



Team report for Tshawne South (D4)

Events marked with * were heats.

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Veshal	Changlarain	B	17	102 - 200m*	22.96	3
	Veshal	Changlarain	B	17	102 - 200m*	22.92	5
	Handre	Coetzee	B	17	116 - HT	56.12	1
	Rico	Coetzer	B	17	160 - 3000m	9:06.57	2
	Ge-Raldo	Danster	B	17	45 - 110mH*	14.93	2
	Ge-Raldo	Danster	B	17	45 - 110mH	15.11	8
	Hanno	de Klerk	B	17	121 - TJ	14.28	1
	Hanno	de Klerk	B	17	21 - LJ	6.57	8
	Darius	Durie	B	17	27 - JT	48.76	8
	Darius	Durie	B	17	27 - JT*	46.39	7
	Déan	Fourie	B	17	47 - 2000mSc	6:21.72	1
	Onthatile	Galane	B	17	16 - 100m*	11.58	4
	Kanika	Jacy	B	17	28 - 400m*	55.53	6
	Ewan	Lourens	B	17	47 - 2000mSc	6:27.02	2
	Thebe	Mabote	B	17	47 - 2000mSc	7:06.89	10
	Jordan	Meyer	B	17	10 - SP	18.18	1
	Tshepang	Mokhali	B	17	130 - 800m	1:59.73	6
	Menzokuhle	Nyambi	B	17	118 - 400mH*	56.45	2
	Menzokuhle	Nyambi	B	17	118 - 400mH	56.91	5
	Francois	Scheepers	B	17	35 - 1500m	4:07.58	2
	Francois	Scheepers	B	17	35 - 1500m*	4:21.83	2
	Hannes	Stander	B	17	21 - LJ	6.57	7
	Hannes	Stander	B	17	121 - TJ	13.62	3
	Leon	Stoltz	B	17	47 - 2000mSc	6:29.86	4
	Ciano	Titus	B	17	35 - 1500m	4:15.16	4
	Ciano	Titus	B	17	35 - 1500m*	4:21.07	5
	Ciano	Titus	B	17	130 - 800m	1:59.83	7
	Ciano	Titus	B	17	130 - 800m*	2:02.47	5
	Tivani	Tshabalala	B	17	28 - 400m*	54.05	4
	Tshepang	Tshivula	B	17	160 - 3000m	9:12.16	3
	Amogelang	Tshoagong	B	17	16 - 100m	11.11	6
	Amogelang	Tshoagong	B	17	16 - 100m*	11.33	3
	Amogelang	Tshoagong	B	17	16 - 100m*	11.54	2
	Anton	van de Giessen	B	17	118 - 400mH	56.36	3
	Anton	van de Giessen	B	17	118 - 400mH*	57.68	2
	Willem Jacobus	van Wyk	B	17	70 - HJ	1.90	2
	Willem Jacobus	van Wyk	B	17	70 - HJ*	1.85	1
	Luan	Williams	B	17	45 - 110mH	13.94	1
	Luan	Williams	B	17	45 - 110mH*	14.37	1
	Hanno	Bester	B	15	33 - 1500m	4:06.89	2



