



Team report for Sedibeng East (D7)

Events marked with * were heats.

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Tiaan	Britz	B	17	139 - DT	47.86	4
	Tiaan	Britz	B	17	27 - JT*	49.91	4
	Adiel	Buthelezi	B	17	45 - 110mH	14.40	3
	Adiel	Buthelezi	B	17	45 - 110mH*	14.88	1
	Adiel	Buthelezi	B	17	118 - 400mH*	58.39	3
	Adiel	Buthelezi	B	17	16 - 100m*	11.47	1
	Adiel	Buthelezi	B	17	118 - 400mH	1:03.35	8
	Austin	Coetsee	B	17	116 - HT	36.35	6
	Henru	Coetzer	B	17	27 - JT*	46.12	5
	Pierre	Cronje	B	17	45 - 110mH*	15.65	4
	Wynand	De Goede	B	17	35 - 1500m	4:18.79	11
	Wynand	De Goede	B	17	35 - 1500m*	4:24.52	8
	Hloni	Hlakane	B	17	47 - 2000mSc	6:48.44	5
	Hanro	Human	B	17	116 - HT	49.64	2
	Martin	Joubert	B	17	16 - 100m	10.95	4
	Martin	Joubert	B	17	16 - 100m*	11.00	1
	Martin	Joubert	B	17	16 - 100m*	11.12	4
	Martin	Joubert	B	17	102 - 200m*	23.70	4
	Makgalemele	Joy	B	17	28 - 400m*	52.01	2
	Katleho	Khumalo	B	17	160 - 3000m	9:26.52	5
	Katleho	Khumalo	B	17	35 - 1500m*	4:19.30	1
	Gerhard	Labuschagne	B	17	28 - 400m*	50.15	2
	Gerhard	Labuschagne	B	17	28 - 400m	51.92	7
	Michael	Medosa	B	17	139 - DT	42.25	6
	Leano	Myers	B	17	102 - 200m*	22.99	4
	Seth	Nienaber	B	17	130 - 800m	1:59.69	5
	Seth	Nienaber	B	17	130 - 800m*	2:02.30	3
	Dave	Pelser	B	17	70 - HJ	1.90	4
	Dave	Pelser	B	17	70 - HJ*	11.85	6
	Katleho	Seeta	B	17	21 - LJ	7.08	2
	Katleho	Seeta	B	17	121 - TJ	13.13	6
	Thato	Sekonyela	B	17	93 - 10kmW	1:13:01.71	5
	Thinus	Steyn	B	17	118 - 400mH*	59.00	4
	Frans	Thwala	B	17	47 - 2000mSc	6:29.83	3
	Ruandre	Viviers	B	17	130 - 800m	2:01.05	8
	GP	Vorster	B	17	70 - HJ*	1.85	1
	Tinashe	Ziyana	B	17	93 - 10kmW	1:09:50.07	4
	Wilhelm	Boshoff	B	15	126 - HT	36.57	3
	Darius	Botha	B	15	52 - SP	16.12	4
	Darius	Botha	B	15	96 - DT	53.04	3



Team report for Sedibeng East (D7) Page 2

No	Name	Surname	Gen	Age	Event	Result	Plc
	Riard	Botha	B	15	14 - 100m*	11.93	6
	Zavier	Gouws	B	15	7 - JT*	35.90	5
	Duan	Kapp	B	15	24 - 400m	53.65	5
	Duan	Kapp	B	15	24 - 400m*	54.39	3
	Duan	Kapp	B	15	100 - 200m*	24.44	4
	Duan	Kapp	B	15	100 - 200m*	24.42	6
	Ethan	Kruger	B	15	52 - SP	13.98	8
	Ethan	Kruger	B	15	126 - HT	32.69	4
	Lehlohonolo	Letsielo	B	15	33 - 1500m*	4:39.80	10
	Lehlohonolo	Letsielo	B	15	33 - 1500m	4:50.19	11
	Drèan	Lubbe	B	15	42 - 100mH*	14.81	3
	Drèan	Lubbe	B	15	38 - TJ	11.16	7
	Kamohelo	Makhoa	B	15	33 - 1500m*	4:26.57	1
	Kamohelo	Makhoa	B	15	33 - 1500m	4:44.94	10
	Atlehang	Mofokeng	B	15	22 - HJ*	1.70	5
	Sia	Nhlapo	B	15	114 - 300mH	41.13	3
	Sia	Nhlapo	B	15	24 - 400m	53.71	6
	Sia	Nhlapo	B	15	114 - 300mH*	41.78	1
	Sia	Nhlapo	B	15	24 - 400m*	54.39	3
	Leon	Phyfer	B	15	22 - HJ*	1.70	1
	Leon	Phyfer	B	15	38 - TJ	12.08	3
	Conrad	Pieters	B	15	7 - JT	41.03	7
	Conrad	Pieters	B	15	7 - JT*	36.67	7
	Ntokozo	Shabangu	B	15	114 - 300mH*	43.39	2
	Ntokozo	Shabangu	B	15	114 - 300mH	45.05	6
	Vinaldo	Spamers	B	15	96 - DT	50.86	4
	Khanya	Thusi	B	15	106 - LJ	5.83	8
	Luan	Van Der Linde	B	15	133 - 3000m	10:49.33	10
	Tristan	Van Wyk	B	15	125 - 800m*	2:13.05	8
	Tristan	Van Wyk	B	15	125 - 800m	2:14.24	11
	Dane	Albrecht	G	17	36 - HJ*	1.50	1
	Carmen	Erasmus	G	17	73 - SP	12.78	7
	Kaylin	Fourie	G	17	41 - 100mH*	17.01	5
	Marioniq	Henning	G	17	15 - 100m*	13.63	5
	Tamelin	Last	G	17	34 - 1500m*	6:00.53	11
	Terra-lee	Lombaard Els	G	17	18 - HT	46.20	4
	Karla	Nortje	G	17	115 - 400mH*	1:13.55	3
	Karla	Nortje	G	17	47 - 2000mSc	9:09.36	9
	Venique	O'Grandy	G	17	115 - 400mH*	1:12.97	5
	Venique	O'Grandy	G	17	41 - 100mH*	17.56	6



