

Paarl Athletic Club
Paarl, Daljosafat Stadium
05-Apr-17

EVENT

EVENT: Pole Vault Men

| PLACE | NAME | SURNAME | TIME / DISTANCE | SCHOOL /CLUB | Wind |
|-------|----------|--------------|-----------------|--------------|------|
| 1 | Ekhardt | van der Walt | 4.65 | Paarl | |
| 2 | Valco | van Wyk | 4.65 | Paarl | |
| 3 | Kyle | Rademeyer | 4.35 | Paarl | * |
| 4 | Nikolai | van Huysteen | 3.90 | Paarl | |
| 5 | Mohammed | N | No Hight | Aspire | |

EVENT NR:

EVENT: Discus Men

| PLACE | NAME | SURNAME | TIME / DISTANCE | SCHOOL /CLUB | APE - POINTS |
|-------|------------|---------|-----------------|--------------|--------------|
| 1 | Mohaal | Ibrahim | 57.03 | Aspire | |
| 2 | Marzour | Almas | 52.30 | Aspire | |
| 3 | Ahmed | Alhas | 51.96 | Aspire | |
| 4 | Omar | Sherif | 50.44 | Aspire | |
| 5 | Diedericks | Niehaus | 31.17 | | 40+ |

EVENT NR: 3

EVENT: Hammer Throw men

| PLACE | NAME | SURNAME | TIME / DISTANCE | SCHOOL /CLUB | APE - POINTS |
|-------|--------|-----------|-----------------|--------------|--------------|
| 1 | Nicol | Laubscher | 52.68 | Paarl | |
| 2 | Khalil | Bedovi | 72.45 | Aspire | |

EVENT NR: 4

EVENT: Javelin Men

| PLACE | NAME | SURNAME | TIME / DISTANCE | SCHOOL /CLUB | APE - POINTS |
|-------|-------|-----------|-----------------|--------------|--------------|
| 1 | Chris | Pietersen | 60,43 | Maties | |

EVENT NR: 5

EVENT: Shot Put Men

| PLACE | NAME | SURNAME | TIME / DISTANCE | SCHOOL /CLUB | APE - POINTS |
|-------|------------|---------|-----------------|--------------|--------------|
| 1 | Omar | Sherif | 15.29 | Aspire | |
| 2 | Marzooqh | Saeed | 14.69 | Aspire | |
| 3 | Ahmed | Saeed | 14.02 | Aspire | |
| 4 | Diedericks | Niehaus | 9.60 | Swartland AC | |

EVENT NR: 6

EVENT: Long Jump Men

| PLACE | NAME | SURNAME | TIME / DISTANCE | SCHOOL /CLUB | Wind |
|-------|---------|------------|-----------------|--------------|---------|
| 1 | Ingvar | van Rooyen | 7.02 | Paarl AC | 3,5 |
| 2 | Keanu | Moodie | 7.01 | Paarl AC | 3,9 |
| 3 | Rashid | Al-Suwaidi | 6.61 | Aspire | 4,5 |
| 4 | Erhardt | Kilowan | 6.56 | Individual | 1,9 |
| 6 | Warren | Petersen | 4.46 | Boland Corr | 50+ 4,8 |

EVENT NR: 7**EVENT: High Jump Men**

| PLACE | NAME | SURNAME | TIME / DISTANCE | SCHOOL /CLUB | APE - POINTS |
|-------|----------|-------------|-----------------|--------------|--------------|
| 1 | Keagan | Fourie | 2.10 | Maties | |
| 2 | Luvo | Nkewu | 2.05 | Maties | |
| 3 | Cleyd | Ruiters | 2.05 | UWC | |
| 4 | Nun | Ander | 2.00 | Aspire | |
| 6 | Mohammed | Yusuf | 1.95 | Aspire | |
| 7 | Joshua | Ruiters | 1.65 | UWC | |
| 8 | Tyson | Blankenberg | 1.60 | Paarl | |
| 9 | Neal | Bredeveldt | 1.60 | Paarl | |

EVENT NR: 8**EVENT: 800m Men**

| PLACE | NAME | SURNAME | TIME / DISTANCE | SCHOOL /CLUB | Wind |
|-------|-------------|-------------|-----------------|--------------|------|
| 1 | Muhand | Khamis | 1:52.77 | Aspire | |
| 2 | Du-Wayne | Philander | 1:57.85 | UWC | |
| 3 | Zaid | Williams | 1:58.38 | Stellenbosch | |
| 4 | Jan-Hendrit | Theron | 1:58.85 | Maties | |
| 5 | Johannes | Esterhuizen | 2:01.79 | Maties | |
| 6 | Marvin | Buys | 2:01.88 | Maties | |
| 7 | Maurice | Fortuin | 2:27.32 | DCS | |

