



# SCSA ZONE VI

U 20 YOUTH GAMES

ZAMBIA

4<sup>TH</sup> – 17<sup>TH</sup> DECEMBER 2012

Results of athletic events, made by TimeTronics, Belgium

ZONE VI GAMES

Location=LUSAKA - ZAMBIA

Date=12/12/2012      Time=13:01:45

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MeetManager software version =      2011h12

Results of athletic events, made by TimeTronics, Belgium

Meet=ZONE VI GAMES

Location=LUSAKA - ZAMBIA

Date=11/12/2012 Time=13:40:54

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MeetManager software version = 2011h12

100m MEN T11 HEATS Time :11:10

Heat:1 Wind : 1.1

1	165	Moses Tobias	95	NAM	12.74	Q
2	43	Tuelo Buru	93	BOT	14.08	q
3	323	Lacky Maibbe	96	ZAM	14.62	
4	233	Ntokoza Xaba	98	RSA	14.75	

100m MEN T11 HEATS Time :11:10

Heat:2 Wind : 2.6

1	171	Thomas Kaminima	94	NAM	13.09	Q
2	270	Vusimuzi Masondo	12	RSA	13.62	q

Long Jump WOMEN Time :12:44

Heat:1

1	252	Janet Ellen Seeliger	95	RSA	5.88	+0.9
2	51	Karabo Buzwane	93	BOT	5.61	+0.6
3	177	Britz Cornel	93	NAM	5.60	+1.1
4	185	Kruger Kristien	97	NAM	5.56	+0.7
5	136	Silvia Panguana	93	MOZ	5.53	+1.4

6	269	Valentina Haylee Da Rocha	93	RSA	5.53	+1.8
7	261	Phillippa Stefanie Van de		RSA	5.49	+1.4
8	354	Orient Mwanza	95	ZAM	5.45	+1.5
9	45	Eunice Khutlo	95	BOT	5.39	+0.3
10	89	Lerato Sechele	94	LES	5.16	+1.4
11	344	Christine Nseluka	93	ZAM	4.69	+0.9
	362	Yvonne Nalishuwa	94	ZAM	NM	+0.0
	260	Ntokozo Sabelo Ndlovu	94	RSA	NM	+0.0

Shot Put MEN Time :13:01

Heat:1

1	227	Jonny Jan Botha	93	RSA	18.60
2	169	Rademeyer Wilhelm	96	NAM	14.19
3	151	Agenbag Cornelius	95	NAM	13.51
4	308	David Maluti	93	ZAM	12.71
5	326	Masuzyo Mkoma	94	ZAM	12.05
6	159	Globler Jean Pierre	94	NAM	11.28
7	329	Mukosha Manda	95	ZAM	10.69
	335	Temwani Gondwe	94	ZAM	NM

100 meter WOMEN T11 HEATS Time :11:00

Heat:1 Wind : 1.6

1	186	Lahya Ishitile	97	NAM	14.07	Q
2	10	Severina Salussinga	96	ANG	15.70	q

100 meter WOMEN T11 HEATS Time :11:00

Heat:2 Wind : 0.0

1	175	Anna Kambinda	96	NAM	16.12	Q
2	247	Cumbiya Ntsali	12	RSA	18.66	q
	134	Marcia Marilia Moiane	95	MOZ	DNF	

100m MEN T12 HEATS Time :11:28

Heat:1 Wind : 2.3

1	226	Jacque Jaibert	12	RSA	12.01	Q
2	162	Kaurumbua Katjikuru	95	NAM	12.63	
3	26	Karabo Rabodietso	96	BOT	13.47	
4	306	Chibinga Muzyamba	93	ZAM	13.92	

100m MEN T12 HEATS Time :11:28

Heat:2 Wind : 1.7

1	21	Bakang Bakolobeng	93	BOT	12.31	Q
2	2	Afonso Camuco	93	ANG	12.45	
3	334	Shadrack Zulu	98	ZAM	13.34	

100m MEN T12 HEATS Time :11:28

Heat:3 Wind : 2.4

1	220	Denzwill Maalis	12	RSA	11.95	Q
2	156	Elias Ihemba	94	NAM	12.24	q
3	332	Philmon Banda	96	ZAM	12.95	
4	33	Omphile Ditsebe	95	BOT	13.98	

100M WOMEN T12 HEATS Time :11:42

Heat:1 Wind : 1.0

1	183	Johanna Katjikuru	94	NAM	15.30	Q
2	57	Pearl Settshwantsho	94	BOT	15.41	
3	90	Letsoara Moretlo	93	LES	16.54	
4	104	Racheal Kaunda	96	MAW	17.40	

100M WOMEN T12 HEATS Time :11:42

Heat:2 Wind : 1.4

1	194	Rosa Mandijora	96	NAM	14.49	Q
2	340	Annie Simfukwe	94	ZAM	14.49	q
3	63	Tuelo Ramaeba	97	BOT	15.31	q
4	106	Taonele Banda	96	MAW	15.48	

100m MEN T13 HEATS Time :11:58

Heat:1 Wind : -0.1

1	245	Zipho Langa	93	RSA	12.60	Q
2	121	Anisio Baptista Cardoso	96	MOZ	12.67	Q
3	81	Bolae Lekoetje	97	LES	12.80	q
4	4	Daniel Epalanga	94	ANG	12.84	q
5	328	Mphanga Morris	94	ZAM	13.00	
	157	Elifas Iyambo	94	NAM	DIS	

100m MEN T13 HEATS Time :11:58

Heat:2 Wind : 1.6

1	281	Dludlu Mcebo	95	SWA	11.87	Q
2	166	Orben Muluti	94	NAM	12.16	Q

3	324	Loud Moonga	96	ZAM	13.74
4	5	Feliciano Balaca	94	ANG	14.23
	221	Dolerika Magiet	12	RSA	DNS
	240	Siabonga Mapisa	93	RSA	DIS

100m MEN T13 HEATS Time :11:58

Heat:3 Wind : 0.6

1	86	Tsoeu Retselifitsoe	95	LES	12.79	Q
2	228	Kwenda Mashudu	95	RSA	13.11	Q
3	382	Machama Richard	95	ZIM	13.19	
4	170	Stevenson Hamukoto	98	NAM	14.05	
	231	Mpho Maphesoane	99	RSA	DNS	
	128	Xavier Fernando Salomao	93	MOZ	DNS	

100m WOMEN T13 HEATS Time :12:08

Heat:1 Wind : 0.7

1	391	Sithole Laina	93	ZIM	14.50	Q
2	179	Carolina Kavela	97	NAM	14.88	Q
3	88	Kheoane Leetoane	93	LES	15.60	Q
4	348	Kahilu Kashweka	95	ZAM	15.80	q
5	231	Mpho Maphesoane	99	RSA	15.99	
6	341	Banda Sarah	99	ZAM	16.05	

100m WOMEN T13 HEATS Time :12:08

Heat:2 Wind : 2.0

1	189	Maria Simone	95	NAM	14.00	Q
2	130	Denise Pomba das Dividas	96	MOZ	14.29	Q

3	188	Magalena Shikongo	96	NAM	15.20	Q
4	221	Dolerika Magiet	12	RSA	15.81	q
5	286	Dlamini Tandzisile	95	SWA	15.88	

