



Team report for Jhb North (D10)

Events marked with * were heats.

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc	APE
	Khanyisani	Dlamini	B	13	23 - 1500m*	5:11.08	9	569
	Johan	Jooste	B	13	60 - 800m*	2:33.86	12	429
	Ariel	Meij	B	13	56 - 200mH*	32.12	5	555
	Hanco	Mentz	B	13	60 - 800m	2:12.23	4	756
	Hanco	Mentz	B	13	60 - 800m*	2:16.98	2	667
	Kananelo	Mofokeng	B	13	41 - 200m*	26.01	4	679
	Kananelo	Mofokeng	B	13	80 - 100m*	12.66	6	646
	Kananelo	Mofokeng	B	13	41 - 200m*	26.68	8	641
	Kananelo	Mofokeng	B	13	80 - 100m*	13.07	5	595
	PG	Moolman	B	13	24 - 80mH*	12.02	5	828
	PG	Moolman	B	13	24 - 80mH*	12.15	3	813
	PG	Moolman	B	13	56 - 200mH*	29.14	5	722
	PG	Moolman	B	13	56 - 200mH	29.31	7	711
	PG	Moolman	B	13	56 - 200mH*	29.39	4	706
	Khotso	Motsamai	B	13	80 - 100m*	11.58	1	820
	Khotso	Motsamai	B	13	72 - LJ*	5.64	2	818
	Khotso	Motsamai	B	13	80 - 100m	11.78	3	783
	Khotso	Motsamai	B	13	72 - LJ	5.49	4	778
	Khotso	Motsamai	B	13	41 - 200m*	24.77	2	772
	Khotso	Motsamai	B	13	80 - 100m*	12.11	1	718
	Dieter	Swanepoel	B	13	29 - SP*	9.95	6	615
	Dian	Van Greunen	B	13	24 - 80mH*	12.74	7	754
	Dian	Van Greunen	B	13	24 - 80mH*	12.78	3	750
	Anton	Bazkho	B	12	16 - 1200m*	3:47.77	3	606
	Anton	Bazkho	B	12	16 - 1200m	3:52.21	6	576
	Francois	Du Toit	B	12	26 - 75mH*	11.63	1	874
	Stef	Greyson	B	12	19 - HJ	1.50	3	746
	Stef	Greyson	B	12	19 - HJ*	1.45	2	681
	Ndabezinhle	Motaung	B	12	78 - 100m*	13.99	6	526
	Thabo	Mphuthi	B	12	78 - 100m*	13.59	7	570
	Haniff	Phiri	B	12	43 - 150m*	20.64	5	572
	Adriaan	Reyneke	B	12	30 - JT	29.24	8	549
	Adriaan	Reyneke	B	12	30 - JT*	28.84	5	538
	Daniel	Steyn	B	12	51 - LJ*	4.65	4	647
	Frederick	Van Tonder	B	12	30 - JT	31.22	2	601
	Frederick	Van Tonder	B	12	30 - JT*	29.13	6	546
	Ruben	Van Wijk	B	12	58 - 150mH	21.09	2	914
	Ruben	Van Wijk	B	12	58 - 150mH*	21.10	2	913
	Ruben	Van Wijk	B	12	26 - 75mH	11.87	3	845
	Ruben	Van Wijk	B	12	26 - 75mH*	11.82	1	841