EVENT NR: 9**EVENT: 1500m Women**

| PLACE | NAME | SURNAME | TIME / DISTANCE | SCHOOL /CLUB | APE - POINTS |
|-------|---------|-----------|-----------------|--------------|--------------|
| 1 | Mandie | Brandy | 4:32.98 | CPUT | |
| 2 | Tuinike | Fourie | 4:35.61 | Stellenbosch | |
| 3 | Sunel | Jacobs | 4:47.57 | Stellenbosch | |
| 4 | Yvonne | Steenkamp | 4:58.42 | Maties | |
| 5 | Meagon | Odendaal | 5:00.05 | Maties | |

EVENT NR: 10**EVENT: 1500m Men**

| PLACE | NAME | SURNAME | TIME / DISTANCE | SCHOOL /CLUB | Wind |
|-------|----------|-----------|-----------------|--------------|------|
| 1 | Siboniso | Soldaka | 3:55.02 | CPUT | |
| 2 | Muhanad | Khamis | 4:02.77 | Aspire | |
| 3 | Dwayne | Philander | 4:05.31 | UWC | |
| 4 | Abdulla | Mubarak | 4:05.31 | Aspire | |
| 6 | Adnan | Karmoussi | DNF | Aspire | |

EVENT NR: 11**EVENT: Men 200m A****-3.8**

| PLACE | NAME | SURNAME | TIME / DISTANCE | SCHOOL /CLUB | APE - POINTS |
|-------|---------|------------|-----------------|--------------|--------------|
| 1 | Amaan | Africa | 22.72 | Paarl AC | |
| 2 | Ashley | Franse | 23.03 | Maties | |
| 3 | Curt | Ruiters | 23.66 | Paarl AC | |
| 4 | Craig | du Plessis | 24.07 | Paarl AC | |
| 5 | Anthony | Clark | 24.81 | Maties | |

EVENT NR: 12**EVENT: Men 200m B****-3.7**

| PLACE | NAME | SURNAME | TIME / DISTANCE | SCHOOL /CLUB | Wind |
|-------|----------|---------|-----------------|--------------|------|
| 1 | Justine | Isaacs | 26.05 | Paarl AC | |
| 2 | Marquen | Jacobs | 26.23 | Individual | |
| 3 | Jeronimo | Norman | 26.57 | Individual | |

| | | | | | |
|---|-------|-------------|-------|------------|--|
| 4 | Tyson | Blankenberg | 26.72 | Individual | |
|---|-------|-------------|-------|------------|--|

EVENT NR: 13

EVENT: Women 200m

-3.7

| PLACE | NAME | SURNAME | TIME / DISTANCE | SCHOOL / CLUB | APE - POINTS |
|-------|--------|---------|-----------------|---------------|--------------|
| 1 | Carica | Botha | 26.60 | Maties | |

EVENT NR: 14

EVENT: 400m Men A

| PLACE | NAME | SURNAME | TIME / DISTANCE | SCHOOL / CLUB | APE - POINTS |
|-------|--------|-----------|-----------------|---------------|--------------|
| 1 | Jayden | Flagg | 48.49 | Maties | |
| 2 | Calvin | Cornelius | 50.49 | Maties | |
| 3 | Tommy | Prins | 50.52 | Maties | |
| 4 | Jayden | Isaacs | 52.18 | Paarl AC | |

EVENT NR: 15

EVENT: 400m Men B

| PLACE | NAME | SURNAME | TIME / DISTANCE | SCHOOL / CLUB | APE - POINTS |
|-------|----------|--------------|-----------------|---------------|--------------|
| 1 | Ceano | van der Berg | 55.07 | Wellington AC | |
| 2 | Chris | van Durekhen | 56.98 | DC | |
| 3 | Carvin | Heskwa | 58.24 | Paarl AC | |
| 4 | Anthony | Solomons | 59.04 | DCS | |
| 5 | | | 1:01.47 | Individual | |
| 6 | Leon | Groeneveld | 1:01.90 | Stellenbosch | |
| 7 | Jonathan | Carolus | 1:03.08 | Wellington AC | |
| 8 | Maurice | Fortuin | 1:14.31 | DCS | |