

Team report for Johannesburg North (D10)

Events marked with * were heats.

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc	ASA
	Reuben	Booyesen	B	17	28 - 400m*	52.57	4	708
	Ofentse	Bokapa,	B	17	47 - 2000mSc	6:14.26	4	991
	Michael	Gait-Smith	B	17	35 - 1500m	4:10.21	5	794
	Michael	Gait-Smith	B	17	35 - 1500m*	4:17.49	4	749
	Adam	Herbst	B	17	16 - 100m*	11.92	5	620
	Bafana	Hlongwane	B	17	10 - SP	13.43	13	625
	Bafana	Hlongwane	B	17	139 - DT	40.03	7	617
	Kagiso	Leduma,	B	17	130 - 800m	1:57.31	5	731
	Kagiso	Leduma,	B	17	130 - 800m*	2:01.49	4	646
	Asanda	Maswi	B	17	35 - 1500m	4:06.00	4	823
	Asanda	Maswi	B	17	35 - 1500m*	4:16.87	4	752
	Vuyo	Moss	B	17	16 - 100m	10.72	3	888
	Vuyo	Moss	B	17	102 - 200m*	21.63	3	881
	Vuyo	Moss	B	17	102 - 200m	21.64	4	850
	Vuyo	Moss	B	17	102 - 200m*	22.18	1	828
	Vuyo	Moss	B	17	16 - 100m*	10.76	1	818
	Vuyo	Moss	B	17	16 - 100m*	10.75	2	818
	Jean	Mouton,	B	17	47 - 2000mSc	6:24.50	6	950
	Fusi	Ntotoane,	B	17	160 - 3000m	9:28.81	10	777
	Tsepo	Ntuntwana	B	17	47 - 2000mSc	6:01.07	1	1051
	Tsepo	Ntuntwana	B	17	160 - 3000m	8:45.50	2	883
	Orantile	Rantsoa	B	17	121 - TJ	13.32	6	621
	Michael	Selebe	B	17	21 - LJ	6.75	3	748
	Michael	Selebe	B	17	70 - HJ*	1.80	10	609
	Luke	Spence,	B	17	28 - 400m*	53.85	5	671
	Rynard	Swanepoel,	B	17	130 - 800m	1:55.02	3	784
	Rynard	Swanepoel,	B	17	130 - 800m*	2:02.77	5	622
	Marnus	Van Westing,	B	17	27 - JT*	47.84	5	368
	Jaden	Visser	B	17	118 - 400mH*	58.71	4	644
	Zion	Wilmot	B	17	10 - SP	9.93	21	356
	M	Zakheme	B	17	10 - SP	8.05	22	183
	Lubo	Zlatev	B	17	21 - LJ	6.43	7	656
	Ethan	Mcdougall	B	15	24 - 400m*	55.69	5	649
	Michael	Zietsman	B	15	106 - LJ	5.55	14	477
	Lourens	Fourie	B	15	52 - SP	15.50	6	808
	Lourens	Fourie	B	15	96 - DT	46.83	6	731
	Cameron	Gonzalvers	B	15	100 - 200m*	24.87	6	656
	Cameron	Gonzalvers	B	15	14 - 100m*	12.40	6	596
	Phakanani	Gumede	B	15	125 - 800m*	2:10.58	8	536
	Tholo	Monagang	B	15	106 - LJ	6.15	7	662

