



ASWD



Team report for Aurial College (AC)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Kieran	Mei	B	16	101 - 100m	12.66	23
	Michael	Oktober	B	16	101 - 100m	12.75	24
	Velandre	Muller	B	18	80 - 800m	2:08.12	4
	Tayla	Konstabel	G	16	63 - SP	6.89	15

Medals (excluding relays) - Gold: 0 Silver: 0 Bronze: 0



ASWD



Team report for Bastiaanse Secondary (BSS)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	AJ	Sampson	B	18	144 - 200m	22.76	3
	Jenorian	Kruger	B	16	142 - 200m	23.51	3
	AJ	Sampson	B	18	106 - 100m	11.43	1
	Keenan	Muller	B	18	127 - 110mH	16.79	4
	Keenan	Muller	B	18	88 - HJ	1.80	3
	Gurshwin	Frans	B	16	101 - 100m	12.14	16
	Diago	October	B	16	130 - 100mH	16.47	5
	Sphelele	Mthembu	B	18	80 - 800m	2:05.56	3
	Keenan	Muller	B	18	92 - 400mH	1:06.79	2
	Moegamat	Ganief	B	16	130 - 100mH	18.41	11
	Gurshwin	Frans	B	16	29 - HJ	1.60	3
	Eveadonne	Stefaaso	B	18	88 - HJ	1.60	5
	Acira	Moos	G	18	105 - DT	14.36	9
	Jacques	Koopman	M	20	61 - 5000m	17:50.01	5
	Mursha	Robbenson	W	20	137 - 1500m	5:28.04	1
	Sheree	Samson	W	20	116 - DT	13.78	6

Medals (excluding relays) - Gold: 2 Silver: 1 Bronze: 5



ASWD



Team report for BRIDGTON SEC (BRIDG)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Jernovian	Kruger	B	16	101 - 100m	11.89	10
	Fabian	Lewies	B	16	29 - HJ	1.65	2
	Spelele	Mthembu	B	18	66 - LJ	5.69	7
	Jeremi	Herandien	B	16	36 - SP	10.08	15
	Rashaan	Claasen	B	16	36 - SP	9.30	19
	Jordan	Fielies	B	16	29 - HJ	1.45	6
	Kyle	Carlson	B	18	66 - LJ	5.15	14
	Jevonskie	Arries	B	18	54 - SP	8.85	11
	Keenan	Muller	B	18	66 - LJ	5.08	17
	Eveadonne	Stefaas	B	18	66 - LJ	4.95	20
	Rashaan	Claasen	B	16	21 - JT	31.98	13
	Abryn	Bruintjies	B	16	21 - JT	31.75	14
	Jada	Fillis	G	16	100 - 100m	14.16	11
	Keenyah	Weyers	G	16	63 - SP	7.67	13
	Cadine	Lewis	G	18	87 - LJ	3.70	6
	Waythin-Lee	Campher	M	20	122 - 400m	53.22	6
	Waythin-Lee	Campher	M	20	147 - 200m	23.10	6
	Monray	Stoffels	M	20	147 - 200m	24.00	12
	Waythin-Lee	Campher	M	20	114 - LJ	6.16	4

Medals (excluding relays) - Gold: 0 Silver: 1 Bronze: 0



ASWD



Team report for Coastline AC (CAC)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Gerswin	Jones	M	25	62 - 5000m	15:05.60	2
	Mario	Van Schalkwyk	M	25	62 - 5000m	15:39.24	3
	Gerswin	Jones	M	25	140 - 1500m	4:06.07	2
	Maxi-Lee	Pedro	M	25	140 - 1500m	4:23.74	4

Medals (excluding relays) - Gold: 0 Silver: 2 Bronze: 1



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Team report for CONCORDIA HIGH SCHOOL (CONCO)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Chris	Jacobs	B	18	119 - 400m	54.83	2
	Reagan	Frederics	B	18	106 - 100m	12.29	4
	Marquin	Juries	B	16	142 - 200m	26.41	23
	Warric Kinana	Kinana	B	16	103 - LJ	4.14	16
	Stanlisha	Alexander	G	16	141 - 200m	29.79	14
	Cleshe	Witbooi	G	16	141 - 200m	29.98	15
	Ovayo	Nela	G	16	111 - 400m	1:13.21	13
	Ovayo	Nela	G	16	141 - 200m	32.20	23
	Monique	Moos	G	18	87 - LJ	4.32	5

Medals (excluding relays) - Gold: 0 Silver: 1 Bronze: 0



ASWD



Team report for De Rust Striders (DERUS)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Werner	Julies	M	25	110 - 100m	12.68	2

Medals (excluding relays) - Gold: 0 Silver: 1 Bronze: 0



ASWD



Team report for EDEN ATHLETE MAN (EAMS)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Jadine	Damane	B	18	66 - LJ	5.36	11
	Clarette	Bowring	G	16	9 - HT	23.82	10

Medals (excluding relays) - Gold: 0 Silver: 0 Bronze: 0



ASWD



Team report for FCA ATHLETICS CLUB (FCAA)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
P170 9	DONOVAN	AFRIKA	B	16	101 - 100m	12.64	20
P171 7	JOHN	SLABBERT	M	20	147 - 200m	21.74	1
P171 1	AIDEN JOHN	DANIELS	M	20	122 - 400m	51.16	2
P171 1	AIDEN JOHN	DANIELS	M	20	147 - 200m	23.19	7

Medals (excluding relays) - Gold: 1 Silver: 1 Bronze: 0



ASWD



Team report for Fezekile Secondary School (FEZEK)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	M.L	Du Toit	B	18	71 - 3000m	9:10.78	1
	M.L	Du Toit	B	18	136 - 1500m	4:09.58	1
	G.L	Arendse	B	16	142 - 200m	23.89	8
	G.L	Arendse	B	16	101 - 100m	11.90	11
	Zithana	George	G	16	100 - 100m	15.38	19
	T.D	Sileku	M	20	73 - SP	7.52	11

Medals (excluding relays) - Gold: 2 Silver: 0 Bronze: 0



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Team report for George-streekspan (GEORG)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Zian	du Plessis (OHS)	B	18	54 - SP	17.57	1
	Walter	van Rensburg (OHS)	B	16	28 - DT	53.11	1
	Walter	van Rensburg (OHS)	B	16	36 - SP	16.39	1
	Deacon	Cooper (OHS)	B	18	14 - HT	49.50	1
	Ruwaydon	Olivier	B	18	49 - 2000mSc	6:30.45	1
	Henco	Swanepoel (OHS)	B	16	13 - HT	50.14	1
	Linden	Bosman (PACS)	B	18	49 - 2000mSc	6:43.57	3
	Keenan	Goliath (GH)	B	16	45 - 1500mSc	5:07.33	1
	Khanya	Matika (PACS)	B	16	45 - 1500mSc	5:07.76	2
	Thinus	Erasmus (OHS)	B	18	136 - 1500m	4:11.69	2
	Cuan	Wildeman (OHS)	B	16	45 - 1500mSc	5:10.74	3
	Chad	Campher (OHS)	B	18	144 - 200m	22.20	1
	Heinrich	Goedhals (OHS)	B	18	14 - HT	42.42	3
	Linden	Bosman (PACS)	B	18	71 - 3000m	9:29.69	3
	Mequin	Swartbooi (OHS)	B	16	45 - 1500mSc	5:16.34	4
	Reinart	Behrens (YORK)	B	18	71 - 3000m	9:40.12	5
	Khanya	Matika (PACS)	B	16	70 - 3000m	9:53.02	2
	Ashton	Abels (OHS)	B	18	144 - 200m	22.62	2
	Marco	Lesch (OHS)	B	16	130 - 100mH	14.50	1
	Jesse	v Heerden (YORK)	B	18	119 - 400m	52.34	1
	Cuan	Wildeman (OHS)	B	16	70 - 3000m	10:05.29	3
	Ray-Jordan	Schoeman (OHS)	B	16	130 - 100mH	14.56	2
	Grante	Savage (OHS)	B	18	88 - HJ	1.90	1
	Grante	Savage (OHS)	B	18	127 - 110mH	15.55	1
	Chesco	Armoed	B	16	45 - 1500mSc	5:31.11	5
	Chesco	Armoed	B	16	45 - 1500mSc	5:31.11	5
	Joshua	Bolliah	B	16	45 - 1500mSc	5:31.89	6
	Nicolas	Vrey (GWH)	B	18	136 - 1500m	4:25.10	3
	Tunero	Snyman (OHS)	B	16	27 - 5000mW	34:40.38	3
	Louis	Fourie (OHS)	B	16	28 - DT	42.74	2
	Keenan	Goliath (GH)	B	16	112 - 400m	54.57	2
	Adriano	Jansen (PACS)	B	18	49 - 2000mSc	7:21.73	5
	Garry	Isaacs (PACS)	B	18	49 - 2000mSc	7:25.47	6
	Ray-Jordan	Schoeman (OHS)	B	16	97 - 300mH	41.59	1
	Charl	Swarts	B	16	142 - 200m	23.82	5
	Nathwin	Pockpass (OHS)	B	16	142 - 200m	23.94	9
	Jacobus	du Plessis (OHS)	B	16	134 - 1500m	4:37.85	1
	Kyle	Heyns (YORK)	B	16	101 - 100m	11.67	4
	Charl	Swarts	B	16	101 - 100m	11.65	3
	Louis	Fourie (OHS)	B	16	13 - HT	39.52	2



