

### Team report for Tshwane South (D4)

Events marked with \* were heats.

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc	ASA
	Jorum	Bangue	B	17	45 - 110mH	13.96	4	925
	Jorum	Bangue	B	17	45 - 110mH*	13.98	1	896
	Jean	Botha	B	17	139 - DT	50.98	3	830
	Abednico	Choba	B	17	35 - 1500m	3:57.37	1	888
	Abednico	Choba	B	17	35 - 1500m*	4:16.86	3	752
	Dylan	Coetsee	B	17	45 - 110mH	13.92	2	930
	Dylan	Coetsee	B	17	45 - 110mH*	14.11	1	882
	Daniel	Cornelissen	B	17	47 - 2000mSc	6:46.39	9	873
	Sinesipho	Dambile	B	17	102 - 200m*	20.60	1	999
	Sinesipho	Dambile	B	17	102 - 200m	20.50	1	981
	Sinesipho	Dambile	B	17	102 - 200m*	21.79	1	865
	Edmon	Du Plessis	B	17	130 - 800m	1:53.57	1	820
	Edmon	Du Plessis	B	17	130 - 800m*	2:02.51	2	627
	Andre	Erasmus	B	17	28 - 400m	48.14	3	863
	Andre	Erasmus	B	17	28 - 400m*	49.19	2	818
	Andre	Erasmus	B	17	118 - 400mH*	55.93	1	734
	Andre	Erasmus	B	17	118 - 400mH	56.19	5	720
	Tshepho	Futhana	B	17	47 - 2000mSc	6:58.85	10	835
	Thabang	Hlohlolo	B	17	16 - 100m	10.39	1	971
	Thabang	Hlohlolo	B	17	16 - 100m*	10.53	2	860
	Thabang	Hlohlolo	B	17	16 - 100m*	10.90	1	799
	Johan	Jacobs	B	17	116 - HT	36.15	3	589
	Elviano	Johnson	B	17	102 - 200m*	21.27	1	919
	Elviano	Johnson	B	17	102 - 200m	21.18	2	901
	Elviano	Johnson	B	17	102 - 200m*	22.62	2	789
	Elshammah	Kandoro	B	17	21 - LJ	6.21	11	592
	Elshammah	Kandoro	B	17	121 - TJ	12.93	9	567
	Siphesihla	Khoza	B	17	160 - 3000m	9:10.41	7	819
	Markus	Kotzee	B	17	10 - SP	18.01	1	910
	Markus	Kotzee	B	17	139 - DT	53.42	2	873
	Karabo	Madonsela	B	17	28 - 400m	47.84	2	876
	Karabo	Madonsela	B	17	130 - 800m	1:54.12	2	806
	Karabo	Madonsela	B	17	28 - 400m*	49.54	1	803
	Karabo	Madonsela	B	17	130 - 800m*	2:00.72	1	661
	Siphimelele	Mnyamana	B	17	93 - 10kmW	54:00.87	1	865
	Syabonga	Mokhothu	B	17	47 - 2000mSc	6:20.74	5	965
	Conrad	Mouton	B	17	27 - JT*	55.49	2	549
	Conrad	Mouton	B	17	27 - JT	54.95	5	536
	Sebenza	Ndlazi	B	17	93 - 10kmW	55:25.61	2	848
	Tanaka	Nzombe	B	17	70 - HJ	1.95	2	760

