



Gauteng Secondary Schools – Ruimsig – 6 and 7 March 2020

Team report for Tshwane South (D4)



Events marked with * were heats.

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Ptc	APE
	Jurem	Banque	B	17	45 - 110mH	13.77	1	919
	Jurem	Banque	B	17	45 - 110mH*	13.89	1	905
	Carlo	Brink	B	17	139 - DT	53.93	2	904
	Carlo	Brink	B	17	10 - SP	16.22	4	882
	Danie	Cornellisen	B	17	47 - 2000mSc	6:34.40	2	914
	JC	Farmer	B	17	35 - 1500m	4:08.61	4	837
	JC	Farmer	B	17	35 - 1500m*	4:15.35	2	791
	Botha	Jean	B	17	139 - DT	55.05	1	918
	Phalatsi	Lebelo	B	17	160 - 3000m	9:28.58	8	804
	Marcel	Loots	B	17	28 - 400m*	49.12	2	871
	Marcel	Loots	B	17	118 - 400mH	54.07	3	865
	Marcel	Loots	B	17	28 - 400m	49.62	3	851
	Marcel	Loots	B	17	118 - 400mH*	55.74	1	796
	Mbhoni	Mabunda	B	17	16 - 100m*	10.36	1	907
	Mbhoni	Mabunda	B	17	16 - 100m	10.47	1	883
	Mbhoni	Mabunda	B	17	16 - 100m*	10.78	1	818
	Andy	Munniik	B	17	130 - 800m*	2:07.46	9	557
	Lungela	Nkunkuna	B	17	47 - 2000mSc	7:31.58	12	749
	Ofentse	Ntsara	B	17	21 - LJ	6.53	10	763
	Ofentse	Ntsara	B	17	121 - TJ	13.71	2	754
	Ruan	Oosthuizen	B	17	118 - 400mH	53.66	2	884
	Ruan	Oosthuizen	B	17	118 - 400mH*	55.55	1	803
	Duncan	Robertson	B	17	45 - 110mH*	14.11	3	881
	Duncan	Robertson	B	17	45 - 110mH	14.41	6	851
	Duncan	Robertson	B	17	27 - JT	61.92	1	830
	Duncan	Robertson	B	17	27 - JT*	60.32	1	806
	Aiden	Smit	B	17	10 - SP	18.53	1	983
	MJ	Smit	B	17	70 - HJ*	1.85	1	725
	Dwayne	Smith	B	17	16 - 100m	10.54	2	860
	Dwayne	Smith	B	17	16 - 100m*	10.92	3	780
	Dwayne	Smith	B	17	16 - 100m*	11.09	2	761
	Volker	Steyn	B	17	27 - JT	61.35	2	821
	Volker	Steyn	B	17	27 - JT*	58.00	1	770
	Christian	Truter	B	17	130 - 800m	1:58.59	4	721
	Christian	Truter	B	17	130 - 800m*	2:02.26	5	648
	Johan	van Vuuren	B	17	35 - 1500m*	4:15.15	4	792
	Johan	van Vuuren	B	17	35 - 1500m	4:16.41	8	784
	Divan	Vlok	B	17	28 - 400m	48.56	1	895
	Divan	Vlok	B	17	28 - 400m*	49.92	1	840
	Mihlali	Xotyeni	B	17	102 - 200m*	21.57	1	861



