

## CONFEDERATION OF AFRICAN ATHLETICS



### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

EVENT NO. 4

100M WOMEN SEMI-FINAL

HEAT 1

WIND: 1.3M/S

BIB NO	LANE	COUNTRY		NAME	POS	PERF
092	3	NAM	NANGULA	JADE	1	11.93
140	6	MAW	SIMWAKA	ASIMENYE	2	12.02
053	7	ZIM	CHINGONO	HAILEY	3	12.04
001	2	ZAM	NG'ANDULA	EDNA	4	12.09
151	5	SWZ	MAHLALELA	BONGIWE	5	12.56
097	4	BOT	SAREFO	TSAONE	6	12.69

EVENT NO. 4

100M WOMEN SEMI-FINAL

HEAT 2

WIND: 1.1M/S

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

	1					
094	2	NAM	MASILINGI	BEATRICE	DNS	
052	6	ZIM	NDEBELE	SAMKELISO	1	11.92
106	8	BOT	MHUTSIWA	SAME	2	12.03
167	5	MRI	ANTHONY	MARIE AMELIE	3	12.20
002	7	ZAM	CHIZYUKA	CHARITY	4	12.59
149	3	SWZ	MLILO	PRECIOUS	5	12.68
171	4	LES	NALANE	MALIEA	6	12.72

#### EVENT NO.4

#### 100M WOMEN SEMI-FINAL

#### HEAT 3

WIND: 1.4M/S



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
003	6	ZAM	MUTALE	RUTH	1	12.25
080	4	MOZ	MANDLATE	ANCHA	2	12.28
172	3	LES	KEKANA	THABILE	3	12.91
150	5	ESW	MANYATSI	LIVIA	4	12.93
099	2	BOT	KELAPILE	BOITSHEPISO	DNS	
093	7	NAM	MBOMA	CHRISTRINE	DNS	

#### EVENT NO.5

#### 100M MEN SEMI-FINAL

#### HEAT 1

WIND: 0.1M/S

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
112	4	BOT	MOTHIBI	KARABO	1	10.37
008	2	ZAM	KAKENE	SITALI	2	10.40
023	6	ZIM	MAKUSHA	NGONI	3	10.47
154	5	SWZ	ZWANE	THANDAZA	4	10.58
088	3	NAM	HOESEB	ELTON	5	10.60



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

131	7	SEY	DODIN	SHARRY	6	10.78
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#### EVENT NO. 5

#### 100M MEN SEMI-FINAL

#### HEAT 2

WIND: 0.8M/S

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
177	5	LES	KONESHE	MOJELA	1	10.34
010	6	ZAM	CHIVWAMBA	JUSTICE MATAPA	2	10.44
024	4	ZIM	TSHUMA	METHEMBE	3	10.46
183	1	BOT	MAYANA	LARONA	4	10.58
155	2	ESW	MKHALIPHI	MCEBO	5	10.97



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

082	3	MOZ	DEVE	EDSON	6	11.03
091	7	NAM	PLESSIS	SHERMAN DU	7	11.15

#### EVENT NO. 5

#### 100M MEN SEMI-FINAL

#### HEAT 3

WIND: 2.2M/S

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
025	2	ZIM	CHIMUNGA	TREY. T	1	10.54
113	7	BOT	MANDOZE	JAYSON	2	10.58
132	4	SEY	MONCHERRY	JANOSH	3	10.72
009	6	ZAM	MALAMBO	CHOONGO	4	10.78
166	5	SWZ	MAZIYA	MLANDVO	5	10.90
176	3	LES	LEBESA	SEKEPE	6	11.19



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

#### EVENT NO. 6

#### 400M WOMEN SEMI-FINAL

#### HEAT 1

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
100	2	BOT	CHIKANE	GOLEKANYE	1	54.74
006	7	ZAM	SEPISO	ABYGIRL	2	55.83
004	4	ZAM	KAPUNJILA	EMELDA	3	56.13
110	8	BOT	MONTHE	NALEDI	4	56.86
056	6	ZIM	ARUBIANA	BEYONCE	5	59.32
140	3	MAW	ASIMENYE	SIMWAKA	DNS	
135	5	ANG	SAMINGA	SUZANA. T. K.	DNS	

#### EVENT NO.6

#### 400M WOMEN SEMI-FINAL



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

#### HEAT 2

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
	1					
173	6	LES	SENAUOANE	MAMAKOLI	1	53.97
097	4	BOT	SENYAME	GAOLAPE	2	56.13
055	3	ZIM	NYAHUMA	ANESU	3	56.59
057	8	ZIM	DANGARA	CLARA	4	58.43
153	5	SWZ	DLAMINI	SAKHILE	5	1:01.75
147	7	MAW	NAMAKONJE	SUNGANANI	6	1:03.14
004	2	ZAM	MWAPE	SUSAN	DNS	