100m MEN HEATS Time :12:28

Heat:1 Wind : 2.3

1	212	Akani Simbine	93	RSA	10.56	Q
2	23	Ditiro Sebele	93	BOT	10.72	Q
3	172	Tjiramba Ismeal	95	NAM	10.78	q
4	318	Jonathan Mukulama	94	ZAM	11.05	
5	387	Shava Ushe	93	ZIM	11.27	
6	7	Mauro Gaspor	94	ANG	11.31	

100m MEN HEATS Time :12:28

Heat:2 Wind : 1.0

1	336	Titus Kafunda	93	ZAM	10.48	Q
2	223	Fana James Mofokeng	94	RSA	10.51	Q
3	160	Hainuca Gilbert	94	NAM	10.83	q
4	31	Obonwe Mooketsi	93	BOT	10.88	
5	285	Sihlongo Nyane Siboniso	95	SWA	11.08	
6	388	Songore Michael	96	ZIM	11.10	

100m MEN HEATS Time :12:28

Heat:3 Wind : 0.1

1	264	Siphelo Ngqabaza	93	RSA	10.52	Q
2	381	Bhebhe Dumisani	93	ZIM	10.74	Q
3	161	Kaujo Tjimbatu	93	NAM	10.93	

4	40	Thapelo Mabuse	93	BOT	11.38
	301	David Maluti	93	ZAM	DIS
	282	Mashaba Louis	95	SWA	DNS

100m WOMEN HEATS Time :12:36

Heat:1 Wind : 0.0

1	261	Phillippa Stefanie Van de		RSA	11.93	Q
2	343	Chauness Choosha	93	ZAM	12.26	Q
	393	Tsitsi Mahachi	95	ZIM	DIS	
	62	Tsaone Sebele	93	BOT	DNS	
	259	Nabeela Parker	94	RSA	DNS	
	91	Lisebo Setemmere	96	LES	DNS	

100m WOMEN HEATS Time :12:36

Heat:2 Wind : 0.8

1	246	Chante Van Tonder	93	RSA	11.93	Q
2	361	Yvone Nalishuwa	94	ZAM	12.27	Q
3	50	Joy Mphato	96	BOT	12.31	q
4	389	Buhle T Geza	95	ZIM	12.63	q
5	91	Lisebo Setemmere	96	LES	13.05	
	394	Wendy Malenga	93	ZIM	DNS	

100m WOMEN HEATS Time :12:36

Heat:3 Wind : 0.3

1	259	Nabeela Parker	94	RSA	12.20	Q
2	394	Wendy Malenga	93	ZIM	12.58	Q
3	339	Abygirl Sepiso	95	ZAM	12.93	
4	47	Gofaone Ditsheko	95	BOT	12.97	



Results of athletic events, made by TimeTronics, Belgium

Meet=ZONE VI GAMES

Location=LUSAKA - ZAMBIA

Date=11/12/2012 Time=17:37:57

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MeetManager software version = 2011h12

High Jump MEN Time :17:37

Heat:1

1	218	Craig Anthony Canham	93	RSA	2.11
2	384	Muchichwa Tacudzwa	91	ZIM	2.11
3	42	Tshwanelo Aabobe	93	BOT	2.05
4	29	Mmilili Dube	93	BOT	2.05
5	320	Joseph Sinkala	95	ZAM	2.00
6	217	Clyde Gilbert Joseph Ruit	94	RSA	1.95
7	330	Mwinga George Wigan	93	ZAM	1.85
8	164	Mieze Kevin	96	NAM	1.80

Javelin WOMEN Time :16:51

Heat:1

1	253	Janike Kotze	94	RSA	47.43
2	258	Marina Griebenauf	94	RSA	40.08
3	192	Otto Anne	96	NAM	26.80
4	180	Engelbrecht Charlene	93	NAM	24.06

## 5000m WOMEN FINAL Time :16:24

## Heat:1

1	392	Sithulisiwe Zhou	93	ZIM	17:33.21
2	87	Keneuoe Foloko	98	LES	17:48.59
3	107	Malita Phiri	94	MAW	18:47.01
4	108	Memory Chauluka	93	MAW	19:22.74
5	93	Mannini Pitso	93	LES	20:54.03
6	191	Nginaunye Ndapandula	94	NAM	20:54.52
7	92	Malineo Mahloko	95	LES	21:55.14
	266	Sylvia Dibakwane	94	RSA	DNS
	52	Kefilwe Galeitsiwe	95	BOT	DNF
	195	Shilongo Shiivomwene	95	NAM	DNF
	360	Unity Sibooli	98	ZAM	DNF
	267	Sylvia Kedireng Tshetlany		RSA	DNF
	346	Eunice Kabwali	98	ZAM	DNF
	355	Petronella Moonga	95	ZAM	DNF

## 100m MEN T11 FINAL Time :16:19

## Heat:1 Wind : 2.1

1	165	Moses Tobias	95	NAM	12.81
2	171	Thomas Kaminima	94	NAM	13.05
3	270	Vusimuzi Masondo	12	RSA	13.71
4	43	Tuelo Buru	93	BOT	13.94

100m WOMEN T11 FINALE Time :16:25

Heat:1 Wind : 1.6

1	186	Lahya Ishitile	97	NAM	14.53
2	10	Severina Salussinga	96	ANG	14.93
3	175	Anna Kambinda	96	NAM	15.94
4	247	Cumbiya Ntsali	12	RSA	17.33

100m MEN T12 FINAL Time :17:08

Heat:1 Wind : 3.6

1	226	Jacque Jaibert	12	RSA	11.94
2	156	Elias Ihemba	94	NAM	12.00
3	21	Bakang Bakolobeng	93	BOT	12.28
	220	Denzwill Maalis	12	RSA	DIS

100m WOMEN T12 FINAL Time :16:41

Heat:1 Wind : 2.2

1	340	Annie Simfukwe	94	ZAM	14.72
2	63	Tuelo Ramaeba	97	BOT	15.18
3	183	Johanna Katjikuru	94	NAM	15.32
4	194	Rosa Mandijora	96	NAM	15.60

100m MEN T13 FINAL Time :17:17

Heat:1 Wind : 1.4

1	281	Dludlu Mcebo	95	SWA	11.46
2	166	Orben Muluti	94	NAM	12.24
3	121	Anisio Baptista Cardoso	96	MOZ	12.55
4	245	Zipho Langa	93	RSA	12.63

5	4	Daniel Epalanga	94	ANG	12.68
6	86	Tsoeu Retselifitsoe	95	LES	12.92
7	228	Kwenda Mashudu	95	RSA	13.57
	81	Bolae Lekoetje	97	LES	DIS

100m WOMEN T13 FINAL Time :16:59

Heat:1 Wind : 2.1

1	189	Maria Simone	95	NAM	14.13
2	130	Denise Pomba das Dividas	96	MOZ	14.29
3	179	Carolina Kavela	97	NAM	14.74
4	188	Magalena Shikongo	96	NAM	15.08
5	88	Kheoane Leetoane	93	LES	15.48
6	221	Dolerika Magiet	12	RSA	15.66
	391	Sithole Laina	93	ZIM	DIS
	348	Kahilu Kashweka	95	ZAM	DNS