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No	Name	Surname	Gen	Age	Event	Result	Ptc	APE
	Mihlali	Xotyeni	B	17	102 - 200m	21.64	1	851
	Mihlali	Xotyeni	B	17	102 - 200m*	22.23	1	797
	Lando	Ahlume	B	15	3 - 5000mW	29:12.12	3	825
	Mabote	Bokang	B	15	133 - 3000m	9:58.61	7	767
	Sefan	Brits	B	15	42 - 100mH*	14.10	2	802
	Sefan	Brits	B	15	42 - 100mH	14.16	6	796
	Sefan	Brits	B	15	114 - 300mH*	40.96	4	737
	Sefan	Brits	B	15	114 - 300mH	41.32	6	720
	Heinrich	Cloete	B	15	106 - LJ	5.91	7	690
	Ethan	Coetzee	B	15	106 - LJ	6.05	4	735
	Ethan	Coetzee	B	15	38 - TJ	12.47	5	652
	Carlos	De Freitas	B	15	47 - 1500mSc	5:01.73	6	844
	Alex	Gouws	B	15	22 - HJ	1.79	7	749
	Alex	Gouws	B	15	22 - HJ*	1.70	1	651
	Rolandt	Grosskopf	B	15	100 - 200m*	23.38	2	743
	Rolandt	Grosskopf	B	15	100 - 200m	23.45	5	736
	Rolandt	Grosskopf	B	15	100 - 200m*	23.94	2	700
	Owen	Herbst	B	15	52 - SP	17.50	2	948
	Wihan	Kemp	B	15	42 - 100mH	12.93	1	926
	Wihan	Kemp	B	15	42 - 100mH*	13.04	1	912
	Wihan	Kemp	B	15	114 - 300mH	38.52	1	870
	Wihan	Kemp	B	15	114 - 300mH*	39.33	1	821
	Hanru	Koch	B	15	47 - 1500mSc	5:02.91	7	840
	Henco	Lamberts	B	15	52 - SP	16.47	3	903
	Kea	Mogaswa	B	15	14 - 100m*	11.56	2	713
	Kea	Mogaswa	B	15	14 - 100m*	11.54	1	713
	Kea	Mogaswa	B	15	100 - 200m*	23.91	5	700
	Kea	Mogaswa	B	15	100 - 200m*	24.09	7	693
	Kea	Mogaswa	B	15	14 - 100m	11.80	7	682
	Segwatlha	Morapeleng	B	15	133 - 3000m	10:30.77	10	706
	Karabelo	Motlabedi	B	15	33 - 1500m	4:11.25	2	857
	Karabelo	Motlabedi	B	15	33 - 1500m*	4:18.08	1	810
	Karabelo	Motlabedi	B	15	125 - 800m*	2:06.05	1	628
	Fumani	Ndala	B	15	22 - HJ	1.79	6	749
	Fumani	Ndala	B	15	22 - HJ*	1.70	4	651
	Bradley	Nkoana	B	15	14 - 100m*	10.79	1	861
	Bradley	Nkoana	B	15	14 - 100m	10.71	1	861
	Bradley	Nkoana	B	15	14 - 100m*	10.83	1	840
	Mncibi	Olwethu	B	15	3 - 5000mW	28:29.19	1	840
	Juandre	Pienaar	B	15	7 - JT	62.71	1	830



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No	Name	Surname	Gen	Age	Event	Result	Plc	APE
	Juandre	Pienaar	B	15	7 - JT*	60.76	1	801
	Andre	Pieters	B	15	33 - 1500m	4:21.58	4	787
	Andre	Pieters	B	15	33 - 1500m*	4:38.99	3	689
	Andre	Pieters	B	15	125 - 800m*	2:11.90	5	531
	Andre	Pieters	B	15	125 - 800m	2:18.11	10	443
	Hanru	Potgieter	B	15	96 - DT	51.59	3	859
	Cassie	Prinsloo	B	15	24 - 400m	51.40	6	823
	Cassie	Prinsloo	B	15	24 - 400m*	52.54	2	783
	Marco	Roos	B	15	47 - 1500mSc	4:53.11	4	882
	Dieter	Schubart	B	15	96 - DT	55.30	2	903
	Hilton	Thomas	B	15	24 - 400m	50.60	2	852
	Hilton	Thomas	B	15	24 - 400m*	50.92	1	838
	Divan	van Rooyen	B	15	47 - 1500mSc	5:08.48	8	818
	Ulrich	van Tonder	B	15	7 - JT*	57.17	1	747
	Ulrich	van Tonder	B	15	7 - JT	54.99	2	713
	Nachelle	Beetge	G	17	115 - 400mH	1:02.84	4	916
	Nachelle	Beetge	G	17	115 - 400mH*	1:03.54	1	903
	Rita	Bisschoff	G	17	36 - HJ	1.65	2	792
	Rita	Bisschoff	G	17	36 - HJ*	1.54	4	660
	Cyla	Botha	G	17	129 - 800m	2:14.33	1	900
	Cyla	Botha	G	17	129 - 800m*	2:25.91	2	776
	Caelin	Coetzee	G	17	36 - HJ	1.55	8	672
	Caelin	Coetzee	G	17	36 - HJ*	1.54	3	660
	Mila	Compaan	G	17	101 - 200m	24.54	2	930
	Mila	Compaan	G	17	41 - 100mH	13.79	1	916
	Mila	Compaan	G	17	41 - 100mH*	13.95	1	902
	Mila	Compaan	G	17	101 - 200m*	25.07	2	894
	Mila	Compaan	G	17	101 - 200m*	25.80	1	847
	Leonie	De Souza Rossouw	G	17	8 - DT	40.13	5	897
	Danita	Dunwoodie	G	17	158 - 3000m	10:53.85	5	841
	Danita	Dunwoodie	G	17	34 - 1500m	4:53.47	5	774
	Danita	Dunwoodie	G	17	34 - 1500m*	5:08.20	4	710
	Chandre	Esterhuize	G	17	18 - HT	44.07	1	855
	Lesedi	Khunou	G	17	8 - DT	44.92	1	967
	Chane	Kok	G	17	41 - 100mH	13.98	2	900
	Chane	Kok	G	17	41 - 100mH*	14.18	1	882
	Chanelle	Kok	G	17	115 - 400mH	1:01.83	1	936
	Chanelle	Kok	G	17	115 - 400mH*	1:02.97	1	914
	Chanelle	Kruger	G	17	47 - 2000mSc	7:31.15	1	826
	Izelle	Kruger	G	17	25 - 400m*	1:00.22	4	827