#### EVENT NO.7

#### 400M MEN SEMI-FINAL

#### HEAT 1



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
089	6	NAM	GASEB	ELVIS	1	46.45
127	4	BOT	KUMEVU	ENERST	2	46.86
013	7	ZAM	LUCHEMBE	KENNEDY	3	47.21
028	2	ZIM	NDLOVU	THANDAZANI	4	47.65
134	5	SEY	VADIVELLO	CALEB	5	47.67
148	3	MAW	GUNDE	GOLDEN	6	50.15

#### EVENT NO.7

#### 400M MEN SEMI-FINAL

#### HEAT 2

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
118	7	BOT	RANKNGWE	KABO	1	46.95
046	8	ZIM	ZUZE	LEEFORD	2	47.51
011	2	ZAM	MULENGA	CHANDA DAVID	3	47.77
178	5	LES	MOKHESENG	KENTE	4	48.99
156	4	ESW	MATSEBULA	BONGUMUZI	5	49.05



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HARARE (ZIMBABWE) 26 TO 27 JULY 2025

081	6	MOZ	VICTORINO	NELSON. F	6	51.69
088	3	NAM	HOSEB	ELTON	DNS	

#### EVENT NO.7

#### 400M MEN SEMI-FINAL

#### HEAT 3

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
029	2	ZIM	NYABAZA	SEAN	2	48.05
179	3	LES	NTELELE	NEO	3	48.47
087	4	MOZ	MANGANHELA	ALOYSNS DE JESUS	6	52.91
128	5	BOT	NGOZI	ZIBANI	1	47.10
146	6	MAW	MPONDA	FAROOK	4	48.90



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

157	7	SWZ	KHOZA	MTHULISI	5	50.54
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#### EVENT NO.8

#### 1500M WOMEN FINAL

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
174		LES	TSIBELA	MANAQABANG	1	4:44.06
061		ZIM	CHIPURIRO	MARTHA	2	4:45.74
062		ZIM	MUDENDA	MABAMBE	3	4:46.41
141		MAW	KAPONDA	ENIFA	4	4:49.38
139		MAW	MBEMBA	FOSTINA	5	4:57.72
063		ZIM	MUSIYAKUWA	VANNESSA	6	4:59.55
020		ZAM	MOONGA	CHARITY	DNS	
136		ANG	HALECA	JOANA .N	DNS	



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

#### EVENT NO.9

#### 1500M MEN FINAL

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
090		NAM	NALUKAKU	ASSER	1	3:54.66
120		BOT	KOKO	SYLVESTER	2	3:54.80
033		ZIM	VAREVI	WELLINGTON	3	3:56.30
021		ZAM	KWENDENDA	LISTONE	4	3:56.81
159		ESW	VILAKATI	MAYIBONGWE	5	3:57.86
035		ZIM	MASARIREVHU	MATTHEW	6	4:00.33
034		ZIM	BANDA	FREEDOM	7	4:00.79
086		MOZ	DOMINGOS	NAZARENO	8	4:01.18
142		MAW	MWANYALI	CHIKONDI	9	4:01.52
144		MAW	CHISALE	NATHAN	10	4:04.60
180		LES	MOKOATLENG	RELEBOHILE	11	4:10.24
160		ESW	MAMBA	MUSAWENKOSI	12	4:12.29
181		LES	LEPHALLO	KARABO	13	4:14.23
015		ZAM	SIKAONA	JONES	DNS	
121		BOT	KEOAGILE	OLEFILE	DNS	



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

#### EVENT NO. 12

#### 100M WOMEN FINAL

BIB NO	LANE	COUNTRY	SURNAME	NAME	WIND	POS	PERF
106	5	BOT	MHUTSIWA	SAME	-0.8M/S	1	11.82
092	4	NAM	NANGULA	JADE	-0.8M/S	2	11.86
140	7	MAW	SIMNWAKA	ASIMENYE	-0.8M/S	3	12.06
052	3	ZIM	NDEBELE	SAMUKELISO	-0.8M/S	4	12.10
053	1	ZIM	CHINGONO	HAILEY	-0.8M/S	5	12.38
167	8	MRI	ANTONY	MARIE AMELIE	-0.8M/S	6	12.59
080	2	MOZ	MANDLET	ANCHA	-0.8M/S	7	12.70
003	6	ZAM	MUTALE	RUTH	-0.8M/S	8	12.86

#### EVENT NO.13

#### 100M MEN FINAL



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

BIB NO	LANE	COUNTRY	SURNAME	NAME	WIND	POS	PERF
177	4	LES	KONESHE	MOJELA	1.5M/S	1	10.16
112	6	BOT	MOTHIBI	KARABO	1.5M/S	2	10.18
008	3	ZAM	KAKENE	SITALI	1.5M/S	3	10.27
010	2	ZAM	CHIVWAMBA	JUSTICE MATAPA	1.5M/S	4	10.28
023	1	ZIM	MAKUSHA	NGONI	1.5M/S	5	10.34
025	5	ZIM	CHIMUNYA	TREY T	1.5M/S	6	10.36
113	7	BOT	MANDOZE	JASON	1.5M/S	7	10.37
183	8	BOT	MAYANA	LARONA	1.5M/S	8	10.43