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**Team report for George-streekspan (GEORG) Page 2**

No	Name	Surname	Gen	Age	Event	Result	Plc
	Mequin	Swartbooi (OHS)	B	16	112 - 400m	55.68	3
	Daniel	le Roux (GWH)	B	16	112 - 400m	55.84	5
	Louis	Fourie (OHS)	B	16	36 - SP	13.15	3
	Josko	Dixon (OHS)	B	16	130 - 100mH	15.54	3
	Kurt	Botha	B	18	49 - 2000mSc	7:40.78	8
	Darnell	Delport (OHS)	B	16	112 - 400m	56.16	7
	Nathwin	Pockpass (OHS)	B	16	101 - 100m	11.78	8
	Malan	Walters (OHS)	B	18	119 - 400m	55.35	6
	Cayden	Williams (OHS)	B	16	103 - LJ	6.01	1
	Keenan	Goliath (GH)	B	16	142 - 200m	24.32	11
	Marco	Lesch (OHS)	B	16	142 - 200m	24.31	10
	Naedin	Mondo (GH)	B	18	127 - 110mH	16.70	3
	Refugen	Hendriks (OHS)	B	16	112 - 400m	56.54	8
	Daniel	le Roux (GWH)	B	16	134 - 1500m	4:43.60	2
	Francois	Strydom (OHS)	B	16	112 - 400m	56.96	9
	David	Steyn (GWH)	B	16	103 - LJ	5.96	2
	Thinus	Erasmus (OHS)	B	18	80 - 800m	2:01.42	1
	Henro	Horn (OHS)	B	18	88 - HJ	1.80	3
	Dylan	Jordaan (OHS)	B	16	36 - SP	12.66	4
	Bernhardt	Schulze (OHS)	B	16	28 - DT	38.81	4
	Nicolas	Vrey (GWH)	B	18	80 - 800m	2:02.10	2
	Promise	Baloyi (EDEN)	B	16	101 - 100m	12.12	15
	Rayan	Goliath	B	16	142 - 200m	25.17	20
	Joshua	Claassen (EDEN)	B	16	112 - 400m	58.53	12
	Jeandre	August (OHS)	B	16	29 - HJ	1.70	1
	David	Steyn (GWH)	B	16	29 - HJ	1.70	1
	Antonio	Hudzenber (FRANK)	B	16	101 - 100m	12.22	18
	Francois	Strydom (OHS)	B	16	101 - 100m	12.25	19
	Gerhard	Paulse	B	16	112 - 400m	59.22	14
	Bernhardt	Schulze (OHS)	B	16	36 - SP	11.98	7
	Wido	Rudolph (GWH)	B	18	54 - SP	12.25	2
	Rowan	Mafutu (OHS)	B	18	106 - 100m	12.28	3
	Ashton	Abels (OHS)	B	18	40 - TJ	12.60	1
	Marco	Lesch (OHS)	B	16	97 - 300mH	44.94	2
	Leshaan	Opperman	B	16	112 - 400m	1:00.77	18
	Marshwin	Van Staden	B	16	101 - 100m	12.65	21
	Keenan	Goliath (GH)	B	16	103 - LJ	5.64	3
	Promise	Baloyi (EDEN)	B	16	103 - LJ	5.62	6
	Henro	Horn (OHS)	B	18	66 - LJ	5.91	4
	Henro	Horn (OHS)	B	18	40 - TJ	12.35	2



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Team report for George-streekspan (GEORG) Page 3

No	Name	Surname	Gen	Age	Event	Result	Plc
	John-Henry	Dednam (OHS)	B	16	36 - SP	11.22	11
	Josko	Dixon (OHS)	B	16	97 - 300mH	46.25	5
	Mequin	Swartbooi (OHS)	B	16	78 - 800m	2:11.71	2
	Jacobus	du Plessis (OHS)	B	16	78 - 800m	2:11.80	3
	Antonio	Hudzenber (FRANK)	B	16	103 - LJ	5.52	7
	Heinrich	Goedhals (OHS)	B	18	39 - DT	34.63	2
	Dewald	Jv Vuuren (YORK)	B	18	54 - SP	11.20	4
	Darnell	Delpport (OHS)	B	16	29 - HJ	1.60	3
	Refugen	Hendriks (OHS)	B	16	29 - HJ	1.60	3
	Ryan	van Eck (OHS)	B	16	13 - HT	27.42	7
	Matthew	Zander (YORK)	B	18	54 - SP	10.78	6
	Christo	van Wyk (OHS)	B	16	130 - 100mH	19.28	12
	Curtis Leë	Tait (Eden)	B	16	29 - HJ	1.55	4
	Ishe	Guoy (YORK)	B	18	66 - LJ	5.57	8
	AJ	Botha (OHS)	B	16	36 - SP	9.71	16
	Ulrich		B	16	13 - HT	23.35	11
	Josko	Dixon (OHS)	B	16	30 - TJ	10.92	1
	Joshua	le Grange (OHS)	B	18	40 - TJ	11.40	4
	Ryan	van Eck (OHS)	B	16	28 - DT	27.81	10
	Francois	Strydom (OHS)	B	16	30 - TJ	10.62	2
	Valantino	Muller (GH)	B	16	28 - DT	25.11	11
	AJ	Botha (OHS)	B	16	28 - DT	25.06	12
	Chesco	Armoed (GH)	B	16	21 - JT	39.90	5
	Christiaan	Pretorius (OHS)	B	16	29 - HJ	1.40	7
	Gershwin	van Heerden (GH)	B	16	103 - LJ	4.80	12
	Fernando	Snell (GH)	B	16	28 - DT	23.94	14
	Joshua	Laws(EDEN)	B	18	39 - DT	24.54	6
	Josko	Dixon (OHS)	B	16	21 - JT	38.31	6
	Keane	Avis (OHS)	B	16	21 - JT	35.53	9
	Jordan	Lindsay (OHS)	B	18	89 - JT	36.79	7
	Louis	Fourie (OHS)	B	16	21 - JT	34.68	11
	Alexander	Wiseman (YORK)	B	16	5 - PV	2.90	1
	Ben-Ben	Hamman (OHS)	B	18	6 - PV	3.00	1
	Joshua	Lottering(GH)	B	18	89 - JT	34.76	8
	Favian	Swart (OHS)	B	18	6 - PV	3.00	1
	Earlondo	Lourens (OHS)	B	16	21 - JT	31.34	15
	Keane	Avis (OHS)	B	16	5 - PV	2.40	2
	JD	Gerde (PSS)	B	18	89 - JT	28.88	11
	Henro	Horn (OHS)	B	18	6 - PV	2.60	2
	Reynhardt	Voges (OHS)	B	16	5 - PV	1.40	4



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**Team report for George-streekspan (GEORG) Page 4**

