

2017 Boland Central Championships - 2017/02/17 to 2017/02/18
Dal Josaphat
Results

Girls 18-19 100 Meter Dash Under 19

13,10 QBS Boland High Schools				
Name	Age	Team	Finals	Wind Alternate
Finals				
1 Amber MEIRING (BH)		Bloemhof Mei	13,41	-2.8
2 Chantell JOHANNES (NP)		Noorder-Paarl High	14,56	-2.8
3 Monique MENTOOR (NP)		Noorder-Paarl High	15,03	-2.8
4 Jay-nique CLAASSEN (GD)		Groendal Secondary	15,41	-2.8
5 Astrolitha VYFER (WI)		Wellington S	15,47	-2.8

Girls 18-19 200 Meter Dash Under 19

27,50 QBS Boland High Schools				
Name	Age	Team	Finals	Wind H# Alternate
1 Mare-Louisa KOEGELENBERG		Hoërskool Hugenate	27,06	-2.8 2
2 Tamzyn BOUWER-BOSCH (LR)		La Rochelle	27,67	-2.8 2
3 Chantell JOHANNES (NP)		Noorder-Paarl High	29,64	-2.8 2
4 Monique MENTOOR (NP)		Noorder-Paarl High	29,70	-2.8 2
5 Astrolitha VYFER (WI)		Wellington S	29,80	-0.4 1
6 Jay-nique CLAASSEN (GD)		Groendal Secondary	31,38	-0.4 1
7 Phildencia CUPIDO (WI)		Wellington S	32,81	-0.4 1

Girls 18-19 400 Meter Dash Under 19

1:04,00 QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Mare-Louisa KOEGELENBERG		Hoërskool Hugenate	1:02,5h	
2 Langeveldt EMJA (ST)		High School Strand	1:04,6h	
3 Brianeen STEYNSBERG (CV)		Cloetesville	1:10,3h	
4 Annissa KOEKEMOER (PV)		Parel Vallei	1:10,8h	
5 Cano-Lee SWARTZ (NP)		Noorder-Paarl High	1:15,60	
6 Elfreda BEUKES (NP)		Noorder-Paarl High	1:16,0h	

Girls 18-19 800 Meter Run Under 19

2:32,00 QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Lara ROSSOUW (BH)		Bloemhof Mei	2:19,93	
2 Sunelle DE JONGH (PG)		Paarl Girls High	2:20,90	
3 Shan FOURIE (SH)		Stellenbosch High	2:30,10	
4 Emja LANGEVELDT (ST)		High School Strand	2:34,58	
5 Elfreda BEUKES (NP)		Noorder-Paarl High	2:59,50	
6 Asiphe SOGIBA (DT)		Desmond Tutu High	3:40,11	

Girls 18-19 1500 Meter Run Under 19

5:09,00 QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Lara ROSSOUW (BH)		Bloemhof Mei	4:54,04	
2 Alex HOFFMAN (PV)		Parel Vallei	5:37,70	
3 Anja LE ROUX (LR)		La Rochelle	5:47,77	

2017 Boland Central Championships - 2017/02/17 to 2017/02/18
Dal Josaphat
Results

....Girls 18-19 1500 Meter Run Under 19

4 Audyn GALLIES (CH) Charleston H 6:05,06

Girls 18-19 5000 Meter Run Under 19

Name	Age	Team	Finals	Alternate
19:50,00		QBS Boland High Schools		
1 Alex HOFFMAN (PV)		Parel Vallei	21:17,30	
2 Mia DOYLE (PV)		Parel Vallei	23:45,51	

Girls 18-19 100 Meter Hurdles Under 19

Name	Age	Team	Finals	Wind Alternate
16,60		QBS Boland High Schools		
1 Aneldi PIENAAR (PG)		Paarl Girls High	19,14	-0.1

Girls 18-19 400 Meter Hurdles Under 19

Name	Age	Team	Finals	Alternate
1:10,50		QBS Boland High Schools		
1 Chandre JANEKE (BH)		Bloemhof Mei	1:09,01	
2 Tamzyn BOUWER-BOSCH (LR)		La Rochelle	1:11,28	
3 Kristen-Lee MULLER (GM)		Paarl Gimnasium	1:14,04	
4 Marené STRAUSS (HU)		Hoërskool Hugaenote	1:20,25	

Girls 18-19 High Jump Under 19

Name	Age	Team	Finals	Alternate
1,55m		QBS Boland High Schools		
1 Christall VAN RENSBURG (High School Strand	1,63m	
2 Anja LIEBENBERG (SH)		Stellenbosch High	1,55m	
3 Elata FOURIE (LR)		La Rochelle	1,40m	
4 Marichen VAN ZYL (LR)		La Rochelle	1,40m	
5 Anissa Koekemoer KOEKEMO		Parel Vallei	1,35m	

Girls 18-19 Pole Vault Under 19

Name	Age	Team	Finals	Alternate
2,50m		QBS Boland High Schools		
1 Elata FOURIE (LR)		La Rochelle	3,00m	
2 Luche VAN DER MERWE (BH)		Bloemhof Mei	2,30m	

Girls 18-19 Long Jump Under 19

Name	Age	Team	Finals	Wind Alternate
5,00m		QBS Boland High Schools		
1 Amber MEIRING (BH)		Bloemhof Mei	5,39m	NWI
2 Carlien PRINS (PG)		Paarl Girls High	5,17m	NWI
3 Marichen VAN ZYL (LR)		La Rochelle	4,91m	NWI
4 Junell JULIUS (HH)		Hoërskool Ho	4,52m	NWI

2017 Boland Central Championships - 2017/02/17 to 2017/02/18
Dal Josaphat
Results

....Girls 18-19 Long Jump Under 19

5	Iriné VAN ZYL (LR)	La Rochelle	4,33m	NWI
6	Jay-nique CLAASSEN (GD)	Groendal Secondary	4,19m	NWI

Girls 18-19 Triple Jump Under 19

10,10m QBS Boland High Schools				
Name	Age	Team	Finals	Wind Alternate
1	Marichen VAN ZYL (LR)	La Rochelle	10,48m	NWI
2	Iriné VAN ZYL (LR)	La Rochelle	10,32m	NWI
3	Nieke PRINSLOO (PV)	Parel Vallei	9,78m	NWI

Girls 18-19 Shot Put Under 19

10,00m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1	Stephanie SMIT (LR)	La Rochelle	10,68m	
2	Amber ABRAHAMS (RH)	Rhenish Girls High	10,31m	
3	Marilyn WILLEMSE (PJ)	Paulus Joubé	8,19m	
4	Marisha VENTER (ST)	High School Strand	7,88m	
5	Amelia ADAMS (NP)	Noorder-Paarl High	7,45m	
6	Sisanda ZONDANI (DT)	Desmond Tutu High	6,40m	

Girls 18-19 Discus Throw Under 19

31,00m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1	Stephanie SMIT (LR)	La Rochelle	34,79m	
2	Zaandre DU PLESSIS (GM)	Paarl Gimnasium	34,78m	
3	Monique SPIES (BH)	Bloemhof Mei	34,12m	
4	Lisa KOTZE (PG)	Paarl Girls High	26,42m	
5	Nicol BLOM (PV)	Parel Vallei	23,23m	

Girls 18-19 Hammer Throw Under 19

31,00m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1	Karlene LAMBRECHTS (HU)	Hoërskool Hugenote	48,90m	
2	Melissa NIEMAND (ST)	High School Strand	36,10m	
3	Clarise LERM (ST)	High School Strand	33,90m	
4	Zaandre DU PLESSIS (GM)	Paarl Gimnasium	33,23m	
5	Carla NIEHAUS (GM)	Paarl Gimnasium	32,36m	
6	Antoinette DE VILLIERS ()	Hoërskool Hugenote	21,50m	
7	Antoinette HOON (BH)	Bloemhof Mei	18,71m	
8	Jana LÖTZ (BH)	Bloemhof Mei	18,48m	

Girls 18-19 Javelin Throw Under 19

35,00m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1	Louise CONRADIE (LR)	La Rochelle	37,02m	

2017 Boland Central Championships - 2017/02/17 to 2017/02/18**Dal Josaphat
Results****....Girls 18-19 Javelin Throw Under 19**

2	Janien CRONJE (IND)	Individual	28,92m
3	Jana LÖTZ (BH)	Bloemhof Mei	25,57m
4	Julia CHRISTEN (LR)	La Rochelle	25,52m
5	Marisha VENTER (ST)	High School Strand	22,49m

Girls 18-19 10000 Meter Race Walk Under 19

1:06:00,00 QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1	Micaela GALLOP (PV)	Parel Vallei	1:12:22,60	
2	Surina COETZER (ST)	High School Strand	1:15:14,00	

Girls 16-17 100 Meter Dash Under 17

13,10 QBS Boland High Schools					
Name	Age	Team	Finals	Wind H#	Alternate
1	Jade PAULSE (SH)	Stellenbosch High	13,40	-6.0	4
2	Nina VAN ZYL (GM)	Paarl Gimnasium	13,45	-2.6	5
3	Brithaney LUDICK (LR)	La Rochelle	13,52	-6.0	4
4	Rosa KIRSTEN (BH)	Bloemhof Mei	13,62	-3.3	1
5	Shannon BENJAMIN (LR)	La Rochelle	13,83	-1.7	3
5	Lene GELDENHUYS (GM)	Paarl Gimnasium	13,83	-6.0	4
7	Jana SCHREUDER (BH)	Bloemhof Mei	13,92	-3.3	1

Girls 16-17 200 Meter Dash Under 17

27,60 QBS Boland High Schools				
Name	Age	Team	Finals	Wind Alternate
1	Gabriella LUDICK (RH)	Rhenish Girls High	26,67	-1.7
2	Nina VAN ZYL (GM)	Paarl Gimnasium	26,82	-1.7
3	Kyle GELDENHUYS (PG)	Paarl Girls High	27,05	-1.7
4	Jade PAULSE (SH)	Stellenbosch High	27,14	-1.7
5	Shelomi TRUTER (PG)	Paarl Girls High	27,43	-1.7
6	Erica MOOLMAN (PG)	Paarl Girls High	27,82	-1.7
7	Rosa KIRSTEN (BH)	Bloemhof Mei	27,92	-1.7
8	Jana SCHREUDER (BH)	Bloemhof Mei	28,00	-1.7

Girls 16-17 400 Meter Dash Under 17

1:04,00 QBS Boland High Schools				
Name	Age	Team	Finals	H# Alternate
1	Leandra CUSTODIO (LR)	La Rochelle	59,5h	3
2	Tatum MAHER (LR)	La Rochelle	1:01,0h	3
2	Gabriella LUDICK (RH)	Rhenish Girls High	1:01,0h	1
4	Rachel KAPS (PV)	Parel Vallei	1:01,80	1
5	Nina VAN ZYL (GM)	Paarl Gimnasium	1:02,0h	3
6	Isabella PELLISSIER (LR)	La Rochelle	1:02,1h	3
7	Kyle GELDENHUYS (PG)	Paarl Girls High	1:02,5h	3
8	Danielle COMBRINCK (RH)	Rhenish Girls High	1:03,0h	1