**Team report for Tshwane South (D4) Page 2**

No	Name	Surname	Gen	Age	Event	Result	Plc	ASA
	Tanaka	Nzombe	B	17	70 - HJ*	1.80	6	609
	Eckardt	Potgieter	B	17	16 - 100m	10.52	2	937
	Eckardt	Potgieter	B	17	16 - 100m*	10.51	1	860
	Eckardt	Potgieter	B	17	16 - 100m*	10.68	1	839
	Reinhardt	Pretorius	B	17	10 - SP	14.83	11	720
	Thato	Sekshoko	B	17	47 - 2000mSc	6:30.11	7	929
	Volker	Steyn	B	17	27 - JT	57.90	3	603
	Volker	Steyn	B	17	27 - JT*	54.19	2	519
	Reynhardt	Strauss	B	17	45 - 110mH	13.63	1	965
	Reynhardt	Strauss	B	17	45 - 110mH*	13.78	1	919
	Akha	Tembani	B	17	121 - TJ	14.75	2	816
	Wian	Van Niekerk	B	17	160 - 3000m	8:39.33	1	900
	Wian	Van Niekerk	B	17	35 - 1500m	3:58.08	2	882
	Wian	Van Niekerk	B	17	35 - 1500m*	4:16.18	2	756
	Christiaan	Venter	B	17	118 - 400mH	54.52	3	780
	Christiaan	Venter	B	17	118 - 400mH*	54.72	3	778
	Tyreece	Bekker	B	15	42 - 100mH*	14.36	2	777
	Devan	De wet	B	15	22 - HJ	1.80	3	691
	Devan	De wet	B	15	22 - HJ*	1.75	4	639
	Tiaan	de wet	B	15	42 - 100mH	13.57	3	877
	Tiaan	de wet	B	15	42 - 100mH*	13.72	2	836
	Tiaan	de wet	B	15	114 - 300mH	39.91	3	790
	Tiaan	de wet	B	15	114 - 300mH*	40.42	1	771
	Deacon	du preez	B	15	52 - SP	17.39	2	915
	Deacon	du preez	B	15	96 - DT	57.25	2	908
	Ernest	Gouws	B	15	47 - 1500mSc	4:51.16	5	838
	Johan	J van vuuren	B	15	125 - 800m	2:00.93	4	708
	Johan	J van vuuren	B	15	125 - 800m*	2:06.32	2	606
	Hannes	Louw	B	15	133 - 3000m	9:23.79	4	815
	Tinotenda	Makunike	B	15	22 - HJ	1.80	5	691
	Tinotenda	Makunike	B	15	22 - HJ*	1.75	3	639
	Anthony	Mashilo	B	15	38 - TJ	10.14	17	222
	Viwe	Mathebula	B	15	33 - 1500m	4:08.52	3	842
	Viwe	Mathebula	B	15	33 - 1500m*	4:23.35	2	746
	Diba	Mbastha	B	15	106 - LJ	6.50	2	768
	Mpho	Molaetsa	B	15	33 - 1500m	4:06.03	2	860
	Mpho	Molaetsa	B	15	33 - 1500m*	4:20.71	1	762
	Karabelo	Motlhabedi	B	15	24 - 400m	51.70	4	762
	Karabelo	Motlhabedi	B	15	24 - 400m*	52.04	1	750
	James	Ncube	B	15	125 - 800m	1:58.59	2	758