Team report for Sedibeng East (D7) Page 3

No	Name	Surname	Gen	Age	Event	Result	Plc
	Minjunet	Smit	G	17	158 - 3000m	11:08.99	5
	Cassandra	Strydom	G	17	92 - 5000mW	34:23.41	6
	Elrisa	Swiegers	G	17	25 - 400m	1:00.31	5
	Elrisa	Swiegers	G	17	25 - 400m*	1:00.88	3
	Elrisa	Swiegers	G	17	129 - 800m	2:31.14	9
	Adel	Van Vuuren	G	17	18 - HT	27.35	8
	Katelyn	Van Wyk	G	17	34 - 1500m*	5:33.29	8
	Morgan	Viljoen	G	17	141 - JT	34.25	6
	Lune	Wepener	G	17	25 - 400m*	1:01.13	2
	Lune	Wepener	G	17	15 - 100m*	13.26	4
	Lune	Wepener	G	17	15 - 100m*	13.96	8
	Zelne	Bezuidenhout	G	15	32 - 1500m*	6:00.20	9
	Mione	Frisby	G	15	18 - HT	33.57	4
	Noa	Froneman	G	15	159 - SP	12.90	2
	Noa	Froneman	G	15	29 - DT	31.72	6
	Kirsten	Hansen	G	15	113 - 300mH*	48.45	4
	Kirsten	Hansen	G	15	113 - 300mH	49.42	7
	Elume	J V Rensburg	G	15	99 - 200m*	27.01	3
	Elume	J V Rensburg	G	15	99 - 200m*	27.24	6
	Elume	J V Rensburg	G	15	13 - 100m*	13.55	4
	Joane	Jordaan	G	15	99 - 200m	25.30	2
	Joane	Jordaan	G	15	99 - 200m*	25.32	2
	Joane	Jordaan	G	15	13 - 100m	12.15	2
	Joane	Jordaan	G	15	13 - 100m*	12.27	1
	Joane	Jordaan	G	15	99 - 200m*	25.79	1
	Joane	Jordaan	G	15	13 - 100m*	12.32	2
	Anneke	Lombaard	G	15	47 - 1500mSc	6:25.23	10
	Maruze	Marais	G	15	124 - 800m	2:27.16	10
	Maruze	Marais	G	15	124 - 800m*	2:29.62	6
	Hodgen	Mia	G	15	98 - JT*	25.49	5
	Lene	Mills	G	15	9 - HJ*	1.50	4
	Nicky-Lee	Nel	G	15	47 - 1500mSc	6:25.14	9
	Marli	Niemand	G	15	124 - 800m	2:32.86	13
	Marli	Niemand	G	15	124 - 800m*	2:33.24	8
	Marli	Niemand	G	15	32 - 1500m*	5:56.17	8
	Shandy	Okwera	G	15	113 - 300mH*	50.15	4
	Shandy	Okwera	G	15	40 - 90mH*	15.74	4
	Andria	Pieterse	G	15	4 - 5000mW	31:57.80	6
	Zanika	Prinsloo	G	15	40 - 90mH*	15.32	5
	Anika	Swiegers	G	15	23 - 400m*	1:01.63	2