Girls 16-17 800 Meter Run Under 17

2017 Boland Central Championships - 2017/02/17 to 2017/02/18
Dal Josaphat
Results

2:32,00		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1	Anle LOUBSER (PG)	Paarl Girls High		2:24,83	
2	Danielle COMBRINCK (RH)	Rhenish Girls High		2:26,59	
3	Rachel KAPS (PV)	Parel Vallei		2:29,51	
4	Micola SOENIES (LR)	La Rochelle		2:29,96	
5	Lana PRINS (BH)	Bloemhof Mei		2:37,91	
6	Margiet SMIT (BH)	Bloemhof Mei		2:40,83	
7	Lynn ROSSOUW (BH)	Bloemhof Mei		2:42,39	
8	Marilyn WILLIAMS (SZ)	Stellenzicht		2:48,61	

Girls 16-17 1500 Meter Run Under 17

5:18,00		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1	Micola SOENIES (LR)	La Rochelle		4:59,52	
2	Michelle VAN EYSEN (PG)	Paarl Girls High		5:06,02	
3	Maja VAN ASWEGEN (SH)	Stellenbosch High		5:07,58	
4	Ana SAMPSON (RH)	Rhenish Girls High		5:13,35	
5	Lana PRINS (BH)	Bloemhof Mei		5:28,10	
6	Leone OLIVIER (PV)	Parel Vallei		5:38,73	
7	Jaydene AFRICA (WT)	Weltevrede S		5:40,19	
8	Taneal MARITZ (PV)	Parel Vallei		5:45,99	

Girls 16-17 3000 Meter Run Under 17

11:50,00		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1	Michelle VAN EYSEN (PG)	Paarl Girls High		11:22,20	
2	Ana SAMPSON (RH)	Rhenish Girls High		11:25,52	
3	Jeanne Roothman (BH)	Bloemhof Mei		11:30,03	
4	Josefine HJALMNER (PV)	Parel Vallei		12:16,50	
5	Carle HEYNS (PG)	Paarl Girls High		12:29,40	

Girls 16-17 100 Meter Hurdles Under 17

16,60		QBS Boland High Schools			
Name	Age	Team		Finals	Wind Alternate
1	Mieke DE WET (PV)	Parel Vallei		17,88	-0.1
2	Shanley DU PLOOY (BH)	Bloemhof Mei		18,59	-0.1
3	Jesse BRONN (HH)	Hoerskool Ho		18,96	-0.1

Girls 16-17 400 Meter Hurdles Under 17

1:11,00		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1	Leandra CUSTODIO (LR)	La Rochelle		1:03,87	
2	Tatum MAHER (LR)	La Rochelle		1:05,70	
3	Zan-Mari RÖTH (BH)	Bloemhof Mei		1:09,18	
4	Elze DU PIESANI (GM)	Paarl Gimnasium		1:16,44	

....Girls 16-17 400 Meter Hurdles Under 17

5	Anne-Marie SCHOEMAN (PV)	Parel Vallei		1:42,72	
---	--------------------------	--------------	--	---------	--

2017 Boland Central Championships - 2017/02/17 to 2017/02/18
Dal Josaphat
Results

Girls 16-17 High Jump Under 17

1,49m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Kristi SNYMAN (PG)		Paarl Girls High	1,68m	
2 Charné BURGER (LR)		La Rochelle	1,50m	
3 Jamie VAN SCHOOR (LR)		La Rochelle	1,50m	
4 Moya TROSKIE (LR)		La Rochelle	1,45m	
5 Bianca WESSELS (BH)		Bloemhof Mei	1,40m	
6 Dane VAN DER BANK (PG)		Paarl Girls High	1,35m	
7 Zara VERMEULEN (PV)		Parel Vallei	1,35m	

Girls 16-17 Pole Vault Under 17

2,30m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Nicole JANSE VAN RENSBUR		Paarl Gimnasium	3,00m	
2 Ilka FOURIE (LR)		La Rochelle	2,90m	
2 Anje VILJOEN (PG)		Paarl Girls High	2,90m	
4 Klari DU TOIT (GM)		Paarl Gimnasium	2,80m	
5 Bianca LAUBSCHER (GM)		Paarl Gimnasium	2,70m	
5 Robyn-Susie LUIS (LR)		La Rochelle	2,70m	
7 Margit GIBBENS (BH)		Bloemhof Mei	2,50m	

Girls 16-17 Long Jump Under 17

4,90m QBS Boland High Schools				
Name	Age	Team	Finals	Wind Alternate
1 Lene DUNCAN (PG)		Paarl Girls High	5,22m	NWI
2 Lene GELDENHUYS (GM)		Paarl Gimnasium	5,16m	NWI
3 Suneel LOUWRENS (GM)		Paarl Gimnasium	5,15m	NWI
4 Shannon BENJAMIN (LR)		La Rochelle	5,02m	NWI
5 Brithaney LUDICK (LR)		La Rochelle	5,02m	NWI
6 Erica MOOLMAN (PG)		Paarl Girls High	4,84m	NWI
7 Shelomi TRUTER (PG)		Paarl Girls High	4,79m	NWI
8 Nina PRETORIUS (BH)		Bloemhof Mei	4,61m	NWI

Girls 16-17 Triple Jump Under 17

10,00m QBS Boland High Schools				
Name	Age	Team	Finals	Wind Alternate
1 Brithaney LUDICK (LR)		La Rochelle	11,14m	NWI
2 Suneel LOUWRENS (GM)		Paarl Gimnasium	11,10m	NWI
3 Shannon BENJAMIN (LR)		La Rochelle	10,72m	NWI
4 Tatum HENDRICKS (RH)		Rhenish Girls High	10,40m	NWI
5 Nina PRETORIUS (BH)		Bloemhof Mei	10,26m	NWI
6 Zethu MAVOVANA (RH)		Rhenish Girls High	9,73m	NWI
7 Anelda VAN RHYN (HU)		Hoërskool Hugenote	9,56m	NWI
8 Bianca VAN DEVENTER (ST)		High School Strand	9,51m	NWI

Girls 16-17 Shot Put Under 17

10,00m QBS Boland High Schools

2017 Boland Central Championships - 2017/02/17 to 2017/02/18
Dal Josaphat
Results

Name	Age Team	Finals	Alternate
1 Anika SMIT (PG)	Paarl Girls High	11,98m	
2 Skye BOSHOF (PV)	Parel Vallei	11,88m	
3 Amy ROUX (RH)	Rhenish Girls High	11,03m	
4 Chriss-Mart KLEYNHANS (P)	Paarl Girls High	11,02m	
5 Jana LIEBENBERG (BH)	Bloemhof Mei	10,73m	
6 Aimee CUPIDO (RH)	Rhenish Girls High	10,70m	
7 Cara COETZEE (GM)	Paarl Gimnasium	10,65m	
8 Jana PRETORIUS (LR)	La Rochelle	10,28m	

Girls 16-17 Discus Throw Under 17

30,00m QBS Boland High Schools		Finals	Alternate
Name	Age Team		
1 Cara COETZEE (GM)	Paarl Gimnasium	42,02m	
2 Jani REDELINGHUYS (LR)	La Rochelle	33,58m	
3 Liezl MALHERBE (BH)	Bloemhof Mei	29,95m	
4 Jana PRETORIUS (LR)	La Rochelle	29,28m	
5 Kyla BEKKER (PV)	Parel Vallei	26,87m	
6 Anika SMIT (PG)	Paarl Girls High	26,59m	
7 Elrize VENTER (ST)	High School Strand	22,42m	
8 Anke VAN ZYL (GM)	Paarl Gimnasium	9,35m	

Girls 16-17 Hammer Throw Under 17

31,00m QBS Boland High Schools		Finals	Alternate
Name	Age Team		
1 Skye BOSHOF (PV)	Parel Vallei	47,72m	
2 Elzette VERSLUIS (HU)	Hoërskool Hugenote	46,50m	
3 Jada DIPPENAAR (ST)	High School Strand	41,32m	
4 Anika SMIT (PG)	Paarl Girls High	35,96m	
5 Megan BREITENBACH (PV)	Parel Vallei	35,78m	
6 Jayd VAN DER SPUY (PV)	Parel Vallei	33,86m	

Girls 16-17 Javelin Throw Under 17

34,00m QBS Boland High Schools		Finals	Alternate
Name	Age Team		
1 Jana VAN SCHALKWYK (GM)	Paarl Gimnasium	46,44m	
2 Jandri OOSTHUIZEN (LR)	La Rochelle	37,65m	
3 Marle RADEMAN (PG)	Paarl Girls High	34,93m	
4 Elke MAREE (LR)	La Rochelle	32,41m	
5 Megan DE WAAL (HU)	Hoërskool Hugenote	32,29m	
6 Leandri KRIGE (PG)	Paarl Girls High	31,11m	
7 Mikyla JOSEPHS (PV)	Parel Vallei	30,59m	
8 Elrize VENTER (IND)	Individual	26,43m	

Girls 16-17 5000 Meter Race Walk Under 17

34:00,00 QBS Boland High Schools		Finals	Alternate
Name	Age Team		
1 Kristin MEYER (ST)	High School Strand	29:12,70	
2 Tamryn ROETS (PV)	Parel Vallei	37:22,25	

2017 Boland Central Championships - 2017/02/17 to 2017/02/18
Dal Josaphat
Results

Girls 15 Year Olds 100 Meter Dash Under 15

13,50		QBS Boland High Schools				
Name	Age	Team	Finals	Wind	H#	Alternate
1 Caitlin ISAACS (ST)		High School Strand	13,11	NWI	1	
2 Zoe WILLIAMS (PV)		Parel Vallei	13,36	NWI	1	
3 Madison PAKULSKI-KIRSTEN		Rhenish Girls High	14,07	NWI	1	
4 Larah ADAMS (SH)		Stellenbosch High	14,25	-4.4	2	
5 Bongwana ASAVELA (KY)		Hoerskool Khyamandi	14,85	-5.1	3	
6 Leandre MORRIS (WI)		Wellington S	14,89	NWI	1	
7 Chloe PARSADH (RH)		Rhenish Girls High	15,13	NWI	1	

Girls 15 Year Olds 200 Meter Dash Under 15

28,00		QBS Boland High Schools				
Name	Age	Team	Finals	Wind	H#	Alternate
1 Caitlin ISAACS (ST)		High School Strand	25,99	0.5	1	
2 Zoe WILLIAMS (PV)		Parel Vallei	27,16	0.5	1	
3 Jamie-Leigh OLIPHANT (LR)		La Rochelle	27,65	-1.8	3	
4 Larah ADAMS (SH)		Stellenbosch High	27,68	-1.8	3	
5 Madison PAKULSKI-KIRSTEN		Rhenish Girls High	28,30	0.5	1	
6 Hanli VISSER (HU)		Hoërskool Hugenote	28,33	-0.9	2	
7 Zani VAN ZYL (GM)		Paarl Gimnasium	28,36	-0.9	2	
8 Abigail ARENDSE (NO)		New Orleans	29,78	-1.8	3	

