

| SA SPRINT CHAMPS 2016 Shongweni Dam 11-13 March | | | | | | | | | |
|---|------|------|------|-------|-------------------|------------|----------|------|----------|
| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 57: Boys Under 18 200m K1 Heat 1 13/03/2016 at 08:00 | | | | | | | | | |
| 1 | 1 | KZN | MIC | 60461 | CERONIO Dillon | U18 | 00:39.73 | QF | |
| 2 | 2 | GAU | DAB | 10651 | ECKHART Matthew | U18 | 00:41.26 | QS | 00:01.53 |
| 3 | 6 | KZN | MIC | 70599 | ZALOU MIS Emanuel | U18 | 00:42.25 | QS | 00:02.52 |
| 4 | 3 | KZN | THO | 60060 | MTOLO Andile | U18 | 00:44.75 | QS | 00:05.02 |
| 5 | 5 | KZN | UMZ | 70851 | ZONDI Lungelo | U18 | 00:45.47 | QS | 00:05.74 |
| 6 | 4 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | QS | ##### |
| 7 | 7 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 8 | 8 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 9 | 9 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 1/6(QS)+next 3BT(QS) to Semi-Final Rest Out(X) | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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|---|------|------|------|-------|-------------------------|------------|----------|------|----------|
| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 58: Boys Under 18 200m K1 Heat 2 13/03/2016 at 08:05 | | | | | | | | | |
| 1 | 4 | KZN | MIC | 5703 | VAN DER WESTHUYZEN Jean | U18 | 00:39.60 | QF | |
| 2 | 2 | WP | US | 5883 | BEUKES Andreas | U18 | 00:40.10 | QS | 00:00.50 |
| 3 | 1 | KZN | KIN | 60885 | DE FONDAUMIERE Bailey | U18 | 00:42.87 | QS | 00:03.27 |
| 4 | 3 | KZN | KEA | 89982 | MARSH Timothy | U18 | 00:43.22 | QS | 00:03.62 |
| 5 | 6 | KZN | ACD | 2473 | JOOSTE Jonathan | U18 | 00:43.54 | QS | 00:03.94 |
| 6 | 5 | KZN | UMZ | 76972 | KHONDILE Xolile | U18 | 00:49.57 | QS | 00:09.97 |
| 7 | 7 | KZN | LEM | 77127 | XULU Mazisi | U18 | 00:50.07 | | 00:10.47 |
| 8 | 8 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 9 | 9 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 1/6(QS)+next 3BT(QS) to Semi-Final Rest Out(X) | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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|---|------|------|------|-------|------------------|------------|----------|------|----------|
| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 59: Boys Under 18 200m K1 Heat 3 13/03/2016 at 08:10 | | | | | | | | | |
| 1 | 6 | KZN | MAR | 60960 | GIBSON Jarryd | U18 | 00:38.88 | QF | |
| 2 | 1 | KZN | STE | 60875 | EVANS Brett | U18 | 00:40.11 | QS | 00:01.23 |
| 3 | 3 | GAU | JCC | 2122 | MASINA Alex | U18 | 00:41.67 | QS | 00:02.79 |
| 4 | 2 | KZN | HIL | 70810 | LOVEMORE Hamish | U18 | 00:44.13 | QS | 00:05.25 |
| 5 | 5 | WP | PCC | 50284 | KEELING Mark | U18 | 00:45.72 | QS | 00:06.84 |
| 6 | 4 | KZN | KEA | 60567 | MCCONNELL Robert | U18 | 00:46.18 | QS | 00:07.30 |
| 7 | 7 | KZN | KEA | 70968 | SAXBY Warren | U18 | 00:50.54 | | 00:11.66 |
| 8 | 8 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 9 | 9 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 1/6(QS)+next 3BT(QS) to Semi-Final Rest Out(X) | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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|--|------|------|------|-------|-------------------|------------|----------|------|----------|
| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 60: Senior/U23 Men 200m K1 Heat 1 13/03/2016 at 08:20 | | | | | | | | | |
| 1 | 6 | GAU | ERK | 2721 | WEEKS Nicholas | U23 | 00:38.14 | QF | |
| 2 | 5 | KZN | NAT | 654 | LEROUX Bryan | U23 | 00:38.45 | QS | 00:00.31 |
| 3 | 4 | INT | GER | 1001 | STAATS Max | Sen | 00:38.66 | QS | 00:00.52 |
| 4 | 8 | WP | PPC | 8831 | COLLOPY Anthony | Sen | 00:38.86 | QS | 00:00.72 |