Team report for Tshawne South (D4) Page 2

No	Name	Surname	Gen	Age	Event	Result	Plc
	Hanno	Bester	B	15	33 - 1500m*	4:24.00	4
	Luhardt	Blom	B	15	114 - 300mH*	43.73	4
	Luhardt	Blom	B	15	114 - 300mH	49.42	7
	Zander	Davel	B	15	14 - 100m*	11.32	3
	Zander	Davel	B	15	14 - 100m	11.36	4
	Zander	Davel	B	15	14 - 100m*	11.48	4
	Zander	Davel	B	15	100 - 200m*	23.53	1
	Zander	Davel	B	15	100 - 200m*	23.45	3
	Zander	Davel	B	15	100 - 200m	23.54	7
	Lohan	de Lange	B	15	7 - JT	53.27	3
	Lohan	de Lange	B	15	7 - JT*	52.05	2
	JJ	Ellis	B	15	106 - LJ	6.50	1
	JJ	Ellis	B	15	38 - TJ	12.32	1
	Joshua	Gerber	B	15	96 - DT	68.57	1
	Joshua	Gerber	B	15	52 - SP	16.83	2
	Ewan	Kielblock	B	15	33 - 1500m	4:11.44	3
	Ewan	Kielblock	B	15	33 - 1500m*	4:27.50	3
	Ruben	Krugel	B	15	114 - 300mH*	48.25	5
	Keletlilwe	Legotlo	B	15	3 - 5000mW	26:39.40	2
	Tsheetso	Lekgadimane	B	15	47 - 1500mSc	4:48.18	2
	Ruben	Louwrens	B	15	106 - LJ	6.16	3
	Ruben	Louwrens	B	15	38 - TJ	12.14	2
	Humble	Manzini	B	15	42 - 100mH	14.08	4
	Humble	Manzini	B	15	42 - 100mH*	14.11	2
	Olerato	Masiloane	B	15	125 - 800m	2:00.58	1
	Olerato	Masiloane	B	15	125 - 800m*	2:02.75	1
	Kgowedi	Mokghetwa	B	15	42 - 100mH*	14.55	3
	Kgowedi	Mokghetwa	B	15	42 - 100mH	14.64	7
	Itumeleng	Motlhajwa	B	15	125 - 800m	2:00.88	2
	Itumeleng	Motlhajwa	B	15	125 - 800m*	2:03.01	1
	Amogelang	Msiza	B	15	14 - 100m	11.03	2
	Amogelang	Msiza	B	15	14 - 100m*	11.17	2
	Amogelang	Msiza	B	15	14 - 100m*	11.31	1
	Bono	Neluheni	B	15	22 - HJ*	1.75	2
	Bono	Neluheni	B	15	22 - HJ	1.70	5
	Kgotso	Nkosi	B	15	3 - 5000mW	25:45.75	1
	O'neile	Nyoni	B	15	24 - 400m	53.08	4
	O'neile	Nyoni	B	15	24 - 400m*	53.94	2
	Conrad	Scheepers	B	15	47 - 1500mSc	4:55.86	4
	Conrad	Scheepers	B	15	133 - 3000m	9:50.34	5



Team report for Tshawne South (D4) Page 3

No	Name	Surname	Gen	Age	Event	Result	Plc
	Jandre	Schutte	B	15	7 - JT	57.13	1
	Jandre	Schutte	B	15	7 - JT*	54.00	1
	Michael	Shanzi	B	15	100 - 200m	23.09	3
	Michael	Shanzi	B	15	100 - 200m*	23.38	2
	Michael	Shanzi	B	15	100 - 200m*	23.26	1
	Ruan	Steyn	B	15	24 - 400m*	54.90	5
	Angel	Baloyi	G	17	129 - 800m	2:19.95	4
	Angel	Baloyi	G	17	129 - 800m*	2:23.78	5
	Chrystabel	Davis	G	17	15 - 100m	12.41	5
	Chrystabel	Davis	G	17	101 - 200m*	26.60	3
	Chrystabel	Davis	G	17	15 - 100m*	12.79	2
	Chrystabel	Davis	G	17	15 - 100m*	12.89	2
	Chrystabel	Davis	G	17	101 - 200m*	27.38	4
	Chrystabel	Davis	G	17	140 - TJ	10.78	4
	Kylie	de Jager	G	17	41 - 100mH*	15.61	4
	Kylie	de Jager	G	17	115 - 400mH*	1:16.14	3
	Heike	de Klerk	G	17	140 - TJ	11.46	2
	Luca	de Waal	G	17	158 - 3000m	10:23.32	1
	Luca	de Waal	G	17	34 - 1500m	4:35.68	1
	Debora	Grobbelaar	G	17	25 - 400m*	1:03.59	4
	Abigail	Grobler	G	17	141 - JT	37.40	3
	Lente	Groenewald	G	17	129 - 800m	2:21.41	6
	Lente	Groenewald	G	17	129 - 800m*	2:29.26	3
	Jeandre	Jacobs	G	17	73 - SP	15.00	3
	Jeandre	Jacobs	G	17	8 - DT	36.94	6
	Jeandre	Jacobs	G	17	18 - HT	43.19	5
	Merle	Janse van Rensburg	G	17	8 - DT	40.56	5
	Elizma	le Roux	G	17	47 - 2000mSc	7:08.83	1
	Elizma	le Roux	G	17	34 - 1500m	4:42.09	5
	Zane	Loots	G	17	115 - 400mH	1:05.18	2
	Zane	Loots	G	17	115 - 400mH*	1:10.71	1
	Sisipho	Madlakuvana	G	17	25 - 400m*	1:01.02	4
	Jané	Male	G	17	47 - 2000mSc	8:10.64	5
	Ashlynn	Nel	G	17	73 - SP	14.96	4
	Paballo	Nkosi	G	17	92 - 5000mW	32:22.06	3
	Leruske	Rademeyer	G	17	51 - LJ	5.20	7
	Goitsewang	Raphashe	G	17	92 - 5000mW	28:53.44	1
	Luane	Smit	G	17	158 - 3000m	10:26.72	2
	Renkse	Smit	G	17	94 - PV	2.80	2
	Elzaan	van der Westhuizen	G	17	101 - 200m*	27.45	7