Girls 15 Year Olds 400 Meter Dash Under 15

1:05,00		QBS Boland High Schools				
Name	Age	Team	Finals	H#	Alternate	
1 Katinka LOUW (LR)		La Rochelle	58,62	2		
2 Andrea CORNELISSEN (RH)		Rhenish Girls High	1:01,18	1		
3 Tonet TALLIE (LR)		La Rochelle	1:01,25	2		
4 Karli COETZEE (PV)		Parel Vallei	1:07,97	1		
5 Dane DE VILLIERS (PV)		Parel Vallei	1:08,78	1		
6 Zani VAN ZYL (GM)		Paarl Gimnasium	1:10,63	2		
7 Lisa ROOS (HU)		Hoërskool Hugenote	1:12,35	1		
8 Rheda-Joan LOUW (GM)		Paarl Gimnasium	1:19,00	2		

Girls 15 Year Olds 800 Meter Run Under 15

2:34,00		QBS Boland High Schools				
Name	Age	Team	Finals	Alternate		
1 Anneken VILJOEN (PG)		Paarl Girls High	2:17,48			
2 Alme JORDAAN (SH)		Stellenbosch High	2:17,65			
3 Azrea SYLVESTER (BH)		Bloemhof Mei	2:31,55			

....Girls 15 Year Olds 800 Meter Run Under 15

4 Cimon VAN DER WESTHUIZEN		Bloemhof Mei	2:33,09			
5 Carli JACOBS (BH)		Bloemhof Mei	2:36,38			
6 Rheda-Joan LOUW (GM)		Paarl Gimnasium	2:38,72			
7 Karli COETZEE (PV)		Parel Vallei	2:47,37			

Girls 15 Year Olds 1500 Meter Run Under 15

2017 Boland Central Championships - 2017/02/17 to 2017/02/18
Dal Josaphat
Results

5:25,00		QBS Boland High Schools			
Name	Age	Team	Finals	Alternate	
1 Alme JORDAAN (SH)		Stellenbosch High	4:48,27		
2 Anneken VILJOEN (PG)		Paarl Girls High	4:48,93		
3 Shalldine SWARTS (KM)		Kylemore Secondary	5:20,88		
4 Cimon VAN DER WESTHUIZEN		Bloemhof Mei	5:21,10		
5 Carli JACOBS (BH)		Bloemhof Mei	5:22,79		
6 Inge VENTER (LR)		La Rochelle	5:37,28		
7 Siliziwe XAKEKA (KY)		Hoerskool Khyamandi	5:46,19		
8 Eshle LINDI (DT)		Desmond Tutu High	5:47,27		

Girls 14-15 3000 Meter Run Under 15

12:20,00		QBS Boland High Schools			
Name	Age	Team	Finals	Alternate	
1 Dalene KOEGELENBERG (HU)		Hoërskool Hugenote	11:21,70		
2 Marelie2 BOTHA (BH)		Bloemhof Mei	11:47,40		
3 Christine GROBLER (BH)		Bloemhof Mei	12:20,19		
4 Dane DE VILLIERS (PV)		Parel Vallei	12:22,52		
5 Ankia BURGER (LR)		La Rochelle	12:23,46		
6 Anel TALLIE (LR)		La Rochelle	12:32,44		
7 Kasandra BOTHA (ST)		High School Strand	12:55,34		

Girls 15 Year Olds 90 Meter Hurdles Under 15

Name	Age	Team	Finals	Wind	Alternate
1 Carla MULLER (BH)		Bloemhof Mei	14,09	NWI	
2 Hana SULLIVAN (LR)		La Rochelle	15,71	NWI	
3 Ju-Mari ARCHER (GM)		Paarl Gimnasium	15,92	NWI	
3 Chloe PARSADH (RH)		Rhenish Girls High	15,92	NWI	
5 Danelle VENTER (LR)		La Rochelle	16,11	NWI	
6 Hayley HECHTER (PG)		Paarl Girls High	16,56	NWI	
7 Nicole BUSSE (HU)		Hoërskool Hugenote	18,64	NWI	

Girls 15 Year Olds 300 Meter Hurdles Under 15

51,00		QBS Boland High Schools			
Name	Age	Team	Finals	Alternate	
1 Tonet TALLIE (LR)		La Rochelle	45,84		
2 Zoe WILLIAMS (PV)		Parel Vallei	49,23		
3 Hanli VISSER (HU)		Hoërskool Hugenote	49,32		
4 Bianca KIRSTEIN (PG)		Paarl Girls High	49,90		
5 Leigh GRADWELL (PV)		Parel Vallei	55,61		

Girls 15 Year Olds 1500 Meter Steeplechase Under 15

7:00,00		QBS Boland High Schools			
Name	Age	Team	Finals	Alternate	
1 Dalene KOEGELENBERG (HU)		Hoërskool Hugenote	5:47,48		

Girls 15 Year Olds High Jump Under 15

2017 Boland Central Championships - 2017/02/17 to 2017/02/18
Dal Josaphat
Results

1,45m QBS Boland High Schools			
Name	Age Team	Finals	Alternate
1 Benitha PRETORIUS (GM)	Paarl Gimnasium	1,58m	
2 Hana SULLIVAN (LR)	La Rochelle	1,50m	
3 Calista HIGGO (BH)	Bloemhof Mei	1,45m	
4 Ju-Mari ARCHER (GM)	Paarl Gimnasium	1,40m	
4 Sasha BURT (LR)	La Rochelle	1,40m	
6 Anja DU TOIT (PG)	Paarl Girls High	1,35m	

Girls 15 Year Olds Pole Vault Under 15

2,00m QBS Boland High Schools			
Name	Age Team	Finals	Alternate
1 Tonet TALLIE (LR)	La Rochelle	3,44m	
2 Odelia FOURIE (LR)	La Rochelle	2,80m	
3 Kyra FOLSCHER (GM)	Paarl Gimnasium	2,50m	

Girls 15 Year Olds Long Jump Under 15

4,70m QBS Boland High Schools			
Name	Age Team	Finals	Wind Alternate
1 Andrea CORNELISSEN (RH)	Rhenish Girls High	5,53m	NWI
2 Madison PAKULSKI-KIRSTEN	Rhenish Girls High	4,78m	NWI
3 Azrea SYLVESTER (BH)	Bloemhof Mei	4,77m	NWI
4 Hana SULLIVAN (LR)	La Rochelle	4,73m	NWI
5 Benitha PRETORIUS (GM)	Paarl Gimnasium	4,51m	NWI
6 Maretha BRINK (HU)	Hoërskool Hugenote	4,35m	NWI
7 Nicole WILLIAMS (ST)	High School Strand	4,31m	NWI
8 Nicole BUSSE (HU)	Hoërskool Hugenote	4,23m	NWI

Girls 15 Year Olds Triple Jump Under 15

9,00m QBS Boland High Schools			
Name	Age Team	Finals	Wind Alternate
1 Greta MALAN (BH)	Bloemhof Mei	10,27m	NWI
2 Danelle VENTER (LR)	La Rochelle	10,14m	NWI
3 Shani BOTHA (LR)	La Rochelle	9,89m	NWI
4 Gretchen WILLIAMS (LR)	La Rochelle	9,44m	NWI
5 Maretha BRINK (HU)	Hoërskool Hugenote	9,42m	NWI

Girls 15 Year Olds Shot Put Under 15

9,60m QBS Boland High Schools			
Name	Age Team	Finals	Alternate
1 Hana SULLIVAN (LR)	La Rochelle	11,64m	
2 Jean-Miri OLIVIER (PG)	Paarl Girls High	11,27m	
3 Janke OOSTHUIZEN (LR)	La Rochelle	10,92m	
4 Nikki SCHONKEN (LR)	La Rochelle	10,33m	
5 Ané BRAASCH (ST)	High School Strand	10,04m	
6 Jana MALAN (HU)	Hoërskool Hugenote	9,64m	
7 Blayne SAMUELS (PV)	Parel Vallei	9,52m	
8 Megan SOLOMONS (GM)	Paarl Gimnasium	9,22m	

2017 Boland Central Championships - 2017/02/17 to 2017/02/18**Dal Josaphat****Results****Girls 15 Year Olds Discus Throw Under 15**

28,00m		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1	Michaela MAREE (HU)	Hoërskool Hugenote		28,25m	
2	Janke OOSTHUIZEN (LR)	La Rochelle		27,22m	
3	Jana MALAN (HU)	Hoërskool Hugenote		24,87m	
4	Kika DORMAN (PG)	Paarl Girls High		24,85m	
5	Marli VAN DEN BERG (BH)	Bloemhof Mei		24,03m	
6	Ané BRAASCH (ST)	High School Strand		23,97m	
7	Anja VISSER (LR)	La Rochelle		23,45m	
8	Brooklyn VANN ROOYEN (PV)	Parel Vallei		22,13m	

Girls 15 Year Olds Hammer Throw Under 15

29,00m		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1	Anél SWART (ST)	High School Strand		37,00m	
2	Jeanne-Mari LAUBSCHER (L)	La Rochelle		33,95m	
3	Melissa HOFFMAN (PV)	Parel Vallei		31,90m	
4	Beneatha HERBST (ST)	High School Strand		31,55m	
5	Marli BOTHA (ST)	High School Strand		31,32m	
6	Anka VAN ZYL (PV)	Parel Vallei		27,66m	
7	Nicole WILLIAMS (ST)	High School Strand		27,22m	
8	Lisa ROOS (HU)	Hoërskool Hugenote		24,11m	

Girls 15 Year Olds Javelin Throw Under 15

30,00m		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1	Nikki SCHONKEN (LR)	La Rochelle		37,42m	
2	Anouk HEUER (BH)	Bloemhof Mei		37,32m	
3	Janke OOSTHUIZEN (LR)	La Rochelle		30,62m	
4	Ané BRAASCH (ST)	High School Strand		26,60m	
5	Danielle SCHOLTZ (LR)	La Rochelle		25,13m	
6	Zani WILMOT (ST)	High School Strand		24,65m	
7	Brooklyn VAN ROOYEN (PV)	Parel Vallei		24,08m	
8	Blayne SAMUELS (PV)	Parel Vallei		21,43m	

Girls 15 Year Olds 5000 Meter Race Walk Under 15

35:00,00		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1	Tionita MYBURGH (ST)	High School Strand		34:22,42	
2	Saskia APRIL (PV)	Parel Vallei		34:25,72	
3	Diana MILLARD (PV)	Parel Vallei		34:30,10	
4	Blom INIKE (ST)	High School Strand		36:31,54	
5	Jessica CAMPBELL (ST)	High School Strand		36:43,50	

Girls 14 Year Olds 100 Meter Dash Under 14

13,60		QBS Boland High Schools				
Name	Age	Team		Finals	Wind H#	Alternate

2017 Boland Central Championships - 2017/02/17 to 2017/02/18**Dal Josaphat****Results**

1	Elke VAN DER WESTHUIZEN	Paarl Gimnasium	13,72	-1.5	3
2	Sascia SCHMIDT (LR)	La Rochelle	14,10	-1.5	3
3	Ilke BOSMAN (PV)	Parel Vallei	14,26	-3.2	1
4	Anja SMIT (BH)	Bloemhof Mei	14,28	-2.8	4
5	Eldean ADAMS (KN)	Klein Nedebu	14,37	-2.8	4
6	Chloe ALBERTUS (WI)	Wellington S	14,55	-3.2	1
7	Mia DU TOIT (BH)	Bloemhof Mei	14,67	-3.2	1
8	Tarryn DE WET (LR)	La Rochelle	14,68	-1.5	3

