABAESELE		00	MRAC	5.59m	-0.9		
7	255	EDMOND PHYLLIS	Jun	04	IEC	5.09m	-1.2		
	77	SOLOMON SOLOMON	Jun	03	LAC	NR	0.0		
	256	DEON KGWARAGA	Jun	03	IEC	NR	0.0		

800 meter Sen Men , Time :10:04

Heat : 1 **NR: 1:41.73sec** **WR: 1:40.91sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	180	TUMO NKAPE		98	LDAC		1:53.16	
2	107	BABOLOKI THEBE		97	SNT		1:55.22	
3	38	TIRO SEIKANENG		97	JAC		1:57.31	
4	102	SALVATION NKUNDA		97	RFAC		1:59.22	
5	100	CAVEN GOITLOGETSWE		99	RFAC		1:59.35	
	4	MALEFO GOLEKANE		95	SVRC		DNS	
	14	TSHWEU KADIMO		96	RAC		DNS	

Heat : 2 **NR: 1:41.73sec** **WR: 1:40.91sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	53	KHUMOETSILE KHUBEGO		98	NEW		1:55.74	
2	74	THOBO LETSHOLO		99	LAC		2:00.14	
3	28	JEREMIAH KHALA		88	JAC		2:09.14	
4	104	SAMUEL NKOKETSANG		01	RFAC		2:15.92	
5	170	POLOKO BABEELE		93	LDAC		2:22.88	
	101	JAMES NGWENYA		99	RFAC		DNS	
	61	SHEPHERD KENATSHELE		84	BDF		DNS	

Heat : 3 **NR: 1:41.73sec** **WR: 1:40.91sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	39	MOGOROSI SETLHABI		99	JAC		1:51.60	
2	213	SYLVESTER KOKO	Senio	95	SVRC		1:53.70	
3	111	OTSILE NDORI	Jun	95	BDF		1:54.68	
4	75	LAONE OTSHIDILE		99	LAC		1:55.12	
5	171	OOKEDITSE SHDRECK		00	LDAC		2:02.53	
6	18	FINO DISEKO		00	RAC		2:11.70	
7	172	VINCENT KGABOETSILE		93	LDAC		2:16.73	

100 meter Jun Women , Time :10:15

Heat : 1 , Wind : 1.0 **WR: 10.75sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	138	LEFA GADIUTLWELWE	Youth	04	JAC		13.35	
2	148	TEBOGO KEITUMETSE		02	MRAC		13.53	
3	134	REJOICE KELAOTSWE		02	RAC		14.14	
4	130	IDAH MOKGWE		01	RAC		14.14	



5	142 PRUDENCE SEKELEKO	Youth 05	JAC	14.17	
6	140 OGONE SAITSOKETSA	Youth 04	JAC	14.43	

Heat : 2 , Wind : 0.0

WR: 10.75sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	141	KATSO WAMAKALA		01	JAC		13.13	
2	126	PAMELA THEETSO		02	SVRC		13.58	
3	174	KOKETSO SEDUMEDI		07	LDAC		13.68	
4	143	BRIDGETTE MODIBEDI		03	LAC		13.87	
5	133	SABATA SEAKATSIE		03	RAC		14.07	
6	245	PRECIOUS BASETSANA PHOKOJ		01	SVRC		15.63	

100 meter Sen Women , Time :10:25

Heat : 1 , Wind : 0.4

NR: 11.39sec

WR: 10.49sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	155	LOUNGO MATLHAKU		95	SNT		11.24	NR
2	154	TSAONE SEBELE		93	SNT		11.54	
3	157	OARABILE TSHOSA		01	LDAC		11.66	
4	162	NANCY BUDZANI		96	LDAC		12.34	
5	233	BOGADI DIPHOLO			UBAC		12.44	
6	158	VANITY KGOSIYANG		98	LDAC		13.34	
7	166	BOITSHEPO MOLOI		00	LDAC		13.73	