100m MEN FINAL Time :17:24

Heat:1 Wind : 1.3

1	212	Akani Simbine	93	RSA	10.19
2	264	Siphelo Ngqabaza	93	RSA	10.33
3	336	Titus Kafunda	93	ZAM	10.42
4	223	Fana James Mofokeng	94	RSA	10.49
5	381	Bhebhe Dumisani	93	ZIM	10.66
6	23	Ditiro Sebele	93	BOT	10.74
7	160	Hainuca Gilbert	94	NAM	10.85
8	172	Tjiramba Ismeal	95	NAM	10.90

100m WOMEN FINAL Time :17:28

Heat:1 Wind : 1.6

1	246	Chante Van Tonder	93	RSA	11.84
2	259	Nabeela Parker	94	RSA	11.93
3	261	Phillippa Stefanie Van de		RSA	11.94
4	343	Chauness Choosha	93	ZAM	12.17
5	50	Joy Mphato	96	BOT	12.29
6	361	Yvone Nalishuwa	94	ZAM	12.49
7	389	Buhle T Geza	95	ZIM	12.64
8	394	Wendy Malenga	93	ZIM	12.73

200m WOMEN

T11 HEATS Time :11:24

Heat:1 Wind : 0.7

1	10	Severina Salussinga	96	ANG	32.26	Q
2	175	Anna Kambinda	96	NAM	34.14	q
3	134	Marcia Marilia Moiane	95	MOZ	36.90	q

200m WOMEN T11 HEATS Time :11:24

Heat:2 Wind : -0.2

1	186	Lahya Ishitile	97	NAM	30.39	Q
2	247	Cumbiya Ntsali	12	RSA	40.04	

200m MEN T11 HEATS Time :11:38

Heat:1 Wind : 2.6

1	165	Moses Tobias	95	NAM	26.54	Q
2	43	Tuelo Buru	93	BOT	28.13	q
3	233	Ntokoza Xaba	98	RSA	30.23	

200m MEN T11 HEATS Time :11:38

Heat:2 Wind : 1.7

1	127	Pita Rondao Bulande	93	MOZ	24.73	Q
2	171	Thomas Kaminima	94	NAM	26.40	q
3	270	Vusimuzi Masondo	12	RSA	30.07	

200m WOMEN T12 HEATS Time :11:52

Heat:1 Wind : 2.2

1	194	Rosa Mandijora	96	NAM	30.52	Q
2	106	Taonele Banda	96	MAW	31.23	q
3	63	Tuelo Ramaeba	97	BOT	32.57	
4	90	Letsoara Moretlo	93	LES	35.49	

200m WOMEN T12 HEATS Time :11:52

Heat:2 Wind : 2.8

1	181	Frieda Nakanyala	94	NAM	30.72	Q
2	183	Johanna Katjikuru	94	NAM	31.81	q
3	133	Laurentina Matimbe	95	MOZ	32.02	
4	57	Pearl Settshwantsho	94	BOT	32.48	
	104	Racheal Kaunda	96	MAW	DIS	

200m MEN T12 HEATS Time :12:07

Heat:1 Wind : 0.8

1	21	Bakang Bakolobeng	93	BOT	25.66	Q
2	2	Afonso Camuco	93	ANG	25.74	
3	162	Kaurumbua Katjikuru	95	NAM	25.96	
4	332	Philmon Banda	96	ZAM	26.71	

200m MEN T12 HEATS Time :12:07

Heat:2 Wind : 0.0

1	220	Denzwill Maalis	12	RSA	25.48	Q
2	155	Eliakim Aihuki	94	NAM	27.02	
	33	Omphile Ditsebe	95	BOT	DNF	

200m MEN T12 HEATS Time :12:07

Heat:3 Wind : 0.6

1	226	Jacque Jaibert	12	RSA	24.67	Q
2	156	Elias Ihemba	94	NAM	24.73	
3	306	Chibinga Muzyamba	93	ZAM	28.52	

200m MEN T12 HEATS Time :12:07

Heat:4 Wind : 0.9

1	125	Hilario Xavier Chavel	94	MOZ	24.80	Q
2	27	Katleng Ramaeba	96	BOT	26.24	
3	334	Shadrack Zulu	98	ZAM	28.14	

200m WOMEN T13 HEATS Time :12:10

Heat:1 Wind : 1.0

1	131	Edmilisa Luciano Governo	98	MOZ	28.03	Q
2	189	Maria Simone	95	NAM	30.09	Q
3	391	Sithole Laina	93	ZIM	31.21	Q
4	286	Dlamini Tandzisile	95	SWA	33.37	
5	231	Mpho Maphesoane	99	RSA	34.66	
6	358	Selina Phiri	94	ZAM	34.82	

200m WOMEN T13 HEATS Time :12:10

Heat:2 Wind : 1.9

1	130	Denise Pomba das Dividas	96	MOZ	29.26	Q
2	179	Carolina Kavela	97	NAM	30.29	Q
3	352	Monica Muunga	99	ZAM	30.86	Q
4	348	Kahilu Kashweka	95	ZAM	31.64	q
5	187	Lionde Kasheeta	94	NAM	31.72	q
6	88	Kheoane Leetoane	93	LES	32.15	
7	221	Dolerika Magiet	12	RSA	34.67	

200m MEN T13 HEATS Time :12:25

Heat:1 Wind : 0.2

1	281	Dludlu Mcebo	95	SWA	23.81	Q
2	110	Witness Nsima	96	MAW	25.61	Q
3	152	Benjamin Kamuhanga	93	NAM	25.80	q
4	240	Siabonga Mapisa	93	RSA	27.64	
5	327	Mathews Nyirenda	93	ZAM	27.76	

200m MEN T13 HEATS Time :12:25

Heat:2 Wind : 1.7

1	330	Mwinga George Wigan	93	ZAM	23.94	Q
2	121	Anisio Baptista Cardoso	96	MOZ	25.75	Q
3	81	Bolae Lekoetje	97	LES	26.38	
4	157	Elifas Iyambo	94	NAM	26.45	
5	244	Victor Tshoba	94	RSA	26.49	
6	5	Feliciano Balaca	94	ANG	28.94	



200m MEN T13 HEATS Time :12:25

Heat:3 Wind : 1.3

1	166	Orben Muluti	94	NAM	25.90	Q
2	86	Tsoeu Retselifitsoe	95	LES	26.08	Q
3	328	Mphanga Morris	94	ZAM	26.25	q
4	382	Machama Richard	95	ZIM	26.90	
5	228	Kwenda Mashudu	95	RSA	31.62	

200m WOMEN HEATS Time :12:44

Heat:1 Wind : 0.7

1	261	Phillippa Stefanie Van de		RSA	24.98	Q
2	50	Joy Mphato	96	BOT	25.65	Q
3	136	Silvia Panguana	93	MOZ	25.68	q
4	345	Elina Mbewe	93	ZAM	26.18	
5	393	Tsitsi Mahachi	95	ZIM	26.69	
6	91	Lisebo Setemmere	96	LES	27.29	