Team report for Tshawne South (D4) Page 4

No	Name	Surname	Gen	Age	Event	Result	Plc
	Elzaan	van der Westhuizen	G	17	101 - 200m*	27.63	4
	Gizelle	Alexander	G	15	23 - 400m*	1:03.26	2
	Addison	Beukes	G	15	98 - JT	35.35	5
	Addison	Beukes	G	15	98 - JT*	30.95	4
	Melandi	Bosman	G	15	23 - 400m*	1:03.55	5
	Maria	Botha	G	15	23 - 400m*	1:01.61	1
	Maria	Botha	G	15	23 - 400m	1:01.89	6
	Zuanique	Butler	G	15	99 - 200m*	27.01	3
	Zuanique	Butler	G	15	99 - 200m*	27.17	6
	Juane	Coetsee	G	15	18 - HT	27.50	5
	Teneal	Craven	G	15	110 - PV	120.60	2
	Diane	Dippenaar	G	15	13 - 100m*	12.99	4
	Diane	Dippenaar	G	15	13 - 100m*	13.06	5
	Mamelo	Hankana	G	15	32 - 1500m	4:50.68	2
	Mamelo	Hankana	G	15	32 - 1500m*	4:52.64	1
	Olga	Ivanov	G	15	107 - TJ	10.64	3
	Maylin	Kilian	G	15	9 - HJ*	1.50	2
	Zanta	Lourens	G	15	47 - 1500mSc	5:24.18	2
	Azariah	Madumo	G	15	124 - 800m	2:22.18	4
	Azariah	Madumo	G	15	124 - 800m*	2:25.67	4
	Khumo	Makinde	G	15	107 - TJ	9.73	7
	Kgotlelelo	Mametja	G	15	124 - 800m*	2:20.11	1
	Kgotlelelo	Mametja	G	15	124 - 800m	2:24.08	5
	Bokang	Manamela	G	15	4 - 5000mW	28:45.62	3
	Megan	Maree	G	15	40 - 90mH	13.18	3
	Megan	Maree	G	15	40 - 90mH*	13.40	1
	Letabo	Matibe	G	15	13 - 100m*	14.03	7
	Amy-Isabella	Nel	G	15	29 - DT	35.55	4
	Megan	Nieman	G	15	40 - 90mH	12.78	1
	Megan	Nieman	G	15	40 - 90mH*	12.83	1
	Megan	Nieman	G	15	113 - 300mH	43.89	1
	Megan	Nieman	G	15	113 - 300mH*	44.20	1
	Diphetogo	Semenya	G	15	32 - 1500m	4:50.41	1
	Diphetogo	Semenya	G	15	32 - 1500m*	4:54.92	1
	Elihle	Shezi	G	15	4 - 5000mW	29:10.51	4
	K	Simelano	G	15	112 - 3000m	12:56.91	12
	Gizelle	Smith	G	15	159 - SP	12.83	3
	Anneke	Steynberg	G	15	47 - 1500mSc	5:29.70	3
	Luné	Strydom	G	15	159 - SP	12.49	4
	Carmia	van den Berg	G	15	47 - 1500mSc	5:22.14	1