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No	Name	Surname	Gen	Age	Event	Result	Plc	APE
	Izelle	Kruger	G	17	25 - 400m	1:02.30	6	783
	Cassidy	Lacy	G	17	15 - 100m*	12.27	2	855
	Andile	Mabuza	G	17	15 - 100m	12.19	3	870
	Andile	Mabuza	G	17	15 - 100m*	12.28	3	855
	Andile	Mabuza	G	17	15 - 100m*	12.27	1	855
	Ayanda	Mkhize	G	17	92 - 5000mW	30:06.20	2	865
	Zubelihle	Mkhize	G	17	92 - 5000mW	31:07.45	3	851
	Nadia	Potgieter	G	17	34 - 1500m	4:40.96	1	836
	Nadia	Potgieter	G	17	34 - 1500m*	4:59.37	1	747
	Delaney	Riekert	G	17	25 - 400m	57.53	1	896
	Delaney	Riekert	G	17	25 - 400m*	58.16	1	880
	Amogelang	Tshabalala	G	17	158 - 3000m	10:31.28	3	874
	Mickyla	van der Westhuizen	G	17	141 - JT	49.10	1	920
	Emma	van Rooyen	G	17	141 - JT	39.40	5	797
	Cara	Venter	G	17	140 - TJ	11.76	2	855
	Nicol	Visser	G	17	47 - 2000mSc	8:48.76	9	705
	Nicol	Visser	G	17	47 - 2000mSc	8:48.76	9	705
	Nicol	Visser	G	17	47 - 2000mSc	8:48.76	9	705
	Kyla	Vlok	G	17	101 - 200m*	25.70	2	854
	Kyla	Vlok	G	17	101 - 200m*	26.01	1	829
	Kyla	Vlok	G	17	101 - 200m	26.60	6	799
	Bianca	Bezuidenhoudt	G	15	9 - HJ	1.59	5	777
	Bianca	Bezuidenhoudt	G	15	9 - HJ*	1.55	4	727
	Erasel	Boer	G	15	40 - 90mH	13.07	2	938
	Erasel	Boer	G	15	40 - 90mH*	13.16	1	929
	Charissa	Botha	G	15	124 - 800m	2:17.58	5	887
	Charissa	Botha	G	15	124 - 800m*	2:25.07	2	806
	Timeke Jade	Coetzee	G	15	71 - LJ	5.64	1	900
	Li-marie	Dekker	G	15	112 - 3000m	10:07.70	2	929
	Zylie Marie	Du Toit	G	15	40 - 90mH	12.69	1	977
	Zylie Marie	Du Toit	G	15	40 - 90mH*	12.93	1	952
	Klarissa	Engelbrecht	G	15	124 - 800m	2:17.65	6	886
	Klarissa	Engelbrecht	G	15	124 - 800m*	2:20.72	2	851
	Megan	Erasmus	G	15	98 - JT	35.91	4	761
	Megan	Erasmus	G	15	98 - JT*	33.75	1	723
	Vivwe	Jingqi	G	15	99 - 200m	24.16	1	992
	Vivwe	Jingqi	G	15	23 - 400m	55.69	1	979
	Vivwe	Jingqi	G	15	23 - 400m*	56.23	1	959
	Vivwe	Jingqi	G	15	99 - 200m*	24.78	1	944
	Vivwe	Jingqi	G	15	99 - 200m*	24.73	1	944