No	Name	Surname	Gen	Age	Event	Result	Plc
	Lincoln	Zietsman (OHS)	B	16	5 - PV	2.00	3
	Lenka	Viljoen (OHS)	G	16	63 - SP	14.18	1
	Dené	Edwards (OHS)	G	18	104 - JT	46.38	1
	Mieke	Coetzee (OHS)	G	18	10 - HT	47.98	1
	Mieke	Coetzee (OHS)	G	18	105 - DT	38.27	1
	Mieke	Coetzee (OHS)	G	18	19 - SP	13.15	1
	Madison	O'Connell (OHS)	G	16	9 - HT	42.18	1
	Nicole	Barnard (OHS)	G	18	104 - JT	42.68	2
	Anzelle	Botes (OHS)	G	16	111 - 400m	1:00.68	1
	Elné	Paulsen (OHS)	G	16	132 - 100mH	15.34	1
	Chanelle	Britz (OHS)	G	18	10 - HT	40.32	2
	Zoë	Dixon (OHS)	G	16	132 - 100mH	15.48	2
	Miike	Scholtz (OHS)	G	16	63 - SP	11.50	3
	Anika	Pretorius (OHS)	G	16	132 - 100mH	15.54	3
	Lenka	Viljoen (OHS)	G	16	17 - DT	33.27	1
	Kayla	Hudson (OHS)	G	16	96 - 300mH	48.43	1
	Amika	Raubenheimer (OHS)	G	16	111 - 400m	1:02.04	2
	Lenka	Viljoen (OHS)	G	16	37 - JT	38.59	1
	Zoë	Dixon (OHS)	G	16	96 - 300mH	49.14	2
	Annabella	Wolvaardt (OHS)	G	16	25 - 5000mW	37:20.86	1
	Lynn	Walters (OHS)	G	16	141 - 200m	27.14	1
	Anel	Klopper (OHS)	G	16	63 - SP	10.69	6
	Miike	Scholtz (OHS)	G	16	17 - DT	31.28	3
	Anzelle	Botes (OHS)	G	16	141 - 200m	27.35	2
	Annabelle	Mcewan (GWH)	G	16	77 - 800m	2:27.85	1
	Zoë	Dixon (OHS)	G	16	100 - 100m	13.09	2
	Lynn	Walters (OHS)	G	16	100 - 100m	13.09	3
	Megan	Hyde (GWH)	G	18	79 - 800m	2:26.88	1
	Lizandri	Koen (OHS)	G	16	111 - 400m	1:03.80	3
	Zoë	Dixon (OHS)	G	16	141 - 200m	27.59	5
	Kayla	Hudson (OHS)	G	16	141 - 200m	27.56	4
	Emma	Lutsch (OHS)	G	18	118 - 400m	1:03.14	1
	Lizaan	Brand (OHS)	G	18	104 - JT	37.37	4
	Amika	Raubenheimer (OHS)	G	16	77 - 800m	2:29.28	2
	Lizandri	Koen (OHS)	G	16	77 - 800m	2:29.49	3
	Juané	Nagel (OHS)	G	18	19 - SP	10.68	3
	Izania	van Sandwyk (OHS)	G	16	9 - HT	33.78	2
	Julia	Painter (GWH)	G	16	111 - 400m	1:04.34	4
	Anika	Pretorius (OHS)	G	16	96 - 300mH	51.98	4
	Roshaan	Fortuin (OHS)	G	18	143 - 200m	27.52	2



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Team report for George-streekspan (GEORG) Page 5

No	Name	Surname	Gen	Age	Event	Result	Plc
	Lana	Joubert	G	16	9 - HT	32.14	3
	Tylah	Hector (YORK)	G	16	100 - 100m	13.34	5
	Shafieka	Du Preez (GH)	G	18	79 - 800m	2:31.82	2
	Francoise	Bertie (OHS)	G	18	118 - 400m	1:05.20	3
	Emma	Lutsch (OHS)	G	18	79 - 800m	2:32.33	3
	Kayla	Hudson (OHS)	G	16	111 - 400m	1:06.32	7
	Tylah	Hector (YORK)	G	16	141 - 200m	28.53	8
	Shafieka	Du Preez (GH)	G	18	46 - 2000mSc	8:39.88	2
	Claudine	Matthys (PACS)	G	16	69 - 3000m	12:57.33	1
	Annabelle	Mcewan (GWH)	G	16	133 - 1500m	5:11.76	1
	Emma	Lutsch (OHS)	G	18	143 - 200m	28.25	4
	Roshaan	Fortuin (OHS)	G	18	102 - 100m	13.41	3
	Carmi	Lewis (GWH)	G	18	102 - 100m	13.42	4
	Esmerelda	Liebenberg (PACS)	G	16	41 - 1500mSc	6:33.07	1
	Monique	Snyman (GH)	G	16	100 - 100m	13.65	7
	Claudine	Matthys (PACS)	G	16	41 - 1500mSc	6:36.74	2
	Julia	Painter (GWH)	G	16	141 - 200m	28.95	9
	Carmi	Lewis (GWH)	G	18	143 - 200m	28.63	5
	Mia	Mengel (OHS)	G	16	69 - 3000m	13:22.55	2
	Amy	Benson	G	18	46 - 2000mSc	9:01.09	3
	Shuwanay	Du Plessie	G	16	41 - 1500mSc	6:43.70	3
	Shuwanay	Du Plessie	G	16	41 - 1500mSc	6:43.70	3
	Emmie	Wannenburg (OHS)	G	18	95 - 400mH	1:19.81	1
	Anri	Crook (OHS)	G	18	20 - HJ	1.57	1
	Julia	Badenhorst (OHS)	G	18	10 - HT	28.16	3
	Simoné	Ras (OHS)	G	16	132 - 100mH	17.95	8
	Nicole	Barnard (OHS)	G	18	131 - 100mH	17.12	1
	Nayla	Jansen (PACS)	G	16	100 - 100m	14.00	10
	Lianka	Louw (OHS)	G	16	17 - DT	25.30	6
	Hope	Williams (PACS)	G	18	46 - 2000mSc	9:12.66	4
	Julia	Painter (GWH)	G	16	133 - 1500m	5:23.31	2
	Heimne	Hattingh (OHS)	G	18	143 - 200m	29.26	6
	Julia	Badenhorst (OHS)	G	18	19 - SP	8.62	7
	Megan	Hyde (GWH)	G	18	135 - 1500m	5:21.90	1
	Juané	Nagel (OHS)	G	18	104 - JT	31.12	5
	Jané	Tredoux (OHS)	G	16	96 - 300mH	58.05	6
	Esmerelda	Liebenberg (PACS)	G	16	69 - 3000m	14:06.40	3
	Anika	Pretorius (OHS)	G	16	9 - HT	25.52	7
	Miike	Scholtz (OHS)	G	16	9 - HT	25.50	8
	Elri	Tredoux (OHS)	G	18	131 - 100mH	17.70	3



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Team report for George-streekspan (GEORG) Page 6

No	Name	Surname	Gen	Age	Event	Result	Plc
	Miike	Scholtz (OHS)	G	16	37 - JT	29.62	3
	Marilie	Duvenage (OHS)	G	18	135 - 1500m	5:27.66	4
	Miike	Scholtz (OHS)	G	16	38 - HJ	1.50	2
	Sueastrid	Loff	G	18	46 - 2000mSc	9:47.61	5
	Keira	McGregor (OHS)	G	18	105 - DT	24.51	2
	Rochne	Van Jaarsveld	G	18	46 - 2000mSc	9:58.34	6
	Madison	O'Connell (OHS)	G	16	17 - DT	22.58	8
	Ashley-Ann	Williams (PARK)	G	18	102 - 100m	14.38	5
	Ashley-Ann	Williams (PARK)	G	18	143 - 200m	30.84	8
	Lizaan	Brand (OHS)	G	18	22 - TJ	10.38	1
	Mihlali	Mgaibelo	G	16	41 - 1500mSc	8:14.93	4
	Brudene	Stoofels (PACS)	G	16	111 - 400m	1:17.70	15
	Lianka	Louw (OHS)	G	16	37 - JT	24.90	6
	Talia	van Rensburg (OHS)	G	16	37 - JT	24.78	7
	Mia	Herselman (OHS)	G	16	74 - LJ	4.78	1
	Lizaan	Brand (OHS)	G	18	87 - LJ	4.94	1
	Lianka	Louw (OHS)	G	16	38 - HJ	1.40	4
	Talia	van Rensburg (OHS)	G	16	38 - HJ	1.40	4
	Mienke	Delpport (OHS)	G	16	18 - TJ	9.48	1
	Lizaan	Brand (OHS)	G	18	2 - PV	3.00	1
	Landi	Kirstein (OHS)	G	16	37 - JT	21.73	9
	Mienke	Delpport (OHS)	G	16	74 - LJ	4.59	3
	Sinead	Mollentze (OHS)	G	16	18 - TJ	9.26	2
	Kianie	Louw (OHS)	G	16	38 - HJ	1.35	5
	Alicia	Prinsloo (OHS)	G	18	87 - LJ	4.71	2
	Miike	Scholtz (OHS)	G	16	74 - LJ	4.49	4
	Anja	Tredoux (OHS)	G	16	18 - TJ	9.09	3
	Sinead	Mollentze (OHS)	G	16	74 - LJ	4.42	6
	Jenna	Dos Santos (YORK)	G	18	87 - LJ	4.60	3
	Zoë	Dixon (OHS)	G	16	38 - HJ	1.30	6
	Landi	Kirstein (OHS)	G	16	38 - HJ	1.30	6
	Mila	Bergh (OHS)	G	16	74 - LJ	4.30	7
	NIKITHA	CAFFOEN (EDEN)	G	16	74 - LJ	4.17	8
	Ané	Vreken (OHS)	G	16	18 - TJ	8.27	4
	Anja	Tredoux (OHS)	G	16	74 - LJ	4.05	12
	Mignon	Naude (OHS)	G	18	2 - PV	2.60	2
	Elri	Tredoux (OHS)	G	18	2 - PV	2.50	3
	Elné	Paulsen (OHS)	G	16	1 - PV	2.20	1
	Kate-Lynn	Ehlers (OHS)	G	16	1 - PV	1.90	3
	Anika	Pretorius (OHS)	G	16	1 - PV	1.80	4