Girls 14 Year Olds 200 Meter Dash Under 14

28,50 QBS Boland High Schools					
Name	Age	Team	Finals	Wind	H# Alternate
1	Elke VAN DER WESTHUIZEN	Paarl Gimnasium	26,54	-2.1	4
2	Alex HEERINK VAN BREDA (Paarl Girls High	27,57	-1.8	5
3	Tatum LUDICK (RH)	Rhenish Girls High	27,93	-2.1	1
4	Sascia SCHMIDT (LR)	La Rochelle	28,17	-1.8	5
5	Julia THOMAS (GM)	Paarl Gimnasium	28,88	-2.1	4
6	Mia DU TOIT (BH)	Bloemhof Mei	28,91	-2.1	1
7	Walita SIMONS (WT)	Weltevrede S	29,19	-2.1	1
8	Carla VAN DER BANK (PG)	Paarl Girls High	29,22	-2.1	4

Girls 14 Year Olds 400 Meter Dash Under 14

1:06,50 QBS Boland High Schools					
Name	Age	Team	Finals	H#	Alternate
1	Elke VAN DER WESTHUIZEN	Paarl Gimnasium	1:01,43	3	
2	Tatum LUDICK (RH)	Rhenish Girls High	1:03,39	1	
3	Rochelle GEUSTYN (PG)	Paarl Girls High	1:03,88	3	
4	Terizia VAN DER PLAATS (Paarl Gimnasium	1:04,01	3	
5	Chloé DE KOCK (LR)	La Rochelle	1:04,06	2	
6	Cari GROENEWALD (HU)	Hoërskool Hugenote	1:04,84	3	
7	Karla BRUGMAN (BH)	Bloemhof Mei	1:05,56	1	
8	Lisa VAN DER MERWE (PV)	Parel Vallei	1:08,48	1	

Girls 14 Year Olds 800 Meter Run Under 14

2:36,00 QBS Boland High Schools					
Name	Age	Team	Finals	Alternate	
1	Terizia VAN DER PLAATS (Paarl Gimnasium	2:24,64		
2	Lanah NEL (PV)	Parel Vallei	2:27,99		
3	Karla BRUGMAN (BH)	Bloemhof Mei	2:30,67		
4	Lisa VAN DER MERWE (PV)	Parel Vallei	2:33,98		
5	Anine OOSTHUIZEN (BH)	Bloemhof Mei	2:34,16		
6	Kaylin MOSTERT (PG)	Paarl Girls High	2:34,76		
7	Joli BECKER (LR)	La Rochelle	2:39,80		
8	Mila VAN DER MERWE (RH)	Rhenish Girls High	2:42,96		

Girls 14 Year Olds 1500 Meter Run Under 14

5:29,00 QBS Boland High Schools					
Name	Age	Team	Finals	Alternate	
1	Terizia VAN DER PLAATS (Paarl Gimnasium	5:00,97		
2	Lanah NEL (PV)	Parel Vallei	5:08,69		

2017 Boland Central Championships - 2017/02/17 to 2017/02/18**Dal Josaphat
Results**

3	Karla BRUGMAN (BH)	Bloemhof Mei	5:15,25
4	Lisa VAN DER MERWE (PV)	Parel Vallei	5:18,03
5	Anine OOSTHUIZEN (BH)	Bloemhof Mei	5:20,58
6	Marelle BOTHA (BH)	Bloemhof Mei	5:25,41
7	Rouxne MULLER (GM)	Paarl Gimnasium	5:31,14
8	Amy-Lee ROBYN (SZ)	Stellenzicht	5:38,19

Girls 14 Year Olds 90 Meter Hurdles Under 14

15,40		QBS Boland High Schools		Finals	Wind H#	Alternate
Name	Age	Team				
1	Leah SWILLE (PG)	Paarl Girls High		14,42	NWI	2
2	Alex HEERINK VAN BREDA (Paarl Girls High		14,68	NWI	2
3	Cleoni ESTERHUYSE (BH)	Bloemhof Mei		14,96	NWI	1
4	Anne-Marie CILLIERS (BH)	Bloemhof Mei		15,05	NWI	1
5	Lu-Ann OLIVEROS (LR)	La Rochelle		15,83	NWI	1
6	Aliya RAMJEE (ST)	High School Strand		16,27	NWI	1
7	Kerryn DE NOBREGA (LR)	La Rochelle		16,51	NWI	2
8	Johané STEYN (ST)	High School Strand		17,28	NWI	1

Girls 14 Year Olds 300 Meter Hurdles Under 14

53,00		QBS Boland High Schools		Finals	H#	Alternate
Name	Age	Team				
1	Alex HEERINK VAN BREDA (Paarl Girls High		46,74		2
2	Tatum LUDICK (RH)	Rhenish Girls High		48,96		2
3	Rochelle GEUSTYN (PG)	Paarl Girls High		49,03		2
4	Cleoni ESTERHUYSE (BH)	Bloemhof Mei		49,36		1
5	Leah SWILLE (PG)	Paarl Girls High		51,49		2
6	Carla VAN DER BANK (PG)	Paarl Girls High		52,18		2
7	Linda MENTZ (BH)	Bloemhof Mei		55,49		1
8	Johané STEYN (ST)	High School Strand		57,74		1

Girls 14 Year Olds High Jump Under 14

1,40m		QBS Boland High Schools		Finals	Alternate
Name	Age	Team			
1	Emma ELLIS (GM)	Paarl Gimnasium		1,50m	
2	Hermien BUITENDAG (PG)	Paarl Girls High		1,45m	
3	Rachelle VAN WAARDHUIZEN	Hoërskool Hugenate		1,45m	
4	Micaela HORN (PV)	Parel Vallei		1,45m	
5	Cheyenne BUNDING (PV)	Parel Vallei		1,40m	
6	Anja SMIT (BH)	Bloemhof Mei		1,35m	
7	Anne VENTER (PG)	Paarl Girls High		1,35m	
8	Louise MEYER (SH)	Stellenbosch High		1,30m	

Girls 14 Year Olds Long Jump Under 14

4,60m		QBS Boland High Schools		Finals	Wind	Alternate
Name	Age	Team				
1	Lu-Ann OLIVEROS (LR)	La Rochelle		5,01m	NWI	
2	Greta MALAN (BH)	Bloemhof Mei		4,80m	NWI	
3	Ilke BOSMAN (PV)	Parel Vallei		4,73m	NWI	
4	Anne-Marie CILLIERS (BH)	Bloemhof Mei		4,59m	NWI	

2017 Boland Central Championships - 2017/02/17 to 2017/02/18**Dal Josaphat****Results**

5 Blaine CAVERNELIS (HU)	Hoërskool Hugenote	4,56m	NWI
6 Kyra FOLSCHER (GM)	Paarl Gimnasium	4,40m	NWI
7 Jalize HERBST (ST)	High School Strand	4,29m	NWI
8 Courtney WILLIAMS (NO)	New Orleans	4,22m	NWI

Girls 14 Year Olds Shot Put Under 14

9,00m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Taila ROOS (PG)		Paarl Girls High	12,70m	
2 Ankia VILJOEN (GM)		Paarl Gimnasium	11,01m	
3 Rochelle RIJNSBURGER (PG)		Paarl Girls High	10,05m	
4 Elri KEMP (HU)		Hoërskool Hugenote	9,46m	
5 Jade DAMONSE (PJ)		Paulus Joube	9,07m	
6 Bianca LEIGHTON (LR)		La Rochelle	8,76m	
7 Mishka LEVENS (KN)		Klein Nedebu	8,50m	

Girls 14 Year Olds Discus Throw Under 14

23,00m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Taila ROOS (PG)		Paarl Girls High	29,62m	
2 Kate THIART (BH)		Bloemhof Mei	27,82m	
3 Grete DIPPENAAR (HU)		Hoërskool Hugenote	26,10m	
4 Elri KEMP (HU)		Hoërskool Hugenote	23,71m	
5 Mitchell CHIVENGA (GM)		Paarl Gimnasium	22,65m	
6 Octavia LAWRENCE (LR)		La Rochelle	22,63m	
7 Charlise PRINS (SH)		Stellenbosch High	22,50m	
8 Stella-Maria HORVATH (LR)		La Rochelle	22,41m	

Girls 14 Year Olds Javelin Throw Under 14

26,00m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Phia KOTZE (GM)		Paarl Gimnasium	33,23m	
2 Anri GROBBELAAR (BH)		Bloemhof Mei	31,84m	
3 Annika CLOETE (SH)		Stellenbosch High	28,31m	
4 Rone SWARTZ (HU)		Hoërskool Hugenote	27,75m	
5 Francesca SULLIVAN (LR)		La Rochelle	27,13m	
6 Ankia VILJOEN (GM)		Paarl Gimnasium	25,55m	
7 Tamlyn FRANS (KN)		Klein Nedebu	23,77m	
8 Jalize HERBST (ST)		High School Strand	20,45m	

Boys 18-19 100 Meter Dash Under 19

11,30 QBS Boland High Schools					
Name	Age	Team	Finals	Wind H#	Alternate
1 Manfred JOHANNES (GD)		Groendal Secondary	11,46	-2.5	1
1 Henco MARTINS (GM)		Paarl Gimnasium	11,46	-5.2	2
3 Simon STEVEN (PR)		Paul Roos Gimnasium	11,87	NWI	3
4 Mariano PETERSEN (BR)		Bergrivier	11,93	-5.2	2
5 Julio GOUS (PV)		Parel Vallei	11,99	-2.5	1
6 Aiden RHODE (PR)		Paul Roos Gimnasium	12,01	NWI	3
7 Byron NDHLOMO (FR)		Hoërskool Franshoek	12,04	-2.5	1

2017 Boland Central Championships - 2017/02/17 to 2017/02/18**Dal Josaphat
Results**

8 Anslen GOEDEMAN (PJ) Paulus Joubé 12,11 -2.5 1

Boys 18-19 200 Meter Dash Under 19

23,00 QBS Boland High Schools					
Name	Age	Team	Finals	Wind	H# Alternate
1 Linford MAREE (GM)		Paarl Gimnasium	22,32	-3.0	3
2 Manfred JOHANNES (GD)		Groendal Secondary	22,66	NWI	1
3 Mariano PETERSEN (BR)		Bergrivier	23,25	NWI	2
4 Simon STEVEN (PR)		Paul Roos Gimnasium	23,39	NWI	2
5 Keenan LEENDERTZ (BL)		Boland Landbou	23,89	-3.0	3
6 Pieter VAN HELSDINGEN (S)		Stellenbosch High	23,92	-3.0	3
7 Rushin JASSON (KN)		Klein Nedebu	23,95	-3.0	3
8 Geraldo SEPTEMBER (CH)		Charleston H	24,10	NWI	2