Team report for Jhb North (D10) Page 2

No	Name	Surname	Gen	Age	Event	Result	Plc	APE
	Ruben	Van Wijk	B	12	26 - 75mH*	11.92	1	839
	Ruben	Van Wijk	B	12	58 - 150mH*	22.32	1	783
	Ruben	Van Wijk	B	12	51 - LJ	4.92	6	727
	Ruben	Van Wijk	B	12	51 - LJ*	4.76	5	680
	Oresiametse	Van Wyk	B	12	43 - 150m*	19.02	3	701
	Oresiametse	Van Wyk	B	12	43 - 150m*	19.04	2	701
	Oresiametse	Van Wyk	B	12	16 - 1200m*	3:46.02	1	618
	Oresiametse	Van Wyk	B	12	43 - 150m	20.05	5	617
	Reuben	Voogt	B	12	58 - 150mH*	24.30	3	625
	Connor	Beavan	B	11	53 - SP*	10.84	5	767
	Liam	De Wet	B	11	9 - 1200m*	4:01.00	13	553
	Thomas	Du Plessis	B	11	33 - 70mH*	12.24	3	747
	Thomas	Du Plessis	B	11	33 - 70mH*	12.26	2	745
	Xelaveko	Mashene	B	11	45 - 80m*	11.23	7	592
	Blessing	Mncube	B	11	71 - 100m*	13.82	4	592
	Blessing	Mncube	B	11	71 - 100m*	14.18	3	559
	Bonang	Motsamai	B	11	27 - LJ*	4.41	3	692
	Jacques	Mouton	B	11	71 - 100m*	14.80	7	497
	Milan	Schutte	B	11	11 - HJ*	1.35	3	642
	Milan	Schutte	B	11	11 - HJ	1.35	5	642
	Nathan	Van Der Merwe	B	11	33 - 70mH	11.55	4	820
	Nathan	Van Der Merwe	B	11	33 - 70mH*	11.84	2	788
	Nathan	Van Der Merwe	B	11	33 - 70mH*	11.94	2	777
	Nathan	Van Der Merwe	B	11	45 - 80m*	10.63	2	690
	Nathan	Van Der Merwe	B	11	45 - 80m*	10.93	1	639
	Nathan	Van Der Merwe	B	11	45 - 80m	10.96	8	639
	Reinhardt	Van Jaarsveld	B	11	27 - LJ	4.69	4	781
	Reinhardt	Van Jaarsveld	B	11	27 - LJ*	4.51	4	724
	Christopher	Brits	B	10	1 - LJ	4.22	6	769
	Christopher	Brits	B	10	1 - LJ*	4.09	7	724
	Christopher	Brits	B	10	69 - 100m*	14.10	6	627
	Christopher	Brits	B	10	7 - 1200m*	3:59.46	1	603
	Christopher	Brits	B	10	7 - 1200m	3:59.40	1	603
	Kheseline	Chinazae	B	10	69 - 100m*	13.97	2	639
	Blake	Kleynhans	B	10	35 - 70mH*	14.06	6	689
	Oupa	Maphosa	B	10	7 - 1200m	3:59.23	2	604
	Oupa	Maphosa	B	10	7 - 1200m*	4:07.97	2	550
	Richard	Mfengwane	B	10	47 - 80m*	12.14	8	524
	Richard	Mfengwane	B	10	69 - 100m*	15.61	7	463
	Munachiso	Obiqsogu	B	10	47 - 80m*	11.74	8	578



Team report for Jhb North (D10) Page 3

No	Name	Surname	Gen	Age	Event	Result	Plc	APE
	Emile	Pretorius	B	10	35 - 70mH*	14.51	6	655
	Tandeda	Chijaka	B	9	67 - 80m*	11.46	4	696
	Tandeda	Chijaka	B	9	67 - 80m	11.42	4	696
	Tandeda	Chijaka	B	9	67 - 80m*	11.52	1	679
	Simphiwe	Ndlovu	B	9	67 - 80m*	11.44	3	696
	Simphiwe	Ndlovu	B	9	67 - 80m	11.45	5	696
	Simphiwe	Ndlovu	B	9	67 - 80m*	11.59	3	679
	Simphiwe	Ndlovu	B	9	49 - 60m*	8.72	5	666
	Simphiwe	Ndlovu	B	9	49 - 60m	8.82	6	644
	Simphiwe	Ndlovu	B	9	49 - 60m*	8.91	3	623
	Nicolas	Prinsloo	B	9	49 - 60m*	8.76	6	666
	Nicolas	Prinsloo	B	9	49 - 60m*	9.05	4	602
	Chante	Brough	G	13	25 - 75mH*	12.72	2	797
	Chante	Brough	G	13	25 - 75mH*	12.83	7	788
	Unarine	Dathi	G	13	81 - 1500mW	8:59.13	4	847
	Lenka	Du Toit	G	13	25 - 75mH	11.49	1	911
	Lenka	Du Toit	G	13	25 - 75mH*	11.62	1	897
	Lenka	Du Toit	G	13	50 - 200mH	29.01	1	890
	Lenka	Du Toit	G	13	25 - 75mH*	11.93	1	866
	Lenka	Du Toit	G	13	50 - 200mH*	29.66	1	864
	Lenka	Du Toit	G	13	79 - 100m*	12.88	1	861
	Lenka	Du Toit	G	13	50 - 200mH*	29.86	1	858
	Lenka	Du Toit	G	13	79 - 100m	13.01	1	834
	Lyla-Anne	Filmater	G	13	52 - HJ*	1.40	3	650
	Boipelo	Maroga	G	13	59 - 800m*	2:34.22	6	776
	Boipelo	Maroga	G	13	17 - 1500m*	5:18.82	6	732
	Mene	Mouton	G	13	40 - 200m*	26.12	1	909
	Mene	Mouton	G	13	40 - 200m	26.30	2	897
	Mene	Mouton	G	13	40 - 200m*	26.40	1	890
	Mene	Mouton	G	13	79 - 100m*	12.78	1	876
	Mene	Mouton	G	13	79 - 100m	13.03	2	834
	Mene	Mouton	G	13	79 - 100m*	13.13	1	821
	Chikaim	Ncaupa	G	13	40 - 200m	26.78	5	864
	Chikaim	Ncaupa	G	13	40 - 200m*	27.25	5	834
	Chikaim	Ncaupa	G	13	40 - 200m*	27.97	3	795
	Mila	Pearson	G	13	52 - HJ	1.64	1	967
	Mila	Pearson	G	13	52 - HJ*	1.40	2	650
	Yolande	Rabie	G	13	59 - 800m*	2:42.60	10	707
	Mia	Steyn	G	13	50 - 200mH	31.96	6	789
	Mia	Steyn	G	13	50 - 200mH*	33.03	1	758