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**Team report for George-streekspan (GEORG) Page 7**

No	Name	Surname	Gen	Age	Event	Result	Plc
	Miike	Scholtz (OHS)	G	16	1 - PV	1.80	4
	Anja	Tredoux (OHS)	G	16	1 - PV	1.90	3
	Jané	Tredoux (OHS)	G	16	1 - PV	1.90	3
	Talia	van Rensburg (OHS)	G	16	1 - PV	1.70	5
	Ané	Vreken (OHS)	G	16	1 - PV	2.00	2
	Raymondo	Harris(GH)	M	20	50 - 3000mSc	10:03.82	2
	Keeano	Qwilli (PACS)	M	20	50 - 3000mSc	10:05.33	3
	Lazro	Louw (PACS)	M	20	50 - 3000mSc	10:05.98	4
	Neil	Erasmus (OHS)	M	20	126 - 110mH	14.98	1
	Diaan	Godfrey (Pacs)	M	20	147 - 200m	21.78	2
	Ismael	Miggels (Pacs)	M	20	50 - 3000mSc	11:51.63	8
	Steven	Pawson (OHS)	M	20	122 - 400m	50.74	1
	Reymondre	Sampson (GH)	M	20	147 - 200m	22.16	3
	Lazro	Louw (Pacs)	M	20	61 - 5000m	16:51.17	3
	Reymondre	Sampson (GH)	M	20	114 - LJ	6.93	1
	Wayne	April (EDEN)	M	20	61 - 5000m	17:01.19	4
	Reymondre	Sampson (GH)	M	20	122 - 400m	52.16	4
	Ryan	v Rooyen (Pdene)	M	20	139 - 1500m	4:23.74	3
	Reymondre	Sampson (GH)	M	20	109 - 100m	11.26	1
	Steven	Pawson (OHS)	M	20	147 - 200m	23.47	8
	Jeffwin	Wesso (OHS)	M	20	90 - 400mH	1:00.21	2
	Jeffwin	Wesso (OHS)	M	20	147 - 200m	24.00	11
	Sphe	Nzama (YORK)	M	20	109 - 100m	11.61	3
	Declan	Kiewitt (YORK)	M	20	122 - 400m	56.06	8
	Neil	Erasmus (OHS)	M	20	7 - PV	4.31	1
	Prince	Mensha (EDEN)	M	20	114 - LJ	6.40	3
	Keano	Quilli (Pacs)	M	20	83 - 800m	2:01.47	1
	Dylan	Swart (York)	M	20	55 - HJ	1.80	2
	Malan	Ferreira (OHS)	M	20	43 - TJ	11.97	2
	Prince	Mensha (EDEN)	M	20	55 - HJ	1.60	5
	Jaydon	Manuel (YORK)	M	20	73 - SP	9.11	9
	Kyle	Brinkhuys (OHS)	M	20	114 - LJ	5.41	12
	Theuns	Botha (GWH)	M	20	42 - DT	22.21	2
	Justin	Swarts (PSS)	M	20	64 - JT	27.67	3
	Gisele	Young (GWH)	W	20	94 - 400mH	1:09.00	1
	Gisele	Young (GWH)	W	20	120 - 400m	1:03.28	1
	Fadielah	Murphy (YORK)	W	20	85 - SP	9.19	2
	Sue Strid	Loff (PACS)	W	20	67 - 3000m	13:07.76	1
	Siphisihle	Khumalo (THS)	W	20	85 - SP	7.97	6
	Lee Caren	Snyders (PACS)	W	20	145 - 200m	29.68	2



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Team report for George-streekspan (GEORG) Page 8

No	Name	Surname	Gen	Age	Event	Result	Plc
	Mikayla	van Wyngaard (OHS)	W	20	145 - 200m	30.60	3
	Mikayla	van Wyngaard (OHS)	W	20	107 - 100m	14.50	4
	Lee Caren	Snyders (PACS)	W	20	107 - 100m	14.66	5
	Tanya	Sussens (YORK)	W	20	107 - 100m	14.87	6
	Waylene	Jooster (GH)	W	20	116 - DT	21.10	3
	Johané	van Eeden (OHS)	W	20	75 - HJ	1.41	1
	Sue Strid	Loff (PACS)	W	20	137 - 1500m	6:36.35	2
	Klara	van der Merwe (OHS)	W	20	23 - TJ	9.82	1
	Angelique	Lewis (PARK)	W	20	98 - JT	18.56	4
	Tru-Chelle	Schoeman (OHS)	W	20	3 - PV	2.90	1
	Waylene	Jooster (GH)	W	20	98 - JT	17.47	5
	Juane	Fortuin (YORK)	W	20	57 - LJ	4.22	3
	Logan	Wildeman (EDEN)	W	20	57 - LJ	3.30	7

Medals (excluding relays) - Gold: 64 Silver: 49 Bronze: 54



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Team report for GERRIT DU PLESSIS S.S (GDP)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Jaydrean	Prins	B	16	142 - 200m	22.41	1
	Jaydrean	Prins	B	16	101 - 100m	11.28	1
	Wilmark	Daniels	B	16	134 - 1500m	4:45.35	3
	Mitcka	Koeries	G	16	111 - 400m	1:07.56	9
	Etvisty	Jooste	G	16	141 - 200m	30.04	16
	Mauri-quinn	George	G	18	105 - DT	23.35	3
	Hilary	Scholtz	G	18	105 - DT	15.02	8
	Jo-Danay	Skiedekat	G	16	17 - DT	13.14	14
	Gershwin	Fielies	M	20	139 - 1500m	4:16.69	2
	Gershwin	Fielies	M	20	83 - 800m	2:03.27	3
	Markquin	Esau	M	20	114 - LJ	6.11	5
	Gershwin	Fielies	M	25	84 - 800m	2:03.27	4
	Ariton	Sefoor	M	20	114 - LJ	5.63	9

Medals (excluding relays) - Gold: 2 Silver: 1 Bronze: 3



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Team report for HAARLEM SECONDARY SCHOOL (HAARL)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Preston	Nuka	B	18	119 - 400m	57.41	11

Medals (excluding relays) - Gold: 0 Silver: 0 Bronze: 0



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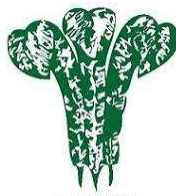


Team report for Hartenbos drawwers (HBOSD)