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No	Name	Surname	Gen	Age	Event	Result	Plc	APE
	Christine	Knoesen	G	15	47 - 1500mSc	5:31.73	4	841
	Jaime	Matfield	G	15	9 - HJ	1.59	3	777
	Jaime	Matfield	G	15	9 - HJ*	1.55	2	727
	Neo Angela	Mofekeng	G	15	4 - 5000mW	36:56.97	4	785
	Letlhogonola	Motshinei	G	15	4 - 5000mW	30:43.63	1	859
	Letlhogonola	Motshinei	G	15	4 - 5000mW	30:43.63	1	859
	Jean Marie	Riekert	G	15	113 - 300mH	43.87	5	918
	Jean Marie	Riekert	G	15	113 - 300mH*	45.06	2	887
	Coleen	Scheepers	G	15	23 - 400m	56.46	3	953
	Coleen	Scheepers	G	15	23 - 400m*	56.86	1	941
	Coleen	Scheepers	G	15	99 - 200m*	27.15	4	789
	Liane	Smit	G	15	112 - 3000m	10:24.59	4	900
	Liane	Smit	G	15	32 - 1500m	4:46.37	4	831
	Liane	Smit	G	15	32 - 1500m*	5:10.00	4	723
	Mia	Uys	G	15	107 - TJ	11.52	1	923
	Cellonika	van den Berg	G	15	29 - DT	40.50	1	936
	Cellonika	van den Berg	G	15	159 - SP	12.66	4	870
	Chantelle	van Niekerk	G	15	47 - 1500mSc	5:40.54	5	819
	Marle	Venter	G	15	29 - DT	32.67	4	813
	Stefanie	Verskoo	G	15	32 - 1500m	4:59.71	8	767
	Stefanie	Verskoo	G	15	32 - 1500m*	5:10.00	4	723
	Savannah	Visser	G	15	159 - SP	14.43	2	937
	Savannah	Visser	G	15	98 - JT	44.65	1	902
	Savannah	Visser	G	15	98 - JT*	38.90	2	812
	Anika	Williams	G	15	113 - 300mH	43.24	3	936
	Anika	Williams	G	15	113 - 300mH*	44.04	2	914
	Ashley	Williams	G	15	13 - 100m*	12.00	2	931
	Ashley	Williams	G	15	13 - 100m*	12.78	2	812
	Ashley	Williams	G	15	13 - 100m	12.83	7	799
	Shandon	Botha	M	19	119 - 400mH	53.22	2	935
	Shandon	Botha	M	19	119 - 400mH*	54.24	1	886
	Dylan	Coetzee	M	19	46 - 110mH	14.32	3	876
	Dylan	Coetzee	M	19	46 - 110mH*	14.45	1	863
	Andre	Erasmus	M	19	31 - 400m	47.59	2	907
	Andre	Erasmus	M	19	31 - 400m*	50.43	2	795
	Steyl	Erasmus	M	19	119 - 400mH	53.49	3	921
	Steyl	Erasmus	M	19	119 - 400mH*	56.61	1	788
	Johan	Jacobs	M	19	154 - HT	42.44	2	787
	Elshammah	Kandoro	M	19	95 - TJ	13.67	6	689
	Elshammah	Kandoro	M	19	5 - LJ	6.52	7	674