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No	Name	Surname	Gen	Age	Event	Result	Plc	ASA
	Johannes	Morepe,	B	15	133 - 3000m	9:18.74	3	827
	Johannes	Morepe,	B	15	33 - 1500m	4:24.35	6	741
	Johannes	Morepe,	B	15	33 - 1500m*	4:28.10	5	719
	Siyabonga	Mvease	B	15	47 - 1500mSc	4:46.38	2	859
	Siyabonga	Mvease	B	15	133 - 3000m	9:54.61	13	749
	Welcome	Ncube	B	15	14 - 100m*	12.62	6	559
	Joshua	Okeke	B	15	14 - 100m*	12.25	7	609
	Marco	Prins	B	15	33 - 1500m*	4:28.59	4	717
	Marco	Prins	B	15	33 - 1500m	4:30.61	9	706
	Marco	Prins	B	15	125 - 800m*	2:16.53	9	450
	Phillip	Steyn	B	15	114 - 300mH*	41.65	2	712
	Phillip	Steyn	B	15	114 - 300mH	41.71	7	703
	Siyabonga	Zwane	B	15	7 - JT*	22.96	9	0
	Shelley	Amber	G	17	8 - DT	19.85	20	553
	Carlyn	Betz	G	17	73 - SP	9.70	17	761
	Shannon	Botha	G	17	129 - 800m	2:15.27	4	805
	Shannon	Botha	G	17	129 - 800m*	2:22.70	2	733
	Gabriella	Gait-Smith	G	17	158 - 3000m	9:54.53	2	887
	Gabriella	Gait-Smith	G	17	34 - 1500m	4:39.53	3	776
	Gabriella	Gait-Smith	G	17	34 - 1500m*	5:29.55	6	581
	Mignon	Gardener	G	17	140 - TJ	10.41	8	572
	Emmarentia	Germishuizen	G	17	101 - 200m*	27.60	4	707
	Emmarentia	Germishuizen	G	17	15 - 100m*	13.13	6	685
	Racheal	Humphries	G	17	18 - HT	44.99	3	908
	Kumele	Kenaleone	G	17	47 - 2000mSc	8:05.50	7	769
	Mpho	Mahwiting	G	17	141 - JT	15.45	22	302
	Brand	Moyo	G	17	141 - JT	21.85	21	477
	Michaela	Rossouw,	G	17	115 - 400mH*	1:09.01	4	778
	Onariele	Senne,	G	17	140 - TJ	10.85	4	648
	Onariele	Senne,	G	17	51 - LJ	4.90	9	499
	Marna	Van Greunen	G	17	25 - 400m	58.30	6	822
	Marna	Van Greunen	G	17	51 - LJ	5.13	7	581
	Lene	Van Heerden	G	17	25 - 400m	57.90	2	832
	Lene	Van Heerden	G	17	101 - 200m*	25.40	2	827
	Lene	Van Heerden	G	17	101 - 200m	25.11	5	824
	Lene	Van Heerden	G	17	101 - 200m*	25.89	1	797
	Swanei	Bierman,	G	15	159 - SP	11.33	11	863
	Makwena	Chakoe	G	15	23 - 400m*	1:01.50	5	771
	Jolandi	De Beer	G	15	47 - 1500mSc	5:42.43	7	817
	Jolandi	De Beer	G	15	112 - 3000m	10:46.53	7	810

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No	Name	Surname	Gen	Age	Event	Result	Plc	ASA
	Shokane	Kgopotso,	G	15	47 - 1500mSc	5:21.00	3	873
	Shokane	Kgopotso,	G	15	71 - LJ	4.35	21	379
	Kayla	La Grange	G	15	99 - 200m*	25.12	1	871
	Kayla	La Grange	G	15	99 - 200m*	25.18	1	867
	Kayla	La Grange	G	15	99 - 200m	25.01	1	856
	Kayla	La Grange	G	15	13 - 100m	12.31	1	848
	Kayla	La Grange	G	15	13 - 100m*	12.19	1	830
	Kayla	La Grange	G	15	13 - 100m*	12.26	1	816
	Mia	Le Roux	G	15	99 - 200m*	26.23	2	801
	Mia	Le Roux	G	15	99 - 200m*	26.39	2	792
	Mia	Le Roux	G	15	99 - 200m	26.34	5	778
	Mia	Le Roux	G	15	23 - 400m*	1:01.71	1	764
	Mia	Le Roux	G	15	23 - 400m	1:04.60	7	709
	Zonica	Lindeque,	G	15	159 - SP	15.12	1	956
	Zonica	Lindeque,	G	15	29 - DT	40.55	2	927
	Naledi	Makgatha	G	15	112 - 3000m	9:47.67	1	899
	Naledi	Makgatha	G	15	32 - 1500m	4:30.21	1	824
	Naledi	Makgatha	G	15	32 - 1500m*	5:10.81	2	645
	Khunedi	Mashishi	G	15	47 - 1500mSc	5:12.95	1	897
	Minyonne	Schutte	G	15	98 - JT*	30.44	6	682
	Minyonne	Schutte	G	15	71 - LJ	4.49	19	433
	Lexi	Scrooby,	G	15	40 - 90mH	13.76	5	883
	Lexi	Scrooby,	G	15	40 - 90mH*	13.73	1	865
	Lexi	Scrooby,	G	15	113 - 300mH*	47.27	3	840
	Sedima	Segomotso	G	15	124 - 800m	2:20.93	6	750
	Sedima	Segomotso	G	15	124 - 800m*	2:21.68	1	743
	Burger	Simone	G	15	124 - 800m	2:23.63	8	725
	Burger	Simone	G	15	124 - 800m*	2:24.94	1	714
	Kimberley	Swanepoel	G	15	32 - 1500m	4:37.45	2	787
	Kimberley	Swanepoel	G	15	32 - 1500m*	5:06.76	4	660
	Euane	Theart	G	15	113 - 300mH*	46.01	4	869
	Euane	Theart	G	15	113 - 300mH	46.38	7	857
	Jolene	Van Der Walt	G	15	40 - 90mH	14.10	6	854
	Jolene	Van Der Walt	G	15	40 - 90mH*	14.04	2	840
	Matthew	Dinner	M	19	31 - 400m*	51.41	3	721
	Marig	Engelbrecht,	M	19	12 - 1500m*	4:15.36	5	730
	Marig	Engelbrecht,	M	19	12 - 1500m	4:17.03	6	720
	Tshepiso	Jasson	M	19	111 - 200m*	24.33	6	641
	Tumi	Lepoto	M	19	60 - 3000mSc	9:21.74	2	934
	Tumi	Lepoto	M	19	168 - 5000m	15:16.74	2	829