100 meter Jun Men , Time :10:44

Heat : 1 , Wind : -0.1

WR: 9.97sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	29	LUNDI PINAEMANG	Youth	04	JAC		10.85	
2	42	KEVIN LOBATLAMANG		03	JAC		10.90	
3	19	EDWIN TABANE		03	RAC		11.24	
4	63	KATLEGO MATTHEWS		03	LAC		11.46	
5	84	PHENYO KEVIN ISRAEL		03	LAC		11.61	
6	95	KARABO TSHEKO		02	MRAC		12.28	
	44	THOBO DUKE		03	JAC		DNS	

Heat : 2 , Wind : 0.0

WR: 9.97sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	35	TSHOTLHE KODISA		02	JAC		11.21	
2	17	KGOTSO CHIBANE		03	RAC		11.68	
3	10	MOEMEDI MOTSEOTHATA		06	SVRC		12.10	
4	85	TONIAH TSHUTLEDI		05	LAC		12.21	
	31	UNAMETSI NYATHI		03	JAC		DNS	
	94	LOPANG KGASWANYANE		02	MRAC		DIS	

Heat : 3 , Wind : 0.8

WR: 9.97sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	69	LETSILE TEBOGO		03	LAC		10.14	NR
2	30	OSEGO JAMESON		01	JAC		11.03	



3	21	SAPELO NKAPE		03	RAC		11.13	
4	9	LORE LOSHO		05	SVRC		11.74	
5	37	NIJEL RADITLADI		04	JAC		11.96	
6	83	THERISO KEITH SELOKA		02	LAC		12.43	
7	43	OTHATA SELOGELO		01	JAC		12.60	

Heat : 4 , Wind : -0.2

WR: 9.97sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	49	RICHARDO SUPING		00	JAC		10.70	
2	168	PASWEL DIMBUNGU		04	LDAC		10.92	
3	225	TINOTENDA RUSERE		00	UBAC		11.01	
4	73	KETSHEPHILE LETEANE		03	LAC		11.05	
5	197	MPHO MAKANYE	Junior	05	IEC		11.24	
	176	KATLEGO KGOPISI		01	LDAC		DNS	
	201	TEFO TUELO	Junior	04	MAS		DNS	

100 meter Sen Men , Time :10:59

Heat : 1 , Wind : 0.8

NR: 10.20sec

WR: 9.58sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	227	THAPELO MONAIWA		98	UBAC		10.52	
2	234	KEORAPETSE LESOTLHO		93	UBAC		10.67	
3	116	KEOLEBOGILE KAPO		98	LAC		11.11	
4	64	MIKKEL MOKOBI		01	LAC		11.18	
5	25	TUMISANG THUSO		96	JAC		11.48	
6	5	MOTHUSI NTWAKGOLO		95	SVRC		11.88	
7	159	ITHUTENG BANTSEKAE		95	LDAC		12.49	
	50	MOTHEO KEAIKITSI		97	JAC		DIS	

Heat : 2 , Wind : 1.8

NR: 10.20sec

WR: 9.58sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	161	THUTO MASASA		00	LDAC		10.70	
2	232	MOAGI KOLOI		89	UBAC		11.24	
3	243	FANUEL KENOSI		88	UBAC		11.35	
4	91	GODWIN GABANAGAE		00	MRAC		11.43	
5	76	TEFO BOSUPENG		01	LAC		11.50	
6	86	THABANG KGOSIEMANG		00	LAC		11.84	
	51	SEKAO TEBELE		00	JAC		DNS	
	167	TEBOGO MADUMETSA		99	LDAC		DNS	

Heat : 3 , Wind : -0.3

NR: 10.20sec

WR: 9.58sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	177	KARABO MOTHIBI		96	LDAC		10.37	
2	212	LEANAME MAOTOANONG	Senio		SNT		10.64	
3	24	BONANG NANOGANG		95	JAC		10.69	
4	237	MORONGWA MOLEELE		87	UBAC		10.76	
5	217	KEMORENA TIISANG	Senio	95	MBDF		11.01	
	239	TOM SEKATE		96	UBAC		DNS	
	186	WEDU KOBANG		97	LDAC		DNS	