**Team report for Tshwane South (D4) Page 3**

No	Name	Surname	Gen	Age	Event	Result	Plc	ASA
	James	Ncube	B	15	125 - 800m*	2:04.78	3	633
	Marx	Nell	B	15	14 - 100m	11.21	5	824
	Marx	Nell	B	15	100 - 200m*	22.66	2	820
	Marx	Nell	B	15	100 - 200m	22.45	2	813
	Marx	Nell	B	15	100 - 200m*	22.96	1	794
	Marx	Nell	B	15	14 - 100m*	11.20	2	780
	Marx	Nell	B	15	14 - 100m*	11.30	1	762
	Botshelo	Nkoana	B	15	14 - 100m	11.03	1	861
	Botshelo	Nkoana	B	15	14 - 100m*	11.06	1	798
	Botshelo	Nkoana	B	15	14 - 100m*	11.15	1	780
	Msizi	Nyembe	B	15	3 - 5000mW	28:58.21	2	830
	Ruan	Oosthuizen	B	15	114 - 300mH*	43.45	6	635
	Dillon	Prinsloo	B	15	7 - JT	56.94	3	574
	Dillon	Prinsloo	B	15	7 - JT*	55.10	1	533
	Maselela	Reabetswe	B	15	3 - 5000mW	30:09.03	4	805
	Aiden	Smith	B	15	52 - SP	17.14	3	906
	Ian	Smith	B	15	24 - 400m	51.40	2	772
	Ian	Smith	B	15	24 - 400m*	52.54	1	734
	Zander	Tirion	B	15	106 - LJ	5.62	12	499
	Conor	Titus	B	15	47 - 1500mSc	5:00.78	7	799
	Berno	van Aswegen	B	15	7 - JT	61.66	1	677
	Berno	van Aswegen	B	15	7 - JT*	52.98	3	484
	Ruan	van Heerden	B	15	100 - 200m*	23.51	3	751
	Ruan	van Heerden	B	15	100 - 200m*	23.78	8	730
	Sanele	Zixunge	B	15	133 - 3000m	9:00.53	2	873
	Janie	Blignaut	G	17	101 - 200m*	25.08	2	847
	Janie	Blignaut	G	17	101 - 200m	24.98	3	837
	Janie	Blignaut	G	17	101 - 200m*	25.94	3	794
	Cyla	Botha	G	17	129 - 800m	2:14.09	2	818
	Cyla	Botha	G	17	129 - 800m*	2:22.39	1	736
	Bernadette	Breytenbach	G	17	115 - 400mH*	1:09.39	5	773
	Cailin	Coetzee	G	17	36 - HJ	1.60	7	637
	Cailin	Coetzee	G	17	36 - HJ*	1.50	3	520
	Mila	Compaan	G	17	41 - 100mH	14.25	4	897
	Mila	Compaan	G	17	41 - 100mH*	14.26	2	876
	Leshan	Curlewis	G	17	47 - 2000mSc	7:43.52	4	806
	Bodine	Degli - Umberti	G	17	73 - SP	13.53	5	910
	Charlize	Eilord	G	17	41 - 100mH	14.52	6	874
	Charlize	Eilord	G	17	41 - 100mH*	14.35	1	868
	Chandre	Esterhuize	G	17	18 - HT	43.79	4	903

**Team report for Tshwane South (D4) Page 4**

No	Name	Surname	Gen	Age	Event	Result	Plc	ASA
	Joane	Gerber	G	17	51 - LJ	5.86	1	834
	Rozelle	Hatting	G	17	15 - 100m	12.41	4	808
	Rozelle	Hatting	G	17	15 - 100m*	12.46	4	765
	Rozelle	Hatting	G	17	15 - 100m*	12.43	3	765
	Belinda	J v Rensburg	G	17	8 - DT	42.41	4	923
	Mariska	Jonker	G	17	15 - 100m	12.54	6	790
	Mariska	Jonker	G	17	15 - 100m*	12.41	1	765
	Mariska	Jonker	G	17	15 - 100m*	12.71	2	729
	Miske	Jooste	G	17	25 - 400m	58.00	3	829
	Miske	Jooste	G	17	25 - 400m*	58.50	2	817
	Bell	Kirsti	G	17	47 - 2000mSc	7:02.85	1	886
	Bell	Kirsti	G	17	34 - 1500m	4:58.74	8	691
	Bell	Kirsti	G	17	34 - 1500m*	5:26.98	3	589
	Chanelle	Kruger	G	17	47 - 2000mSc	7:12.79	2	864
	Izelle	Kruger	G	17	47 - 2000mSc	7:44.08	5	805
	Nonhlanhla	Mabaza	G	17	158 - 3000m	10:44.86	6	812
	Zihle	Makamba	G	17	36 - HJ	1.60	5	637
	Zihle	Makamba	G	17	36 - HJ*	1.50	5	520
	Ophelia	Makeankwa	G	17	92 - 5000mW	31:07.33	3	851
	Danielle	Nolte	G	17	140 - TJ	11.80	1	809
	Danielle	Nolte	G	17	51 - LJ	5.69	2	776
	Elandery	Pont	G	17	8 - DT	38.28	6	890
	Katlego	Ramakgoakgoa	G	17	92 - 5000mW	31:00.40	2	853
	Britney	Richie	G	17	73 - SP	13.13	6	903
	Hlokomelo	Sehlabi	G	17	129 - 800m	2:16.91	6	788
	Hlokomelo	Sehlabi	G	17	129 - 800m*	2:22.80	1	732
	Tebogo	Sekgodiso	G	17	34 - 1500m	4:33.72	1	805
	Tebogo	Sekgodiso	G	17	34 - 1500m*	4:59.32	1	688
	Ine	Smit	G	17	141 - JT	43.62	3	885
	Anqelique	Strydom	G	17	25 - 400m*	57.51	2	839
	Anqelique	Strydom	G	17	25 - 400m	58.30	5	822
	Marissa	Swanepoel	G	17	92 - 5000mW	28:24.80	1	890
	Cara	Venter	G	17	115 - 400mH*	1:04.05	1	851
	Cara	Venter	G	17	140 - TJ	11.39	3	740
	Kyla	Vlok	G	17	101 - 200m*	25.45	3	824
	Kyla	Vlok	G	17	101 - 200m	25.52	7	800
	Kyla	Vlok	G	17	101 - 200m*	26.06	3	787
	Gailyn	Wessels	G	17	141 - JT	44.42	2	898
	Shawne	Anderson	G	15	71 - LJ	4.86	10	572
	Emma	Biesseman	G	15	32 - 1500m	4:46.17	3	745