Boys 18-19 400 Meter Dash Under 19

52,20 QBS Boland High Schools					
Name	Age	Team	Finals	H#	Alternate
1 Alwin DIRKSE (SZ)		Stellenzicht	51,0h	1	
2 Keanu MARTINS (HJ)		Paarl Jongenskool	51,2h	1	
3 Geraldo SEPTEMBER (CH)		Charleston H	51,2h	1	
4 Ruben PEINAAR (HH)		Hoerskool Ho	51,3h	1	
5 Geo VAN NIEKERK (HU)		Hoërskool Hugenote	53,1h	2	
6 Hanreco VAN ZYL (SH)		Stellenbosch High	53,50	2	
7 Macneto HERADINE (KN)		Klein Nedebu	53,9h	2	
8 Keanu WILLEMSE (NP)		Noorder-Paarl High	54,9h	2	

Boys 18-19 800 Meter Run Under 19

2:02,00 QBS Boland High Schools					
Name	Age	Team	Finals	Alternate	
1 Alwin DIRKSE (SZ)		Stellenzicht	1:55,27		
2 Francois BRUWER (HJ)		Paarl Jongenskool	1:58,06		
3 Shaun VAN ROOI (GM)		Paarl Gimnasium	2:01,51		
4 Geo VAN NIEKERK (GD)		Groendal Secondary	2:02,45		
5 Sterrenberg SMIT (SH)		Stellenbosch High	2:05,01		
6 Johan SHEPHERD (GM)		Paarl Gimnasium	2:05,99		
7 Clayton GORDON (PJ)		Paulus Joubé	2:09,56		
8 Wilton FLINK (CH)		Charleston H	2:09,71		

Boys 18-19 1500 Meter Run Under 19

4:13,00 QBS Boland High Schools					
Name	Age	Team	Finals	Alternate	
1 Francois BRUWER (HJ)		Paarl Jongenskool	4:04,15		
2 William DOMISSE (HJ)		Paarl Jongenskool	4:08,83		
3 Barret DE WILLERS (PR)		Paul Roos Gimnasium	4:08,84		
4 Sterrenberg SMIT (SH)		Stellenbosch High	4:17,08		
5 Wilton FLINK (CH)		Charleston H	4:18,47		
6 Clifford MAREE (NO)		New Orleans	4:19,23		
7 Gaynor ANDREWS (SZ)		Stellenzicht	4:44,29		
8 Ebrahim STEENBERG (WT)		Weltevrede S	4:45,31		

2017 Boland Central Championships - 2017/02/17 to 2017/02/18
Dal Josaphat
Results

Boys 18-19 5000 Meter Run Under 19

Name	Age	Team	Finals	Alternate
16:30,00		QBS Boland High Schools		
1 Alister BLAAUW (GD)		Groendal Secondary	16:07,39	

Boys 18-19 110 Meter Hurdles Under 19

Name	Age	Team	Finals	Wind	Alternate
17,20		QBS Boland High Schools			
1 Henco MARTINS (GM)		Paarl Gimnasium	15,34	-0.4	
2 Sabri JACOBS (HJ)		Paarl Jongenskool	16,11	-0.4	
3 Richardt WESSELS (ST)		High School Strand	16,35	-0.4	
4 WG CHRISTOPHER (BL)		Boland Landbou	16,60	-0.4	
5 Rudolf VAN DER WESTHUIZE		Paarl Jongenskool	16,68	-0.4	

Boys 18-19 400 Meter Hurdles Under 19

Name	Age	Team	Finals	Alternate
1:00,00		QBS Boland High Schools		
1 Linford MAREE (GM)		Paarl Gimnasium	54,45	
2 Rudolf VAN DER WESTHUIZE		Paarl Jongenskool	57,56	

Boys 18-19 3000 Meter Steeplechase Under 19

Name	Age	Team	Finals	Alternate
10:40,00		QBS Boland High Schools		
1 Wilton VLINK (CH)		Charleston H	10:06,55	

Boys 18-19 High Jump Under 19

Name	Age	Team	Finals	Alternate
1,79m		QBS Boland High Schools		
1 Gleston JULIUS (SZ)		Stellenzicht	1,75m	
1 Stiaan THERON (HJ)		Paarl Jongenskool	1,75m	
3 Leonardo BRAND (NO)		New Orleans	1,70m	
3 Donald VAN DER BERG (GD)		Groendal Secondary	1,70m	
5 Pierre VENTER (SH)		Stellenbosch High	1,70m	

Boys 18-19 Long Jump Under 19

Name	Age	Team	Finals	Wind	Alternate
6,50m		QBS Boland High Schools			
1 Junior MPEFU (DT)		Desmond Tutu High	6,77m	NWI	
2 Paul GELDENHUIS (PR)		Paul Roos Gimnasium	6,58m	NWI	
3 Henco MARTINS (GM)		Paarl Gimnasium	6,43m	NWI	
4 Simon STEVEN (PR)		Paul Roos Gimnasium	6,03m	NWI	
5 Shakier MOERAT (NO)		New Orleans	5,88m	NWI	
6 Keanu MAREE (HH)		Hoerskool Ho	5,86m	NWI	
7 Muneer KHAN (PV)		Parel Vallei	5,83m	NWI	
8 Devereaux PIETERSEN (BR)		Bergrivier	5,33m	NWI	

2017 Boland Central Championships - 2017/02/17 to 2017/02/18
Dal Josaphat
Results

Boys 18-19 Triple Jump Under 19

13,00m QBS Boland High Schools				
Name	Age	Team	Finals	Wind Alternate
1 Paul GELDENHUIS (PR)		Paul Roos Gimnasium	13,68m	NWI

Boys 18-19 Shot Put Under 19

13,80m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Marko VAN NIEKERK (BL)		Boland Landbou	13,76m	
2 Rheino VAN SCHALKWYK (ST)		High School Strand	13,02m	
3 Christiaan VISSER (SH)		Stellenbosch High	12,22m	
4 Henco SCHOEMAN (HU)		Hoërskool Hugenote	11,91m	
5 Coetzee KOEGELEBERG (PV)		Parel Vallei	10,99m	
6 Charles EBRAHIM (SZ)		Stellenzicht	10,51m	
7 Rozario MARTIN (PJ)		Paulus Joubé	9,99m	
8 Vinsenchio PRINS (BR)		Bergrivier	9,16m	

Boys 18-19 Discus Throw Under 19

40,00m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Marko VAN NIEKERK (BL)		Boland Landbou	49,54m	
2 Franco VERMEULEN (GM)		Paarl Gimnasium	49,16m	
3 Rheino VAN SCHALKWYK (ST)		High School Strand	40,52m	
4 Axolile YABO (HU)		Hoërskool Hugenote	32,29m	
5 Christiaan VISSER (SH)		Stellenbosch High	31,84m	
6 Coetzee KOEGELEBERG (PV)		Parel Vallei	29,46m	
7 Amedee VENTER (HU)		Hoërskool Hugenote	26,18m	

Boys 18-19 Hammer Throw Under 19

42,00m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Ryno NIEMAND (PR)		Paul Roos Gimnasium	52,43m	
2 Henrico JANSE VAN RENSBUR		High School Strand	48,54m	
3 Jacques TREDoux (GM)		Paarl Gimnasium	45,64m	
4 Jacques ERASMUS (PR)		Paul Roos Gimnasium	45,24m	
5 Axolile YABO (HU)		Hoërskool Hugenote	41,99m	
6 Beaurain HERMAN (BL)		Boland Landbou	40,86m	

Boys 18-19 Javelin Throw Under 19

50,00m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Bjorn FORTUIN (NO)		New Orleans	47,20m	
2 Paul BUYS (PV)		Parel Vallei	44,05m	
3 Michael CLOETE (BR)		Bergrivier	42,92m	
4 Byron MORKEl (BR)		Bergrivier	41,83m	
5 Jordan SMIT (PV)		Parel Vallei	41,50m	
6 Ayabonga BHAYIBHILE (KY)		Hoerskool Khyamandi	37,09m	

2017 Boland Central Championships - 2017/02/17 to 2017/02/18**Dal Josaphat
Results**

7 Charl JANUARIE (NP)	Noorder-Paarl High	33,19m
8 Devereaux PIETERSEN (BR)	Bergrivier	29,23m

Boys 18-19 10000 Meter Race Walk Under 19

1:04:00,00 QBS Boland High Schools			
Name	Age Team	Finals	Alternate
1 Cobus THEUNISSEN (PV)	Parel Vallei	1:01:23,40	
2 WJ COETZER (ST)	High School Strand	1:06:05,50	
3 Christiaan LOUW (ST)	High School Strand	1:06:20,35	

Boys 16-17 100 Meter Dash Under 17

11,50 QBS Boland High Schools				
Name	Age Team	Finals	Wind H#	Alternate
1 Bennie GREYLING (PR)	Paul Roos Gimnasium	11,32	-1.6	1
2 Nathan DE LANGE (HJ)	Paarl Jongenskool	11,38	-1.6	1
3 Gershon SEPTEMBER (ST)	High School Strand	11,48	-1.6	1
4 Jermaine ISAACS (GM)	Paarl Gimnasium	11,51	-2.5	4

....Boys 16-17 100 Meter Dash Under 17

5 Joshua EVERTS (HU)	Hoërskool Hugenote	11,60	-2.5	4
6 Franco HENDRICKS (HU)	Hoërskool Hugenote	11,64	-3.1	3
6 Byron WILLIAMS (WT)	Weltevrede S	11,64	-2.5	4
8 Guescot WILLIAMS (PJ)	Paulus Joubé	11,85	-4.4	2

Boys 16-17 200 Meter Dash Under 17

23,30 QBS Boland High Schools				
Name	Age Team	Finals	Wind H#	Alternate
1 Bennie GREYLING (PR)	Paul Roos Gimnasium	22,49	-3.7	1
2 Justin ISAACS (GM)	Paarl Gimnasium	22,97	-2.9	5
3 Joshua EVERTS (HU)	Hoërskool Hugenote	23,12	-3.0	3
4 Franco HENDRICKS (HU)	Hoërskool Hugenote	23,15	-1.3	4
5 Stuart BRUINTJIES (HU)	Hoërskool Hugenote	23,24	-1.3	4
6 Guescot WILLIAMS (PJ)	Paulus Joubé	23,48	-3.7	1
7 Gershon SEPTEMBER (ST)	High School Strand	23,60	-3.7	1
8 Caleb WILLIAMS (PR)	Paul Roos Gimnasium	23,61	-3.4	6

Boys 16-17 400 Meter Dash Under 17

52,80 QBS Boland High Schools			
Name	Age Team	Finals	H# Alternate
1 Bennie GREYLING (PR)	Paul Roos Gimnasium	50,0h	1
2 Cle HENDRICKS (PR)	Paul Roos Gimnasium	52,0h	4
2 Nathan DE LANGE (HJ)	Paarl Jongenskool	52,0h	2
4 Jermaine ISAACS (GM)	Paarl Gimnasium	52,7h	4
5 Rowan WICOMB (HJ)	Paarl Jongenskool	52,9h	1
6 Renaldo YOUNG (NO)	New Orleans	53,0h	4
6 Hughwan ENGELBRECHT (HH)	Hoërskool Ho	53,0h	1
8 Dewald DE KOKER (ST)	High School Strand	53,30	1