### EVENT NO.22

#### 400M WOMEN FINAL

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
173	4	LES	SENAUOANE	MAMAKOLI	1	53.12
100	3	BOT	CHIKANE	GOLEKANYE	2	53.94
110	1	BOT	MONTHE	LALEDI	3	54.50



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

097	5	BOT	SENYAME	GAOLAPE	4	55.24
004	2	ZAM	MWAPE	SUSAN	5	55.78
006	6	ZAM	SEPISO	ABYGIRL	6	56.08
057	8	ZIM	DANGARA	CLARA	7	57.84
055	7	ZIM	NYAHUMA	ANESU	DNF	

### EVENT NO.23

#### 400M MEN FINAL

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
128	4	BOT	NGOZI	ZIBANI	1	45.68
089	5	NAM	GASEB	ELVIS	2	45.73
127	6	BOT	KUMEVHU	ERNEST	3	46.12
046	2	ZIM	ZUZE	LEEFORD	4	46.20
028	1	ZIM	NDLOVU	THANDAZANI	5	47.03
029	7	ZIM	NYABAZA	SEAN	6	48.35
118	3	BOT	RANKNGWE	KHABO	NDF	
013	8	ZAM	LUCHEMBE	KENNEDY	DNF	



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

#### EVENT NO.31

#### 4X400M MIXED RELAY FINAL

BIB NO	LAN E	COUN TRY	SURNAME	NAME	PO S	PERF
	1					
106	2	BOT	JUSTICE	ORATILE	1	3:17.34
108			OBAKENG	KAMBERUKA		
126			TUMO	VANWYK		
102			GALEFELE	MOROKO		
178	3	LES	MOKHOSENG	KENTE	3	3:32.53
173			SENAUOANE	MAMAKOLI		
179			NTELELE	NEO		
174			TSIBELA	MANQABANG		
176			LEBESA	SEKEPE		
140	4	MAW	SIMWAKA	ASIMENYE	4	3:36.47
146			MPONDA	FAROOK		



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HARARE (ZIMBABWE) 26 TO 27 JULY 2025

148			GUNDA	GOLDEN		
147			NAMAKONJE	SUNGANANI		
185	5	ZIM	MAZARURA	WESLEY	5	3:37.76
027			LETOBUHLE	SIBANDA		
060			GERREN	MUWISHI		
059			NDLOVU	TALENT		
013	6	ZAM	LUCHEMBE	KENNEDY	2	3:24.44
005			MINGILISHI	NIDY		
011			MULENGA	DAVID		
002			CHIZYUKA	CHARITY		

### EVENT NO.36

#### 5000M MEN FINAL

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

162		ESW	HLATJWAKO	NCAMISO	1	14:46.14
182		LES	RAMOSEBETSI	MALEFANE	2	14:51.41
033		ZIM	VAREVI	WELLINGTON	3	14:55.96
142		MAW	MWANYALI	CHIKONDI	4	15:00.54
120		BOT	KOKO	SYLVESTER	5	15:03.87
144		MAW	CHISALE	NATHAN	6	15:19.66
036		ZIM	MOYO	BONANI K.	7	15:30.91
163		ESW	NDLELA	COLANI	8	15:36.17
037		ZIM	NDLOVU	SIMISO	9	15:43.07
161		SWZ	SANGWENI	MANCOBA	DNS	
122		BOT	LOPANG	ONT SHE	DNS	
133		SEY	MOISE	IVEN	DNS	

### EVENT NO.38

### 100MH WOMEN FINAL

WIND:0.1M/S

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
078	3	MOZ	GAUMBE	CECILIA. F	1	13.77
066	5	ZIM	SIBANDA	RUVIMBO	2	16.34
070	2	ZIM	DLODLO	REJOICE	3	16.39



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## CONFEDERATION OF AFRICAN ATHLETICS

### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

#### EVENT NO.42

#### 200M WOMEN SEMI-FINAL

#### HEAT 1

WIND: 0.4M/S

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
	1					
001	4	ZAM	NG'ANDULA	EDNA	1	23.88
094	5	NAM	MASILINGI	BEATRICE	2	23.91
052	3	ZIM	NDEBELE	SAMKELISO	3	24.71
097	6	BOT	SENYAME	GAOLAPE	4	24.73



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

080	2	MOZ	MANDLATE	ANCHA	5	25.38
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#### EVENT NO.42

#### 200M WOMEN SEMI-FINAL

#### HEAT 2

WIND: 0.6M/S

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
140	3	MAW	ASIMENYE	SIMWAKA	1	23.83
093	5	NAM	MBOMA	CHRISTINE	2	24.90
002	2	ZAM	CHIZYUKA	CHARITY	3	25.17
054	7	ZIM	NYAMULEPA	PRAISEGOD	4	25.32
171	4	LES	NALANE	MALIEA	5	26.22
052	6	ESW	DLAMINI	NOTHANDO	6	27.82