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No	Name	Surname	Gen	Age	Event	Result	Plc	ASA
	Gayisa	Maswangiyi	M	19	50 - HJ	2.05	3	794
	Gayisa	Maswangiyi	M	19	50 - HJ*	1.80	3	550
	Frans	Matlala,	M	19	31 - 400m	47.30	3	865
	Frans	Matlala,	M	19	31 - 400m*	48.76	1	807
	Kathleho	Motlounge,	M	19	132 - 800m*	2:03.19	9	570
	Vhuyelenda	Munzhelele	M	19	17 - JT*	32.31	9	0
	Koketso	Seane	M	19	119 - 400mH	54.04	2	794
	Koketso	Seane	M	19	119 - 400mH*	56.68	1	704
	Nico	Seopengwe,	M	19	60 - 3000mSc	9:20.20	1	936
	Nico	Seopengwe,	M	19	168 - 5000m	15:17.57	4	828
	Lucas	Silwane	M	19	12 - 1500m*	4:07.85	3	776
	Lucas	Silwane	M	19	12 - 1500m	4:15.25	3	730
	Lucas	Silwane	M	19	132 - 800m	1:55.15	6	726
	Lucas	Silwane	M	19	132 - 800m*	1:57.78	2	670
	Ivan	Swanepoel	M	19	46 - 110mH*	15.57	4	764
	Ivan	Swanepoel	M	19	119 - 400mH	57.27	5	680
	Ivan	Swanepoel	M	19	119 - 400mH*	58.45	3	648
	Rune	De Beer,	W	19	131 - 800m	2:30.40	5	669
	Rune	De Beer,	W	19	11 - 1500m	5:13.24	5	636
	Rune	De Beer,	W	19	11 - 1500m*	5:20.95	3	609
	Rune	De Beer,	W	19	131 - 800m*	2:39.20	3	605
	Megan	Diffenthal	W	19	108 - JT	28.52	9	556
	Fina	Dube	W	19	30 - 400m	57.20	3	829
	Fina	Dube	W	19	30 - 400m*	57.40	1	824
	Fina	Dube	W	19	131 - 800m	2:14.36	1	815
	Fina	Dube	W	19	131 - 800m*	2:27.53	4	692
	Gobuamang	Lepaku	W	19	37 - LJ	3.88	20	60
	Lethabo	Makgoga	W	19	61 - 3000mSc	10:48.76	1	877
	Lethabo	Makgoga	W	19	167 - 5000m	18:54.22	6	778
	Dipuo	Mashamaite	W	19	167 - 5000m	17:59.46	2	820
	Dipuo	Mashamaite	W	19	11 - 1500m	4:37.98	2	784
	Dipuo	Mashamaite	W	19	11 - 1500m*	5:24.41	1	597
	Blessing	Mhlongo	W	19	127 - SP	7.75	12	699
	Nomaphelo	Mtbeni	W	19	30 - 400m*	1:09.02	4	602
	Sharon	Ndaba,	W	19	103 - 200m*	29.24	4	617
	Agnes	Ndlovu	W	19	97 - HJ*	1.50	7	482

Medals (excluding relays) - Gold: 10 Silver: 11 Bronze: 11