

WESTERN CAPE HIGH SCHOOL TEAM - MAINSTREAM



BOYS TEAM - 2019

AGE GR	REGION	NAME	SURNAME	ID NUMBER	ID DOC.	ITEM 1	PERFORMANCE	ITEM 2	PERFORMANCE	ITEM 3	PERFORMANCE
15	BOL	Christiaan	Bester			5 000m W	26:02,9				
15	BOL	Strydom	Gerhard			5 000m W	27:15,5				
15	BOL	Marais	Stephanus			PV	3,62				
15	BOL	Vogel	Ruben			PV	3,52				
15	BOL	Andries	Truter			HT	49,59				
15	BOL	Heremias	Nieuwoudt			HT	49,37				
15	BOL	Jayden	Daniels			300mH	38,85				
15	BOL	Devon	Blaauw			800 m	02:00,8	400m	51,83		
15	BOL	Maisa	Gningue			800m	02:01,1				
15	BOL	Japie	De Bruyn			1500m SC	04:40,6				
15	BOL	Adam	Burger			HJ	1,8				
15	BOL	John-Oliver	Klynsmith			DT	53,61				
15	BOL	Elton	Lombaard			DT	51,56				
15	BOL	Lee-than	Rooi			3000m	09:13,0				
15	BOL	Jaython L	Wyngaard			100mH	13,64	300mH	13,64		
15	BOL	Bernado	Diedericks			JT	56,2				
15	BOL	Joshua	Acker			SP	17,07				
15	BOL	Throne	Michaels			5000mW	27:28,0				
15	BOL	Migail Pierre	Van Huysteen			PV	3,32				
15	BOL	Petri	Lottering			1500m	04:18,1				
15	BOL	Christoper	Smit			HT	45,82				
15	BOL	Jayden	Joshua			800m	02:01,5				
15	BOL	Jevano	Melouw			TJ	12,77				
15	BOL	JC	Nothnagel			JT	55,06				
15	BOL	Nashville	Hofmeester			1500m SC	04:40,7				

15	BOL	Jacques	Rossouw		HJ	1,8				
15	BOL	Dian	Van Heerden		DT	51,56				
15	BOL	Enrique L	Liedeman		100mH	13,8				
15	CKA	Rico	Van der Horst		3000m	3.21.03	1500m	04:17,9		
15	EDEN	Nathan	Roman		HJ	1,88				
15	EDEN	Jordan	Jaars		JT	58,59				
15	EDEN	Keegan	Coerecius		400m	51,06				
15	EDEN	Jacobus	Van Rensburg		SP	15,55				
15	EDEN	Hendry	Isaacs		3000m	09:25,8				
15	WP	Mujaahid	Ismail		300mH	38,64	100mH	13,4		
15	WP	JJ	Swartbooi		TJ	12,98				
15	WP	Darren-lee	Botha		TJ	12,82				
15	WP	Rocco	Nortje		SP	17,89				
15	WP	Liam	Buck		100m	11,16	200m	23,76		
15	WP	Damian	Titus		100m	11,19	200m	23,57		
15	WP	Gaylor	Tumulumba		1500m SC	04:40,3				
15	WP	Cole	Boyes		LJ	6,28				
15	WP	Damian	Hendricks		LJ	6,14				
15	WP	Charlton	Japhta		1500m	04:15,7				
15	WP	Luqmaan	Gabier		200m	23,72				
15	WP	Mikhael	Paulse		100m	11,22				
15	WP	Ryan	Manna		400m	52,39				
17	BOL	Luciano	Custodio		400mH	54,83	110mH	15,02		
17	BOL	Nikolai	Van Huyssteen		PV	5,07				
17	BOL	Kyle	Rademeyer		PV	4,91				
17	BOL	Tshepo	Xhabakhashe		10 000m W	53:03,4				
17	BOL	Tiaan	Walters		10 000m W	51:55,3				
17	BOL	Aldo	Rautenbach		800m	01:55,2				
17	BOL	Jason	Tito		LJ	7,4				
17	BOL	Reece N	Burger		100m	11,03				
17	BOL	Zandre M	Jacobs		100m	11,06	200m	22,48		

17	BOL	Coetzee	Le Roux		SP	16,29	JT	59,9		
17	BOL	Reece N	Montsumi		HJ	1,95				
17	BOL	Willie	Liebenberg		JT	60,69				
17	BOL	Adrian	Swart		400m	48,03	200m	22,08		
17	BOL	Emile	Geysers		400m	49,39				
17	BOL	Denmar	Jacobs		110mH	14,62				
17	BOL	Louis	De Jager		400mH	55,32				
17	BOL	Jurohan	De Witt		HT	59,91				
17	CKA	Melvin	Visser		3000m	08:45,3				
17	EDEN	Phillip	Kleynhans		DT	48,67	SP	16,61		
17	EDEN	Ralston	Appies		HJ	1,9				
17	EDEN	Durando	Aweries		10 000mW	53:31,7				
17	EDEN	Ricky	Martin		HJ	1,9				
17	EDEN	Royden	Jonkers		400m	49,67				
17	WP	Darren	Brown		400mH	52,48				
17	WP	Carel	Van der Merwe		HT	64,58				
17	WP	Graydon	Fabe		HT	63,6				
17	WP	Ruchen	Blaauw		800m	01:54,5	1500m	04:04,1		
17	WP	Handre	Carstens		DT	51,29				
17	WP	Nell	Nelson		DT	49,14				
17	WP	Daiyaan	Wyngaard		LJ	7,09				
17	WP	Ethan	Marais		TJ	14,47				
17	WP	Nathan	Strydom		TJ	14,31				
17	WP	Francois	Joubert		SP	16,43				
17	WP	Mbasa	Maci		2000m SC	06:14,1				
17	WP	Ncpayi	Zubenathi		2000m SC	06:16,8				
17	WP	Kyle	Zinn		200	22,45	100	11,1		
17	WP	Ethan	Marais		LJ	7,01				
17	WP	Lubabalo	Matuwane		TJ	13,99				
19	BOL	Danmien	Bothma		HT	65,33				
19	BOL	Juanu	Olivier		HT	54,82				