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

#### EVENT NO.42

#### 200M WOMEN SEMI-FINAL

#### HEAT 3

WIND: 0.6M/S

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
005	3	ZAM	MINGILISHI	NIDDY	1	23.71
092	2	NAM	NANGULA	JADE	2	23.77
167	6	MRI	ANTHONY	MARIE AMELIE	3	24.80
110	4	BOT	MONTHE	NALEDI	4	24.83
149	5	ESW	MLILO	PRECIOUS	5	26.07
172	7	LES	KEKANA	THABILE	6	26.44



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

**EVENT NO.43**

**200M MEN SEMI-FINAL**

**HEAT 1**

**WIND: 0.5M/S**

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
130	6	BOT	LOBATLAMANG	GODIRAONE K.	1	20.81
008	3	ZAM	KAKENE	SITALI	2	20.94
088	4	NAM	HOSEB	ELTON	3	20.98
026	2	ZIM	HOVE	DENNIS	4	20.98
091	1	NAM	SHERMAN	DU PLESSIS	5	22.15
176	7	LES	SEKEPE	LEBESA	6	22.61
155	5	ESW	MKHALIPHI	MCEBO	7	23.00

**EVENT NO.43**

**200M MEN SEMI-FINAL**



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## CONFEDERATION OF AFRICAN ATHLETICS

### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

#### HEAT 2

WIND: -0.1M/S

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
131	2	SEY	DODIN	SHARRY	DNS	
010	6	ZAM	CHIVWAMBA	JUSTICE MATAPA	1	21.16
027	8	ZIM	MUWISHI	GERREN	2	21.36
117	4	BOT	SIBANDA	STENSOL	3	21.54
166	3	ESW	MAZIYA	MLANDVO	4	21.66
082	5	MOZ	DEVE	EDSON	5	22.17
146	7	MAW	MPONDA	FAROOK	6	22.52

#### EVENT NO. 43

#### 200M MEN SEMI-FINAL

#### HEAT 3

WIND:1.4M/S

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

023	7	ZIM	MAKUSHA	NGONI	1	20.93
177	5	LES	KONESHE	MOJELA	2	21.06
115	8	BOT	SELEPE	PRINCE	3	21.06
089	2	NAM	GASEB	ELVIS	4	21.12
132	4	SEY	MONCHERRY	JANOSH	5	21.17
154	6	ESW	ZWANE	THANDAZA	6	21.61
017	3	ZAM	MWEMBA	MWINGA	7	21.89

### EVENT NO.45

#### 10000M MEN FINAL

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
122		BOT	LOPANG	ONTSHE	1	30:42.13
038		ZIM	ZIMUTO	TENDAI	2	30:43.33
143		MAW	KASITENI	KEFFAS	3	32:10.35
039		ZIM	MATHE	LORD B.	4	32:55.21



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

182		LES	RAMOSEBETSI	MALEFANE	DNF	
		MAW	MWANYALI	CHIKONDI	DNF	

#### EVENT NO.50

#### 200M WOMEN FINAL

WIND: -0.4M/S

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
005	7	ZAM	MINGILISHI	NIDDY	1	23.46
092	8	NAM	NANGULA	JADE	2	23.66
140	6	MAL	ASIMENYA	SIMWAKA	3	23.73
001	5	ZAM	NG'ANDULA	EDNA	4	23.81
094	3	NAM	MASILINGI	BEATRICE	5	23.97
097	2	BOT	SENYAME	GAOLAPE	6	24.88
052	1	ZIM	NDEBELE	SAMKELISO	7	24.81
093	4	NAM	MBOMA	CHRISTINE	8	25.60



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

#### EVENT NO. 51

#### 200M MEN FINAL

WIND: -0.4M/S

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
130	6	BOT	LOBATLAMANG	GODIRAONE K	1	20.41
023	5	ZIM	MAKUSHA	NGONI	2	20.64
008	3	ZAM	KAKENE	SITALI	3	20.66
	2	ZIM	HOVE	DENNIS	4	20.81
	1	NAM	HOESEB	ELTON	5	20.96
177	4	LES	KONESHI	MOJELA	6	20.99
010	7	ZAM	CHIVWAMBA	JUSTICE MATAPA	7	21.08
027	8	ZIM	MUWISHI	GERREN	8	21.33



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

#### EVENT NO.56

#### 800M WOMEN FINAL

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
095		NAM	ANGALA	TUULIKI	1	2:12.07
174		LES	TSIBELA	MANAQABANG	2	2:13.44
109		BOT	RANTE	MOTLATSI	3	2:17.21
058		ZIM	NJODZI	BRENDA	4	2:20.91
060		ZIM	NDLOVU	TALENT	5	2:24.96
059		ZIM	SIBANDA	LETHUBUHLE	6	2:26.42
147		MAW	NAMAKONJE	SUNGANANI	7	2:41.31
136		ANG	HALECA	JOANA. N.	DNS	