| 5 | 2 | KZN | VAR | 8128 | HUDSON Cameron | U23 | 00:39.34 | QS | 00:01.20 |
| 6 | 9 | WP | PCC | 50030 | BRISTOW Stuart | U23 | 00:42.26 | QS | 00:04.12 |
| 7 | 1 | KZN | LEM | 60816 | GWAMANDA Jabulani | U23 | 00:45.97 | QS | 00:07.83 |
| 8 | 3 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 9 | 7 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 1 to Final (QF)+2/7 to Semi-Final (QS) Rest Out(X) | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

| SA SPRINT CHAMPS 2016 Shongweni Dam 11-13 March | | | | | | | | | |
|--|------|------|------|-------|------------------|------------|----------|------|----------|
| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 61: Senior/U23 Men 200m K1 Heat 2 13/03/2016 at 08:25 | | | | | | | | | |
| 1 | 6 | WP | PAA | 5240 | COETSEE Chrisjan | Sen | 00:37.72 | QF | |
| 2 | 7 | KZN | UKN | 9072 | HATTINGH Louis | U23 | 00:40.43 | QS | 00:02.71 |
| 3 | 4 | KZN | HIL | 60099 | LOVEMORE Thomas | U23 | 00:41.24 | QS | 00:03.52 |
| 4 | 2 | KZN | THO | 70576 | MTOLO Msawenkosi | U23 | 00:44.32 | QS | 00:06.60 |
| 5 | 5 | KZN | THO | 60038 | MSIA Thabani | U23 | 00:45.16 | QS | 00:07.44 |
| 6 | 8 | KZN | LEM | 78501 | SHOZI Paulos | U23 | 00:45.72 | QS | 00:08.00 |
| 7 | 3 | KZN | STE | 6439 | EVANS Neil | SM | 00:46.06 | QS | 00:08.34 |
| 8 | 1 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 9 | 9 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 1 to Final (QF)+2/7 to Semi-Final (QS) Rest Out(X) | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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|---|------|------|------|-------|-----------------|------------|----------|------|----------|
| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 62: Senior/U23 Men 200m K1 Heat 3 13/03/2016 at 08:30 | | | | | | | | | |
| 1 | 2 | KZN | VAR | 6155 | CLACK Calven | Sen | 00:36.90 | QF | |
| 2 | 3 | GAU | DAB | 2950 | RODRIGUES David | U23 | 00:38.56 | QS | 00:01.66 |
| 3 | 6 | KZN | STE | 9527 | PRATO Gene | U23 | 00:41.21 | QS | 00:04.31 |
| 4 | 4 | KZN | THO | 346 | SHOZI Sboniso | U23 | 00:41.48 | QS | 00:04.58 |
| 5 | 5 | GAU | ACD | 2956 | MAREE Evert | Sen | 00:42.27 | QS | 00:05.37 |
| 6 | 8 | GAU | TUK | 60951 | WING Jonathan | U23 | 00:44.46 | QS | 00:07.56 |
| 7 | 1 | WP | PCC | 8901 | MACLAREN Stuart | Sen | 00:46.07 | QS | 00:09.17 |
| 8 | 7 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 9 | 9 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 1 to Final (QF)+2/7 to Semi-Final (QS) Rest Out(X) | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 63: Senior and U23 Women 200m K1 Heat 1 13/03/2016 at 08:45 | | | | | | | | | |
| 1 | 1 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | |
| 2 | 2 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 3 | 3 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 4 | 4 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 5 | 5 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 6 | 6 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 7 | 7 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 8 | 8 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 9 | 9 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 1/3 to Final (QF), 4/7 (QS) + next BT (qS) to Semifinal | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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|---|------|------|------|-----|----------------|------------|----------|------|----------|
| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 64: Senior and U23 Women 200m K1 Heat 2 13/03/2016 at 08:50 | | | | | | | | | |
| 1 | 1 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | |
| 2 | 2 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 3 | 3 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 4 | 4 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 5 | 5 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 6 | 6 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 7 | 7 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 8 | 8 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 9 | 9 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 1/3 to Final (QF), 4/7 (QS) + next BT (qS) to Semifinal | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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|--|------|------|------|-------|-----------------|------------|----------|------|----------|
| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 65: Senior/U23 Men 200m K2 Heat 1 13/03/2016 at 09:25 | | | | | | | | | |
| 1 | 5 | KZN | VAR | 6155 | CLACK Calven | Sen | 00:33.05 | | |
| | | KZN | VAR | 8128 | HUDSON Cameron | U23 | | | |
| 2 | 6 | GAU | DAB | 2950 | RODRIGUES David | U23 | 00:33.36 | | 00:00.31 |
| | | GAU | ERK | 2721 | WEEKS Nicholas | U23 | | | |
| 3 | 4 | KZN | NAT | 654 | LEROUX Bryan | U23 | 00:34.16 | | 00:01.11 |
| | | WP | PCC | 50030 | BRISTOW Stuart | U23 | | | |
| 4 | 7 | KZN | STE | 9527 | PRATO Gene | U23 | 00:38.97 | | 00:05.92 |
| | | KZN | STE | 6439 | EVANS Neil | M | | | |
| 5 | 1 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| | | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 6 | 2 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| | | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 7 | 3 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| | | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 8 | 8 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| | | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 9 | 9 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| | | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 1/3 to Final (QF) 4/7 (QS) + next BT (qS) to SF Rest out (X) | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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|--|------|------|------|-------|-------------------|------------|----------|------|----------|
| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 66: Senior/U23 Men 200m K2 Heat 2 13/03/2016 at 09:30 | | | | | | | | | |
| 1 | 4 | WP | PAA | 8831 | COLLOPY Anthony | Sen | 00:33.97 | | |
| | | WP | PAA | 5240 | COETZEE Chrisjan | Sen | | | |
| 2 | 6 | KZN | VAR | 1044 | COOK Clint | Sen | 00:37.02 | | 00:03.05 |
| | | KZN | HIL | 60099 | LOVEMORE Thomas | U23 | | | |
| 3 | 5 | WP | PCC | 8901 | MACLAREN Stuart | U23 | 00:37.19 | | 00:03.22 |
| | | KZN | UKN | 9072 | HATTINGH Louis | U23 | | | |
| 4 | 7 | KZN | THO | 70576 | MTOLO Msawenkosi | U23 | 00:39.09 | | 00:05.12 |
| | | KZN | THO | 60038 | MSIA Thabani | U23 | | | |
| 5 | 3 | KZN | LEM | 60816 | GWAMANDA Jabulani | U23 | 00:43.60 | | 00:09.63 |
| | | KZN | LEM | 7504 | MABASO Nkosi | U23 | | | |
| 6 | 1 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| | | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 7 | 2 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| | | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 8 | 8 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| | | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 9 | 9 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| | | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 1/3 to Final (QF) 4/7 (QS) + next BT (qS) to SF Rest out (X) | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

| SA SPRINT CHAMPS 2016 Shongweni Dam 11-13 March | | | | | | | | | |
|--|------|------|------|-----|----------------|------------|----------|------|----------|