200m WOMEN HEATS Time :12:44

Heat:2 Wind : 1.2

1	246	Chante Van Tonder	93	RSA	25.23	Q
2	53	Loungo Mathlaku	96	BOT	25.39	Q
3	177	Britz Cornel	93	NAM	25.45	q
4	389	Buhle T Geza	95	ZIM	26.23	
5	339	Abygirl Sepiso	95	ZAM	26.38	
6	132	Elsa Macie	93	MOZ	26.91	
7	9	Luisa Manuel	93	ANG	28.14	

200m WOMEN HEATS Time :12:44

Heat:3 Wind : 0.9

1	256	Liezl Hechter	RSA	25.41		Q
2	394	Wendy Malenga	93	ZIM	26.18	Q
3	342	Bridget Maseka	93	ZAM	26.30	
4	49	Gosego Mpeo	96	BOT	26.91	
5	135	Ofelia Marcos	94	MOZ	27.19	
6	287	Masango Veronica	95	SWA	28.52	

200m MEN HEATS Time :12:59

Heat:1 Wind : 2.7

1	212	Akani Simbine	93	RSA	21.03	Q
2	381	Bhebhe Dumisani	93	ZIM	21.46	Q
3	23	Ditiro Sebele	93	BOT	21.71	q
4	161	Kaujo Tjimbatu	93	NAM	22.24	
5	282	Mashaba Louis	95	SWA	22.84	
	160	Hainuca Gilbert	94	NAM	DNS	

200m MEN HEATS Time :12:59

Heat:2 Wind : 2.1

1	336	Titus Kafunda	93	ZAM	21.22	Q
2	236	Ruben Bernardus Thomas Re	93	RSA	21.82	Q
3	386	Ndlovu Reinhard	93	ZIM	21.89	q
4	172	Tjiramba Ismeal	95	NAM	22.09	
5	31	Obonwe Mooketsi	93	BOT	22.15	
6	283	Matsenjwa Nkosiyanzile	94	SWA	22.81	

7	123	Celso Cossa	94	MOZ	23.14
	101	Golden Gunde	93	MAW	DNS

200m MEN HEATS Time :12:59

Heat:3 Wind : 0.4

1	264	Siphelo Ngqabaza	93	RSA	21.74	Q
2	168	Pieterse Fred Charles	93	NAM	22.13	Q
3	388	Songore Michael	96	ZIM	22.49	
4	37	Rebeilwe Thwanyane	93	BOT	22.64	
5	124	Creve Machava	96	MOZ	22.74	
6	318	Jonathan Mukulama	94	ZAM	22.74	
7	285	Sihlongo Nyane Siboniso	95	SWA	22.76	
8	7	Mauro Gaspor	94	ANG	23.38	

Javelin MEN Time :13:08

Heat:1

1	38	Stephan Beukes	93	BOT	65.36	
2	235	Reinhard Vister Van Zyl	94	RSA	61.28	
3	301	David Maluti	93	ZAM	49.54	
4	159	Globler Jean Pierre	94	NAM	48.97	
5	338	Tom Mwape	95	ZAM	43.93	
6	151	Agenbag Cornelius	95	NAM	41.36	
7	322	Kondwani Gondwe		ZAM	39.54	
	169	Rademeyer Wilhelm		96	NAM	NM

Long Jump MEN Time :13:52

Heat:1

1	232	Mpho Maphutha	94	RSA	7.33	+0.4
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2	320	Joseph Sinkala	95	ZAM	7.07	+0.4
3	213	Andreas Francois Coetzee	93	RSA	6.95	+1.8
4	173	Van Wyk Adiel	93	NAM	6.81	+0.5
5	24	Enerst Mosheleketi	93	BOT	6.69	+0.2
6	260	Ntokozo Sabelo Ndlovu	94	RSA	6.53	+0.3
7	163	Kotze Pieter	12	NAM	6.49	+0.8
8	304	Benjamin Chisenga	96	ZAM	6.41	+1.0
9	123	Celso Cossa	94	MOZ	6.30	-0.1
10	124	Creve Machava	96	MOZ	6.22	+0.8
11	333	Sepiso Mwangala	94	ZAM	6.09	-0.1

262 Sabelo Ndlovu RSA NM +0.0

Results

of athletic events, made by TimeTronics, Belgium

Meet=ZONE VI GAMES

Location=LUSAKA - ZAMBIA

Date=12/12/2012 Time=13:52:17

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MeetManager software version = 2011h12

Long Jump MEN Time :13:52

1	232	Mpho Maphutha	94	RSA	7.33	+0.4
2	320	Joseph Sinkala	95	ZAM	7.07	+0.4
3	213	Andreas Francois Coetzee	93	RSA	6.95	+1.8
4	173	Van Wyk Adiel	93	NAM	6.81	+0.5
5	24	Enerst Mosheleketi	93	BOT	6.69	+0.2
6	260	Ntokozo Sabelo Ndlovu	94	RSA	6.53	+0.3

7	163	Kotze Pieter	12	NAM	6.49	+0.8
8	304	Benjamin Chisenga	96	ZAM	6.41	+1.0
9	123	Celso Cossa	94	MOZ	6.30	-0.1
10	124	Creve Machava	96	MOZ	6.22	+0.8
11	333	Sepiso Mwangala	94	ZAM	6.09	-0.1
	262	Sabelo Ndlovu	RSA	NM	+0.0	

800m MEN T11 FINAL Time :15:14

1	127	Pita Rondao Bulande	93	MOZ	2:15.98
2	219	Danie Bleitenbach	94	RSA	2:24.07
3	233	Ntokoza Xaba	98	RSA	2:53.87

800m MEN T12 FINAL Time :15:25

1	125	Hilario Xavier Chavel	94	MOZ	2:07.35
2	385	Musara Emmanuel	95	ZIM	2:07.36
3	36	Realeboga Babusi	94	BOT	2:15.25
4	303	Alex Ziwa	94	ZAM	2:22.88
5	25	Gofaone Mphetang	95	BOT	2:26.15
6	239	Sheldon Du Plessis	95	RSA	2:56.45
	155	Eliakim Aihuki	94	NAM	DNS

800m WOMEN T12 FINAL Time :15:35

1	181	Frieda Nakanyala	94	NAM	2:47.01
2	133	Laurentina Matimbe	95	MOZ	3:00.27

3	356	Rebecca Mwanza	93	ZAM	3:04.21
4	58	Seneo Taulo	99	BOT	3:13.22

800m WOMEN T13 FINAL Time :15:42

1	131	Edmilisa Luciano Governo	98	MOZ	2:38.45
2	187	Lionde Kasheeta	94	NAM	2:48.06
3	174	Albertinah Simeon	96	NAM	2:52.91
4	390	Bulabula Rhoda	95	ZIM	2:58.77
5	351	Memory Zilundu	94	ZAM	3:28.69

800m MEN T13 FINAL Time :15:48

1	152	Benjamin Kamuhanga	93	NAM	2:12.71
2	230	Marco Der Linde	94	RSA	2:15.17
3	331	Penzya Munkombwe	94	ZAM	2:15.73
4	128	Xavier Fernando Salomao	93	MOZ	2:18.45
5	3	Celestino Chissica	94	ANG	2:32.33
6	234	Percy Mayakeni	95	RSA	2:48.60
7	313	Ephate Phiri	98	ZAM	2:50.58
	190	Moses Klaudia	93	NAM	DNS
	382	Machama Richard	95	ZIM	DNS