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

#### EVENT NO.57

#### 800M MEN FINAL

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
129		BOT	NKAPE	TUMO	1	1:48.75
119		BOT	MOKGETHI	LETLHOGONOLO	2	1:49.87
031		ZIM	MAKOTA	SHYNE	3	1:51.70
030		ZIM	CHAUKE	ELLIAS	4	1:52.24
090		NAM	NALUKAKU	ASSER	5	1:52.27
032		ZIM	BVEREKWA	KELVIN	6	1:52.35
021		ZAM	NKWEENDEENDA	LISTONE	7	1:54.76
086		MOZ	DOMINGOS	NAZARENO	8	1:55.24
180		LES	MOKOATLENG	RELEBOHILE	9	1:57.50
015		ZAM	JONES	SIKAONA	10	1:58.01
181		LES	LEPHALLO	KARABO	11	1:59.30
158		ESW	MALAMBE	SIMPHIWE	12	2:01.51
159		ESW	VILAKATI	MAYIBONGWE	13	2:02.03
083		MOZ	NAIENE	FERNANDO	14	2:02.38
160		ESW	MAMBA	MUSAWENKOSI	15	2:07.04



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

#### EVENT NO.58

#### 4X100M WOMEN FINAL

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
151	2	ESW	MAHLALELA	BONGIWE	5	48.88
149			MLILO	PRECIOUS		
152			DLAMINI	NOTHANDO		
150			MANYATSI	LIVIA		



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HARARE (ZIMBABWE) 26 TO 27 JULY 2025

052	3	ZIM	NDEBELE	SAMKELISO	3	47.11
054			NYAMULEPA	PRAISEGOD		
053			CHINGONO	HAILEY		
070			DLODLO	REJOICE		
092	4	NAM	NANGULA	JADE	4	48.34
094			MASILINGI	BEATRICE		
093			MBOMA	CHRISTINE		
096			ITHETE	FRIEDA		
098	5	BOT	MAJAMA	SETHUNYA	1	46.57
106			SAME	MHUTSIWA		
105			WINNIE	SAREFO		
099			BOITSHEPO	KELAPILE		
001	6	ZAM	NG'ANDULA	EDNA	2	46.83
002			CHIZYUKA	CHARITY		
003			MUTALE	RUTH		
007			MAKUMBA	HELLEN		



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

#### EVENT NO.59

#### 4X100M MEN FINAL

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
113	2	SEY	DODDIN	SHARRY	DNS	
132			MONCHERRY	JANOSH		
133			BARREAU	GAEL		
134			VADIVELLO	CALEB		
024	4	ZIM	TSHUMA	METHEMBE	3	39.98
023			MAKUSHA	NGONI		
025			CHIMUNYA	TREY T.		
027			MUWISHI	GERREN		
165	5	ESW	SHONGWE	THABISO	4	40.49
166			MAZIYA	MLANDVO		
154			ZWANE	THANDAZA		
155			MKHALIPHI	MCEBO		
112	6	BOT	MOTHIBI	KARABO	1	39.50
116			JUSTICE	ORATILE		



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

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115			JASON	MANDOZE		
126			VANWYKE	TUMO		
008	7	ZAM	KAKENE	SITALE	2	39.95
009			MALAMBO	CHOONGO		
010			CHIVWAMBA	JUSTICE. M		
017			MWEEMBA	REVIVAL. M		

EVENT NO.64



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### SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

#### 5000M WOMEN FINAL

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
186		ZIM	ANSWER	BRANDETTTER	1	18:21.46
061		ZIM	CHIPURIRO	MARTHA	2	18:30.34
141		MAW	ENIFA	KAPONDA	3	18:32.84
139		MAW	MBEMBA	FOSTINA	4	18:37.20
064		ZIM	MUDENDA	TULANGE	5	20:32.77
175		LES	FATLE	MASEREMA	DNF	

#### EVENT NO.65

#### 4X400M WOMEN FINAL

BIB NO	LANE	COUNTRY	SURNAME	NAME	D.O.B.	POS	PERF
	1						
100	2	BOT	CHIKANE	GOLEKANYE	14/03/02	1	3:41.02
108			KAMBERUKA	OBAKENG			
110			NALEDI	MONTHE	16/04/97		
102			GALEFESE	MOROKO	28/04/00		
					08/09/03		
058	3	ZIM	NJODZI	BRENDA		3	4:01.37
056			ARUBIANA	BEYONCE			



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057			DANGARA	CLARA			
059			SIBANDA	LETHUBUHLE			
060			NDLOVU	TALENT			
004	4	ZAM	MWAPE	SUSAN		2	3:47.57
005			MILINGISHI	NIDDY			
006			SEPISO	ABYGIRL			
002			CHIZYUKA	CHARITY			