| DRAWS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 67: Senior and U23 Women 200m K1 Semifinal 13/03/2016 at 09:55 | | | | | | | | | |
| 1 | 1 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | |
| 2 | 2 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 3 | 3 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 4 | 4 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 5 | 5 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 6 | 6 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 7 | 7 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 8 | 8 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 9 | 9 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 1/3 to Final (QF) | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 68: Boys Under 18 200m K1 Semifinal 1 13/03/2016 at 10:00 | | | | | | | | | |
| 1 | 6 | GAU | JCC | 2122 | MASINA Alex | U18 | 00:39.10 | QFA | |
| 2 | 5 | GAU | DAB | 10651 | ECKHART Matthew | U18 | 00:40.22 | QFA | 00:01.12 |
| 3 | 3 | KZN | HIL | 70810 | LOVEMORE Hamish | U18 | 00:40.71 | QFA | 00:01.61 |
| 4 | 2 | KZN | ACD | 2473 | JOOSTE Jonathan | U18 | 00:41.42 | qFB | 00:02.32 |
| 5 | 4 | KZN | KIN | 60885 | DE FONDAUMIERE Bailey | U18 | 00:41.64 | qFB | 00:02.54 |
| 6 | 7 | KZN | THO | 60060 | MTOLO Andile | U18 | 00:43.62 | qFB | 00:04.52 |
| 7 | 8 | KZN | KEA | 60567 | MCCONNELL Robert | U18 | 00:44.99 | qFB | 00:05.89 |
| 8 | 1 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 9 | 9 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 1/3 to Final A (QFA), 4/6 to Final B (qFB) | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 69: Boys Under 18 200m K1 Semifinal 2 13/03/2016 at 10:05 | | | | | | | | | |
| 1 | 4 | KZN | STE | 60875 | EVANS Brett | U18 | 00:38.90 | QFA | |
| 2 | 5 | WP | US | 5883 | BEUKES Andreas | U18 | 00:39.16 | QFA | 00:00.26 |
| 3 | 2 | WP | PCC | 50284 | KEELING Mark | U18 | 00:40.06 | QFA | 00:01.16 |
| 4 | 6 | KZN | MIC | 70599 | ZALOOMIS Emanuel | U18 | 00:40.38 | qFB | 00:01.48 |
| 5 | 7 | KZN | UMZ | 70851 | ZONDI Lungelo | U18 | 00:42.82 | qFB | 00:03.92 |
| 6 | 3 | KZN | KEA | 89982 | MARSH Timothy | U18 | 00:43.10 | qFB | 00:04.20 |
| 7 | 8 | KZN | UMZ | 76972 | KHONDILE Xolile | U18 | 00:46.46 | qFB | 00:07.56 |
| 8 | 9 | KZN | KEA | 70968 | SAXBY Warren | U18 | 00:46.96 | | 00:08.06 |
| 9 | 1 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 1/3 to Final A (QFA), 4/6 to Final B (qFB) | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 70: Senior/U23 Men 200m K1 Semifinal 1 13/03/2016 at 10:20 | | | | | | | | | |
| 1 | 5 | KZN | NAT | 654 | LEROUX Bryan | U23 | 00:36.68 | QFA | |
| 2 | 7 | WP | PPC | 8831 | COLLOPY Anthony | Sen | 00:37.29 | QFA | 00:00.61 |
| 3 | 1 | WP | PCC | 50030 | BRISTOW Stuart | U23 | 00:38.26 | QFA | 00:01.58 |
| 4 | 4 | KZN | HIL | 60099 | LOVEMORE Thomas | U23 | 00:39.54 | qFB | 00:02.86 |
| 5 | 3 | KZN | THO | 346 | SHOZI Sboniso | U23 | 00:39.68 | qFB | 00:03.00 |
| 6 | 6 | KZN | STE | 9527 | PRATO Gene | U23 | 00:41.13 | qFB | 00:04.45 |
| 7 | 9 | KZN | STE | 6439 | EVANS Neil | SM | 00:42.18 | qFB | 00:05.50 |
| 8 | 2 | KZN | THO | 60038 | MSIA Thabani | U23 | 00:42.91 | | 00:06.23 |
| 9 | 8 | GAU | TUK | 60951 | WING Jonathan | U23 | 00:43.44 | | 00:06.76 |
| 1/3 to Final A (QFA), 4/7 + next BT to Final B (qFB) | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

| SA SPRINT CHAMPS 2016 Shongweni Dam 11-13 March | | | | | | | | | |
|--|------|------|------|-------|-------------------|------------|----------|------|----------|
| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 71: Senior/U23 Men 200m K1 Semifinal 2 13/03/2016 at 10:25 | | | | | | | | | |
| 1 | 4 | GAU | DAB | 2950 | RODRIGUES David | U23 | 00:37.20 | QFA | |