Boys 16-17 800 Meter Run Under 17

2017 Boland Central Championships - 2017/02/17 to 2017/02/18
Dal Josaphat
Results

2:04,00		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1	Marlin RIEGARDT (CH)	Charleston H		2:02,75	
2	Qiano VAN DER BERG (NO)	New Orleans		2:05,59	
3	Jaydon ROSE (PR)	Paul Roos Gimnasium		2:06,30	
4	Johan LINKS (BR)	Bergrivier		2:06,83	
5	Joshua ROZIERS (HH)	Hoerskool Ho		2:06,99	
6	Wano KATJIRI (SH)	Stellenbosch High		2:09,56	
7	Albertus LE ROUX (SH)	Stellenbosch High		2:12,41	
8	Michael KOOPMAN (WT)	Weltevrede S		2:12,69	

Boys 16-17 1500 Meter Run Under 17

4:18,00		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1	Loyiso SKITI (DT)	Desmond Tutu High		4:11,08	
2	Stephen MILLARD (PR)	Paul Roos Gimnasium		4:12,04	
3	Conwill DUIKER (GM)	Paarl Gimnasium		4:13,13	

....Boys 16-17 1500 Meter Run Under 17

4	Wano KATJIRI (SH)	Stellenbosch High		4:24,84	
5	Graham KALAMINA (CH)	Charleston H		4:25,70	
6	Niel RAATH (PR)	Paul Roos Gimnasium		4:27,76	
7	Johan LINKS (BR)	Bergrivier		4:33,29	
8	Alec BOTHA (PR)	Paul Roos Gimnasium		4:34,92	

Boys 16-17 3000 Meter Run Under 17

9:28,00		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1	Stephen MILLARD (PR)	Paul Roos Gimnasium		9:19,69	
2	Conwill DUIKER (GM)	Paarl Gimnasium		9:24,07	
3	Jenovan SEPTEMBER (NP)	Noorder-Paarl High		9:28,50	
4	Alec BOTHA (PR)	Paul Roos Gimnasium		9:28,57	
5	Alex SCHLIEMANN (PR)	Paul Roos Gimnasium		9:38,43	
6	Lesliy MOLOPIE (CV)	Cloetesville		9:39,39	
7	Graham KALAMINA (CH)	Charleston H		9:42,64	
8	Lyle SEPTEMBER (CH)	Charleston H		9:55,14	

Boys 16-17 110 Meter Hurdles Under 17

16,50		QBS Boland High Schools				
Name	Age	Team		Finals	Wind H#	Alternate
1	Jason OCTOBER (PR)	Paul Roos Gimnasium		14,40	0.1	1
2	Tiaan PRETORIUS (PR)	Paul Roos Gimnasium		14,88	0.1	1
3	Stephan DU TOIT (GM)	Paarl Gimnasium		14,90	-0.4	2
4	Francois MARAIS (GM)	Paarl Gimnasium		14,91	-0.4	2
5	Jose GEORGE (HJ)	Paarl Jongenskool		15,07	0.1	1
6	Hughwan ENGELBRECHT (HH)	Hoerskool Ho		15,26	0.1	1
7	Ronaldo MACKENZIE (PR)	Paul Roos Gimnasium		15,27	0.1	1
8	Pierre DE JONGH (HJ)	Paarl Jongenskool		15,62	0.1	1

Boys 16-17 400 Meter Hurdles Under 17

2017 Boland Central Championships - 2017/02/17 to 2017/02/18
Dal Josaphat
Results

1:01,50		QBS Boland High Schools			
Name	Age	Team	Finals	H#	Alternate
1 Jason OCTOBER (PR)		Paul Roos Gimnasium	57,08	1	
2 Hughwan ENGELBRECHT (HH)		Hoerskool Ho	57,59	1	
3 Stephan DU TOIT (GM)		Paarl Gimnasium	58,37	2	
4 Pierre DE JONGH (HJ)		Paarl Jongenskool	58,50	1	
5 Jayden VAN WYK (HU)		Hoërskool Hugenote	58,58	2	
6 Sebastian DE KLERK (BL)		Boland Landbou	59,16	2	
7 Martin CLAASEN (PR)		Paul Roos Gimnasium	59,88	2	
8 Rowan WICOMB (HJ)		Paarl Jongenskool	1:00,69	1	

Boys 16-17 2000 Meter Steeplechase Under 17

6:50,00		QBS Boland High Schools			
Name	Age	Team	Finals		Alternate
1 Loyiso SKITI (DT)		Desmond Tutu High	6:20,15		
2 Marlin RIEGARDT (CH)		Charleston H	6:27,05		

....Boys 16-17 2000 Meter Steeplechase Under 17

3 Conwill DUIKER (GM)		Paarl Gimnasium	6:36,11		
4 Graham KALAMINA (CH)		Charleston H	6:43,58		
5 Lyle SEPTEMBER (CH)		Charleston H	6:54,81		
6 Curtly ABRAHAMS (CH)		Charleston H	7:19,12		

Boys 16-17 High Jump Under 17

1,76m		QBS Boland High Schools			
Name	Age	Team	Finals		Alternate
1 Breyton POOLE (PR)		Paul Roos Gimnasium	2,13m		
2 Emelio BASSICK (PJ)		Paulus Joubé	2,00m		
3 Christiaan BEUKES (GM)		Paarl Gimnasium	1,80m		
3 Keano COOKSON (ST)		High School Strand	1,80m		
5 Kennedy ADRIAAN (ST)		High School Strand	1,75m		
5 Jamie RODGERS (WI)		Wellington S	1,75m		
7 Molato PHOKENG (IH)		Ihlumelo Secondary	1,70m		

Boys 16-17 Pole Vault Under 17

3,40m		QBS Boland High Schools			
Name	Age	Team	Finals		Alternate
1 Valco VAN WYK (GM)		Paarl Gimnasium	4,87m		
2 Christiaan BEUKES (GM)		Paarl Gimnasium	3,80m		
3 Daniël SLABBERT (PR)		Paul Roos Gimnasium	2,90m		
3 Fourie SWART (PR)		Paul Roos Gimnasium	2,90m		

Boys 16-17 Long Jump Under 17

6,30m		QBS Boland High Schools			
Name	Age	Team	Finals	Wind	Alternate
1 Brent MANUEL (HU)		Hoërskool Hugenote	6,74m		NWI
2 Franco HENDRICKS (HU)		Hoërskool Hugenote	6,38m		NWI
3 Caleb WILLIAMS (PR)		Paul Roos Gimnasium	6,29m		NWI
4 Cle HENDRICKS (PR)		Paul Roos Gimnasium	6,23m		NWI

2017 Boland Central Championships - 2017/02/17 to 2017/02/18**Dal Josaphat****Results**

5 Marno DIRKS (HU)	Hoërskool Hugenote	6,20m	NWI
6 Joshua EVERTS (HU)	Hoërskool Hugenote	6,16m	NWI
7 Junaid PHILIPS (HH)	Hoërskool Ho	5,83m	NWI
8 Jade BRINK (GM)	Paarl Gimnasium	5,70m	NWI

Boys 16-17 Triple Jump Under 17

12,60m QBS Boland High Schools				
Name	Age	Team	Finals	Wind Alternate
1 Marno DIRKS (HU)		Hoërskool Hugenote	13,57m	NWI
2 Junaid PHILIPS (HH)		Hoërskool Ho	13,26m	NWI
3 Brent MANUEL (HU)		Hoërskool Hugenote	12,89m	NWI
4 David ABRAHAMS (HJ)		Paarl Jongenskool	12,75m	NWI
5 Jarret WILLIAMS (PV)		Parel Vallei	12,46m	NWI
6 Cle HENDRICKS (PR)		Paul Roos Gimnasium	12,34m	NWI
7 Julian JOHANNES (NP)		Noorder-Paarl High	12,10m	NWI
8 Leandro HOPLEY (HU)		Hoërskool Hugenote	12,05m	NWI

Boys 16-17 Shot Put Under 17

14,00m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Evan ROOS (HJ)		Paarl Jongenskool	15,40m	
2 Rhynardt RIJNSBURGER (HJ)		Paarl Jongenskool	14,04m	
3 Renier J VAN RENSBURG (H)		Paarl Jongenskool	14,02m	
4 Zaan HENDRICK (CV)		Cloetesville	13,75m	
5 Nicholas GOBLE (PV)		Parel Vallei	12,96m	
6 Raad BASSON (BL)		Boland Landbou	12,74m	
7 Juanu OLIVIER (BL)		Boland Landbou	12,30m	
8 Dane SMALL (BG)		Bridge House	12,11m	

Boys 16-17 Discus Throw Under 17

40,00m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Jean-Jacques ROSSOUW (GM)		Paarl Gimnasium	53,54m	
2 Evan ROOS (HJ)		Paarl Jongenskool	52,39m	
3 Rhynardt RIJNSBURGER (HJ)		Paarl Jongenskool	47,52m	
4 Renier J VAN RENSBURG (H)		Paarl Jongenskool	43,70m	
5 Jannes THERON (HJ)		Paarl Jongenskool	41,94m	
6 Daniel HAUPT (PV)		Parel Vallei	37,10m	
7 Lyle TITUS (PV)		Parel Vallei	35,77m	
8 Zirk MACKAY (PR)		Paul Roos Gimnasium	30,25m	

Boys 16-17 Hammer Throw Under 17

47,80m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Jean-Jacques KOTZE (PR)		Paul Roos Gimnasium	50,29m	
2 Juanu OLIVIER (BL)		Boland Landbou	49,55m	
3 Raad BASSON (BL)		Boland Landbou	41,10m	
4 Jeanne FRYER (HU)		Hoërskool Hugenote	40,17m	
5 Gunter MOHR (ST)		High School Strand	40,10m	
6 Lombard BASSON (PR)		Paul Roos Gimnasium	37,25m	

2017 Boland Central Championships - 2017/02/17 to 2017/02/18**Dal Josaphat
Results**

7 Carlo ABRAHAMS (PV)	Parel Vallei	35,36m
8 Hubert DE VILLIERS (BL)	Boland Landbou	34,90m

Boys 16-17 Javelin Throw Under 17

51,00m		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1 Juan SMITH (HU)		Hoërskool Hugenate		63,05m	
2 Renier J VAN RENSBURG (H)		Paarl Jongenskool		57,72m	
3 Rex COETZEE (PR)		Paul Roos Gimnasium		47,23m	
4 Vincent LE ROUX (PV)		Parel Vallei		45,93m	
5 Francois LOTTER (PR)		Paul Roos Gimnasium		44,63m	
6 Daniel HAUPT (PV)		Parel Vallei		42,25m	
7 Raoul MACHELM (HH)		Hoerskool Ho		39,16m	
8 Eugene ADAMS (CH)		Charleston H		39,12m	

Boys 16-17 10000 Meter Race Walk Under 17

1:05:00,00		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1 Gerhard ECKLEY (PV)		Parel Vallei		1:00:28,90	
2 Dian KENNY (BL)		Boland Landbou		1:01:18,10	
3 Michael FOUCHÉ (ST)		High School Strand		1:07:56,60	