**Team report for Tshwane South (D4) Page 5**

No	Name	Surname	Gen	Age	Event	Result	Plc	ASA
	Emma	Biesseman	G	15	32 - 1500m*	5:12.88	3	637
	Charissa	Botha	G	15	124 - 800m	2:21.29	7	746
	Charissa	Botha	G	15	124 - 800m*	2:22.90	3	732
	Wimari	Calitz	G	15	159 - SP	13.25	4	919
	Leonie	de Sousa	G	15	29 - DT	38.33	3	911
	Li-mari	Dekker	G	15	112 - 3000m	10:13.45	2	857
	Zylia-mari	Du Toit	G	15	40 - 90mH	13.13	2	943
	Zylia-mari	Du Toit	G	15	40 - 90mH*	13.39	1	895
	Danita	Dunwoody	G	15	112 - 3000m	10:30.08	4	832
	Danita	Dunwoody	G	15	32 - 1500m	4:46.70	4	743
	Danita	Dunwoody	G	15	32 - 1500m*	5:02.03	2	678
	Megan	Erasmus	G	15	98 - JT	37.71	4	814
	Megan	Erasmus	G	15	98 - JT*	35.51	3	776
	Dene	Gerber	G	15	9 - HJ	1.50	8	570
	Dene	Gerber	G	15	9 - HJ*	1.50	4	570
	Luka	Keun	G	15	107 - TJ	10.09	4	609
	Lesedi	Khunou	G	15	29 - DT	44.08	1	954
	Lesedi	Khunou	G	15	159 - SP	13.39	3	922
	Charne	Kok	G	15	113 - 300mH	43.64	1	927
	Charne	Kok	G	15	113 - 300mH*	44.91	1	897
	Tanche	Labuschagne	G	15	71 - LJ	5.32	2	741
	Cassidy	Lacy	G	15	13 - 100m	12.39	2	837
	Cassidy	Lacy	G	15	99 - 200m*	25.96	4	817
	Cassidy	Lacy	G	15	99 - 200m*	26.06	4	811
	Cassidy	Lacy	G	15	13 - 100m*	12.45	1	789
	Cassidy	Lacy	G	15	13 - 100m*	12.44	1	789
	Lethabo	Maifadi	G	15	107 - TJ	9.77	7	550
	Ayanda	Mkhize	G	15	4 - 5000mW	30:49.54	1	858
	Letlhoaonolo	Motshwari	G	15	4 - 5000mW	32:26.60	3	836
	Anja	Nel	G	15	40 - 90mH	13.11	1	945
	Anja	Nel	G	15	113 - 300mH	43.76	2	924
	Anja	Nel	G	15	113 - 300mH*	44.35	2	911
	Anja	Nel	G	15	40 - 90mH*	13.42	1	892
	Petri	Nienaber	G	15	23 - 400m*	1:02.88	3	742
	Linamarie	Nothnagel	G	15	99 - 200m*	26.35	3	794
	Linamarie	Nothnagel	G	15	99 - 200m*	26.43	4	789
	Linamarie	Nothnagel	G	15	99 - 200m	26.58	7	767
	Lara	Scholtz	G	15	23 - 400m*	1:01.59	6	768
	Koketso	Tshonti	G	15	4 - 5000mW	32:23.88	2	837
	Mckayla	Van d westhuizen	G	15	98 - JT	43.78	1	905