| 2 | 6 | INT | GER | 1001 | STAATS Max | Sen | 00:37.57 | QFA | 00:00.37 |
| 3 | 5 | KZN | UKN | 9072 | HATTINGH Louis | U23 | 00:37.85 | QFA | 00:00.65 |
| 4 | 7 | KZN | VAR | 8128 | HUDSON Cameron | U23 | 00:38.21 | qFB | 00:01.01 |
| 5 | 9 | WP | PCC | 8901 | MACLAREN Stuart | Sen | 00:40.36 | qFB | 00:03.16 |
| 6 | 2 | GAU | ACD | 2956 | MAREE Evert | Sen | 00:41.13 | qFB | 00:03.93 |
| 7 | 1 | KZN | LEM | 60816 | GWAMANDA Jabulani | U23 | 00:43.42 | qFB | 00:06.22 |
| 8 | 8 | KZN | LEM | 78501 | SHOZI Paulos | U23 | 00:43.65 | | 00:06.45 |
| 9 | 3 | KZN | THO | 70576 | MTOLO Mswenkosi | U23 | 00:43.94 | | 00:06.74 |
| 1/3 to Final A (QFA), 4/7 + next BT to Final B (qFB) | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

| SA SPRINT CHAMPS 2016 Shongweni Dam 11-13 March | | | | | | | | | |
|---|------|------|------|-------|------------------|------------|----------|------|----------|
| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 72: All Ages Men Para K1 200m Final 13/03/2016 at 10:40 | | | | | | | | | |
| 1 | 3 | GAU | TUK | 60951 | WING Jonathan | U23 | 00:46.71 | | |
| 2 | 1 | GAU | DAB | 10831 | PAULL Graham | Sen | 00:51.53 | | 00:04.82 |
| 3 | 7 | GAU | FLO | 10860 | OLIVIER Constant | SGM | 00:55.00 | | 00:08.29 |
| 4 | 9 | KZN | NAT | 8005 | HOGG Stuart | Sen | 01:08.04 | | 00:21.33 |
| 5 | 5 | GAU | ACD | 3894 | VAN TONDER Divan | U23 | 01:11.00 | | 00:24.29 |
| 6 | 2 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 7 | 4 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 8 | 6 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| 9 | 8 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | ##### |
| Straight Final | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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| Shongweni Dam 11-13 March | | | | | | | | | |
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| DRAWS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 73: Senior/U23 Men 200m K2 Semifinal 13/03/2016 at 11:20 | | | | | | | | | |
| 1 | 1 | Cancelled | 0 | 0 | 0 | 0 | 00:00.00 | | |
| 2 | 2 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 3 | 3 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 4 | 4 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 5 | 5 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 6 | 6 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 7 | 7 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 8 | 8 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 9 | 9 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | | 00:00.00 |
| 1/3 to Final (QF) Rest Out | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

| Shongweni Dam 11-13 March | | | | | | | | | |
|--|------|------|------|-------|-----------------------|------------|----------|------|----------|
| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 74: Boys Under 18 200m K1 Final B 13/03/2016 at 11:45 | | | | | | | | | |
| 1 | 4 | KZN | MIC | 70599 | ZALOUMIS Emanuel | U18 | 00:44.97 | | |
| 2 | 5 | KZN | ACD | 2473 | JOOSTE Jonathan | U18 | 00:45.81 | | 00:00.84 |
| 3 | 2 | KZN | KEA | 89982 | MARSH Timothy | U18 | 00:46.03 | | 00:01.06 |
| 4 | 3 | KZN | KIN | 60885 | DE FONDAUMIERE Bailey | U18 | 00:46.98 | | 00:02.01 |
| 5 | 7 | KZN | THO | 60060 | MTOLO Andile | U18 | 00:47.94 | | 00:02.97 |
| 6 | 6 | KZN | UMZ | 70851 | ZONDI Lungelo | U18 | 00:48.11 | | 00:03.14 |
| 7 | 1 | KZN | KEA | 60567 | MCCONNELL Robert | U18 | 00:48.88 | | 00:03.91 |
| 8 | 8 | KZN | UMZ | 76972 | KHONDILE Xolile | U18 | 00:52.48 | | 00:07.51 |
| 9 | 9 | KZN | KEA | 70968 | SAXBY Warren | U18 | 00:52.97 | | 00:08.00 |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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|--|------|------|------|-------|-------------------------|------------|----------|------|----------|
| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 75: Boys Under 18 200m K1 Final A 13/03/2016 at 11:50 | | | | | | | | | |
| 1 | 6 | KZN | MAR | 60960 | GIBSON Jarryd | U18 | 00:39.73 | | |
| 2 | 4 | KZN | MIC | 5703 | VAN DER WESTHUYZEN Jean | U18 | 00:39.89 | | 00:00.16 |
| 3 | 5 | KZN | MIC | 60461 | CERONIO Dillon | U18 | 00:42.01 | | 00:02.28 |
| 4 | 3 | GAU | JCC | 2122 | MASINA Alex | U18 | 00:42.55 | | 00:02.82 |
| 5 | 2 | WP | US | 5883 | BEUKES Andreas | U18 | 00:42.72 | | 00:02.99 |
| 6 | 7 | KZN | STE | 60875 | EVANS Brett | U18 | 00:43.28 | | 00:03.55 |
| 7 | 8 | GAU | DAB | 10651 | ECKHART Matthew | U18 | 00:45.17 | | 00:05.44 |
| 8 | 9 | WP | PCC | 50284 | KEELING Mark | U18 | 00:46.31 | | 00:06.58 |
| 9 | 1 | KZN | HIL | 70810 | LOVEMORE Hamish | U18 | 00:48.33 | | 00:08.60 |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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|--|------|------|------|-------|------------------------|------------|----------|------|----------|
| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 76: Girls U18 200m K1 Final 13/03/2016 at 11:30 | | | | | | | | | |
| 1 | 2 | KZN | NAT | 9809 | HUTTON Donna | U18 | 00:46.66 | | |
| 2 | 1 | GAU | PAR | 2653 | VAN DER LINDE Caroline | U18 | 00:48.88 | | 00:02.22 |
| 3 | 8 | KZN | KIN | 70777 | PURCHASE Kyeta | U18 | 00:49.51 | | 00:02.85 |
| 4 | 4 | KZN | KIN | 60195 | LAWRIE Sabina | U18 | 00:50.24 | | 00:03.58 |
| 5 | 3 | WP | CEN | 50149 | KIESER Keegan | U18 | 00:51.86 | | 00:05.20 |
| 6 | 7 | KZN | EPW | 70718 | MACKENZIE Christie | U18 | 00:56.43 | | 00:09.77 |
| 7 | 5 | KZN | UMZ | 70108 | BOVUNGANE Sande | U18 | 01:04.57 | | 00:17.91 |
| 8 | 6 | KZN | STM | 70564 | MAIN Hannah | U18 | 01:04.74 | | 00:18.08 |
| 9 | 9 | 0 | 0 | 0 | | 0 | 00:00.00 | | ##### |
| Straight Final | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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|---|------|------|------|-------|-------------------|---------------------------|----------|------|----------|
| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 77: Senior/U23 Men 200m K1 Final B 13/03/2016 at 12:10 | | | | | | | | | |
| 1 | 4 | KZN | VAR | 8128 | HUDSON Cameron | U23 | 00:41.59 | | |
| 2 | 6 | WP | PCC | 8901 | MACLAREN Stuart | Sen | 00:42.29 | | 00:00.70 |
| 3 | 3 | KZN | THO | 346 | SHOZI Sboniso | U23 | 00:43.17 | | 00:01.58 |
| 4 | 5 | KZN | HIL | 60099 | LOVEMORE Thomas | U23 | 00:43.57 | | 00:01.98 |
| 5 | 7 | KZN | STE | 9527 | PRATO Gene | U23 | 00:44.76 | | 00:03.17 |
| 6 | 2 | GAU | ACD | 2956 | MAREE Evert | Sen | 00:45.31 | | 00:03.72 |
| 7 | 1 | KZN | STE | 6439 | EVANS Neil | SM | 00:45.95 | | 00:04.36 |
| 8 | 9 | KZN | THO | 60038 | MSIA Thabani | U23 | 00:46.80 | | 00:05.21 |
| 9 | 8 | KZN | LEM | 60816 | GWAMANDA Jabulani | U23 | 00:48.51 | | 00:06.92 |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - Strong Headwind | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 78: Senior/U23 Men 200m K1 Final A 13/03/2016 at 12:15 | | | | | | | | | |
| 1 | 4 | WP | PAA | 5240 | COETSEE Chrisjan | Sen | 00:37.97 | | |
| 2 | 6 | KZN | VAR | 6155 | CLACK Calven | Sen | 00:38.39 | | 00:00.42 |
| 3 | 3 | KZN | NAT | 654 | LEROUX Bryan | U23 | 00:39.23 | | 00:01.26 |
| 4 | 5 | GAU | ERK | 2721 | WEEKS Nicholas | U23 | 00:39.42 | | 00:01.45 |
| 5 | 8 | WP | PPC | 8831 | COLLOPY Anthony | Sen | 00:39.68 | | 00:01.71 |
| 6 | 2 | INT | GER | 1001 | STAATS Max | Sen | 00:39.98 | | 00:02.01 |
| 7 | 7 | GAU | DAB | 2950 | RODRIGUES David | U23 | 00:40.52 | | 00:02.55 |
| 8 | 9 | KZN | UKN | 9072 | HATTINGH Louis | U23 | 00:40.76 | | 00:02.79 |