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No	Name	Surname	Gen	Age	Event	Result	Ptc	APE
	Kgabo	Kgomo	M	19	95 - TJ	13.79	5	705
	Rebaone	Lekgoro	M	19	12 - 1500m*	4:27.06	6	690
	Bongani	Mgcina	M	19	132 - 800m	1:59.59	6	650
	Bongani	Mgcina	M	19	132 - 800m*	2:02.75	1	592
	Siybonga	Mokhothu	M	19	60 - 3000mSc	9:42.00	4	893
	Conrad	Mouton	M	19	17 - JT	60.09	1	802
	Conrad	Mouton	M	19	17 - JT*	54.02	1	707
	Itumeleng	Naxabaza	M	19	132 - 800m	1:58.92	5	663
	Itumeleng	Naxabaza	M	19	132 - 800m*	2:01.74	2	610
	Josua	Nel	M	19	17 - JT	56.93	2	753
	Josua	Nel	M	19	17 - JT*	53.31	2	696
	SW	Nel	M	19	46 - 110mH	14.27	2	881
	SW	Nel	M	19	46 - 110mH*	14.46	2	862
	Tanaka	Nzombe	M	19	50 - HJ	1.99	3	800
	Tanaka	Nzombe	M	19	50 - HJ*	1.85	6	660
	Armin	Pretorius	M	19	12 - 1500m	4:06.00	8	818
	Armin	Pretorius	M	19	12 - 1500m*	4:17.20	5	746
	Gino	Sapalo	M	19	20 - 100m*	10.98	2	749
	Gino	Sapalo	M	19	20 - 100m*	11.13	2	714
	Thato	Setshoho	M	19	60 - 3000mSc	9:46.00	8	889
	Gareth	Smith	M	19	168 - 5000m	16:29.83	9	801
	Jaco	Venter	M	19	20 - 100m	10.59	1	825
	Jaco	Venter	M	19	20 - 100m*	10.75	1	786
	Jaco	Venter	M	19	20 - 100m*	10.88	1	767
	Sbonokuhle	Zungu	M	19	2 - 10kmW	58:06.56	2	786
	Kirsti	Bell	W	19	61 - 3000mSc	11:22.41	1	857
	Janie	Blignaut	W	19	19 - 100m	12.03	1	859
	Janie	Blignaut	W	19	19 - 100m*	12.27	1	830
	Janie	Blignaut	W	19	19 - 100m*	12.53	1	790
	Karla	Burger	W	19	97 - HJ	1.55	5	630
	Elne	Conradie	W	19	131 - 800m	2:18.67	4	840
	Elne	Conradie	W	19	131 - 800m*	2:31.02	4	723
	Leshan	Curlewis	W	19	167 - 5000m	19:18.17	3	799
	Boudine	Degli Umberti	W	19	53 - HT	51.99	1	981
	Boudine	Degli Umberti	W	19	72 - DT	44.44	1	926
	Boudine	Degli Umberti	W	19	127 - SP	13.67	1	913
	Charlize	Eilard	W	19	44 - 100mH	14.33	1	888
	Charlize	Eilard	W	19	44 - 100mH*	14.44	1	878
	Liza	Honeyball	W	19	103 - 200m	26.27	5	796
	Liza	Honeyball	W	19	103 - 200m*	26.64	1	774



Team report for Tshwane South (D4) Page 7

No	Name	Surname	Gen	Age	Event	Result	Ptc	APE
	Liza	Honeyball	W	19	103 - 200m*	26.79	2	768
	Mariska	Jonker	W	19	19 - 100m*	12.46	1	803
	Mariska	Jonker	W	19	19 - 100m	12.50	3	803
	Mariska	Jonker	W	19	19 - 100m*	12.65	3	778
	Mishke	Jooste	W	19	30 - 400m	57.48	3	877
	Mishke	Jooste	W	19	30 - 400m*	58.20	1	859
	Zihle	Makamba	W	19	37 - LJ	5.62	1	717
	Amogelang	Msiza	W	19	11 - 1500m	5:17.00	10	669
	Amogelang	Msiza	W	19	11 - 1500m*	5:41.15	5	587
	Ine	Smit	W	19	108 - JT	43.08	2	854
	Nadia	Steynberg	W	19	131 - 800m	2:22.54	6	800
	Nadia	Steynberg	W	19	131 - 800m*	2:33.19	1	705
	Angelique	Strijdom	W	19	30 - 400m	57.20	2	886
	Angelique	Strijdom	W	19	30 - 400m*	58.59	1	849
	Isabel	van Niekerk	W	19	167 - 5000m	20:57.44	5	733
	Michelle	Visser	W	19	117 - 400mH	1:08.23	4	813
	Michelle	Visser	W	19	117 - 400mH*	1:10.24	2	785

Medals (excluding relays) - Gold: 39 Silver: 27 Bronze: 17