**Team report for Tshwane South (D4) Page 6**

No	Name	Surname	Gen	Age	Event	Result	Plc	ASA
	Mckayla	Van d westhuizen	G	15	98 - JT*	38.41	1	825
	Dineke	Van der merwe	G	15	9 - HJ	1.55	6	630
	Dineke	Van der merwe	G	15	9 - HJ*	1.50	4	570
	Heike	van Rooyen	G	15	13 - 100m*	12.29	2	816
	Heike	van Rooyen	G	15	13 - 100m	12.55	3	814
	Heike	van Rooyen	G	15	13 - 100m*	12.47	3	789
	Carla	van Wyk	G	15	124 - 800m	2:12.89	2	831
	Carla	van Wyk	G	15	124 - 800m*	2:25.04	2	713
	Michael	Coetzee	M	19	26 - SP	16.40	1	819
	Tristan	Dean	M	19	20 - 100m	10.86	3	823
	Tristan	Dean	M	19	20 - 100m*	10.98	1	751
	Tristan	Dean	M	19	20 - 100m*	11.09	1	733
	Gerdus	Du Plessis	M	19	119 - 400mH	52.54	1	857
	Gerdus	Du Plessis	M	19	119 - 400mH*	53.53	1	820
	Matthew	Forester	M	19	60 - 3000mSc	9:39.88	4	914
	Joshua	Gouws	M	19	111 - 200m*	21.21	1	893
	Joshua	Gouws	M	19	111 - 200m*	21.79	1	835
	Joshua	Gouws	M	19	111 - 200m	21.58	1	831
	Edrich	Grieb	M	19	50 - HJ*	1.80	4	550
	Dian	janse van vuuren	M	19	46 - 110mH	14.72	3	860
	Dian	janse van vuuren	M	19	46 - 110mH*	14.84	2	826
	Jaques	Kleynhans	M	19	17 - JT	60.74	1	666
	Jaques	Kleynhans	M	19	17 - JT*	56.57	1	574
	Travis	Koekemoer	M	19	60 - 3000mSc	9:38.00	3	916
	Phatu	Maswanganyi	M	19	20 - 100m	10.34	1	945
	Phatu	Maswanganyi	M	19	5 - LJ	7.41	1	864
	Phatu	Maswanganyi	M	19	20 - 100m*	10.65	1	807
	Phatu	Maswanganyi	M	19	20 - 100m*	10.91	1	751
	Enrique	Moffit	M	19	50 - HJ*	1.80	4	550
	Lutendo	Netshayia	M	19	5 - LJ	6.88	7	717
	Elliel	Ngandu	M	19	95 - TJ	13.49	6	589
	Sbusiso	Nhlapho	M	19	31 - 400m*	49.32	2	786
	Sbusiso	Nhlapho	M	19	132 - 800m	1:52.76	2	781
	Sbusiso	Nhlapho	M	19	31 - 400m	49.60	5	779
	Sbusiso	Nhlapho	M	19	132 - 800m*	1:58.41	4	657
	Tshegofhtso	Nwangu	M	19	132 - 800m	1:52.35	1	792
	Tshegofhtso	Nwangu	M	19	12 - 1500m*	4:07.74	1	777
	Tshegofhtso	Nwangu	M	19	12 - 1500m	4:09.65	1	764
	Tshegofhtso	Nwangu	M	19	132 - 800m*	1:58.73	2	651
	Shrey	Pounen	M	19	26 - SP	9.37	17	305