| 9 | 1 | WP | PCC | 50030 | BRISTOW Stuart | U23 | 00:41.47 | | 00:03.50 |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - Strong Headwind | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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| RESULTS | | | | | | | | | |
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| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 79: Senior and U23 Women 200m K1 Final 13/03/2016 at 12:25 | | | | | | | | | |
| 1 | 8 | KZN | NAT | 3005 | HARTLEY Bridgitte | Sen | 00:42.46 | | |
| 2 | 3 | GAU | ACD | 3498 | VAN TONDER Esti | Sen | 00:42.67 | 00:00.21 | |
| 3 | 1 | KZN | ACD | 60935 | DE BEER Kayla | U23 | 00:44.25 | 00:01.79 | |
| 4 | 7 | WP | MIL | 5797 | VAN NIEKERK Melanie | U23 | 00:46.01 | 00:03.55 | |
| 5 | 4 | KZN | KIN | 8859 | WARD Jenna | U23 | 00:47.44 | 00:04.98 | |
| 6 | 6 | WP | CEN | 5605 | BEAVITT Bianca | Sen | 00:47.59 | 00:05.13 | |
| 7 | 5 | KZN | NAT | 60426 | TRODD Julia | U23 | 00:50.62 | 00:08.16 | |
| 8 | 2 | INT | INT | 1000 | RIOSA Nina | Sen | 00:51.15 | 00:08.69 | |
| 9 | 9 | KZN | UMZ | 70534 | SHANGE Nokukhanya | U23 | 00:58.92 | 00:16.46 | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 81: C1 Men 200m Final 13/03/2016 at 12:50 | | | | | | | | | |
| 1 | 4 | GAU | ERK | 2587 | MAKOTO Calvin | Sen | 00:49.22 | | |
| 2 | 6 | GAU | ERK | 2170 | OLSZEWSKI Radoslav | M | 00:54.19 | 00:04.97 | |
| 3 | 2 | KZN | NAT | 878 | DLAMINI Mbongiseni | Sen | 00:56.67 | 00:07.45 | |
| 4 | 1 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | ##### | |
| 5 | 3 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | ##### | |
| 6 | 5 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | ##### | |
| 7 | 7 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | ##### | |
| 8 | 8 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | ##### | |
| 9 | 9 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | ##### | |
| Straight Final | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 83: All Ages Girls and Women 200m K2/C2 and C2 Men Final 13/03/2016 at 13:25 | | | | | | | | | |
| 1 | 5 | KZN | NAT | 9809 | HUTTON Donna | U18 | 00:41.63 | | |
| 2 | 4 | WP | CEN | 5605 | BEAVITT Bianca | Sen | 00:43.65 | 00:02.02 | |
| 3 | 6 | KZN | KIN | 8859 | WARD Jenna | U23 | 00:44.08 | 00:02.45 | |
| 4 | 7 | WP | PAR | 2653 | VAN DER LINDE Caroline | U18 | 00:47.99 | 00:06.36 | |
| 5 | 2 | KZN | KIN | 70718 | MACKENZIE Christie | U18 | 00:48.46 | 00:06.83 | |
| 6 | 8 | KZN | UMZ | 70534 | SHANGE Nokukhanya | U23 | 00:58.05 | 00:16.42 | |
| 7 | 1 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | ##### | |
| 8 | 3 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | ##### | |
| 9 | 9 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | ##### | |
| Straight Final | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |

| RESULTS | | | | | | | | | |
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| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 80: Boys U18 200m K2 Final 13/03/2016 at 12:40 | | | | | | | | | |
| 1 | 7 | KZN | MIC | 60461 | CERONIO Dillon | U18 | 00:37.66 | | |
| 2 | 3 | KZN | WP | 5703 | VAN DER WESTHUYZEN Jean | U18 | 00:37.84 | 00:00.18 | |
| 3 | 1 | WP | US | 5883 | BEUKES Andreas | U18 | 00:39.28 | 00:01.62 | |
| 4 | 5 | KZN | KIN | 60885 | DE FONDAUMIERE Bailey | U18 | 00:39.74 | 00:02.08 | |
| 5 | 2 | KZN | MIC | 70599 | ZALOUMIS Emanuel | U18 | 00:41.68 | 00:04.02 | |
| 6 | 8 | KZN | KEA | 70968 | SAXBY Warren | U18 | 00:45.11 | 00:07.45 | |
| 7 | 6 | KZN | KEA | 70231 | DAVIS Callum | U18 | 00:45.28 | 00:07.62 | |
| 8 | 4 | KZN | LEM | 77127 | XULU Mazisi | U18 | 00:45.99 | 00:08.33 | |
| 9 | 0 | 0 | 0 | 0 | 0 | 0 | 00:47.62 | 00:09.96 | |