Team report for Sedibeng East (D7) Page 4

No	Name	Surname	Gen	Age	Event	Result	Plc
	Anika	Swiegers	G	15	23 - 400m	1:02.43	8
	Megan	Welman	G	15	159 - SP	11.15	8
	Megan	Welman	G	15	18 - HT	33.96	3
	Marinus	Botha	M	19	46 - 110mH*	14.73	2
	Marinus	Botha	M	19	46 - 110mH	14.76	4
	Hennie	Coetzee	M	19	111 - 200m*	23.66	4
	Janco	Coetzer	M	19	26 - SP	14.17	5
	Janco	Coetzer	M	19	17 - JT*	42.24	6
	Viaan	Du Plooy	M	19	132 - 800m*	2:03.38	6
	Viaan	Du Plooy	M	19	132 - 800m	2:05.18	9
	Vian	Kruger	M	19	26 - SP	13.19	8
	Kamo	Legae	M	19	46 - 110mH	15.58	7
	Kamo	Legae	M	19	46 - 110mH*	15.68	3
	Tumi	Masilo	M	19	119 - 400mH*	1:00.79	2
	Tumi	Masilo	M	19	119 - 400mH	1:02.43	4
	Xolani	Mazibuko	M	19	2 - 10kmW	1:07:00.91	3
	Vuyani	Mcombolo	M	19	154 - HT	30.08	4
	Vuyo	Mcombolo	M	19	12 - 1500m*	4:30.37	10
	Tshepang	Mfene	M	19	132 - 800m*	2:06.06	8
	Gontse	Mothibi	M	19	50 - HJ	2.00	1
	Gontse	Mothibi	M	19	5 - LJ	6.72	4
	Gontse	Mothibi	M	19	50 - HJ*	1.85	2
	Sibusiso	Mpembe	M	19	20 - 100m*	11.68	5
	Luki	Nel	M	19	154 - HT	54.05	2
	Banele	Nkabinde	M	19	31 - 400m*	51.19	3
	Marjuaan	Pienaar	M	19	60 - 3000mSc	12:29.84	9
	Nhlanhla	Shabalala	M	19	31 - 400m*	52.90	2
	Nhlanhla	Shabalala	M	19	111 - 200m*	23.71	4
	Christiaan	Smuts	M	19	12 - 1500m*	4:30.49	8
	Edgar	Theron	M	19	60 - 3000mSc	10:58.70	7
	Marchell	Vermeulen	M	19	17 - JT	40.77	9
	Cyanda	Bekker	W	19	112 - 3000m	12:14.51	6
	Kay-Lee	Billings	W	19	11 - 1500m*	5:30.78	7
	Lea	Bresler	W	19	112 - 3000m	12:38.01	7
	Melisha	Bujak	W	19	19 - 100m*	13.49	7
	Melisha	Bujak	W	19	19 - 100m*	13.60	4
	Amuche	Combrink	W	19	44 - 100mH*	17.15	4
	Amuche	Combrink	W	19	44 - 100mH	18.96	8
	Anje	Holtzhausen	W	19	53 - HT	51.84	1
	Nikita	Lesch	W	19	74 - TJ	10.21	1



Team report for Sedibeng East (D7) Page 5

No	Name	Surname	Gen	Age	Event	Result	Plc
	Sibongile	Makgalemele	W	19	53 - HT	22.52	3
	Praise	Mandera	W	19	30 - 400m*	1:13.07	4
	Faith	Manzana	W	19	30 - 400m*	1:26.35	5
	Caitlin	Mare	W	19	108 - JT	30.81	7
	Monique	Matthews	W	19	108 - JT	32.72	3
	Uluthando	Mbatha	W	19	1 - 10kmW	1:17:56.25	3
	Uluthando	Mbatha	W	19	11 - 1500m*	8:11.15	11
	Mampho	Molise	W	19	131 - 800m*	3:09.13	10
	Refilwe	Monareng	W	19	44 - 100mH*	20.29	6
	Chardone	Smidt	W	19	103 - 200m	24.99	2
	Chardone	Smidt	W	19	19 - 100m*	12.03	1
	Chardone	Smidt	W	19	19 - 100m	12.02	2
	Chardone	Smidt	W	19	19 - 100m*	12.24	1
	Chardone	Smidt	W	19	103 - 200m*	25.76	3
	Naledi	Tsotetsi	W	19	117 - 400mH*	1:31.64	6
	Mellita	Van Der Schyff	W	19	127 - SP	10.23	5
	Carmi	Voges	W	19	117 - 400mH*	1:22.57	4
	Jessica	Wehmeyer	W	19	97 - HJ	1.61	1
	Jessica	Wehmeyer	W	19	97 - HJ*	1.50	1

Medals (excluding relays) - Gold: 4 Silver: 8 Bronze: 11