Boys 15 Year Olds 100 Meter Dash Under 15

11,80		QBS Boland High Schools					
Name	Age	Team		Finals	Wind	H#	Alternate
1 Zandre JACOBS (GM)		Paarl Gimnasium		11,76	-3.1	1	
2 Moeketsi NTLABA (NO)		New Orleans		11,80	-2.3	3	
3 Matthew JACOBS (GM)		Paarl Gimnasium		12,17	-3.4	5	
4 Armand MARITZ (PR)		Paul Roos Gimnasium		12,25	-2.3	3	
5 Marlin RILEY (GM)		Paarl Gimnasium		12,34	-2.3	3	
6 Milano TERRY (NP)		Noorder-Paarl High		12,44	-2.7	4	
7 Kieran DONOUGH (PR)		Paul Roos Gimnasium		12,45	-2.3	2	
8 JP SMITH (BL)		Boland Landbou		12,54	-2.3	3	

Boys 15 Year Olds 200 Meter Dash Under 15

24,30		QBS Boland High Schools					
Name	Age	Team		Finals	Wind	H#	Alternate
1 Moeketsi NTLABA (NO)		New Orleans		23,24	NWI	4	
2 Zandre JACOBS (GM)		Paarl Gimnasium		24,05	NWI	4	
3 Armand MARITZ (PR)		Paul Roos Gimnasium		24,18	-0.8	1	
4 Sebastiaan CLOETE (ST)		High School Strand		24,42	-2.5	2	
5 Rivaldo HENDRICKS (WT)		Weltevrede S		24,63	-0.8	1	
6 Chadwin BROWN (PV)		Parel Vallei		24,87	-2.5	2	
7 Lincon NICHOLS (GD)		Groendal Secondary		25,04	-0.8	1	
8 JP SMITH (BL)		Boland Landbou		25,29	NWI	4	

Boys 15 Year Olds 400 Meter Dash Under 15

55,00		QBS Boland High Schools			
Name	Age	Team		Finals	H# Alternate

2017 Boland Central Championships - 2017/02/17 to 2017/02/18
Dal Josaphat
Results

1	Luciano CUSTODIO (HJ)	Paarl Jongenskool	52,78	1
2	Luke BURGER (PR)	Paul Roos Gimnasium	53,98	3
3	Marthinus VAN DEN HEVER	Paarl Jongenskool	55,17	1
4	Granthen TROMP (NO)	New Orleans	55,55	3
5	Dian VAN NIEKERK (PR)	Paul Roos Gimnasium	56,20	1
5	Keene MINNICK (GD)	Groendal Secondary	56,20	1
7	Ammaar DE JAGER (HU)	Hoërskool Hugenote	57,05	2
8	Jordan VENTER (PR)	Paul Roos Gimnasium	57,13	4

Boys 15 Year Olds 800 Meter Run Under 15

2:11,50		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1	Aldo RAUTENBACH (BL)	Boland Landbou		2:03,06	

....Boys 15 Year Olds 800 Meter Run Under 15

2	Gawain JANTJIES (GM)	Paarl Gimnasium	2:03,34
3	Johnnic ARNOLDS (WT)	Weltevrede S	2:10,87
4	Matthew KELLERMAN (SZ)	Stellenzicht	2:13,60
5	Stiaan VAN HUYSSTEEN (PR)	Paul Roos Gimnasium	2:14,23
6	Myron-Lee JONKERMAN (PR)	Paul Roos Gimnasium	2:16,38
7	Asemahle SOKO (IH)	Ihlumelo Secondary	2:21,32
8	Mateo PIETERSE (SZ)	Stellenzicht	2:21,73

Boys 15 Year Olds 1500 Meter Run Under 15

4:35,00		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1	Gawain JANTJIES (GM)	Paarl Gimnasium	4:22,17		
2	Johnnic ARNOLDS (WT)	Weltevrede S	4:25,85		
3	Stiaan VAN HUYSSTEEN (PR)	Paul Roos Gimnasium	4:29,33		
4	Granville FARMER (KM)	Kylemore Secondary	4:31,46		
5	Sipshosethu TASANE (NO)	New Orleans	4:33,23		
6	Samuel JULIES (KN)	Klein Nedebu	4:43,08		
7	Dian KRUGER (HJ)	Paarl Jongenskool	4:43,37		
8	Nolan DIEDERICKS (GM)	Paarl Gimnasium	4:44,06		

Boys 14-15 3000 Meter Run Under 15

10:00,00		QBS Boland High Schools			
Name	Age	Team		Finals	Alternate
1	Nolan DIEDERICKS (GM)	Paarl Gimnasium	10:17,35		
2	Jannes MARIAS (HJ)	Paarl Jongenskool	10:20,20		
3	Myron-Lee JONKERMAN (PR)	Paul Roos Gimnasium	10:32,83		
4	Thomas SICKLE (PR)	Paul Roos Gimnasium	10:45,81		
5	MJ VAN DER WESTHUIZEN ()	High School Strand	11:07,48		

Boys 15 Year Olds 100 Meter Hurdles Under 15

14,80		QBS Boland High Schools			
Name	Age	Team		Finals	Wind Alternate
1	Luciano CUSTODIO (HJ)	Paarl Jongenskool	13,33		+0.0
2	Curwin GERTSE (HJ)	Paarl Jongenskool	13,37		+0.0

2017 Boland Central Championships - 2017/02/17 to 2017/02/18**Dal Josaphat
Results**

3	Boeta MOOLMAN (BL)	Boland Landbou	14,64	+0.0
4	Brandon LUTGE (HU)	Hoërskool Hugenote	14,89	+0.0
5	Ethan JAMES (GM)	Paarl Gimnasium	15,02	+0.0
6	Kyle SLATER (PV)	Parel Vallei	16,13	+0.0
7	Alexander GOODMAN (PR)	Paul Roos Gimnasium	16,65	+0.0

Boys 15 Year Olds 300 Meter Hurdles Under 15

=====				
45,00 QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
=====				
1	Luciano CUSTODIO (HJ)	Paarl Jongenskool	41,51	
2	Ethan JAMES (GM)	Paarl Gimnasium	42,27	
3	Boeta MOOLMAN (BL)	Boland Landbou	44,57	
4	Hamiilton KHOHLAKALA (PV)	Parel Vallei	50,50	

Boys 15 Year Olds 1500 Meter Steeplechase Under 15

=====				
5:30,00 QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
=====				
1	Nolan DIEDERICKS (GM)	Paarl Gimnasium	5:09,21	
2	Franko BANTOM (CH)	Charleston H	5:10,08	

Boys 15 Year Olds High Jump Under 15

=====				
1,68m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
=====				
1	Matthew JACOBS (GM)	Paarl Gimnasium	1,80m	
2	Marco DE WITT (BL)	Boland Landbou	1,75m	
2	Joshua HENDRIKS (HJ)	Paarl Jongenskool	1,75m	
2	Logan JANEKE (HH)	Hoërskool Ho	1,75m	
5	Carl VAN DER WESTHUIZEN	Hoërskool Hugenote	1,70m	
6	Cian VORSTER (SH)	Stellenbosch High	1,65m	
7	Keenan BAILEY (PR)	Paul Roos Gimnasium	1,60m	
7	Vianco ALEXANDER (NO)	New Orleans	1,60m	

Boys 15 Year Olds Long Jump Under 15

=====				
6,00m QBS Boland High Schools				
Name	Age	Team	Finals	Wind Alternate
=====				
1	Marlin RILEY (GM)	Paarl Gimnasium	6,09m	NWI
2	Caleb LUCAS (KM)	Kylemore Secondary	5,62m	NWI
3	Brandon LUTGE (HU)	Hoërskool Hugenote	5,61m	NWI
4	Ruben LOEDOLFF (HU)	Hoërskool Hugenote	5,45m	NWI
5	Chadwin BROWN (PV)	Parel Vallei	5,34m	NWI
6	Mihle VANANA (DT)	Desmond Tutu High	5,19m	NWI
7	Lebogang SELFI (AA)	Al-Azhar Institute	5,13m	NWI
8	Derohn MAMANI (KN)	Klein Nedebu	5,11m	NWI

Boys 15 Year Olds Triple Jump Under 15

=====				
12,00m QBS Boland High Schools				
Name	Age	Team	Finals	Wind Alternate
=====				
1	Marlin RILEY (GM)	Paarl Gimnasium	11,48m	NWI

2017 Boland Central Championships - 2017/02/17 to 2017/02/18**Dal Josaphat
Results**

2 Christian PRETORIUS (GM)	Paarl Gimnasium	11,20m	NWI
3 Zandre JACOBS (GM)	Paarl Gimnasium	11,00m	NWI
4 Katleo MAKOETLANE (IND)	Individual	10,58m	NWI
5 Aslam2 SULLEMAN (PR)	Paul Roos Gimnasium	10,53m	NWI

Boys 15 Year Olds Shot Put Under 15

13,00m QBS Boland High Schools			
Name	Age Team	Finals	Alternate
1 Armand MARITZ (PR)	Paul Roos Gimnasium	15,55m	
2 Marco DE WITT (BL)	Boland Landbou	13,30m	
3 Zander WALTERS (ST)	High School Strand	13,00m	
4 Roux NIEUWOUDT (PV)	Parel Vallei	12,93m	
5 Angus STUART (LA)	Labori High	12,78m	

....Boys 15 Year Olds Shot Put Under 15

6 Lucio ADAMS (LA)	Labori High	11,66m	
7 Ammaar DE JAGER (HU)	Hoërskool Hugenote	11,56m	
8 Jayden ADRIAANSE (PV)	Parel Vallei	11,47m	

Boys 15 Year Olds Discus Throw Under 15

42,00m QBS Boland High Schools			
Name	Age Team	Finals	Alternate
1 Johann ERASMUS (PR)	Paul Roos Gimnasium	44,03m	
2 Dawiël KLYNSMITH (PR)	Paul Roos Gimnasium	38,32m	
3 Linden ROMAN (PJ)	Paulus Joube	37,27m	
4 Joruhan DE WITT (GM)	Paarl Gimnasium	36,67m	
5 Andrio STEVENS (ST)	High School Strand	35,03m	
6 Angus APOLLIS (GM)	Paarl Gimnasium	30,91m	
7 Shaun CHRISTIANS (HH)	Hoërskool Ho	30,57m	
8 Marc-pierre JOSEPH (GD)	Groendal Secondary	30,22m	

Boys 15 Year Olds Hammer Throw Under 15

38,00m QBS Boland High Schools			
Name	Age Team	Finals	Alternate
1 Johann ERASMUS (PR)	Paul Roos Gimnasium	52,87m	
2 Marco DE WITT (BL)	Boland Landbou	48,56m	
3 Joruhan DE WITT (GM)	Paarl Gimnasium	46,29m	
4 Saul PITOUT (GM)	Paarl Gimnasium	41,06m	
5 Janru NIEUWOUDT (BL)	Boland Landbou	37,71m	
6 Zander WALTERS (ST)	High School Strand	35,15m	
7 Andrio STEVENS (ST)	High School Strand	30,02m	
8 Ethan KRYNAUW (ST)	High School Strand	29,79m	