800m WOMEN FINAL Time :15:52

1	268	Thato Makhafola	94	RSA	2:11.35
2	265	Sunel Jacobs	93	RSA	2:11.81

3	354	Orient Mwanza	95	ZAM	2:14.57
4	61	Tlhaloganyo Motlamorago	95	BOT	2:18.57
5	64	Winnie George	93	BOT	2:21.85
6	190	Moses Klaudia	93	NAM	2:22.57
7	109	Memory Ziba	95	MAW	2:25.43
8	129	Amelia Domingos	97	MOZ	2:26.25
9	266	Sylvia Dibakwane	94	RSA	2:30.16
10	196	Shiweda Johanna	95	NAM	2:38.40

800m MEN FINAL Time :15:59

1	241	Sylvestor Thapelo Madiba	93	RSA	1:52.20
2	305	Cephas Nyimbili	94	ZAM	1:53.23
3	222	Emile Pieterse	93	RSA	1:53.47
4	122	Alberto Mamba	94	MOZ	1:53.86
5	34	Onkabetse Nkobolo	93	BOT	1:54.25
6	383	Madoro Trust	93	ZIM	2:01.77
7	85	Tsepang Makase	93	LES	2:03.56
8	126	Llidio Machava	96	MOZ	2:05.07
9	154	David John	93	NAM	2:05.80
10	105	Stonneck Jamali	94	MAW	2:07.90
11	1	Adilson Pedro	94	ANG	2:18.56
	217	Clyde Gilbert Joseph Ruit	94	RSA	DNS

200m WOMEN T11 FINAL Time :16:09

Wind : 0.5

1	186	Lahya Ishitile	97	NAM	29.19
2	10	Severina Salussinga	96	ANG	31.27
3	175	Anna Kambinda	96	NAM	33.05
4	134	Marcia Marilia Moiane	95	MOZ	35.13

200m MEN T11 FINAL Time :16:14

Wind : 0.8

1	127	Pita Rondao Bulande	93	MOZ	24.78
2	165	Moses Tobias	95	NAM	25.47
3	171	Thomas Kaminima	94	NAM	27.29
4	43	Tuelo Buru	93	BOT	29.39

Shot Put WOMEN Time :16:15

1	255	Lezaan Jordaan	95	RSA	14.91
2	251	Ischke Senekal	93	RSA	13.96
3	180	Engelbrecht Charlene	93	NAM	13.75
4	349	Martha Mukulama		ZAM	10.88
5	192	Otto Anne	96	NAM	10.77
6	59	Tapaphiwa Andina	93	BOT	10.33
7	54	Nonofo Magodiello	93	BOT	9.98
8	350	Martha Ngoma	94	ZAM	8.85



200m WOMEN T12 FINAL Time :16:19

Wind : 0.4

1	194	Rosa Mandijora	96	NAM	29.66
2	181	Frieda Nakanyala	94	NAM	29.90
3	106	Taonele Banda	96	MAW	30.70
4	183	Johanna Katjikuru	94	NAM	32.03

200m MEN T12 FINAL Time :16:22

Wind : 0.0

1	226	Jacque Jaibert	12	RSA	24.43
2	125	Hilario Xavier Chavel	94	MOZ	24.79
3	220	Denzwill Maalis	12	RSA	25.01
4	21	Bakang Bakolobeng	93	BOT	25.46

200m WOMEN T13 FINAL Time :16:27

Wind : 0.2

1	131	Edmilisa Luciano Governo	98	MOZ	27.92
2	130	Denise Pomba das Dividas	96	MOZ	29.01
3	189	Maria Simone	95	NAM	29.73
4	391	Sithole Laina	93	ZIM	29.82
5	179	Carolina Kavela	97	NAM	30.51
6	352	Monica Muunga	99	ZAM	31.45
7	348	Kahilu Kashweka	95	ZAM	32.49
8	187	Lionde Kasheeta	94	NAM	32.60

200m MEN T13 FINAL Time :16:29

Wind : -0.3

1	281	Dludlu Mcebo	95	SWA	23.54
2	121	Anisio Baptista Cardoso	96	MOZ	25.53
3	166	Orben Muluti	94	NAM	25.75
4	86	Tsoeu Retselifitsoe	95	LES	25.81
5	110	Witness Nsima	96	MAW	25.93
6	152	Benjamin Kamuhanga	93	NAM	27.24
	330	Mwinga George Wigan	93	ZAM	DNS
	328	Mphanga Morris	94	ZAM	DNS

200m WOMEN FINAL Time :16:35

Wind : 0.0

1	53	Loungo Mathlaku	96	BOT	24.06
2	246	Chante Van Tonder	93	RSA	24.15
3	261	Phillippa Stefanie Van de		RSA	24.50
4	256	Liezl Hechter		RSA	24.88
5	177	Britz Cornel	93	NAM	25.27
6	50	Joy Mphato	96	BOT	25.48
7	394	Wendy Malenga	93	ZIM	26.69
8	136	Silvia Panguana	93	MOZ	27.66

200m MEN FINAL Time :16:42

Wind : -1.9

1	212	Akani Simbine	93	RSA	20.68
2	336	Titus Kafunda	93	ZAM	21.05
3	264	Siphelo Ngqabaza	93	RSA	21.12

4	381	Bhebhe Dumisani	93	ZIM	21.55
5	236	Ruben Bernardus Thomas Re	93	RSA	21.86
6	23	Ditiro Sebele	93	BOT	21.95
7	386	Ndlovu Reinhard	93	ZIM	22.02
8	168	Pieterse Fred Charles	93	NAM	22.27

5000m FINAL Time :17:30

1	103	Keffas Kasiten	94	MAW	14:24.04
2	102	Grevazio Mpani	93	MAW	14:24.66
3	302	Ackley Nkweedenda	93	ZAM	14:28.36
4	316	Harry Mulenga	94	ZAM	14:30.98
5	310	Elvis Lunganda	93	ZAM	15:03.00
6	84	Rethabile Molefi	93	LES	15:11.96
7	28	Kealeboga Motshereganyi	93	BOT	15:24.66
8	83	Mapesela Mapesela	93	LES	15:26.17
9	82	Makhale Maseli	95	LES	15:38.00
10	158	Fryman Julian	93	NAM	17:17.67
	211	Adam Nathan Lipschitz	94	RSA	DNF
	39	Swimbo Onkarabile	93	BOT	DNF

110m H MEN HEATS Time :11:03

Heat:1 Wind : -0.1 CORRECTED

1	238	Schalk Willem Burger	94	RSA	14.61	Q
2	168	Pieterse Fred Charles	93	NAM	15.25	Q
3	8	Florisvaldo Estevao	93	ANG	15.32	Q
4	124	Creve Machava	96	MOZ	15.51	q
5	387	Shava Ushe	93	ZIM	26.05	q