Heat : 4 , Wind : 1.8

NR: 10.20sec

WR: 9.58sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	55	NGAIJTUE KANDJOU		97	NEW		10.95	
2	242	MONTSHI JUNIOR MOTSEKO		99	UBAC		11.06	
3	56	MOABI KEAITSE		95	NEW		11.21	
4	13	TSHEPO MOOKI		00	RAC		11.29	
5	230	GOPOLANG SEADIMO		91	UBAC		11.42	
6	246	MLUNGISI PROFESSOR MOEME		99	SVRC		11.59	
7	220	CASPER MOTSWAGOTHATA		99	UBAC		12.13	

Shot Put Women , Time :13:35

Flight : 1

NR: 10.69m

WR: 22.63m

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	188	KELEBOGILE AMBROSE		92	LDAC		10.53m	
2	193	AOBAKWE NTHUTHU		03	LDAC		7.31m	
3	182	CHENESANI BATHOEN		84	LDAC		7.30m	
4	184	PATRICIA TSHOLOFELO TIMEL		01	LDAC		6.14m	
5	169	GABBY GOSEKWANG		00	LDAC		5.01m	

10.000 meter Men , Time :11:46

Heat : 1

NR: 27:48.20sec

WR: 26:11.00sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	82	RAPULA DIPHOKO		89	LAC		30:59.30	
2	79	SESEBO MATLAPENG		92	LAC		31:10.92	
3	112	TEFO MEREYABO		96	MCE		34:59.24	
4	81	OLEFILE SELLO		91	LAC		36:30.28	
5	187	LAME RANKONYANE		96	LDAC		37:43.32	
	60	MOTHEO MOSALAGAE		02	BDF		DNS	
	62	NKGADIMANG SEBATA		89	BDF		DNS	
	80	ATANG THELO		95	LAC		DNF	
	103	OTENG KGAODI		99	RFAC		DNS	
	114	MMOLOKI LETEBELE		94	LAC		DNS	
	208	OTENG KGAODI	Senio	99	RFAC		DNS	

1500 meter Women , Time :11:49

Heat : 1

NR: 4:22.08sec

WR: 3:50.07sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	151	LESEDI TUMELO		90	RFAC		5:11.48	
2	149	KEALEBOGA BULOLO		91	MRAC		5:25.70	
3	132	JULIA RAKGOMO	Jun	03	RAC		6:01.03	
	150	KELEBOGILE BILE	Jun	02	MRAC		DNS	

1500 meter Men , Time :12:06



Heat : 1 **NR: 3:39.60sec** **WR: 3:26.00sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	40	KARABO TEKO		99	JAC		3:55.61	
2	203	GORATA GABANKITSE	Senio	97	OAC		3:57.23	
3	164	THABO METSEYABANGWE		98	LDAC		4:02.93	
4	253	KARABO OMPALETSE	Jun	01	MAS		4:04.42	
5	223	BAKANG KGAOLO		97	UBAC		4:05.61	
6	189	KENTSE TSHWENYEGO		95	LDAC		4:08.36	
7	101	JAMES NGWENYA		99	RFAC		4:08.86	
8	98	KAMOGELO SEBOKO	Jun	03	MRAC		4:10.93	
9	100	CAVEN GOITLOGETSWE		99	RFAC		4:11.04	
10	2	PHENYO SEBOKWANA		98	SVRC		4:22.29	
11	62	NKGADIMANG SEBATA		89	BDF		4:22.97	
12	4	MALEFO GOLEKANE		95	SVRC		4:28.25	
13	97	TAELO WAME NTWAETSILE	Youth	05	MRAC		4:30.45	
14	26	GORATA MONNAWAPULA		00	JAC		4:33.24	
15	60	MOTHEO MOSALAGAE		02	BDF		4:35.14	
16	196	MARTIN KOMANE	Jun	01	LDAC		5:08.06	
17	183	LAONE MOTSWIRI		01	LDAC		5:32.47	
	47	KATLEGO MATUTU		97	JAC		DNF	
	123	PAKO MPONWANE		93	BDF		DNF	
	226	CLEMENT KWELAGOBE	Jun	02	UBAC		DNS	
	228	MAJAWA PHENYO	Jun	02	UBAC		DNS	
	254	LEKGOTLA TSWELELANG		96	IEC		DNF	