Boys 15 Year Olds Javelin Throw Under 15

46,00m QBS Boland High Schools			
Name	Age Team	Finals	Alternate
1 John-Ross GROENEWALD (GM)	Paarl Gimnasium	48,33m	
2 Henro CARSTENS (HJ)	Paarl Jongenskool	45,28m	
3 Rhynardt BOTHA (HJ)	Paarl Jongenskool	44,95m	
4 Johan DU TOIT (BL)	Boland Landbou	44,21m	

2017 Boland Central Championships - 2017/02/17 to 2017/02/18**Dal Josaphat
Results**

5 Boeta MOOLMAN (BL)	Boland Landbou	41,71m
6 Nathan HAUPT (PV)	Parel Vallei	35,83m
7 Van Zyl ENGELBRECHT (BL)	Boland Landbou	35,49m

Boys 15 Year Olds 5000 Meter Race Walk Under 15

31:00,00 QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1 Benjamin BRETT (PV)		Parel Vallei	30:10,57	
2 Learnmore CHISANHU (HH)		Hoerskool Ho	32:56,48	
3 Michael PHILLIPS (ST)		High School Strand	34:22,30	

Boys 14 Year Olds 100 Meter Dash Under 14

12,00 QBS Boland High Schools				
Name	Age	Team	Finals	Wind H# Alternate
1 Matthew VAN SCHALKWYK (P)		Paul Roos Gimnasium	12,30	-5.8 1
2 Wayde LUKE (PR)		Paul Roos Gimnasium	12,32	-5.8 1
3 Jacques DE VILLIERS (HJ)		Paarl Jongenskool	12,33	-5.8 1
4 Duran STEVENS (FR)		Hoërskool Franshoek	12,60	-5.8 1
5 Van Der Merwe RUWAHL (KM)		Kylemore Secondary	12,85	-5.8 1
6 Cambill FORTUNE (KM)		Kylemore Secondary	13,11	-5.8 1
7 Arno BOTHA (PV)		Parel Vallei	13,39	-3.9 2

Boys 14 Year Olds 200 Meter Dash Under 14

25,00 QBS Boland High Schools				
Name	Age	Team	Finals	Wind H# Alternate
1 Wayde LUKE (PR)		Paul Roos Gimnasium	24,20	-1.2 3
2 Reece BURGER (HJ)		Paarl Jongenskool	24,45	-2.5 2
3 Duran STEVENS (FR)		Hoërskool Franshoek	24,73	-3.0 1
4 Matthew VAN SCHALKWYK (P)		Paul Roos Gimnasium	24,97	-2.3 4
5 Hakeem KUNENE (HJ)		Paarl Jongenskool	25,10	-3.0 1
6 JW ELLIS (GM)		Paarl Gimnasium	25,46	-2.0 5
7 Vince LOUW (BL)		Boland Landbou	25,79	-2.0 5
8 Pedro-Jowayne SCHROEDER		Klein Nedebu	26,03	-1.2 3

Boys 14 Year Olds 400 Meter Dash Under 14

58,60 QBS Boland High Schools				
Name	Age	Team	Finals	H# Alternate
1 Keagan SMITH (HJ)		Paarl Jongenskool	54,84	1
2 Bevan SIMONS (HJ)		Paarl Jongenskool	55,80	1
3 Hakeem KUNENE (HJ)		Paarl Jongenskool	56,76	1
4 Leslie DE LANGE (PV)		Parel Vallei	56,79	1
5 Hennie SIEBERHAGEN (GM)		Paarl Gimnasium	57,43	2
6 Brandon BANTUBATHI (BL)		Boland Landbou	58,59	3
7 Simphiwe MARHWANQANA (KY)		Hoerskool Khyamandi	1:00,14	3
8 Okuhle MASETI (KY)		Hoerskool Khyamandi	1:00,40	2

Boys 14 Year Olds 800 Meter Run Under 14

2:14,00 QBS Boland High Schools				
Name	Age	Team	Finals	Alternate

2017 Boland Central Championships - 2017/02/17 to 2017/02/18
Dal Josaphat
Results

1	Leslie DE LANGE (PV)	Parel Vallei	2:13,05
2	Durizen ESTERHUIZEN (PJ)	Paulus Joubé	2:14,83
3	Hennie SIEBERHAGEN (GM)	Paarl Gimnasium	2:15,16
4	Friedrich BAUERMEISTER ()	Paarl Jongenskool	2:16,06
5	Brandon BANTUBATHI (BL)	Boland Landbou	2:17,81
6	Jayde-Lee DE VILLIERS (W)	Wellington S	2:22,71
7	Janneman SLABBERT (PR)	Paul Roos Gimnasium	2:23,99
8	Duran STEVENS (FR)	Hoërskool Franshoek	2:26,52

Boys 14 Year Olds 1500 Meter Run Under 14

4:45,00		QBS Boland High Schools			
Name	Age	Team	Finals	Alternate	
1	Durizen ESTERHUIZEN (PJ)	Paulus Joubé	4:41,85		
2	Janneman SLABBERT (PR)	Paul Roos Gimnasium	4:45,02		
3	Jayde-Lee DE VILLIERS (W)	Wellington S	4:50,57		
4	Mikhail BRIESIES (PR)	Paul Roos Gimnasium	4:56,09		
5	Tyreeq ADONIS (BR)	Bergrivier	5:01,50		
6	Delroy GWESE (HH)	Hoërskool Ho	5:03,73		
7	Marno YZELLE (HJ)	Paarl Jongenskool	5:09,51		
8	Shelton JACOBS (NP)	Noorder-Paarl High	5:15,51		

Boys 14 Year Olds 100 Meter Hurdles Under 14

15,40		QBS Boland High Schools				
Name	Age	Team	Finals	Wind	H#	Alternate
1	Jacques DE VILLIERS (HJ)	Paarl Jongenskool	14,59	0.1	1	
2	JW ELLIS (GM)	Paarl Gimnasium	14,90	0.3	2	
3	Keagan SMITH (HJ)	Paarl Jongenskool	15,35	0.1	1	
4	Dehan SWART (PV)	Parel Vallei	16,98	0.3	2	
5	Thian BASSON (PR)	Paul Roos Gimnasium	16,99	0.3	2	
6	Keanu PHILANDER (HU)	Hoërskool Hugenote	17,21	0.1	1	
7	Matt MINNAAR (BL)	Boland Landbou	17,27	0.3	2	
8	Ethan HINDMARCH (PR)	Paul Roos Gimnasium	17,31	0.1	1	

Boys 14 Year Olds 300 Meter Hurdles Under 14

48,00		QBS Boland High Schools			
Name	Age	Team	Finals	H#	Alternate
1	Jacques DE VILLIERS (HJ)	Paarl Jongenskool	42,92	1	
2	JW ELLIS (GM)	Paarl Gimnasium	45,74	2	
3	Keanu PHILANDER (HU)	Hoërskool Hugenote	47,00	2	
4	Hanrich SWART (PR)	Paul Roos Gimnasium	48,14	2	
5	Ryan KLOOSMAN (ST)	High School Strand	48,56	1	
6	Luan LOUW (HU)	Hoërskool Hugenote	49,55	2	
7	Matt MINNAAR (BL)	Boland Landbou	49,99	1	
8	Thian BASSON (PR)	Paul Roos Gimnasium	53,23	1	

Boys 14 Year Olds High Jump Under 14

1,58m		QBS Boland High Schools			
Name	Age	Team	Finals	Alternate	
1	Reece MONTSUMI (PR)	Paul Roos Gimnasium	1,90m		

2017 Boland Central Championships - 2017/02/17 to 2017/02/18**Dal Josaphat****Results**

2	Herchelle MAGERMAN (HU)	Hoërskool Hugenote	1,65m
3	Chad ABRAHAMS (HU)	Hoërskool Hugenote	1,60m
4	Danre LOUW (GM)	Paarl Gimnasium	1,60m
4	Jake GRIMBEEK (PR)	Paul Roos Gimnasium	1,60m
6	Cayno FEBRUARY (PV)	Parel Vallei	1,55m
7	Friedrich BAUERMEISTER (Paarl Jongenskool	1,50m
8	Sebastian BADENHORST (PV)	Parel Vallei	1,45m
8	Ferdi LABUSCHAGNE (GM)	Paarl Gimnasium	1,45m

Boys 14 Year Olds Long Jump Under 14

5,40m QBS Boland High Schools				
Name	Age	Team	Finals	Wind Alternate
1	Keagan SMITH (HJ)	Paarl Jongenskool	5,70m	NWI
2	Hakeem KUNENE (HJ)	Paarl Jongenskool	5,52m	NWI
3	Christian PRETORIUS (GM)	Paarl Gimnasium	5,41m	NWI
4	Vince LOUW (BL)	Boland Landbou	5,32m	NWI
5	Isonge LANGA (HH)	Hoerskool Ho	5,31m	NWI
6	Justin WARIES (KN)	Klein Nedebu	5,29m	NWI
7	Kurtwill KAROLUS (NP)	Noorder-Paarl High	5,10m	NWI
8	Aslam SULLEMAN (PR)	Paul Roos Gimnasium	5,00m	NWI

Boys 14 Year Olds Shot Put Under 14

11,00m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1	Coetzee LE ROUX (HJ)	Paarl Jongenskool	14,90m	
2	Emile HANEKOM (GM)	Paarl Gimnasium	12,28m	
3	Adin JANUARIE (HJ)	Paarl Jongenskool	11,96m	
4	Kyle MARKE (HJ)	Paarl Jongenskool	11,83m	
5	Adriaan VLOK (LA)	Labori High	11,42m	
6	Estian JORDAAN (SH)	Stellenbosch High	10,96m	
7	Leeton KOOPMAN (WI)	Wellington S	10,75m	
8	Rourke SMAL (PV)	Parel Vallei	10,66m	

Boys 14 Year Olds Discus Throw Under 14

30,00m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1	Coetzee LE ROUX (HJ)	Paarl Jongenskool	41,34m	
2	Emile HANEKOM (GM)	Paarl Gimnasium	34,63m	
3	Kleeve JORDAN (HJ)	Paarl Jongenskool	34,27m	
4	Adriaan VLOK (LA)	Labori High	32,91m	
5	Charel BLOM (SH)	Stellenbosch High	30,12m	
6	Mikael MOHAMMED (PV)	Parel Vallei	29,48m	
7	Cayden LAWRENCE (HU)	Hoërskool Hugenote	28,89m	
8	James BOYDER (HU)	Hoërskool Hugenote	28,52m	

Boys 14 Year Olds Javelin Throw Under 14

39,00m QBS Boland High Schools				
Name	Age	Team	Finals	Alternate
1	Corne SWART (GM)	Paarl Gimnasium	49,99m	
2	Coetzee LE ROUX (HJ)	Paarl Jongenskool	47,52m	

2017 Boland Central Championships - 2017/02/17 to 2017/02/18

Dal Josaphat

Results

3 Willie LIEBENBERG (HJ)	Paarl Jongenskool	46,50m
4 Tristan VAN DYK (PR)	Paul Roos Gimnasium	40,94m
5 Corne ROMBS (IND)	Individual	36,76m
6 Philip ESCREET (PV)	Parel Vallei	35,61m
7 Jake GRIMBEEK (PR)	Paul Roos Gimnasium	31,92m
8 Petrus KRUGER (ST)	High School Strand	30,80m