110m H MEN HEATS Time :11:03

Heat:2 Wind : 0.1 CORRECTED

1	325	Mackenzie Zaganta	ZAM	15.32		Q
2	153	Burger Walter	95	NAM	15.87	Q
3	32	Odirile Sefako	93	BOT	16.00	Q
	214	Angus Stephen Julies	93	RSA	DIS	
	384	Muchichwa Tacudzwa	91	ZIM	DIS	

Results of athletic events, made by TimeTronics, Belgium

Meet=ZONE VI GAMES

Location=LUSAKA - ZAMBIA

Date=12/12/2012 Time=13:52:17

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MeetManager software version = 2011h12

400m H WOMEN FINAL Time :09:41

1	178	Britz Eileen	96	NAM	66.59	
2	257	Maryke Roelien Wolhuter	94	RSA	68.79	
	350	Martha Ngoma	94	ZAM	DNS	

400m H MEN FINAL Time :09:51

1	216	Bernardus Jacobus Pretori	93	RSA	52.57	
2	238	Schalk Willem Burger	94	RSA	54.63	
3	153	Burger Walter	95	NAM	57.17	
	32	Odirile Sefako	93	BOT	DNF	
	8	Florisvaldo Estevas	93	ANG	DNS	

400m MEN T12 HEATS Time :10:12

Heat:1

1	125	Hilario Xavier Chavel	94	MOZ	53.65	Q
2	385	Musara Emmanuel	95	ZIM	55.96	q
3	155	Eliakim Aihuki	94	NAM	58.71	
4	27	Katleng Ramaeba	96	BOT	59.99	

400m MEN T12 HEATS Time :10:12

Heat:2

1	156	Elias Ihemba	94	NAM	54.81	Q
2	226	Jacque Jaibert	12	RSA	56.66	
3	2	Afonso Camuco	93	ANG	57.55	
4	26	Karabo Rabodietso	96	BOT	63.84	

400m MEN T12 HEATS Time :10:12

Heat:3

1	36	Realeboga Babusi	94	BOT	59.87	Q
2	162	Kaurumbua Katjikuru	95	NAM	62.32	
3	239	Sheldon Du Plessis	95	RSA	74.02	

100m H WOMEN FINAL Time :10:41

Wind : 1.1

1	136	Silvia Panguana	93	MOZ	14.35	
2	254	Kayla Gilbert	93	RSA	14.69	
3	248	Elizmarie Kriel	94	RSA	14.80	
4	184	Katjitae Rejoice	95	NAM	16.35	
	55	Odirile Sefako	93	BOT	DNS	

High Jump WOMEN Time :10:59

1	185	Kruger Kristien	97	NAM	1.71	
2	60	Titose Chilume	93	BOT	1.71	
3	193	Pretorius Michelle	94	NAM	1.71	
4	269	Valentina Haylee Da Rocha	93	RSA	1.55	
5	176	Beukes Abrille	96	NAM	1.50	
	56	Ookeditse Mosweu	94	BOT	NM	

110m H MEN FINAL Time :11:07

Wind : 2.9

1	168	Pieterse Fred Charles	93	NAM	14.18	
2	238	Schalk Willem Burger	94	RSA	14.29	
3	325	Mackenzie Zaganta	ZAM	14.83		
4	8	Florisvaldo Estevao	93	ANG	14.87	
5	387	Shava Ushe	93	ZIM	14.90	
6	124	Creve Machava	96	MOZ	15.09	
7	153	Burger Walter	95	NAM	15.65	
	32	Odirile Sefako	93	BOT	DNS	

Triple Jump MEN Time :05:23

1	232	Mpho Maphutha	94	RSA	15.47	+1.7	
2	24	Enerst Mosheleketi	93	BOT	15.45	+3.1	15.43m 0.0
3	260	Ntokozo Sabelo Ndlovu	94	RSA	15.28	+0.3	
4	42	Tshwanelo Aabobe	93	BOT	15.20	+1.1	

5	387	Shava Ushe	93	ZIM	14.90	+0.3
6	213	Andreas Francois Coetzee	93	RSA	14.35	+0.3
	330	Mwinga George Wigan	93	ZAM	NM	+0.0

Results of athletic events, made by TimeTronics, Belgium

Meet=ZONE VI GAMES

Location=LUSAKA - ZAMBIA

Date=13/12/2012 Time=16:59:57

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MeetManager software version = 2011h12

Discus WOMEN Time :16:25

1	251	Ischke Senekal	93	RSA	48.55
2	180	Engelbrecht Charlene	93	NAM	48.08
3	263	Simone Jana Meyer	93	RSA	45.74
4	255	Lezaan Jordaan	95	RSA	40.03
5	349	Martha Mukulama		ZAM	35.76
6	192	Otto Anne	96	NAM	29.29
7	54	Nonofo Magodiello	93	BOT	28.44
	350	Martha Ngoma	94	ZAM	NM

400m MEN T12 HEATS Time :10:12

Heat:1

1	125	Hilario Xavier Chavel	94	MOZ	53.65	Q
2	385	Musara Emmanuel		95	ZIM	55.96 q
3	155	Eliakim Aihuki	94	NAM	58.71	
4	27	Katleng Ramaeba	96	BOT	59.99	

400m MEN T12 HEATS Time :10:12

Heat:2

1	156	Elias Ihemba	94	NAM	54.81	Q
2	226	Jacque Jaibert	12	RSA	56.66	
3	2	Afonso Camuco	93	ANG	57.55	
4	26	Karabo Rabodietso	96	BOT	63.84	

400m MEN T12 HEATS Time :10:12

Heat:3

1	36	Realeboga Babusi	94	BOT	59.87	Q
2	162	Kaurumbua Katjikuru		95	NAM	62.32
3	239	Sheldon Du Plessis	95	RSA	74.02	

400m WOMEN T12 HEATS Time :15:48

Heat:1

1	181	Frieda Nakanyala	94	NAM	66.91	Q
2	133	Laurentina Matimbe		95	MOZ	70.86
3	58	Seneo Taolo	99	BOT	76.01	q

400m WOMEN T12 HEATS Time :15:48

Heat:2

1	194	Rosa Mandijora	96	NAM	70.30	Q
2	183	Johanna Katjikuru	94	NAM	79.15	
	340	Annie Simfukwe	94	ZAM	DNS	



## 400m MEN T13 HEATS Time :16:02

## Heat:1

1	152	Benjamin Kamuhanga	93	NAM	55.88	Q
2	86	Tsoeu Retselifitsoe	95	LES	56.38	Q
3	128	Xavier Fernando Salomao	93	MOZ	56.86	Q
4	110	Witness Nsima	96	MAW	57.16	q
5	319	Joseph Lungu	97	ZAM	62.90	q
6	3	Celestino Chissica	94	ANG	63.48	
	330	Mwinga George Wigan	93	ZAM	DNS	

## 400m MEN T13 HEATS Time :16:02

## Heat:2

1	230	Marco Der Linde	94	RSA	56.61	Q
2	121	Anisio Baptista Cardoso	96	MOZ	57.57	Q
3	4	Daniel Epalanga	94	ANG	58.72	Q
4	327	Mathews Nyirenda	93	ZAM	63.11	
5	157	Elifas Iyambo	94	NAM	64.96	
6	167	Petrus Liyombo	99	NAM	78.58	
	155	Eliakim Aihuki	94	NAM	DNS	