### EVENT NO.66

#### 4X400M MEN FINAL

BIB NO	LANE	COUNTRY	SURNAME	NAME	POS	PERF
	1					
156	2	ESW	MATSEBULA	BONGUMUZI	3	3:17.88
157			KHOZA	MTHULISI		



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HARARE (ZIMBABWE) 26 TO 27 JULY 2025

154			ZWANE	THANDAZA		
155			MKHALIPHI	MCEBO		
166			MAZIYA	MLANDVO	1	3:06.08
126	3	BOT	TUMO	VANWHYKE		
116			JUSTICE	ORATILE		
127			ERNEST	KUMEVU		
128			ZIBANE	NGOZI		
028	4	ZIM	NDLOVU	THANDAZANI	2	3:07.37
027			MUWISHI	GERREN		
046			ZUZE	LEEFORD		
026			HOVE	DENNIS		
131	5	SEY	DODDIN	SHARRY	DNS	
132			MONCHERRY	JANOSH		
133			BARREAU	GAEL		
134			VADIVELLO	CALEB		
011	6	ZAM	MULENGA	DAVID	DNS	
009			CHOONGO	MALAMBO		
008			KAKENI	SITALI		
010			CHIMVWAMBA	JUSTICE		
	7	NAM	ELVIS ELTON SHERMAN ASSER	GASELA HOESEB DUPLESIS NALUKAKU	DNS	



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HARARE (ZIMBABWE) 26 TO 27 JULY 2025

154			ZWANE	THANDAZA		
155			MKHALIPHI	MCEBO		
166			MAZIYA	MLANDVO	1	3:06.08
126	3	BOT	TUMO	VANWHYKE		
116			JUSTICE	ORATILE		
127			ERNEST	KUMEVU		
128			ZIBANE	NGOZI		
028	4	ZIM	NDLOVU	THANDAZANI	2	3:07.37
027			MUWISHI	GERREN		
046			ZUZE	LEEFORD		
026			HOVE	DENNIS		
131	5	SEY	DODDIN	SHARRY	DNS	
132			MONCHERRY	JANOSH		
133			BARREAU	GAEL		
134			VADIVELLO	CALEB		
011	6	ZAM	MULENGA	DAVID	DNS	
009			CHOONGO	MALAMBO		
008			KAKENI	SITALI		
010			CHIMVWAMBA	JUSTICE		
	7	NAM	ELVIS ELTON SHERMAN ASSER	GASELA HOESEB DUPLESIS NALUKAKU	DNS	



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SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

177		LES	MOJELU	KOWESHE	DQ	
178			KENTE	MOKLESENG		
179			NEO	NTELELE		
176			SEKEPE	LEBESA		

EVENT 1

DISCUS WOMEN FINAL

BIB NO	COUNTRY	SURNAME	NAME	1 <sup>ST</sup> TRIAL	2 <sup>ND</sup> TRIAL	3 <sup>RD</sup> TRIAL	BEST OF 3	4 <sup>TH</sup> TRIAL	5 <sup>TH</sup> TRIAL	6 <sup>TH</sup> TRIAL	BEST OF 6	POS
075	ZIM	KACHAMBWA	KIMBERLY	35.29	33.29	33.69	35.29	35.60	35.69	×	35.69	1
074	ZIM	NYAMAJIWA	REJOICE	29.98	31.69	×	31.69	30.48	31.90	33.14	33.14	2
073	ZIM	NKOMO	WAYNE	31.01	32.34	30.03	32.34	31.79	29.69	26.47	32.34	3
138	MAW	MTAMBALIKA	AYICHE	29.08	24.08	27.36	29.08	24.81	×	27.92	29.08	4

EVENT 2

SHOTPUT MEN FINAL



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BIB NO	COUNTRY	SURNAME	NAME	1 <sup>ST</sup> TRIAL	2 <sup>ND</sup> TRIAL	3 <sup>RD</sup> TRIAL	BEST OF 3	4 <sup>TH</sup> TRIAL	5 <sup>TH</sup> TRIAL	6 <sup>TH</sup> TRIAL	BEST OF 6	POS
125	BOT	Senwelo	Sebabatso	12.91	×	13.80	13.80	×	×	13.02	13.80	1
051	ZIM	Nakonda	John	×	11.87	11.58	11.87	12.94	12.80	13.68	13.68	2
050	ZIM	Zimbano	Prosper	12.41	13.05	12.65	13.05	12.91	12.16	12.81	13.05	3
049	ZIM	Mubariki	Takunda B.	12.10	12.24	12.37	12.37	13.04	11.82	12.85	13.04	4
014	ZAM	Kasongo	Kelvin	11.81	×	12.17	12.17	×	×	11.86	12.17	5
145	MAW	Lakalaka	Kelvin	10.17	9.76	9.83	10.17	10.21	9.45	×	10.21	6