Events with no results were ommited.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Muhammad	Kajee	B	16	142 - 200m	23.87	7
	Brandon	Wandrag	B	18	136 - 1500m	4:30.98	4
	Muhammad	Kajee	B	16	101 - 100m	11.75	6
	Bekker	Bruwer	B	16	36 - SP	9.07	20
	Animie	Meyer	G	18	20 - HJ	1.30	3
	Animie	Meyer	G	18	87 - LJ	4.37	4
	Lesley	Stuart	M	25	110 - 100m	17.69	4
	Lesley	Stuart	M	25	115 - LJ	3.12	1
	Anika	Beukes	W	20	145 - 200m	25.57	1
	Anika	Beukes	W	20	107 - 100m	12.43	1
	Anika	Snyders	W	20	98 - JT	39.43	1
	Jandri	Snyders	W	20	81 - 800m	2:25.69	1
	Jandri	Snyders	W	20	120 - 400m	1:03.39	2
	Yolanda	Van Langehaar	W	25	76 - HJ	1.57	1

Medals (excluding relays) - Gold: 6 Silver: 1 Bronze: 1



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Team report for HESSEQUA (HESS)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Jaydrean	Prins	B	16	112 - 400m	49.53	1
	Diaan	Augustyn	B	16	36 - SP	15.10	2
	Christoff	Crous	B	18	31 - 10kmW	59:35.35	1
	Adriaan	Coetzer	B	16	27 - 5000mW	33:07.65	1
	Tiaan	Sieker	B	16	27 - 5000mW	33:30.01	2
	Curlinn	Groenewald	B	18	144 - 200m	23.10	4
	Johwen	Hefske	B	16	142 - 200m	23.43	2
	EW	Maritz	B	18	39 - DT	42.27	1
	Aiden	Juta	B	16	112 - 400m	57.20	10
	Deno	Heskwa	B	16	134 - 1500m	4:46.85	4
	Tyler	Loock	B	16	112 - 400m	57.35	11
	Diaan	Augustyn	B	16	13 - HT	35.66	3
	Myburgh	Eksteen	B	16	112 - 400m	58.72	13
	Andreas	Badenhorst	B	16	21 - JT	51.62	1
	EW	Maritz	B	18	89 - JT	53.28	1
	Luciano	Slawers	B	16	78 - 800m	2:08.88	1
	Andreas	Badenhorst	B	16	97 - 300mH	45.12	3
	Johwen	Hefske	B	16	103 - LJ	5.63	5
	Nico	Geldenduys	B	16	21 - JT	49.62	2
	Aaron	Flannigan	B	18	88 - HJ	1.70	4
	Moeshaan	Mortlock	B	16	13 - HT	30.10	5
	Devan	Craig	B	16	36 - SP	11.12	12
	Ashley	Abrahams	B	16	78 - 800m	2:13.84	4
	Johan	Janse van Rensburg	B	16	36 - SP	10.69	13
	Johan	Janse van Rensburg	B	16	28 - DT	32.35	7
	Dirk	Swart	B	16	97 - 300mH	47.54	7
	Devan	Craig	B	16	13 - HT	26.76	8
	Charlie	Terblanche	B	16	36 - SP	10.28	14
	Jared	Geldenduys	B	18	66 - LJ	5.49	9
	Julian	Hume	B	16	13 - HT	23.46	10
	Andreas	Badenhorst	B	16	29 - HJ	1.50	5
	Joseph	Van der Merwe	B	16	36 - SP	9.57	17
	Oelof	Du Plooy	B	16	28 - DT	28.24	9
	Ulrich	v Dyk	B	16	21 - JT	39.90	4
	Dryden	Diedericks	B	16	29 - HJ	1.40	7
	Valentino	Solomons	B	16	29 - HJ	1.40	7
	Julian	Hume	B	16	21 - JT	38.08	7
	Ruan	Maans	B	16	21 - JT	28.28	18
	Lee-Ann	Matthee	G	18	19 - SP	11.90	2
	Clarese	Moses	G	18	68 - 3000m	11:32.96	1



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**Team report for HESSEQUA (HESS) Page 2**

No	Name	Surname	Gen	Age	Event	Result	Plc
	Anandia	du Plessis	G	16	63 - SP	9.99	7
	Michaela	Pretoriua	G	16	100 - 100m	13.21	4
	Michaela	Pretoriua	G	16	141 - 200m	27.91	6
	Carla	Botha	G	16	100 - 100m	13.56	6
	Junescce	Michaels	G	16	77 - 800m	2:35.57	4
	Michaela	Pretoriua	G	16	111 - 400m	1:07.60	10
	Danike	Erasmus	G	16	63 - SP	8.75	9
	Franche	Davids	G	16	141 - 200m	29.18	10
	Anika	du Plessis	G	16	9 - HT	27.10	6
	Junescce	Michaels	G	16	133 - 1500m	5:23.77	3
	Liandrie	Gemurr	G	18	118 - 400m	1:08.85	4
	Clarese	Moses	G	18	135 - 1500m	5:25.66	3
	Tiffany	Roux	G	16	63 - SP	7.65	14
	Christen	du Plessis	G	16	37 - JT	28.24	4
	Etvisy	Jooste	G	16	133 - 1500m	5:39.41	4
	Lee-Ann	Matthee	G	18	105 - DT	23.23	4
	Ghite	Silva	G	16	96 - 300mH	1:03.29	7
	Michelle	de Kock	G	16	37 - JT	26.40	5
	Ame	Sinclair	G	16	111 - 400m	1:15.81	14
	Bianca	Swart	G	18	102 - 100m	15.03	7
	Inge	Robertson	G	16	38 - HJ	1.35	5
	Precious	Zondani	G	18	104 - JT	20.60	6
	Genivha	Marcus	G	16	17 - DT	14.25	12
	Dionna	Daniels	G	16	17 - DT	11.17	15
	Abigail	Katala	G	16	74 - LJ	3.66	19
	Lorenzo	Crous	M	20	126 - 110mH	16.69	2
	Lorenzo	Horn	M	20	139 - 1500m	4:24.32	4
	Lorenzo	Crous	M	20	90 - 400mH	1:00.15	1
	Phillip	Minnaar	M	20	32 - 10kmW	1:12:07.60	1
	JP	Esau	M	20	73 - SP	11.98	2
	Rochelle	Wilken	W	20	85 - SP	9.00	3
	Tavia	Michaels	W	20	85 - SP	7.51	7
	Lu-Ché	September	W	20	107 - 100m	14.32	2
	Lu-Ché	September	W	20	116 - DT	19.46	4
	Nashline	Witbooi	W	20	116 - DT	17.13	5
	Keesha	Michaels	W	20	57 - LJ	4.01	4

Medals (excluding relays) - Gold: 10 Silver: 8 Bronze: 5



ASWD



Team report for Hoerskool Ladismith (HSL)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Ethan	Kiewiet	M	20	73 - SP	9.61	5

Medals (excluding relays) - Gold: 0 Silver: 0 Bronze: 0



ASWD



Team report for HOëRSKOOL OUDTSHOORN (OHS)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Linathi	Ngquambuza	B	18	127 - 110mH	15.77	2
	Lyle	Afrika	B	16	101 - 100m	11.74	5
	Deacine	Booyesen	B	16	130 - 100mH	16.88	6
	Mphathi	Maniel	B	16	130 - 100mH	16.96	7
	Ronwin	Ewerts	B	16	130 - 100mH	17.06	8
	Ronwin	Ewerts	B	16	112 - 400m	1:00.15	17
	Bronwin	Swiegelaar	B	16	101 - 100m	12.65	22
	Logan	Jantjies	B	18	54 - SP	11.03	5
	Andri	Raal	B	18	39 - DT	30.26	5
	Jamie	Anderson	B	18	89 - JT	45.58	4
	Jona	Anderson	B	18	66 - LJ	5.35	12
	L.	Hannes	B	16	29 - HJ	1.45	6
	Daylon	Hufke	B	16	29 - HJ	1.45	6
	AJ	Julies	B	16	36 - SP	8.85	22
	Ludwig	Meyer	B	18	66 - LJ	5.03	18
	Chanton	Wagner	B	16	21 - JT	31.28	16
	Micayla	Pillay	G	16	141 - 200m	28.22	7
	Micayla	Pillay	G	16	100 - 100m	13.79	8
	Cleshe	Thomas	G	16	141 - 200m	30.86	21
	Shamque	Jullies	G	18	102 - 100m	15.06	8
	Jana-Mari	Augustyn	G	16	17 - DT	18.68	10
	Jana-Mari	Augustyn	G	16	74 - LJ	4.09	9
	Cleshe	Thomas	G	16	37 - JT	14.28	11
	Cleshe	Thomas	G	16	74 - LJ	3.81	17
	Esona	Ntuse	G	16	74 - LJ	3.79	18
	Herman	Augustyn	M	20	55 - HJ	1.65	4