## 400m MEN HEATS Time :16:19

## Heat:1

1	216	Bernardus Jacobus Pretori	93	RSA	48.66	Q
2	101	Golden Gunde	93	MAW	49.04	Q
3	22	Botetoleng Mogami	93	BOT	49.44	Q
4	41	Tshiano Modise	93	BOT	49.51	
5	282	Mashaba Louis	95	SWA	50.45	

6	126	Llidio Machava	96	MOZ	51.25
7	6	Joao Nambalo	94	ANG	55.79
	305	Cephas Nyimbili	94	ZAM	DNS

400m MEN HEATS Time :16:19

Heat:2

1	30	Nijel Amos	94	BOT	46.78	Q
2	236	Ruben Bernardus Thomas Re	93	RSA	47.83	Q
3	386	Ndlovu Reinhard	93	ZIM	48.42	Q
4	283	Matsenjwa Nkosiyanzile	94	SWA	48.54	q
5	312	Emmanuel Mwewa	93	ZAM	49.19	q
6	241	Sylvestor Thapelo Madiba	93	RSA	49.43	
7	314	Evans Chimponde	93	ZAM	50.48	
8	105	Stonneck Jamali	94	MAW	55.07	

400m WOMEN HEATS Time :16:36

Heat:1

1	44	Christine Botlogetswe	95	BOT	56.30	Q
2	257	Maryke Roelien Wolhuter	94	RSA	58.92	Q
3	357	Rodah Ndjovu	94	ZAM	60.82	
4	109	Memory Ziba	95	MAW	61.52	
5	129	Amelia Domingos	97	MOZ	63.58	
	182	Handjene Julia	93	NAM	DNS	

400m WOMEN HEATS Time :16:36

Heat:2

1	265	Sunel Jacobs	93	RSA	59.05	Q
2	363	Zilah Ngandwe	94	ZAM	59.71	Q
3	132	Elsa Macie	93	MOZ	60.46	q
4	197	Shiyakela Oillie	93	NAM	62.62	
5	287	Masango Veronica	95	SWA	64.42	
6	9	Luisa Manuel	93	ANG	65.50	

400m WOMEN HEATS Time :16:36

Heat:3

1	354	Orient Mwanza	95	ZAM	56.74	Q
2	252	Janet Ellen Seeliger	95	RSA	59.32	Q
3	135	Ofelia Marcos	94	MOZ	59.43	q
4	48	Gorata Thebe	96	BOT	62.07	
5	198	Van Der Walt Leandri	94	NAM	66.49	
	52	Kefilwe Galeitsiwe	95	BOT	NM	

1			RSA	40.89
	223	Fana James Mofokeng	94	
	212	Akani Simbine	93	
	214	Angus Stephen Julies	93	
	264	Siphelo Ngqabaza	93	
2			ZIM	42.16
	387	Shava Ushe	93	
	386	Ndlovu Reinhard	93	
	388	Songore Michael	96	
	381	Bhebhe Dumisani	93	
3			BOT	42.20
	40	Thapelo Mabuse	93	
	23	Ditiro Sebele	93	
	37	Rebeilwe Thwanyane	93	
	31	Obonwe Mooketsi	93	
4			ANG	46.48
	7	Mauro Gaspor	94	ANG
	0	00		
	0	00		
	0	00		
			NAM	DIS
	160	Hainuca Gilbert	94	
	168	Pieterse Fred Charles	93	
	161	Kaujo Tjimbatu	93	
	172	Tjiramba Ismeal	95	

		ZAM	DIS
318	Jonathan Mukulama	94	
320	Joseph Sinkala	95	
301	David Maluti	93	
336	Titus Kafunda	93	

4 x 100m WOMEN Time :05:20

1		RSA	46.07
	256	Liezl Hechter	
	261	Phillippa Stefanie Van de	00
	246	Chante Van Tonder	93
	259	Nabeela Parker	94
2		BOT	47.65
	47	Gofaone Ditsheko	95
	53	Loungo Mathlaku	96
	49	Gosego Mpeo	96
	50	Joy Mphato	96
3		ZAM	48.97
	339	Abygirl Sepiso	95
	361	Yvone Nalishuwa	94
	342	Bridget Maseka	93
	343	Chauness Choosha	93
4		NAM	49.06
	184	Katjitae Rejoice	95
	177	Britz Cornel	93
	178	Britz Eileen	96

	185	Kruger Kristien	97		
5			ZIM	51.63	
	393	Tsitsi Mahachi	95		
	394	Wendy Malenga	93		
	392	Sithulisiwe Zhou	93		
	389	Buhle T Geza	95		

Results of athletic events, made by TimeTronics, Belgium

Meet=ZONE VI GAMES

Location=LUSAKA - ZAMBIA

Date=13/12/2012 Time=16:59:57

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MeetManager software version = 2011h12

400m WOMEN T11 FINAL Time :15:07

1	186	Lahya Ishitile	97	NAM	64.88
2	10	Severina Salussinga	96	ANG	70.32
3	175	Anna Kambinda	96	NAM	78.52
	134	Marcia Marilia Moiane	95	MOZ	DNF

400m MEN T11 FINAL Time :15:14

1	127	Pita Rondao Bulande	93	MOZ	54.10
2	171	Thomas Kaminima	94	NAM	58.14
3	165	Moses Tobias	95	NAM	59.90
	219	Danie Bleitenbach	94	RSA	DIS

Discus MEN Time :15:20

1	227	Jonny Jan Botha	93	RSA	50.20
2	151	Agenbag Cornelius	95	NAM	40.03
3	159	Globler Jean Pierre	94	NAM	39.45
4	335	Temwani Gondwe	94	ZAM	39.16
5	169	Rademeyer Wilhelm	96	NAM	37.32

400m WOMEN T12 FINAL Time :15:22

1	181	Frieda Nakanyala	94	NAM	65.06
2	194	Rosa Mandijora	96	NAM	68.72
3	133	Laurentina Matimbe	95	MOZ	72.14
4	58	Seneo Taolo	99	BOT	77.00

400m MEN T12 FINAL Time :15:24

1	125	Hilario Xavier Chavel	94	MOZ	53.59
2	385	Musara Emmanuel	95	ZIM	53.64
3	156	Elias Ihemba	94	NAM	54.39
4	36	Realeboga Babusi	94	BOT	57.18

400m WOMEN T13 FINAL Time :15:34

1	131	Edmilisa Luciano Governo	98	MOZ	60.27
2	130	Denise Pomba das Dividas	96	MOZ	66.67
3	390	Bulabula Rhoda	95	ZIM	70.74

4	187	Lionde Kasheeta	94	NAM	72.17
5	188	Magalena Shikongo	96	NAM	73.12
6	189	Maria Simone	95	NAM	75.22
7	351	Memory Zilundu	94	ZAM	82.35
	356	Rebecca Mwanza	93	ZAM	DNS