**Team report for Tshwane South (D4) Page 7**

No	Name	Surname	Gen	Age	Event	Result	Ptc	ASA
	Wilhelm	Schoeman	M	19	95 - TJ	13.08	8	533
	Tumelo	Sikhosana	M	19	168 - 5000m	16:30.40	11	740
	Zungu	Skonokuhle	M	19	2 - 10kmW	1:00:24.90	4	763
	Ivan	Smit	M	19	31 - 400m*	49.64	1	776
	Ivan	Smit	M	19	31 - 400m	50.20	6	759
	Deon	Smith	M	19	104 - DT	29.75	6	386
	Rickus	van Niekerk	M	19	168 - 5000m	15:17.27	3	829
	Rickus	van Niekerk	M	19	12 - 1500m*	4:14.87	4	733
	Rickus	van Niekerk	M	19	12 - 1500m	4:17.01	5	720
	Zander	von Stade	M	19	111 - 200m*	22.19	1	799
	Jade	Coetzer	W	19	37 - LJ	4.77	12	389
	Savannah	Combrink	W	19	108 - JT	45.84	1	839
	Sisanda	Dumisa	W	19	167 - 5000m	18:20.88	3	803
	Sisanda	Dumisa	W	19	11 - 1500m	4:55.80	3	703
	Sisanda	Dumisa	W	19	11 - 1500m*	5:24.89	2	596
	Nataly	Hanekom	W	19	19 - 100m	12.31	4	797
	Nataly	Hanekom	W	19	19 - 100m*	12.59	1	731
	Anita	Hellberg	W	19	97 - HJ	1.55	5	540
	Anita	Hellberg	W	19	97 - HJ*	1.50	4	482
	Charmari	Kotze	W	19	30 - 400m	57.60	4	819
	Charmari	Kotze	W	19	30 - 400m*	58.21	1	802
	Jane	Kruger	W	19	72 - DT	29.94	9	728
	Karabo	Legodi	W	19	19 - 100m	12.46	5	777
	Karabo	Legodi	W	19	19 - 100m*	12.45	3	742
	Marzaan	Loots	W	19	117 - 400mH	1:01.10	1	890
	Marzaan	Loots	W	19	117 - 400mH*	1:04.04	1	841
	Michelle	Mofomme	W	19	103 - 200m	24.63	1	834
	Michelle	Mofomme	W	19	103 - 200m*	24.87	1	821
	Ramathikith	Mufunwa	W	19	37 - LJ	4.43	16	267
	Tasmin	Reichert	W	19	108 - JT	26.99	11	526
	Lyndi	Roelofse	W	19	11 - 1500m	4:34.95	1	799
	Lyndi	Roelofse	W	19	167 - 5000m	18:39.75	4	788
	Amber	Ryners	W	19	167 - 5000m	18:48.43	5	782
	Amber	Ryners	W	19	19 - 100m*	12.71	1	708
	Nothando	Sithole	W	19	1 - 10kmW	68:18:56.3 0	1	0
	Danika	Strydom	W	19	117 - 400mH	1:03.66	2	845
	Danika	Strydom	W	19	44 - 100mH	15.38	2	825
	Danika	Strydom	W	19	44 - 100mH*	15.39	2	808
	Danika	Strydom	W	19	117 - 400mH*	1:08.46	1	774
	Nicola	Theron	W	19	127 - SP	11.69	2	893

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No	Name	Surname	Gen	Age	Event	Result	Plc	ASA
	Nicola	Theron	W	19	72 - DT	39.83	1	882
	Esmarie	van der Merwe	W	19	103 - 200m*	25.99	1	771
	Esmarie	van der Merwe	W	19	103 - 200m	26.29	5	741
	Jana	van der merwe	W	19	131 - 800m	2:16.31	3	794
	Jana	van der merwe	W	19	131 - 800m*	2:27.38	2	693
	Mathabo	Veldman	W	19	30 - 400m	56.00	2	860
	Mathabo	Veldman	W	19	30 - 400m*	58.80	2	791
	Caitlin	Whytock	W	19	44 - 100mH	16.02	4	782
	Caitlin	Whytock	W	19	44 - 100mH*	15.92	1	773

Medals (excluding relays) - Gold: 34 Silver: 36 Bronze: 28