200 meter Jun Women , Time :12:14

Heat : 1 , Wind : 2.3 **WR: 22.17sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	145	WARONA THONISANI		05	LAC		26.42	
2	139	PRECIOUS RASANTLO		02	JAC		27.13	
3	244	RITA JACK		03	UBAC		27.90	
4	174	KOKETSO SEDUMEDI		07	LDAC		28.46	
5	126	PAMELA THEETSO		02	SVRC		29.36	
6	142	PRUDENCE SEKELEKO	Youth	05	JAC		29.43	
7	133	SABATA SEAKATSIE		03	RAC		30.23	
	129	ONALETHATA POROGO	Youth	05	RAC		DNF	

Heat : 2 , Wind : -0.5 **WR: 22.17sec**

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	146	PEMO RAMOSESANE	Sen	01	LAC		26.71	
2	141	KATSO WAMAKALA		01	JAC		26.88	
3	148	TEBOGO KEITUMETSE		02	MRAC		28.58	
4	130	IDAH MOKGWE		01	RAC		29.85	
5	134	REJOICE KELAOTSWE		02	RAC		30.12	
	140	OGONE SAITSOKETSA	Youth	04	JAC		DNS	
	144	GOLEKANYE CHIKANI		02	LAC		DNS	
	135	RESA THOMAS	Sen	83	LAC		DNS	



200 meter Sen Women , Time :12:16

Heat : 1 , Wind : -1.0

NR: 22.89sec

WR: 21.34sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	155	LOUNGO MATLHAKU		95	SNT		23.44	
2	157	OARABILE TSHOSA		01	LDAC		23.79	
3	152	AMANTLE MONTSO		83	SNT		24.19	
4	162	NANCY BUDZANI		96	LDAC		25.54	
5	233	BOGADI DIPHOLO			UBAC		25.68	
6	158	VANITY KGOSIYANG		98	LDAC		28.04	
7	166	BOITSHEPO MOLOI		00	LDAC		29.05	
	154	TSAONE SEBELE		93	SNT		DNF	

200 meter Jun Men , Time :12:29

Heat : 1 , Wind : 0.8

WR: 19.93sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	29	LUNDI PINAEMANG	Youth	04	JAC		21.70	
2	34	COLLEN KEBINATSHIPI	Youth	04	JAC		21.83	
3	99	THUSO OMPHILE	Youth	04	MRAC		21.92	
4	35	TSHOTLHE KODISA		02	JAC		22.44	
5	17	KGOTSO CHIBANE		03	RAC		23.87	
6	10	MOEMEDI MOTSEOTHATA		06	SVRC		24.51	
7	225	TINOTENDA RUSERE		00	UBAC		24.77	
	67	JAVESON GOTLHE MANDOZE		02	LAC		DNS	

Heat : 2 , Wind : 0.5

WR: 19.93sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	42	KEVIN LOBATLAMANG		03	JAC		22.19	
2	66	INNOCENT SEFATLHI		02	LAC		22.53	
3	68	PATLO SERETSE		02	LAC		23.10	
4	71	TSAONE MOTHIBI		98	LAC		23.35	
5	16	PATRICK TLHAJWANE		03	RAC		23.68	
6	249	MOSES MOSHABI		04	MAS		23.83	
7	9	LORE LOSHO		05	SVRC		24.42	
	31	UNAMETSI NYATHI		03	JAC		DNS	

Heat : 3 , Wind : 1.7

WR: 19.93sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	65	JAYSON GAME MANDOZE		02	LAC		21.60	
2	20	LAONE MFOLWE		01	RAC		22.35	
3	21	SAPELO NKAPE		03	RAC		22.37	
4	15	OMPHEMETSE MOSUPEGE		03	RAC		23.58	
5	49	RICHARDO SUPING		00	JAC		23.87	
6	37	NIJEL RADITLADI		04	JAC		23.94	
7	6	ORATILE RAKANYE		03	SVRC		24.59	
	250	ONEILE ROYAL		01	IEC		DNS	