Team report for Jhb North (D10) Page 4

No	Name	Surname	Gen	Age	Event	Result	Plc	APE
	Mia	Steyn	G	13	50 - 200mH*	33.13	4	755
	Isobelle	Vlok	G	13	14 - DT*	25.70	6	645
	Elmi	Wolf	G	13	17 - 1500m*	5:39.73	9	655
	Rachel	Dua	G	12	31 - 75mH*	13.45	5	774
	Leila	Ferreira	G	12	77 - 100m*	13.58	6	788
	Leila	Ferreira	G	12	77 - 100m*	13.90	3	753
	Lea	Futter	G	12	28 - HJ	1.40	5	723
	Lea	Futter	G	12	28 - HJ*	1.35	3	654
	Logan	Joubert	G	12	31 - 75mH*	12.55	4	847
	Logan	Joubert	G	12	31 - 75mH*	12.68	5	836
	Logan	Joubert	G	12	57 - 150mH*	24.28	5	795
	Logan	Joubert	G	12	57 - 150mH*	24.38	4	791
	Lianke	Kotze	G	12	15 - 1200m	4:13.75	11	767
	Lianke	Kotze	G	12	15 - 1200m*	4:14.62	5	762
	Ndzundzuluko	Makhuvele	G	12	42 - 150m*	21.49	4	715
	Lara	Nel	G	12	42 - 150m*	20.66	5	773
	Lara	Nel	G	12	42 - 150m*	20.72	5	765
	Lara	Nel	G	12	77 - 100m*	14.36	4	701
	Blanche	Pike-Stander	G	12	57 - 150mH*	25.63	5	744
	Christie	Tait	G	12	5 - DT*	27.44	5	681
	Christie	Tait	G	12	5 - DT	23.58	8	606
	Mia	Van Huyssteen	G	12	15 - 1200m	4:09.41	6	790
	Mia	Van Huyssteen	G	12	15 - 1200m*	4:14.51	8	763
	Annebelle	Botha	G	11	38 - SP	9.30	8	830
	Annebelle	Botha	G	11	38 - SP*	8.95	5	812
	Zelma	Fischer	G	11	8 - 1200m	4:04.20	3	857
	Zelma	Fischer	G	11	8 - 1200m*	4:08.82	3	828
	Kiara	Grealey	G	11	2 - HJ	1.43	1	900
	Mia	Inglethorpe	G	11	8 - 1200m	4:22.99	10	751
	Mia	Inglethorpe	G	11	8 - 1200m*	4:24.76	8	743
	Khensani	Motshaba	G	11	44 - 80m*	12.41	6	564
	Sasha	Mutasa	G	11	70 - 100m*	14.91	5	661
	Mia	Terblanche	G	11	32 - 70mH*	11.75	3	909
	Mia	Terblanche	G	11	32 - 70mH	11.81	3	903
	Mia	Terblanche	G	11	32 - 70mH*	12.55	4	832
	Mia	Terblanche	G	11	70 - 100m*	14.60	4	698
	Mia	Terblanche	G	11	44 - 80m*	11.54	6	674
	Jaime	Wilson	G	11	2 - HJ*	1.30	2	710
	Jaime	Wilson	G	11	18 - LJ*	4.27	4	697
	Gina	De Klerk	G	10	34 - 70mH*	15.31	5	675



Team report for Jhb North (D10) Page 5

No	Name	Surname	Gen	Age	Event	Result	Plc	APE
	Anathi	Gama	G	10	68 - 100m*	14.78	3	696
	Mahlatse	Maroga	G	10	6 - 1200m*	4:17.02	1	833
	Lethuthando	Mzamo	G	10	68 - 100m*	15.81	8	601
	Milaaika	Nel	G	10	63 - SP*	8.71	2	846
	Milaaika	Nel	G	10	63 - SP	8.63	3	841
	Anyia	Pretorius	G	10	34 - 70mH*	16.60	6	608
	Charlotte	Spangenberg	G	10	68 - 100m*	15.13	4	660
	Charlotte	Spangenberg	G	10	46 - 80m*	11.97	7	641
	Charlotte	Spangenberg	G	10	46 - 80m*	12.10	4	629
	Mianke	Spies	G	10	46 - 80m*	12.21	4	604
	Mieke	Van Der Merwe	G	10	10 - LJ	3.68	8	615
	Mieke	Van Der Merwe	G	10	10 - LJ*	3.65	8	600
	Sume	Baard	G	9	48 - 60m*	9.59	7	686
	Tameelia	Cloete	G	9	66 - 80m*	12.98	6	547
	Lehlohonolo	Mamaregane	G	9	48 - 60m*	9.68	6	668

Medals (excluding relays) - Gold: 6 Silver: 5 Bronze: 6