Medals (excluding relays) - Gold: 0 Silver: 1 Bronze: 0



ASWD



Team report for Hoërskool Protea (PH)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Kealin	Ayford	B	18	89 - JT	43.87	5
	Minathi	Mjonondwana	B	18	39 - DT	22.80	7
	Curtley-Ann	Stuurman	G	16	141 - 200m	30.09	18
	Annastacia	Stoffels	G	16	100 - 100m	14.93	18
	Kisha	Saayman	G	16	141 - 200m	39.66	24
	Jodian	Hendricks	M	20	139 - 1500m	4:06.07	1
	Ebenhaezer	Willemse	M	20	73 - SP	9.39	7

Medals (excluding relays) - Gold: 1 Silver: 0 Bronze: 0



ASWD



Team report for Hoërskool Uniondale (UNION)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	D	Esau	B	18	49 - 2000mSc	6:43.11	2
	D	Esau	B	18	71 - 3000m	9:39.03	4
	Z.	Booyesen	B	18	49 - 2000mSc	7:12.59	4
	M.	Van Staden	B	16	142 - 200m	23.87	6
	R.	Kowa	B	16	142 - 200m	24.68	16
	R.	Kowa	B	16	101 - 100m	12.04	12
	Z.	Booyesen	B	18	71 - 3000m	11:10.97	7
	L.	Esau	B	18	66 - LJ	5.42	10
	M.	Van Staden	B	16	103 - LJ	4.97	9
	I.	Maya	B	16	103 - LJ	4.69	14
	B.	De Bruyn	B	18	89 - JT	31.44	10
	Luciano	Daniels	M	20	50 - 3000mSc	10:54.09	5
	Timothy	Mongo	M	20	50 - 3000mSc	11:03.44	6
	Anslin	Saaiman	M	20	50 - 3000mSc	11:04.31	7
	Luciano	Daniels	M	20	61 - 5000m	18:11.80	7
	Anslin	Saaiman	M	20	61 - 5000m	18:11.44	6
	Timothy	Mongo	M	20	61 - 5000m	18:12.04	8
	Duwayne	Baardman	M	20	55 - HJ	1.70	3
	Duran	De Jager	M	20	55 - HJ	1.70	3
	Eaton	Hermanus	M	20	114 - LJ	5.93	7
	Olwethu	Williams	M	20	73 - SP	9.56	6
	Ruwane	Billet	M	20	114 - LJ	5.56	10
	Kyle	Coetzee	M	20	73 - SP	9.10	10
	Olwethu	Williams	M	20	114 - LJ	5.35	13
	Duwayne	Baardman	M	20	64 - JT	36.83	2
	R.	Lewis	W	20	94 - 400mH	1:27.43	3
	Nadia	Leo	W	20	85 - SP	6.81	8
	E.	Louis	W	20	128 - 100mH	20.19	4

Medals (excluding relays) - Gold: 0 Silver: 2 Bronze: 3



ASWD



Team report for INDIWE (INDW)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Molefe	Kgotso	B	16	142 - 200m	25.07	18
	Bada	Lilitha	B	16	142 - 200m	25.14	19
	Thembisile	Rhengo	B	16	112 - 400m	59.89	16
	Goja	Aphiwe	B	16	112 - 400m	1:03.60	20
	Onwaba	Nkomana	B	18	89 - JT	39.41	6
	Bixa	Nompumelelo	W	20	85 - SP	6.39	9

Medals (excluding relays) - Gold: 0 Silver: 0 Bronze: 0



ASWD



Team report for Kanaland (KANAL)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Deandre	Meintjies	B	16	101 - 100m	11.31	2
	Deandre	Meintjies	B	16	142 - 200m	24.35	12
	Donay	Williams	B	16	142 - 200m	25.47	21
	Albert	Shinga	B	16	112 - 400m	1:00.85	19
	Albert	Shinga	B	16	142 - 200m	26.50	24
	Elton	Wanie	B	16	103 - LJ	5.00	8
	Cheslin	Witbooi	B	16	36 - SP	8.73	23
	Leshaan	Opperman	B	16	103 - LJ	4.77	13
	Waylon	Alexander	B	18	66 - LJ	4.97	19
	Eshlin	Olivier	B	16	103 - LJ	4.45	15
	Anika	Swartbooi	G	16	100 - 100m	14.25	12
	Sharmique	Spogter	G	16	100 - 100m	14.66	17
	Kyra	Kamfer	G	16	63 - SP	6.76	16
	Sashka	Hendriks	G	18	105 - DT	15.98	7
	Judy-Ann	Herandien	G	18	104 - JT	17.06	7
	Mitchelen	Daniels	M	20	114 - LJ	5.54	11

Medals (excluding relays) - Gold: 0 Silver: 1 Bronze: 0



ASWD



Team report for KNYSNA SECONDARY SCHOOL (KSS)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	ASHWIN	MULLER	B	16	142 - 200m	25.00	17
	ALJEANDRO	MAFUTU	B	18	66 - LJ	6.00	3
	ANGLE	BEKKER	B	18	88 - HJ	1.60	5
	MORGAN	VAN RENSBURG	B	18	88 - HJ	1.60	5
	RAUCHDENE	BOTHA	B	18	89 - JT	47.23	3
	BENECHA	SEPTEMBER	G	16	100 - 100m	13.95	9
	LATISHA	SINCLAIR	G	18	135 - 1500m	5:21.96	2
	CASADY	THEODORE	G	16	141 - 200m	30.29	19
	CHARDONAY	WITBOOI	G	18	143 - 200m	30.07	7
	BENECHA	SEPTEMBER	G	16	74 - LJ	4.61	2

Medals (excluding relays) - Gold: 0 Silver: 2 Bronze: 2



ASWD



Team report for KPSSS (KPSSS)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Will	Prinsloo	B	18	119 - 400m	55.13	4
	Luchen	Booyesen	B	16	130 - 100mH	15.92	4
	Gino	Fredericks	B	18	119 - 400m	56.32	9
	Brayden	Kampher	B	16	36 - SP	12.26	5
	Gino	Fredericks	B	18	66 - LJ	6.02	2
	Luchen	Booyesen	B	16	103 - LJ	5.63	4
	Ashwin	Muller	B	16	130 - 100mH	18.07	10
	Gino	Fredericks	B	18	89 - JT	50.31	2
	Ruwaan	Claasen	B	18	54 - SP	10.16	7
	Storm	van Zyl	G	18	19 - SP	9.57	4
	Liane	Kapp	G	18	19 - SP	9.50	5
	Monique	Julyan	G	16	63 - SP	8.38	10
	Kylie	Kovacs	G	18	19 - SP	8.77	6
	Zane	Share	G	16	63 - SP	8.28	11
	Eani	Van Husteen	G	16	111 - 400m	1:10.15	11
	Sebastian	Brink	M	20	55 - HJ	1.95	1
	Daniel	Button	M	20	122 - 400m	52.70	5
	Danid	Button	M	25	84 - 800m	1:58.51	1
	Christian	Perks	M	20	73 - SP	10.44	4
	Jaco	Van Rooyen	M	20	73 - SP	9.35	8
	Simon	vd Westhuizen	W	20	85 - SP	8.62	5
	Nadine	Malan	W	25	108 - 100m	13.86	2

Medals (excluding relays) - Gold: 2 Silver: 3 Bronze: 0



ASWD



Team report for Ladismith Secondary (LSS)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Riano	Smith	B	18	119 - 400m	55.79	7
	Vaughan	Filander	B	18	119 - 400m	55.88	8
	Darryl	Arendse	B	18	66 - LJ	5.28	13
	Denrico	Jonas	B	18	54 - SP	9.06	10
	Joheindre	Herandien	B	18	66 - LJ	5.08	16
	Beaunice	Mintoor	G	16	141 - 200m	31.48	22
	Nathan	Swanepoel	M	20	122 - 400m	53.39	7

