



**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
2024/04/04 to 2024/04/06 at DAL JOSAPHAT PAARL**

Start sheets (Track Events)

Final Girls 19 10000m Walk 07:00 102

Record SAHS24: 0:51:30.10 (C-SWART, FS, 2009)

1	1571	SAAYMAN MARI	WESTERN CAPE
2	1597	VAN DEVENTER DANICA	WESTERN CAPE
3	848	PARRY LEAH	KWAZULU NATAL
4	450	KHUMALO ANDISWA	GAUTENG
5	1289	MUNEIWA VENGANI	NORTH WEST
6	1278	KGOSO PASCALINA	NORTH WEST
7	173	JANSEN VAN RENSBURG ESTENÉ	FREE STATE
8	199	SHEPARD LAURA	FREE STATE

Final Girls 15 5000m Walk 08:30 106

Record SAHS24: 24:54.14 (J-NELL, NW, 2019)

1	1562	OTTO ANE	WESTERN CAPE
2	855	STHANDIWE MAHLANZE	KWAZULU NATAL
3	839	MAHLANZE STHANDIWE	KWAZULU NATAL
4	834	KHUMALO PHIWE	KWAZULU NATAL
5	167	GROENEWALD ANSERI	FREE STATE
6	200	SHEPERD JEMMA	FREE STATE
7	225	WARREN ANDILIEN	FREE STATE
8	159	DOMAN NELISA-MAY	FREE STATE
9	838	MABALA KATLEGO	KWAZULU NATAL
10	1298	V D MERWE RENATE	NORTH WEST
11	1531	HAAS TATUM	WESTERN CAPE
12	1550	MARX JADE	WESTERN CAPE
13	1534	HOFFMAN ZELMA	WESTERN CAPE
14	487	RAMMALO THATO	GAUTENG

Final Girls 15 90m Hurdles 09:15 76.2cm 110

Record SAHS24: 12.39 (K-VD BERGH, NW, 2017)

1	470	MAREE MEGAN	GAUTENG
2	1589	STOFFELS CLOE	WESTERN CAPE
3	479	NIEMAN MEGAN	GAUTENG
4	1273	FOURIE KATE-LYNN	NORTH WEST
5	436	HAMILTON MEAGAN	GAUTENG
6	1505	CORNELIUS ASHLEY	WESTERN CAPE
7	1306	VAN ZYL LIZÉ	NORTH WEST
8	208	UYS CARLI	FREE STATE

Final Girls 17 100m Hurdles 09:20 76.2cm 111

Record SAHS24: 13.24 (I-RAS, , 1982)

1	1551	MARX MIELET	WESTERN CAPE
2	1489	BASSON KYLIE	WESTERN CAPE
3	203	SMOOK ZELMARIE	FREE STATE

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4	177	LE ROUX DINÉ	FREE STATE
5	444	JENKINS CAYLEN	GAUTENG
6	1303	VAN DYK JENNA	NORTH WEST
7	511	VAN BRED A TAYLON	GAUTENG
8	207	TRUTER MARI	FREE STATE

Final Boys 15 100m Hurdles **09:25** **84cm** **112****Record SAHS24: 12.53 (NAEEM-JACK, WCM, 2022)**

1	1371	WERNER MARCELLE	NORTH WEST
2	1727	WILLIAMS RAYDON	WESTERN CAPE
3	535	BOSCH ENRIQUE	GAUTENG
4	589	MANALENG KGOPOTSO	GAUTENG
5	1701	SCHOEMAN RAY-JORDAN	WESTERN CAPE
6	1668	LESCH MARCO	WESTERN CAPE
7	951	HEDIN SVEN	LIMPOPO
8	1151	MEYER XIAN	MPUMALANGA

Final Girls 19 100m Hurdles **09:30** **84cm** **115****Record SAHS24: 13.47 (A-JACOBS], , 1997)**

1	469	MANGENA KHOLOFELO	GAUTENG
2	1509	DE BEER MIGNONNE	WESTERN CAPE
3	405	BEKKER JESSY	GAUTENG
4	459	LE ROUX ANIKA	GAUTENG
5	202	SMITH CARA	FREE STATE
6	939	PRETORIUS KLARA	LIMPOPO
7	189	PIENAAR DIANA	FREE STATE
8	1282	MALEFANE MOLEBOHENG	NORTH WEST
9	1591	SWART FEANNE	WESTERN CAPE

Final Boys 17 110m Hurdles **09:35** **91.4cm** **116****Record SAHS24: 13.35 (M-VAN DEN VYFER, , 2001)**

1	1136	LETSOALO TUMISHO	MPUMALANGA
2	1134	KYEI KOFI	MPUMALANGA
3	302	PARKIN JAYDEN	FREE STATE
4	1161	MSIBI OWETHU	MPUMALANGA
5	541	BUTHELEZI ADIEL	GAUTENG
6	595	MATEYA BOITUMELO	GAUTENG
7	1352	PELSER STEPHAN	NORTH WEST
8	1176	SIKOSANA SOKWAZI	MPUMALANGA