400m MEN T13 FINAL Time :15:40

1	86	Tsoeu Retselifitsoe	95	LES	55.44
2	152	Benjamin Kamuhanga	93	NAM	55.83
3	121	Anisio Baptista Cardoso	96	MOZ	57.15
4	110	Witness Nsima	96	MAW	57.92
5	230	Marco Der Linde	94	RSA	57.97
6	4	Daniel Epalanga	94	ANG	62.16
7	319	Joseph Lungu	97	ZAM	63.79
	128	Xavier Fernando Salomao	93	MOZ	DIS

400m WOMEN FINAL Time :15:46

1	44	Christine Botlogetswe	95	BOT	55.37
2	257	Maryke Roelien Wolhuter	94	RSA	57.17
3	252	Janet Ellen Seeliger	95	RSA	57.30
4	265	Sunel Jacobs	93	RSA	58.32
5	135	Ofelia Marcos	94	MOZ	58.41
6	132	Elsa Macie	93	MOZ	58.97
7	363	Zilah Ngandwe	94	ZAM	59.14
8	354	Orient Mwanza	95	ZAM	59.60



400m MEN FINAL Time :15:53

1	30	Nijel Amos	94	BOT	46.40
2	236	Ruben Bernardus Thomas Re	93	RSA	47.34
3	386	Ndlovu Reinhard	93	ZIM	47.98
4	216	Bernardus Jacobus Pretori	93	RSA	48.54
5	283	Matsenjwa Nkosiyanzile	94	SWA	48.69
6	101	Golden Gunde	93	MAW	48.72
7	22	Botetoleng Mogami	93	BOT	49.89
	312	Emmanuel Mwewa	93	ZAM	DNF

Triple Jump WOMEN Time :15:56

1	89	Lerato Sechele	94	LES	12.66	+0.3
2	269	Valentina Haylee Da Rocha	93	RSA	12.41	-0.3
3	60	Titose Chilume	93	BOT	12.10	+0.3
4	51	Karabo Buzwane	93	BOT	11.88	+0.6

1500m MEN T13 FINAL Time :16:16

1	331	Penzya Munkombwe	94	ZAM	4:45.60
2	128	Xavier Fernando Salomao	93	MOZ	4:47.89
3	152	Benjamin Kamuhanga	93	NAM	4:53.96
4	3	Celestino Chissica	94	ANG	4:54.62
5	324	Loud Moonga	96	ZAM	5:09.11
6	4	Daniel Epalanga	94	ANG	5:18.04

7	170	Stevenson Hamukoto	98	NAM	5:37.40
8	5	Feliciano Balaca	94	ANG	5:50.43
9	167	Petrus Liyombo	99	NAM	6:04.21
	110	Witness Nsima	96	MAW	DNS

1500m MEN T12 FINAL Time :16:27

1	385	Musara Emmanuel	95	ZIM	4:32.65
2	155	Eliakim Aihuki	94	NAM	4:37.55
3	36	Realeboga Babusi	94	BOT	5:00.42
4	25	Gofaone Mphetang	95	BOT	5:00.63
5	303	Alex Ziwa	94	ZAM	5:05.42

1500m WOMEN FINAL Time :16:36

1	392	Sithulisiwe Zhou	93	ZIM	4:39.50
2	87	Keneuoe Foloko	98	LES	4:39.52
3	52	Kefilwe Galeitsiwe	95	BOT	4:42.89
4	346	Eunice Kabwali	98	ZAM	4:48.93
5	267	Sylvia Kedireng Tshetlany		RSA	4:48.96
6	353	Naomi Mupika	95	ZAM	4:54.87
7	61	Tlhaloganyo Motlamorago	95	BOT	4:56.29
8	190	Moses Klaudia	93	NAM	5:03.15
9	107	Malita Phiri	94	MAW	5:09.87
10	359	Tessy Mweene		ZAM	5:15.32
11	266	Sylvia Dibakwane	94	RSA	5:20.47
12	92	Malineo Mahloko	95	LES	5:21.94

13	93	Mannini Pitso	93	LES	5:34.17
	268	Thato Makhafola	94	RSA	DNS
	108	Memory Chauluka	93	MAW	DNS

1500m MEN FINAL Time :16:41

1	316	Harry Mulenga	94	ZAM	3:52.34
2	103	Keffas Kasiten	94	MAW	3:53.59
3	310	Elvis Lunganda	93	ZAM	3:54.30
4	222	Emile Pieterse	93	RSA	3:55.46
5	102	Grevazio Mpani	93	MAW	3:58.97
6	122	Alberto Mamba	94	MOZ	4:01.65
7	315	Friday Simusamba	96	ZAM	4:03.24
8	82	Makhale Maseli	95	LES	4:06.98
9	39	Swimbo Onkarabile	93	BOT	4:08.13
10	158	Fryman Julian	93	NAM	4:10.79
11	84	Rethabile Molefi	93	LES	4:12.43
12	28	Kealeboga Motshereganyi	93	BOT	4:12.70
13	154	David John	93	NAM	4:25.76
14	383	Madoro Trust	93	ZIM	4:30.17
	85	Tsepang Makase	93	LES	DNF
	35	Onkarabile Swimbo	93	BOT	DNS
	1	Adilson Pedro	94	ANG	DNS

1		BOT	3:49.81
	48	Gorata Thebe 96	
	53	Loungo Mathlaku 96	
	50	Joy Mphato 96	
	44	Christine Botlogetswe 95	
2		RSA	3:53.06
	257	Maryke Roelien Wolhuter 94	
	265	Sunel Jacobs 93	
	268	Thato Makhafola 94	
	252	Janet Ellen Seeliger 95	
3		MOZ	3:57.26
	132	Elsa Macie 93	
	129	Amelia Domingos 97	
	135	Ofelia Marcos 94	
	136	Silvia Panguana 93	
4		NAM	4:11.33
	198	Van Der Walt Leandri 94	
	197	Shiyakela Othillie 93	
	178	Britz Eileen 96	
	190	Moses Klaudia 93	
		ZAM	DNS
	354	Orient Mwanza 95	
	363	Zilah Ngandwe 94	
	357	Rodah Ndjovu 94	
	342	Bridget Maseka 93	

4 x 400m MEN Time :17:13

1		RSA	3:11.03
	216	Bernardus Jacobus Pretori	93
	238	Schalk Willem Burger	94
	241	Sylvestor Thapelo Madiba	93
	236	Ruben Bernardus Thomas Re	93
2		BOT	3:11.70
	41	Tshiano Modise	93
	30	Nijel Amos	94
	34	Onkabetse Nkobolo	93
	22	Botetoleng Mogami	93
3		ZAM	3:13.58
	305	Cephas Nyimbili	94
	312	Emmanuel Mwewa	93
	336	Titus Kafunda	93
	320	Joseph Sinkala	95
4		ZIM	3:14.33
	383	Madoro Trust	93
	386	Ndlovu Reinhard	93
	387	Shava Ushe	93
	381	Bhebhe Dumisani	93
5		MOZ	3:22.80
	124	Creve Machava	96
	123	Celso Cossa	94
	126	Llidio Machava	96

122	Alberto Mamba	94		
			NAM	DNS
153	Burger Walter	95		
168	Pieterse Fred Charles	93		
154	David John	93		
158	Fryman Julian	93		