Team report for Tshawne South (D4) Page 5

No	Name	Surname	Gen	Age	Event	Result	Plc
	Daniel	Bamidele	M	19	31 - 400m*	54.04	3
	Reinhardt	Beyers	M	19	46 - 110mH	14.09	2
	Reinhardt	Beyers	M	19	46 - 110mH*	14.49	1
	Kyle	Blignaut	M	19	20 - 100m*	15.21	8
	Kutloane	Boshomane	M	19	31 - 400m*	53.85	6
	Marnu	Els	M	19	119 - 400mH	58.87	3
	Marnu	Els	M	19	119 - 400mH*	59.14	1
	Hiro	Keet	M	19	168 - 5000m	16:02.31	8
	Ronald	Khunou	M	19	104 - DT	48.40	1
	Waldo	Koeleman	M	19	20 - 100m*	11.31	4
	Waldo	Koeleman	M	19	20 - 100m*	11.34	7
	Adam	Labuschagne	M	19	104 - DT	36.71	4
	Sam	Mabe	M	19	168 - 5000m	15:20.50	3
	Samkelo	Mbesa	M	19	132 - 800m	1:55.94	2
	Samkelo	Mbesa	M	19	132 - 800m*	2:02.60	2
	Ntando	Mkhwanazi	M	19	60 - 3000mSc	10:32.38	5
	Calvin	Mostert	M	19	50 - HJ*	1.85	4
	Calvin	Mostert	M	19	50 - HJ	1.85	5
	Oscar	Murungweni	M	19	111 - 200m*	23.22	3
	Oscar	Murungweni	M	19	111 - 200m*	23.94	7
	Ntsako	Ndhlovu	M	19	46 - 110mH	15.23	6
	Ntsako	Ndhlovu	M	19	46 - 110mH*	15.43	2
	Kelvin	Ndlovu	M	19	95 - TJ	13.49	3
	Sisanda	Ntuli	M	19	60 - 3000mSc	11:28.01	8
	Johan	Roelofse	M	19	168 - 5000m	15:16.88	2
	Ahmad	Sahil	M	19	17 - JT*	44.33	5
	Ahmad	Sahil	M	19	17 - JT	41.63	8
	Bokamoso	Shabangu	M	19	20 - 100m	10.68	1
	Bokamoso	Shabangu	M	19	20 - 100m*	10.97	1
	Xavier	Van der Leek	M	19	12 - 1500m	3:54.09	1
	Xavier	Van der Leek	M	19	12 - 1500m*	4:02.62	2
	Xavier	Van der Leek	M	19	132 - 800m	1:55.12	1
	Xavier	Van der Leek	M	19	132 - 800m*	1:56.95	1
	Francois	Visagie	M	19	168 - 5000m	15:31.42	6
	Francois	Visagie	M	19	12 - 1500m	3:59.78	3
	Francois	Visagie	M	19	12 - 1500m*	4:14.42	2
	Lienke	Butler	W	19	108 - JT	32.23	5
	Liane	Chomse	W	19	117 - 400mH*	1:28.77	5
	Georgia	Cullinan	W	19	103 - 200m*	26.00	4
	Georgia	Cullinan	W	19	30 - 400m	1:00.03	2



Team report for Tshawne South (D4) Page 6

No	Name	Surname	Gen	Age	Event	Result	Plc
	Georgia	Cullinan	W	19	30 - 400m*	1:02.17	2
	Georgia	Cullinan	W	19	103 - 200m*	27.33	2
	Georgia	Cullinan	W	19	103 - 200m	27.16	8
	Klarissa	Engelbrecht	W	19	11 - 1500m*	5:27.89	5
	Mpho	Hlako	W	19	131 - 800m	2:25.02	4
	Mpho	Hlako	W	19	131 - 800m*	2:27.19	2
	Alyssa-Lee	J V Rensburg	W	19	112 - 3000m	13:05.72	9
	Khanyisile	Jass	W	19	103 - 200m*	25.62	2
	Khanyisile	Jass	W	19	103 - 200m*	25.93	1
	Khanyisile	Jass	W	19	103 - 200m	26.57	6
	Khanyisile	Jass	W	19	19 - 100m	12.74	5
	Khanyisile	Jass	W	19	19 - 100m*	12.82	3
	Khanyisile	Jass	W	19	19 - 100m*	12.94	2
	Andiswa	Khumalo	W	19	1 - 10kmW	1:07:07.12	1
	Alicia	Khunou	W	19	72 - DT	49.71	1
	Alicia	Khunou	W	19	127 - SP	14.16	1
	Gabby	Koeleman	W	19	37 - LJ	4.98	3
	Anika	le Roux	W	19	44 - 100mH	14.88	2
	Anika	le Roux	W	19	44 - 100mH*	15.36	2
	Lea	Manikas	W	19	103 - 200m*	26.41	1
	Lea	Manikas	W	19	103 - 200m	26.15	5
	Lea	Manikas	W	19	103 - 200m*	26.56	4
	Ipeleng	Masemene	W	19	37 - LJ	4.66	8
	Gugu	Mkhwebane	W	19	74 - TJ	9.77	5
	Asanda	Mthetwha	W	19	19 - 100m*	14.25	4
	Caramia	Nagel	W	19	30 - 400m*	1:14.06	4
	Thandeka	Ngobese	W	19	1 - 10kmW	1:08:48.76	2
	Wiepke	Schoeman	W	19	112 - 3000m	10:27.28	1
	Wiepke	Schoeman	W	19	167 - 5000m	18:43.94	1
	Wiepke	Schoeman	W	19	11 - 1500m*	5:16.58	2
	Chantelle	Van Niekerk	W	19	167 - 5000m	19:18.11	4
	Zabine	Von Westernhagen	W	19	167 - 5000m	20:41.65	7

Medals (excluding relays) - Gold: 28 Silver: 24 Bronze: 20