EVENT NO. 3

LONG JUMP WOMEN FINAL

BIB NO	COUNTRY	SURNAME	NAME	1 <sup>ST</sup> TRIAL	2 <sup>ND</sup> TRIAL	3 <sup>RD</sup> TRIAL	BEST OF 3	4 <sup>TH</sup> TRIAL	5 <sup>TH</sup> TRIAL	6 <sup>TH</sup> TRIAL	BEST OF 6	POS
168	MRI	POTIRONI	LILIANE	6.16	5.99	-	6.16	6.20	6.02	5.98	6.20	1
096	NAM	ITHETE	FRIEDA	5.49	5.59	5.61	5.61	5.69	5.33	×	5.69	2
104	BOT	BOJOSI	TSHEGOFATSO	×	×	5.68	5.68	×	×	×	5.68	3
111	BOT	KENDY NEO	THEETSO	5.27	5.36	5.26	5.36	5.23	5.07	5.12	5.36	4
067	ZIM	MAKAMU	MOILAR	5.17	5.10	5.35	5.35	5.25	4.96	5.23	5.35	5
079	MOZ	MASSINGA	MARIA DE FATIMA. F	×	×	4.07	4.07	4.81	4.79	5.07	5.07	6
068	ZIM	VENGAI	RUVIMBO	4.40	4.22	4.93	4.93	4.68	4.82	4.56	4.93	7



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HARARE (ZIMBABWE) 26 TO 27 JULY 2025

EVENT 10

HIGH JUMP WOMEN FINAL

BIB NO	SURNAME	NAME	COUNTRY	HEIGHTS															BEST OF ALL	POS
				135	140	145	148	151	153	156	158	160								
065	TSHUMA	AZILE	ZIM	0	0	0	0	0	0	×	×	×	×	×	×	158	1			
066	SIBANDA	RUVIMBO	ZIM	0	0	0	0	0	0	×	×	×				153	2			
103	JOEL	GOITSENE	BOT													DNS				

EVENT 11

TRIPLE JUMP MEN FINAL

BIB NO	COUNTRY	SURNAME	NAME	1 <sup>ST</sup> TRIAL	2 <sup>ND</sup> TRIAL	3 <sup>RD</sup> TRIAL	BEST OF 3	4 <sup>TH</sup> TRIAL	5 <sup>TH</sup> TRIAL	6 <sup>TH</sup> TRIAL	BEST OF 6	POS
045	ZIM	MUTIZWA	TAKUNDA	×	×	×						NM
164	SWZ	MTSETFWA	MANGALISO	×	×	×						NM
170	MRI	CUPIDON	JORDAN ADELE	16.20	16.12	-	16.20	×	15.73	15.37	16.20	1
041	ZIM	MAGOMBE	BENSIN	14.20	14.38	14.89	14.89	14.08	14.07	-	14.89	2



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HARARE (ZIMBABWE) 26 TO 27 JULY 2025

EVENT 24 DISCUS MEN FINAL

BIB NO	COUNTRY	SURNAME	NAME	1 <sup>ST</sup> TRIAL	2 <sup>ND</sup> TRIAL	3 <sup>RD</sup> TRIAL	BEST OF 3	4 <sup>TH</sup> TRIAL	5 <sup>TH</sup> TRIAL	6 <sup>TH</sup> TRIAL	BEST OF 6	POS
049	ZIM	MUBARIKI	TATENDA B.	41.27	43.42	40.57	43.42	43.20	42.97	×	43.42	1
048	ZIM	MUPFANI	ISAIH	38.88	41.03	39.85	41.07	40.92	41.41	38.94	41.41	2
014	ZAM	KASONGO	KELVIN	37.12	×	35.87	37.12	×	×	36.02	37.12	3
145	MAW	LAKALAKA	KELVIN	×	33.31	34.69	34.69	31.70	33.97	34.70	34.70	4
050	ZIM	ZIMBANGO	PROSPER								DNS	
137	ANG	MAYEMBE	ROLLINGS. A. R.								DNS	



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HARARE (ZIMBABWE) 26 TO 27 JULY 2025

EVENT 25 SHOTPUT WOMEN FINAL

BIB NO	COUNTRY	SURNAME	NAME	1 <sup>ST</sup> TRIAL	2 <sup>ND</sup> TRIAL	3 <sup>RD</sup> TRIAL	BEST OF 3	4 <sup>TH</sup> TRIAL	5 <sup>TH</sup> TRIAL	6 <sup>TH</sup> TRIAL	BEST OF 6	POS
073	ZIM	NKOMO	WAYNE	10.54	11.09	11.02	11.09	11.63	12.46	×	12.46	1
077	ZIM	MOYO	LISA	10.94	11.69	×	11.69	11.43	11.84	11.35	11.84	2
076	ZIM	RUNGANGA	TINASHE	×	10.43	10.23	10.43	10.96	10.54	11.35	11.35	3
138	MAW	MTAMBALIKA	AYICHE	9.88	8.96	9.59	9.88	×	8.94	×	9.88	4