Medals (excluding relays) - Gold: 0 Silver: 0 Bronze: 0



ASWD



Team report for LANGENHOVEN GIMNASIUM (LGIM)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Dwayne	Kammies	B	16	142 - 200m	23.81	4
	Morne	Otto	B	18	88 - HJ	1.85	2
	Sinclair	Lottering	B	18	119 - 400m	54.91	3
	Dwayne	Kammies	B	16	101 - 100m	11.75	7
	Sinclair	Lottering	B	18	106 - 100m	12.07	2
	Stephane	Du Plessis	B	18	88 - HJ	1.70	4
	PJ	Coericius	B	18	54 - SP	10.06	9
	Wernig	Oberholzer	B	16	36 - SP	9.30	18
	Luan	Mortlock	B	16	21 - JT	34.15	12
	Rouxle	vd Weshuizen	G	18	104 - JT	38.93	3
	Kari	Griffieon	G	16	132 - 100mH	16.16	6
	Chanelle	Bester	G	18	46 - 2000mSc	8:14.39	1
	Mari	Pretorius	G	16	111 - 400m	1:05.34	6
	Zanri	Engelbrecht	G	16	17 - DT	27.60	4
	Esti	Hugget	G	18	79 - 800m	2:33.38	4
	Clarice	Colin	G	16	111 - 400m	1:07.21	8
	Titus	Alicha	G	16	132 - 100mH	17.45	7
	Mari	Pretorius	G	16	38 - HJ	1.55	1
	Mia	vd Weshuizen	G	18	131 - 100mH	17.20	2
	Inge	Robertse	G	16	132 - 100mH	18.15	9
	Jonck	Dunay	G	16	111 - 400m	1:12.70	12
	Shanisha	Alexander	G	16	100 - 100m	14.66	16
	Gita	Silva	G	16	132 - 100mH	19.63	10
	Beyante	Goliaths	G	18	102 - 100m	14.63	6
	Zanri	Engelbrecht	G	16	9 - HT	18.56	12
	Rouxle	vd Weshuizen	G	18	20 - HJ	1.44	2
	Alaina	Sowden	G	16	38 - HJ	1.35	5
	Anname	du Plessis	G	18	105 - DT	16.27	6
	Titus	Alicha	G	16	74 - LJ	4.09	10
	Shenell	Lottering	G	16	74 - LJ	3.86	16
	Alaina	Sowden	G	16	74 - LJ	3.86	15
	William	van Tonder	M	20	50 - 3000mSc	10:01.48	1
	William	van Tonder	M	20	61 - 5000m	16:32.72	2
	Zander	Graham	M	20	64 - JT	42.67	1
	Arne	Jv Rensburg	W	20	85 - SP	10.36	1
	Marli	Ellis	W	20	11 - HT	28.96	1
	Christelle	Visagie	W	20	85 - SP	8.75	4
	Marli	Ellis	W	20	116 - DT	29.00	1
	Elizma	Huyser	W	20	67 - 3000m	13:18.22	2
	Jeanie	du Plessis	W	20	128 - 100mH	17.80	2



ASWD



Team report for LANGENHOVEN GIMNASIUM (LGIM) Page 2

No	Name	Surname	Gen	Age	Event	Result	Plc
	Emma	vd Weshuizen	W	20	81 - 800m	2:42.16	3
	Amber	Saaiman	W	20	107 - 100m	14.35	3
	Amber	Saaiman	W	20	128 - 100mH	19.13	3
	Christelle	Visagie	W	20	116 - DT	22.48	2
	Christelle	Visagie	W	20	98 - JT	25.34	3
	Jeanie	du Plessis	W	20	57 - LJ	4.45	2
	Marne	de Wit	W	20	57 - LJ	3.99	5
	Christelle	Visagie	W	20	57 - LJ	3.73	6

Medals (excluding relays) - Gold: 7 Silver: 9 Bronze: 6



ASWD



Team report for MORESTER (MORE)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Caleb	Willemse	B	16	101 - 100m	12.10	14
	Mortlin	Theron	B	18	54 - SP	8.34	12

Medals (excluding relays) - Gold: 0 Silver: 0 Bronze: 0



ASWD



Team report for Mossel Bay Regional (MBAY)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Marques	James	B	18	71 - 3000m	9:29.49	2
	Barkhuizen	Dian	B	16	70 - 3000m	9:49.11	1
	MINNIE	JADON	B	16	70 - 3000m	10:11.41	4
	Henro	Kuhn	B	18	49 - 2000mSc	7:27.09	7
	Rossouw	Gericke	B	16	45 - 1500mSc	5:42.92	7
	Lilitha	Bada	B	16	112 - 400m	55.78	4
	JENIQO	GALLANT	B	18	119 - 400m	55.16	5
	Johan	Schoeman	B	16	112 - 400m	56.12	6
	KEARAN	ARENDS	B	16	142 - 200m	24.37	13
	Aidan	Erasmus	B	16	28 - DT	40.14	3
	KHYLER	BOOYSEN	B	16	142 - 200m	24.46	14
	KHYLER	BOOYSEN	B	16	101 - 100m	12.18	17
	Ethan	Joseph	B	16	28 - DT	37.83	5
	Cilliers	Franco	B	18	119 - 400m	57.84	12
	Cilliers	Franco	B	18	66 - LJ	6.10	1
	Aidan	Erasmus	B	16	36 - SP	11.99	6
	Avenathi	Nqkekeza	B	16	112 - 400m	59.62	15
	Goshen	Bolligello	B	18	54 - SP	12.01	3
	Musa	Ngonongono	B	18	92 - 400mH	1:04.65	1
	Ethan	Joseph	B	16	36 - SP	11.67	8
	EVAN	Jansen	B	16	142 - 200m	26.16	22
	GERHARDUS	COLE	B	16	130 - 100mH	17.46	9
	Jansen	Jaydee	B	16	36 - SP	11.54	9
	BOSHOFF	LOGAN	B	16	36 - SP	11.39	10
	Sambokwe	Avenathi	B	16	13 - HT	30.44	4
	Musa	Ngonongono	B	18	66 - LJ	5.89	5
	SINGALAKHA	MBUTUMA	B	16	97 - 300mH	46.00	4
	van Zyl	Ryk	B	16	13 - HT	28.86	6
	Jansen	Jaydee	B	16	28 - DT	33.15	6
	Janse van Rensburg	Luan	B	16	29 - HJ	1.60	3
	GERHARDUS	COLE	B	16	97 - 300mH	47.66	8
	Le Roux	Erik	B	18	66 - LJ	5.70	6
	Lombard	Anton	B	18	39 - DT	32.96	3
	Terblanche	Steven	B	18	39 - DT	32.27	4
	Le Roux	Erik	B	18	40 - TJ	11.74	3
	GERHARDUS	COLE	B	16	29 - HJ	1.55	4
	Fourie	Ruan	B	16	29 - HJ	1.55	4
	Janse van Rensburg	Luan	B	16	21 - JT	45.84	3
	Sambokwe	Avenathi	B	16	28 - DT	30.24	8
	Terblanche	Steven	B	18	54 - SP	10.15	8