Final Boys 19 110m Hurdles **09:40** **99.5cm** **117****Record SAHS24: 13.49 (M-TLADI, GP, 2016)**

1	1615	AREND AADAM	WESTERN CAPE
2	534	BEYERS RAYNHARDT	GAUTENG
3	555	DE WELZIM CRISTIAAN	GAUTENG
4	624	RAMAGE CAYDEN	GAUTENG



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5	1321	HOWARD NEVIN	NORTH WEST
6	573	JAN VAN RENSBURG LÉAN	GAUTENG
7	46	BODLA ESONA BUHLE	EASTERN CAPE
8	1612	AFRIKA KEANAN	WESTERN CAPE

Final Girls 15 400m	09:50	118
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Record SAHS24: 0:53.87 (H-DE VILLIERS, 1988)

1	472	MASUKU BOITUMELO	GAUTENG
2	157	DE KOCK MIENKA	FREE STATE
3	430	FOURIE CHANE	GAUTENG
4	1494	BINNEMAN ENYA	WESTERN CAPE
5	15	KETWANA HLUMISA	EASTERN CAPE
6	1276	JORDAAN DENIKE	NORTH WEST
7	1554	MINNAAR STEPHANIE	WESTERN CAPE
8	1535	HUNT TYLER	WESTERN CAPE

Final Boys 15 400m	10:00	119
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Record SAHS24: 0:47.75 (T-THOBELANGOPE, 1996)

1	277	MOHAPI KATLEHO	FREE STATE
2	542	BUTLER MOHAMMED	GAUTENG
3	1132	KOLOBE LWANDLE	MPUMALANGA
4	1680	MEYER LEZARIO	WESTERN CAPE
5	1312	BLIGNAUT JEAN PIERRE	NORTH WEST
6	1711	TIMM JORDAN	WESTERN CAPE
7	601	MOLEFE MOLEFE	GAUTENG
8	1338	MC ASLIN DEAN	NORTH WEST

Final Girls 17 400m	10:10	120
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Record SAHS24: 0:52.88 (J-PALFRAMAN, , 2010)

1	1560	NEL EULA	WESTERN CAPE
2	1486	AUCAMP MILA	WESTERN CAPE
3	1079	HANEKOM SYBONE	MPUMALANGA
4	505	STRONG DAVIDA	GAUTENG
5	852	REINSTEIN NOA	KWAZULU NATAL
6	221	VERSTER NÉCKE	FREE STATE
7	486	PRETORIUS HANRI	GAUTENG
8	1520	DU TOIT HELEN	WESTERN CAPE

Final Boys 17 400m	10:20	124
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Record SAHS24: 0:43.49 (M-ZULU, , 2012)

1	557	DU PLESSIS LIAM	GAUTENG
2	297	NDAKA TINTSWALO	FREE STATE
3	608	MYBURG STIAAN	GAUTENG
4	53	JORDAAN JOSHUA ETHAN	EASTERN CAPE
5	1627	COETZEE JAGER	WESTERN CAPE
6	1690	PRINS JADREAN	WESTERN CAPE



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7	1682	NOBLE TESVILLE	WESTERN CAPE
8	623	PIENAAR ALEXANDER	GAUTENG

Final Girls 19 400m	10:30	125
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Record SAHS24: 0:51.87 (JUSTINE-PALFRAMAN, , 2012)

1	458	LE ROUX CHANTE	GAUTENG
2	220	VANCE MEGAN	FREE STATE
3	415	CULLINAN GEORGIA	GAUTENG
4	1565	PIENAAR MARLI	WESTERN CAPE
5	181	LOMBARD JUNÉ	FREE STATE
6	409	BOOYSEN JENNADINE	GAUTENG
7	143	BLOM MARILET	FREE STATE
8	1573	SCHEEPERS NINA	WESTERN CAPE

Final Boys 19 400m	10:40	126
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Record SAHS24: 0:45.15 (R-DEMPERS, , 1994)

1	62	MACHARANGWADA TANATSWA	EASTERN CAPE
2	1125	FRAZER WILLEM	MPUMALANGA
3	54	KATOO BRYAN	EASTERN CAPE
4	1677	MARTIN LUKE	WESTERN CAPE
5	317	STAFALUKHANYO	FREE STATE
6	1707	SWARTS RENALDINHO	WESTERN CAPE
7	618	OKON UDEME	GAUTENG
8	861	BOIKHUTSO TSHIAMO	KWAZULU NATAL

Final Boys 15 400m	10:50	127
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Record LSEN24: 0:52.56 (H-OLIPHANT, KP, 2020)

1	1792	ARIES GLENWILLE	WESTERN CAPE LSEN
2	1845	OCTOBER RAEESH	WESTERN CAPE LSEN
3	767	MOATSE TSHEPANG	GAUTENG LSEN
4	761	MATAGA TINASHE	GAUTENG LSEN
5	1801	CHRISTIANS GERSHLYN	WESTERN CAPE LSEN
6	1847	PATTERSON TIRAS	WESTERN CAPE LSEN
7	730	DUBE SIYABONGA	GAUTENG LSEN
8	129	MAKULENI ENDINAKO	EASTERN CAPE LSEN

