



Gauteng Secondary Schools – Ruimsig – 6 and 7 March 2020

Team report for Tshwane West (D15)



Events marked with * were heats.

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Pic	APE
	Peace	Adedokun	B	17	121 - TJ	13.59	3	737
	Ryan	Cilliers	B	17	27 - JT	60.74	3	812
	Ryan	Cilliers	B	17	27 - JT*	59.39	2	791
	Sean	Mabunda	B	17	118 - 400mH*	1:05.62	4	510
	Siyabonga	Mahlangu	B	17	45 - 110mH*	15.40	6	764
	Kgotso	Makama	B	17	102 - 200m	22.10	5	814
	Kgotso	Makama	B	17	102 - 200m*	22.38	2	789
	Kgotso	Makama	B	17	102 - 200m*	22.49	1	780
	Kgalaletso	Mampuru	B	17	21 - LJ	6.36	13	712
	Luju	Maseko	B	17	130 - 800m*	2:08.70	10	537
	Sandiso	Matu	B	17	28 - 400m*	54.59	7	694
	Segopotso	Mmusi	B	17	45 - 110mH*	16.58	6	679
	Karabo	Selebano	B	17	47 - 2000mSc	6:52.00	4	856
	Karabo	Selebano	B	17	160 - 3000m	9:37.28	10	785
	Collen	Baloyi	B	15	14 - 100m*	12.29	7	611
	Motlhaswa	Boikanyo	B	15	33 - 1500m*	4:50.84	7	632
	Trystan	Davel	B	15	42 - 100mH*	15.85	7	665
	Guillaume	Du Toit	B	15	14 - 100m*	12.15	7	624
	Kyle	Engelbrecht	B	15	22 - HJ	1.84	4	803
	Kyle	Engelbrecht	B	15	22 - HJ*	1.70	3	651
	Omphile	Khoza	B	15	114 - 300mH*	40.91	3	739
	Omphile	Khoza	B	15	114 - 300mH	41.77	7	699
	Kutlwano	Molekane	B	15	24 - 400m*	56.63	7	666
	Kutlwano	Molekane	B	15	114 - 300mH*	45.84	7	543
	Molemo	Mothelo	B	15	125 - 800m*	2:12.25	7	526
	Gift	Msiza	B	15	24 - 400m*	57.27	5	651
	Nicolas	Ngobeni	B	15	7 - JT*	30.33	10	260
	Stephan	Steyn	B	15	125 - 800m*	2:17.23	7	455
	Stephan	Van Wyk	B	15	33 - 1500m*	4:47.38	10	648
	Zain	Vorster	B	15	52 - SP	14.51	8	816
	Lonique	Beets	G	17	18 - HT	25.74	4	643
	Chrissie	De Beer	G	17	73 - SP	12.56	8	840
	Chrissie	De Beer	G	17	141 - JT	34.60	7	717
	Danica	Grobler	G	17	115 - 400mH*	1:27.49	4	610
	Saentone	Louw	G	17	25 - 400m*	58.51	2	869
	Tshegofatso	Maake	G	17	140 - TJ	10.96	5	716
	Keneilwe	Masango	G	17	34 - 1500m*	5:55.00	11	552
	Boikago	Mothelo	G	17	129 - 800m*	2:57.93	13	546
	Ofentse	Segole	G	17	101 - 200m*	27.27	5	761
	Ofentse	Segole	G	17	101 - 200m*	27.46	6	751



Team report for Tshwane West (D15) Page 2

No	Name	Surname	Gen	Age	Event	Result	Plc	APE
	Ofentse	Segole	G	17	15 - 100m*	13.57	7	697
	Cindy	De Koker	G	15	124 - 800m*	2:27.29	6	785
	Cindy	De Koker	G	15	32 - 1500m*	5:15.00	9	703
	Nelmari	Driescher	G	15	23 - 400m*	1:10.60	7	650
	Lesedi	Lodi	G	15	40 - 90mH*	17.42	7	644
	Fortunate	Mahlaba	G	15	112 - 3000m	11:59.76	16	772
	Lufhuno	Makhuvha	G	15	112 - 3000m	11:37.02	13	799
	Charmaine	Mashagoane	G	15	99 - 200m*	29.39	6	682
	P	Motaung	G	15	98 - JT*	18.78	7	400
	Neo	Motiang	G	15	124 - 800m*	2:59.03	5	555
	Kelebogile	Mtshweni	G	15	71 - LJ	4.95	8	644
	Tiisetso	Segoale	G	15	23 - 400m*	1:07.72	5	696
	Naude	Sunele	G	15	13 - 100m*	13.68	6	707
	Edie	Van Zyl	G	15	18 - HT	25.65	1	649
	Mpho	Dibakwana	M	19	31 - 400m*	56.94	4	612
	Akhona	Hlophe	M	19	20 - 100m*	10.97	4	749
	Akhona	Hlophe	M	19	31 - 400m*	53.30	5	708
	Akhona	Hlophe	M	19	20 - 100m*	11.39	5	682
	Onthatile	Kgatle	M	19	111 - 200m*	23.38	5	686
	Onthatile	Kgatle	M	19	111 - 200m*	24.15	3	633
	Lefa	Komane	M	19	12 - 1500m*	4:32.43	7	663
	Paballo	Lebello	M	19	168 - 5000m	16:46.26	11	781
	Dylan	Mcmaster	M	19	132 - 800m	1:59.99	8	642
	Dylan	Mcmaster	M	19	132 - 800m*	2:03.62	4	577
	Katlego	Mohale	M	19	111 - 200m*	23.08	3	707
	Katlego	Mohale	M	19	111 - 200m*	23.33	4	686
	Lefa	Molotlhanyi	M	19	20 - 100m*	11.69	8	637
	Koketso	Ntuli	M	19	12 - 1500m*	4:35.90	11	645
	Amore	Brazer	W	19	30 - 400m	57.60	5	875
	Amore	Brazer	W	19	30 - 400m*	59.84	3	817
	Amore	Brazer	W	19	131 - 800m	2:29.67	7	734
	Amore	Brazer	W	19	131 - 800m*	2:30.88	3	724
	Masego	Mabetwa	W	19	44 - 100mH*	21.70	6	514
	Karabo	Mailola	W	19	167 - 5000m	21:35.22	7	710
	Karabo	Mailola	W	19	11 - 1500m	5:16.00	9	673
	Karabo	Mailola	W	19	131 - 800m*	2:40.52	5	650
	Karabo	Mailola	W	19	11 - 1500m*	5:25.94	2	637
	Dineo	Masike	W	19	19 - 100m*	13.43	8	687
	Dineo	Masike	W	19	19 - 100m*	13.81	5	648
	Lerato	Mhlongo	W	19	127 - SP	7.31	14	635



Team report for Tshwane West (D15) Page 3

No	Name	Surname	Gen	Age	Event	Result	Plc	APE
	Letsholo	Moema	W	19	30 - 400m*	1:07.48	5	668
	Thibela	Molemo	W	19	19 - 100m*	13.92	8	638
	Amberlee	Sutherland	W	19	127 - SP	8.70	8	712
	Amberlee	Sutherland	W	19	108 - JT	30.52	8	643

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