| Straight Final | | | | | | | | | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 82: Senior/U23 Men 200m K2 Final 13/03/2016 at 13:05 | | | | | | | | | |
| 1 | 5 | KZN | VAR | 6155 | CLACK Calven | Sen | 00:35.31 | | |
| 2 | 4 | WP | PAA | 8831 | COLLOPY Anthony | Sen | 00:35.77 | 00:00.46 | |
| 3 | 3 | GAU | DAB | 2950 | RODRIGUES David | U23 | 00:36.28 | 00:00.97 | |
| 4 | 2 | WP | PCC | 8901 | MACLAREN Stuart | U23 | 00:36.54 | 00:01.23 | |
| 5 | 7 | KZN | NAT | 654 | LEROUX Bryan | U23 | 00:37.01 | 00:01.70 | |
| 6 | 6 | KZN | VAR | 1044 | COOK Clint | Sen | 00:39.99 | 00:04.68 | |
| 7 | 1 | KZN | THO | 70576 | MTOLO Msawenkosi | U23 | 00:40.55 | 00:05.24 | |
| 8 | 8 | KZN | STE | 9527 | PRATO Gene | U23 | 00:41.04 | 00:05.73 | |
| 9 | 9 | KZN | LEM | 60816 | GWAMANDA Jabulani | U23 | 00:46.22 | 00:10.91 | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - Flipping Hot | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - Very StrngHeadwind | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

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| RESULTS | | | | | | | | | |
| Rank | Lane | Prov | Club | NO. | Surname & Name | Age | Time | Prog | Gap |
| Event 83: All Ages Girls and Women 200m K2/C2 and C2 Men Final 13/03/2016 at 13:30 | | | | | | | | | |
| 1 | 5 | KZN | KIN | 70562 | ARTHUR Hayley | Sen | 21:42.76 | | |
| 2 | 6 | KZN | KIN | 8859 | WARD Jenna | U23 | 21:44.31 | 00:01.55 | |
| 3 | 4 | WP | CEN | 5605 | BEAVITT Bianca | Sen | 21:51.93 | 00:09.17 | |
| 4 | 7 | WP | PAR | 2653 | VAN DER LINDE Caroline | U18 | 24:14.88 | 02:32.12 | |
| 5 | 2 | KZN | EPW | 70718 | MACKENZIE Christie | U18 | 25:00.62 | 03:17.86 | |
| 6 | 8 | KZN | UMZ | 70534 | SHANGE Nokukhanya | U23 | 28:36.84 | 06:54.08 | |
| 7 | 0 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | ##### | |
| 8 | 0 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | ##### | |
| 9 | 0 | 0 | 0 | 0 | 0 | 0 | 00:00.00 | ##### | |
| CHIEF OFFICIAL - Craig Mustard | | | | | | AIR TEMP - Flipping Hot | | | |
| STARTER - Asanda Bhengu | | | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | | | WEATHER - Very StrngHeadwind | | | |
| COMPETITION MANAGER - Kim Pople | | | | | | | | | |

| Event 84: Senior/U23 Men 5000m K2 Final | | | | | | 13/03/2016 at 14:00 | |
|---|--------------|------------|--|------------|----------|---------------------|--|
| 1 | 5 WP KZN | PCC UKN | 8901 MACLAREN Stuart 9072 HATTINGH Louis | Sen U23 | 20:22.42 | | |
| 2 | 6 KZN KZN | VAR HIL | 1044 COOK Clint 60099 LOVEMORE Thomas | Sen U23 | 20:24.71 | 00:02.29 | |
| 3 | 7 KZN GAU | KIN JCC | 60885 DE FONDAUMIERE Bailey 2122 MASINA Alex | U18 U18 | 20:54.02 | 00:31.60 | |
| 4 | 4 INT KZN | GER STE | 1001 STAATS Max 9527 PRATO Gene | Sen U23 | 21:01.78 | 00:39.36 | |
| 5 | 3 KZN WP | MIC PCC | 5703 VAN DER WESTHUYZEN Jean 50284 KEELING Mark | U18 U18 | 21:46.25 | 01:23.83 | |
| 6 | 1 KZN KZN | THO LEM | 879 HLONGWANE Mhlonishwa 78501 SHOZI Paulos | U23 U23 | 21:47.09 | 01:24.67 | |
| 7 | 3 KZN KZN | THO THO | 70576 MTOLO Msawenkosi 60038 MSIA Thabani | U23 U23 | 21:47.21 | 01:24.79 | |
| 8 | 2 KZN KZN | MIC HIL | 70599 ZALOU MIS Emanuel 70810 LOVEMORE Hamish | U18 U18 | 21:49.66 | 01:27.24 | |
| 9 | 8 KZN KZN | KEA KEA | 70231 DAVIS Callum 89982 MARSH Timothy | U18 U18 | 22:25.58 | 02:03.16 | |
| 10 | 8 KZN KZN | LEM LEM | 60816 GWAMANDA Jabulani 7504 MABASO Nkosi | U23 U23 | 22:41.95 | 02:19.53 | |
| 11 | 8 KZN KZN | UMZ UMZ | 70851 ZONDI Lungelo 76972 KHONDILE Xolile | U18 U18 | 22:43.36 | 02:20.94 | |
| CHIEF OFFICIAL - Craig Mustard | | | | AIR TEMP - | | | |
| STARTER - Asanda Bhengu | | | | HUMIDITY - | | | |
| FINISH LINE JUDGE - Lorna Oliver | | | | WEATHER - | | | |
| COMPETITION MANAGER - Kim People | | | | | | | |