EVENT 26 LONG JUMP MEN FINAL

BIB NO	COUNTRY	SURNAME	NAME	1 <sup>ST</sup> TRIAL	2 <sup>ND</sup> TRIAL	3 <sup>RD</sup> TRIAL	BEST OF 3	4 <sup>TH</sup> TRIAL	5 <sup>TH</sup> TRIAL	6 <sup>TH</sup> TRIAL	BEST OF 6	POS
016	ZAM	KALALE	BERNARD	7.53	7.05	×	7.53	×	×	6.87	7.53	1
170	MRI	CUPIDON	ADELE	×	×	7.20	7.20	7.49	×	×	7.49	2
124	BOT	MONAIWA	THAPEO	×	6.90	6.88	6.90	7.10	-	7.22	7.22	3
7.15043	ZIM	MATENHURE	PANASHE	5.95	7.15	6.79	7.15	7.10	6.94	5.00	7.15	4
044	ZIM	WATUNGA	TINAYE	×	6.76	7.04	7.04	6.58	×	6.19	7.04	5
148	MAW	GUNDE	GOLDEN	×	5.64	-	5.64	-	-	-	5.64	6
164	SWZ	MTSETFWA	MANGALISO									DNS
084	MOZ	ALFEITO	HORTENCIO									DNS



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SOUTHERN REGION SENIOR CHAMPIONSHIPS 2025

HARARE (ZIMBABWE) 26 TO 27 JULY 2025

EVENT 39 HIGH JUMP MEN FINAL

BIB NO	SURNAME	NAME	COUNTRY	HEIGHTS												BEST OF ALL	POS
				180	190	195	200	203	206	208							
169	PROSPER	JOSEPH	MRI	-	0	0	0	-	x x x								1
042	VHOVHA	ALECK	ZIM	-	x 0	x C	x x x		x x x								2
123	LESOLE	TAOLO	BOT	x x 0	0	x 0	x x 0	-	x x x								3
041	MAGOMBE	BENSIN	ZIM	x 0	x 0	0	x x x										4
040	SIBANDA	BLESSMORE	ZIM	0	0	x x 0	x x x										5



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HARARE (ZIMBABWE) 26 TO 27 JULY 2025

EVENT 40 TRIPLE JUMP WOMEN FINAL

BIB NO	COUNTRY	SURNAME	NAME	1 <sup>ST</sup> TRIAL	2 <sup>ND</sup> TRIAL	3 <sup>RD</sup> TRIAL	BEST OF 3	4 <sup>TH</sup> TRIAL	5 <sup>TH</sup> TRIAL	6 <sup>TH</sup> TRIAL	BEST OF 6	POS
168	MRI	POTIRON	LILIANE	×	12.79	×	12.79	13.24	13.17	12.93	13.24	1
096	NAM	ITHETE	FRIEDA	×	11.77	12.06	12.06	11.76	×	×	12.06	2
067	ZIM	MAKAMU	MOILAR	×	×	×	NM	11.53	×	11.59	11.59	3
153	SWZ	DLAMINI	SAKHILE								DNS	
104	BOT	BOJOSI	TSHEGOFATSO								DNS	

EVENT 41 JAVELIN WOMEN FINAL

BIB NO	COUNTRY	SURNAME	NAME	1 <sup>ST</sup> TRIAL	2 <sup>ND</sup> TRIAL	3 <sup>RD</sup> TRIAL	BEST OF 3	4 <sup>TH</sup> TRIAL	5 <sup>TH</sup> TRIAL	6 <sup>TH</sup> TRIAL	BEST OF 6	POS
073	ZIM	NKOMO	WAYNE	33.04	36.50	37.44	37.44	34.65	34.69	×	37.44	1
072	ZIM	NYAMUTSWA	LINDA	35.98	29.38	34.17	35.98	31.56	32.66	30.68	35.98	2
071	ZIM	NYAWASHA	STACEY	33.99	31.95	29.94	33.99	34.87	31.54	27.09	34.87	3
	MAW	MTAMBALIKA	AYICHE	28.09	25.27	25.00	28.09	29.97	26.47	24.87	29.97	4



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HARARE (ZIMBABWE) 26 TO 27 JULY 2025

EVENT 46 JAVELIN MEN FINAL

BIB NO	COUNTRY	SURNAME	NAME	1 <sup>ST</sup> TRIAL	2 <sup>ND</sup> TRIAL	3 <sup>RD</sup> TRIAL	BEST OF 3	4 <sup>TH</sup> TRIAL	5 <sup>TH</sup> TRIAL	6 <sup>TH</sup> TRIAL	BEST OF 6	POS
022	ZAM	NAYAYO	SISAMU	62.60	61.81	62.32	62.60	61.00	60.34	66.62	66.62	1
048	ZIM	MUPFAYI	ISAIH	57.62	60.52	59.76	60.52	62.20	×	×	62.20	2
047	ZIM	NDLOVU	ADVOCATE	54.20	×	54.60	54.60	53.90	×	×	54.90	3
145	MAW	LAKALAKA	KELVIN									DNS



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