



Team report for Jhb West (D12)

Events marked with * were heats.

Events with no results were omitted.

No	Name	Surname	Gen	Age	Event	Result	Plc
	Isreal	Goldstone	B	17	45 - 110mH	14.74	5
	Isreal	Goldstone	B	17	28 - 400m*	51.18	1
	Isreal	Goldstone	B	17	45 - 110mH*	15.35	3
	Isreal	Goldstone	B	17	28 - 400m	54.09	8
	Ethan	Jordan	B	17	28 - 400m*	53.47	5
	Jonathan	Kanenungo	B	17	118 - 400mH*	59.86	5
	Samkelo	Mkhize	B	17	35 - 1500m	4:16.63	6
	Samkelo	Mkhize	B	17	160 - 3000m	9:38.79	8
	Samkelo	Mkhize	B	17	35 - 1500m*	4:23.01	6
	Khodani	Nwebo	B	17	21 - LJ	6.64	6
	Khodani	Nwebo	B	17	16 - 100m*	11.54	3
	Emmanuel	Orugbo	B	17	102 - 200m*	22.52	2
	Emmanuel	Orugbo	B	17	16 - 100m*	11.29	2
	Emmanuel	Orugbo	B	17	16 - 100m*	11.23	2
	Emmanuel	Orugbo	B	17	16 - 100m	11.27	8
	Emmanuel	Orugbo	B	17	102 - 200m*	23.46	6
	Emmanuel	Orugbo	B	17	102 - 200m	23.53	8
	Dominic	Reyneke	B	17	45 - 110mH*	17.80	8
	Nkosinathi	Dlamini	B	15	24 - 400m*	54.16	2
	Nkosinathi	Dlamini	B	15	24 - 400m	56.65	9
	Nkosinathi	Dlamini	B	15	125 - 800m*	2:08.35	3
	Nkosinathi	Dlamini	B	15	125 - 800m	2:13.88	10
	Nathaniel	Dziga	B	15	42 - 100mH*	27.60	7
	Thabo	Lyones	B	15	114 - 300mH*	58.46	7
	Thabang	Mojapelo	B	15	47 - 1500mSc	5:13.09	6
	Thabang	Mojapelo	B	15	33 - 1500m*	4:52.43	9
	Andile	Redebe	B	15	24 - 400m*	57.84	6
	Likamva	Thumani	B	15	14 - 100m*	12.01	4
	Deacon	Vd Horst	B	15	14 - 100m*	11.99	7
	Deacon	Vd Horst	B	15	100 - 200m*	24.80	4
	Keion	Venter	B	15	33 - 1500m*	4:48.13	12
	Keion	Venter	B	15	125 - 800m*	2:13.35	9
	Katinka	Chaplin	G	17	34 - 1500m*	5:46.65	10
	Mijean	Gerber	G	17	129 - 800m*	2:36.37	8
	Mvelo	Gova	G	17	101 - 200m*	29.54	6
	Nontsika	Maponya	G	17	115 - 400mH*	1:18.78	5
	Busisiwe	Mathe	G	17	25 - 400m*	1:09.07	6
	Melisa	Mc Mahon	G	17	92 - 5000mW	33:18.95	4
	Kelly	Poggiolini	G	17	34 - 1500m*	6:06.86	11
	Tracy	Stephens	G	17	15 - 100m*	12.85	3



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No	Name	Surname	Gen	Age	Event	Result	Plc
	Tracy	Stephens	G	17	101 - 200m*	27.12	2
	Tracy	Stephens	G	17	101 - 200m*	27.79	6
	Tracy	Stephens	G	17	15 - 100m*	13.22	5
	Leeya	Baulackey	G	15	99 - 200m*	28.16	5
	Skyla	Blignaut	G	15	13 - 100m*	13.73	6
	Skyla	Blignaut	G	15	71 - LJ	4.98	8
	Denelka	Dreyer	G	15	98 - JT*	21.10	8
	Anke	Kruger	G	15	98 - JT*	22.90	8
	Davina	Makota	G	15	23 - 400m*	1:08.52	6
	Lebogang	Ngobese	G	15	13 - 100m*	13.68	6
	Lebogang	Ngobese	G	15	99 - 200m*	28.91	6
	Kaelo	Nkabinde	G	15	113 - 300mH*	58.78	6
	Ntokozo	Ripinga	G	15	124 - 800m*	2:58.72	10
	Kelly	Tout	G	15	23 - 400m*	1:10.45	5
	Caden	Dalais	M	19	5 - LJ	6.88	3
	Caden	Dalais	M	19	95 - TJ	13.84	1
	David	Kazadi	M	19	111 - 200m*	22.22	1
	David	Kazadi	M	19	111 - 200m*	22.24	2
	David	Kazadi	M	19	111 - 200m	22.27	3
	David	Kazadi	M	19	20 - 100m*	11.10	4
	David	Kazadi	M	19	20 - 100m	11.03	6
	Kgothatso	Legwale	M	19	12 - 1500m*	4:38.19	12
	Lesedi	Maleka	M	19	31 - 400m*	52.38	1
	Lesedi	Maleka	M	19	20 - 100m*	11.49	6
	Lesedi	Maleka	M	19	31 - 400m	57.06	8
	Anga	Manyongwana	M	19	12 - 1500m*	4:26.51	9
	Anga	Manyongwana	M	19	12 - 1500m	4:30.95	13
	Luvuyo	Ncube	M	19	50 - HJ	1.80	7
	Nkululeko	Ndingi	M	19	132 - 800m*	2:16.68	11
	Xola	Ngwayibanjwa	M	19	2 - 10kmW	55:04.70	2
	Mlindeli	Nyikima	M	19	132 - 800m*	2:03.82	5
	Udeme	Okon	M	19	31 - 400m	48.12	1
	Udeme	Okon	M	19	31 - 400m*	48.72	1
	Udeme	Okon	M	19	111 - 200m	21.29	1
	Udeme	Okon	M	19	111 - 200m*	22.03	1
	Udeme	Okon	M	19	111 - 200m*	22.18	1
	Natash	Botes	W	19	112 - 3000m	11:57.14	5
	Natash	Botes	W	19	131 - 800m	2:43.44	8
	Natash	Botes	W	19	11 - 1500m*	5:21.96	6
	Natash	Botes	W	19	11 - 1500m	5:41.81	10



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No	Name	Surname	Gen	Age	Event	Result	Plc
	Ludelka	Dreyer	W	19	108 - JT	35.19	1
	Abygail	Landsberg	W	19	117 - 400mH	1:08.02	5
	Abygail	Landsberg	W	19	117 - 400mH*	1:09.79	1
	Abygail	Landsberg	W	19	19 - 100m*	14.38	7
	Kelly	Niemack	W	19	108 - JT	28.88	13
	Mercy	Okon	W	19	103 - 200m*	30.60	5
	Realeboga	Setshedi	W	19	30 - 400m*	1:18.56	5
	Zanel	V Eeden	W	19	127 - SP	9.66	8
	Zanel	V Eeden	W	19	72 - DT	28.19	7

Medals (excluding relays) - Gold: 4 Silver: 1 Bronze: 2