ASWD

Team report for Mossel Bay Regional (MBAY) Page 2

No	Name	Surname	Gen	Age	Event	Result	Plc
	Aidan	Erasmus	B	16	13 - HT	24.24	9
	PRINSLOO	MARKUS	B	16	36 - SP	9.06	21
	Briesies	Zane	B	16	29 - HJ	1.45	6
	Andries	Geraldo	B	18	92 - 400mH	1:16.87	3
	QUEWIN	PIETERSE	B	16	103 - LJ	4.95	10
	Moos	Solayman	B	16	103 - LJ	4.88	11
	MAYO	XAVIER	B	16	28 - DT	24.51	13
	Fourie	Ruan	B	16	21 - JT	37.01	8
	van Zyl	Ryk	B	16	21 - JT	34.69	10
	Avela	Mpalweni	B	18	39 - DT	19.11	8
	Aidan	Erasmus	B	16	21 - JT	27.52	20
	BRITZ	FRANCOIS	B	16	21 - JT	28.61	17
	STEYN	JADEN	B	16	29 - HJ	1.14	8
	STEYN	JADEN	B	16	21 - JT	27.59	19
	Pretorius	Josephus	B	18	89 - JT	32.38	9
	LE GRANGE	Elizka	G	16	63 - SP	12.24	2
	LE GRANGE	Elizka	G	16	17 - DT	33.10	2
	Anja	Muller	G	16	63 - SP	11.26	4
	Chrizanne	Swart	G	16	63 - SP	11.08	5
	Gouws	Catherine-Lee	G	16	96 - 300mH	49.47	3
	Roets	Quré	G	18	26 - 5000mW	36:59.24	1
	Jana	Pretorius	G	16	132 - 100mH	15.99	5
	Billing	Amoné	G	18	143 - 200m	26.91	1
	Billing	Amoné	G	18	102 - 100m	12.93	1
	Joalize	Steyn	G	18	118 - 400m	1:03.47	2
	Anke	Boshoff	G	16	37 - JT	35.11	2
	Gouws	Catherine-Lee	G	16	111 - 400m	1:05.07	5
	Joalize	Steyn	G	18	143 - 200m	27.79	3
	Joalize	Steyn	G	18	102 - 100m	13.23	2
	Jana	Pretorius	G	16	96 - 300mH	53.74	5
	Chrizanne	Swart	G	16	17 - DT	27.46	5
	Liandi	Bronkhorst	G	16	63 - SP	8.97	8
	LE GRANGE	Elizka	G	16	9 - HT	28.70	4
	Miancke	Moolman	G	16	9 - HT	28.12	5
	Nelmari	Loubser	G	16	141 - 200m	29.30	11
	Megan	Atkinson	G	16	141 - 200m	29.59	12
	Jonea	Pretorius	G	16	141 - 200m	30.06	17
	Jana	Pretorius	G	16	100 - 100m	14.30	13
	Mieke	Botha	G	16	17 - DT	23.76	7
	Liandi	Bronkhorst	G	16	9 - HT	24.70	9



ASWD



Team report for Mossel Bay Regional (MBAY) Page 3

No	Name	Surname	Gen	Age	Event	Result	Plc
	Mieke	Botha	G	16	9 - HT	21.10	11
	Anja	Muller	G	16	38 - HJ	1.45	3
	Liandi	Bronkhorst	G	16	17 - DT	19.46	9
	Gianelle	Tladi	G	18	131 - 100mH	20.34	4
	Monique	Van Aswegen	G	16	9 - HT	17.70	13
	Xola	Mbelekane	G	16	17 - DT	18.25	11
	Enslin	Megan	G	16	37 - JT	22.37	8
	Hutten	Johanique	G	18	105 - DT	17.00	5
	Micayla	BEZUIDENHOUDT	G	16	38 - HJ	1.35	5
	Mienke	Vorster	G	16	37 - JT	20.69	10
	Gouws	Catherine-Lee	G	16	74 - LJ	4.49	5
	Tabita	Steyn	G	16	17 - DT	13.42	13
	Lana	Davies	G	16	74 - LJ	4.07	11
	Micayla	BEZUIDENHOUDT	G	16	74 - LJ	4.01	13
	Lema	Duncan	G	16	74 - LJ	4.00	14
	Chernan	Joseph	M	20	73 - SP	15.09	1
	Chernan	Joseph	M	20	42 - DT	44.80	1
	Zhandre	Hattingh	M	20	122 - 400m	51.89	3
	Hermanus	Elfreiden	M	20	114 - LJ	6.82	2
	Wildemans	Lee	M	20	147 - 200m	23.05	5
	Wildemans	Lee	M	20	109 - 100m	11.40	2
	Jose	Seconds	M	20	147 - 200m	23.87	10
	Jose	Seconds	M	20	109 - 100m	11.75	4
	Zhandre	Hattingh	M	20	83 - 800m	2:01.60	2
	Hermanus	Elfreiden	M	20	55 - HJ	1.80	2
	Zhandre	Hattingh	M	25	84 - 800m	2:01.60	3
	Jayden	Jansen	M	20	114 - LJ	5.98	6
	Swart	Chad-Lee	M	20	43 - TJ	12.33	1
	Swart	Chad-Lee	M	20	114 - LJ	5.81	8
	Lara	Lubbe	W	20	94 - 400mH	1:10.52	2
	Carla	Cilliers	W	20	98 - JT	37.00	2
	Chanelle	Barnard	W	20	81 - 800m	2:33.60	2
	Lara	Lubbe	W	20	128 - 100mH	17.65	1
	Chanelle	Barnard	W	20	120 - 400m	1:08.41	4
	Michelle	Minnie	W	20	81 - 800m	3:00.31	4
	Caitlin	Strydom	W	20	11 - HT	15.98	2
	Lara	Lubbe	W	20	57 - LJ	4.62	1

Medals (excluding relays) - Gold: 11 Silver: 14 Bronze: 12



ASWD



Team report for NEDBANK RC (NEDBA)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	SELWYN	MATTHEWS	M	25	62 - 5000m	14:12.08	1
	Rico	vd Hast	M	20	61 - 5000m	16:20.85	1
	WHAYNE	APRIL	M	25	140 - 1500m	4:06.07	1
	RICO	VAN DER HORST	M	25	140 - 1500m	4:16.69	3
	DEHANDRE	JANUARIE	M	25	110 - 100m	11.69	1
	ELMARIE	WALTERS	W	25	146 - 200m	27.38	1
	ELMARIE	WALTERS	W	25	108 - 100m	13.14	1

Medals (excluding relays) - Gold: 6 Silver: 0 Bronze: 1



ASWD



Team report for NEW ENTRY (NEW)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Marco	Erasmus	B	18	71 - 3000m	9:42.66	6
	Curt	Macka	B	16	101 - 100m	11.87	9
	Donnavan	Africa	B	18	119 - 400m	56.77	10
	Brad	Avontuur	B	16	97 - 300mH	46.76	6
	Jonea	Pretorius	G	16	132 - 100mH	15.95	4
	Sashkia	Hendricks	G	16	63 - SP	7.89	12
	Raylene	Swarts	G	16	141 - 200m	30.48	20
	Heleen	Esau	G	16	100 - 100m	14.57	15
	Sheryll	Cavandish	G	16	100 - 100m	15.41	20
	Chris	Jacobs	M	20	147 - 200m	23.04	4
	Ricardi	Mathee	M	20	147 - 200m	23.87	9
	Keano	Quilli	M	25	84 - 800m	2:01.47	2
	Pierre	Nortier	M	20	73 - SP	10.56	3
	Byron	Julies	M	25	110 - 100m	12.88	3
	Siphosihle	Khumalo	W	20	98 - JT	16.65	6

Medals (excluding relays) - Gold: 0 Silver: 1 Bronze: 2



ASWD



Team report for Percy Mdala High School (PERCY)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Ashwill	Maliti	B	16	142 - 200m	24.63	15
	Onako	Mpondomise	G	16	141 - 200m	29.73	13
	Onako	Mpondomise	G	16	100 - 100m	14.41	14

Medals (excluding relays) - Gold: 0 Silver: 0 Bronze: 0



ASWD



Team report for Plettenberg Bay Secondary (PLETT)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Dadrian	Windvogel	B	18	66 - LJ	5.10	15
	Dadrian	Commons	M	20	55 - HJ	1.65	4
	Denzel	Koeries	M	20	64 - JT	27.24	4
	Nadine	Malan	W	20	120 - 400m	1:04.09	3

Medals (excluding relays) - Gold: 0 Silver: 0 Bronze: 1



ASWD



Team report for Rainbow (RAIN)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Timothy	September	M	25	62 - 5000m	15:45.06	4

Medals (excluding relays) - Gold: 0 Silver: 0 Bronze: 0



ASWD



Team report for Riversdal (RDAL)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Kai	Pratt	B	18	14 - HT	44.02	2

Medals (excluding relays) - Gold: 0 Silver: 1 Bronze: 0



ASWD



Team report for Slangrivier Primer (SLANG)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Leante	Van Rooi	B	16	101 - 100m	12.10	13
	Igna	Kleynhans	G	16	100 - 100m	13.05	1
	Igna	Kleynhans	G	16	141 - 200m	27.53	3

Medals (excluding relays) - Gold: 1 Silver: 0 Bronze: 1



ASWD



Team report for SWD Masters (SWD Ma)

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	JD	Heyns	M	25	113 - SP	14.88	1
	Guste	Willemse	W	25	24 - TJ	7.87	1

Medals (excluding relays) - Gold: 2 Silver: 0 Bronze: 0