Heat : 4 , Wind : -0.4

WR: 19.93sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	115	BOAGO MABULANE		02	LAC		21.70	
2	30	OSEGO JAMESON		01	JAC		22.46	
3	12	KABELO KANASI		02	RAC		22.67	
4	19	EDWIN TABANE		03	RAC		22.97	
5	70	TUMISO THEKISO		03	LAC		23.41	
6	168	PASWEL DIMBUNGU		04	LDAC		24.64	
	52	EUGENE MODISE		01	JAC		DNS	

200 meter Sen Men , Time :13:02

Heat : 1 , Wind : 0.1

NR: 19.77sec

WR: 19.19sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	109	DITIRO NZAMANI		00	SNT		20.75	
2	161	THUTO MASASA		00	LDAC		21.62	
3	116	KEOLEBOGILE KAPO		98	LAC		22.36	
4	25	TUMISANG THUSO		96	JAC		22.53	
5	89	TLOTLO MAHEMPE		99	MRAC		22.66	
6	50	MOTHEO KEAIKITSI		97	JAC		23.15	
	231	LEUNGO KAMOGELO			UBAC		DNS	
	167	TEBOGO MADUMETSA		99	LDAC		DNS	

Heat : 2 , Wind : -1.2

NR: 19.77sec

WR: 19.19sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	217	KEMORENA TIISANG	Senio	95	MBDF		22.14	
2	88	MONTHUSI GAETWESEPE		95	MRAC		22.37	
3	238	VEIRIRIRA UARIUA		94	UBAC		22.44	
4	178	MOMPOLOKI POWANE		97	LDAC		23.86	
5	93	KEABOKA KGOSITHEBE		01	MRAC		23.90	
	3	LEAGENG DISEKO		97	SVRC		DNS	
	36	TSHEPO TSHOGANETSO		99	JAC		DNS	
	41	OFENTSE SEBOLAI		99	JAC		DNS	

Heat : 3 , Wind : 0.9

NR: 19.77sec

WR: 19.19sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	177	KARABO MOTHIBI		96	LDAC		21.18	
2	212	LEANAME MAOTOANONG	Senio		SNT		21.24	
3	13	TSHEPO MOOKI		00	RAC		22.56	
4	46	BRIAN KALO		99	JAC		23.11	
5	211	MOREKOLODI SAREFO	Senio	99	MBDF		23.18	
6	230	GOPOLANG SEADIMO		91	UBAC		23.20	
7	90	PAUL ORAENG		00	MRAC		23.55	
8	96	TIMOTHY CHABAESELE		00	MRAC		23.59	

Heat : 4 , Wind : 1.5

NR: 19.77sec

WR: 19.19sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	24	BONANG NANOGANG		95	JAC		21.85	
2	58	LAONE ONTEFETSE		99	BDF		21.96	



3	1	ONALETHATA ABEDNICO SEG	00	SVRC	21.98		
4	242	MONTSHI JUNIOR MOTSEKO	99	UBAC	22.26		
5	22	AUSTIN MOTONA	99	RAC	22.83		
6	92	KOBAMELO MOGALE	99	MRAC	23.23		
7	55	NGAIJTUE KANDJOU	97	NEW	23.69		
	186	WEDU KOBANG	97	LDAC	DNS		

Heat : 5 , Wind : 0.9

NR: 19.77sec

WR: 19.19sec

Rank	ID	Name	Cat.	YOB	Team	Area	Result	Info
1	237	MORONGWA MOLEELE		87	UBAC		21.95	
2	64	MIKKEL MOKOBI		01	LAC		22.87	
3	11	BONO MOGOTSI		96	SVRC		23.86	
4	159	ITHUTENG BANTSEKAE		95	LDAC		25.70	
	243	FANUEL KENOSI		88	UBAC		DNS	
	56	MOABI KEAITSE		95	NEW		DNS	
	58	LAONE ONTEFETSE		99	BDF		DNS	