Final Girls 15 400m	11:00	128
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Record LSEN24: 1:03.01 (FAITH-JACOBS, WCL, 2023)

1	716	SMITH SHAIRA	GAUTENG LSEN
2	721	TSHANGILE THOBILE	GAUTENG LSEN
3	726	VISSER KAYCE	GAUTENG LSEN
4	1206	NTSIANE DIBUSENG	MPUMALANGA LSEN
5	1212	RAFFERTY MONIQUE	MPUMALANGA LSEN
6	1741	DAVIDS SHAY-LEE	WESTERN CAPE LSEN
7	1729	ABRAHAMS QOTHA	WESTERN CAPE LSEN
8	1378	KOKETSO RAKOMA	NORTH WEST LSEN

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2024/04/04 to 2024/04/06 at DAL JOSAPHAT PAARL****Final Boys 17 400m 11:10 129****Record LSEN24: 0:49.55 (LEANDER-PHOLMAN, WCL, 2023)**

1	807	SEFIKA RETHABILE	GAUTENG LSEN
2	1237	MNISI KHAYALIHLE	MPUMALANGA LSEN
3	1054	RAMAKGADI JOHANNES	LIMPOPO LSEN
4	1867	VAN WYK MARSHALLY	WESTERN CAPE LSEN
5	1816	ISAACS GIWAAN	WESTERN CAPE LSEN
6	798	NTSWEMPELE KWANDA	GAUTENG LSEN
7	792	NDLOVU OWEN	GAUTENG LSEN
8	1809	FRYER LUSEATIN	WESTERN CAPE LSEN

Final Girls 17 400m 11:20 130**Record LSEN24: 1:04.21 (LEEANDRE-PATTERSON, WCL, 2023)**

1	663	BERRY CHLOE	GAUTENG LSEN
2	120	PERRINS SAMANTHA	EASTERN CAPE LSEN
3	684	KHOZA THANDO	GAUTENG LSEN
4	1217	WALKER DUHANE	MPUMALANGA LSEN
5	1781	VAN HEERDEN MIKAYLA	WESTERN CAPE LSEN
6	1748	JACOBS FAITH	WESTERN CAPE LSEN
7	697	MOLAMODI LERATO	GAUTENG LSEN
8	682	KANYIDA ALICE	GAUTENG LSEN

Final Boys 19 400m 11:30 131**Record LSEN24: 0:50.62 (H-DINGILE, KW, 2020)**

1	1818	JACOBS JYDONE	WESTERN CAPE LSEN
2	393	RALIENGOANE MONYANE	FREE STATE LSEN
3	1788	APRIL KEANU-LEE	WESTERN CAPE LSEN
4	1404	KEABETSWE MABOE	NORTH WEST LSEN
5	1858	SAMUELS OWEN	WESTERN CAPE LSEN
6	1850	PHOLMAN LEANDER	WESTERN CAPE LSEN
7	737	KAZADI KABONGO	GAUTENG LSEN
8	391	RADEBE KARABO	FREE STATE LSEN

Final Girls 19 400m 11:40 132**Record LSEN24: 1:01.13 (J-MCCLOEN, KL, 2019)**

1	1198	MOKOENA BANELE	MPUMALANGA LSEN
2	1213	SIBUYI PETRONELL	MPUMALANGA LSEN
3	1750	JANSEN MICHAELA	WESTERN CAPE LSEN
4	1742	FESTUS DEONY	WESTERN CAPE LSEN
5	675	DU PLESSIS JESSICA	GAUTENG LSEN
6	1766	PATTERSON LEEANDRE	WESTERN CAPE LSEN
7	348	NTOZONKE PALESA	FREE STATE LSEN
8	113	MBETHE ASEZILE	EASTERN CAPE LSEN

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2024/04/04 to 2024/04/06 at DAL JOSAPHAT PAARL****Final Girls 15 1500m****11:45****139****Record SAHS24: 04:18.80 (S-GERBER, 1981)**

1	1592	THOMATOS TITIANA	WESTERN CAPE
2	1583	STANDER ANKE	WESTERN CAPE
3	1112	STEENKAMP JANKE	MPUMALANGA
4	1116	VAN WYK JUNE	MPUMALANGA
5	1296	TSHEPAONE NTAOLANG	NORTH WEST
6	453	KLEYNHANS MEGAN	GAUTENG
7	437	HANKENA MAMELO	GAUTENG
8	494	SEMENYA DIPHETOGO	GAUTENG
9	846	NGUBO INGANATHI	KWAZULU NATAL
10	175	KRUGER LIESA	FREE STATE
11	1585	STEENKAMP LISA	WESTERN CAPE
12	147	BRITZ CARLA	FREE STATE
13	1577	SIWA YONELISA	WESTERN CAPE
14	1582	STANDER LARA	WESTERN CAPE

Final Boys 15 1500m**11:50****140****Record SAHS24: 03:54.82 (M-MASEKO, 2001)**

1	74	MVAMVEKI ASENATHI	EASTERN CAPE
2	985	MONAMAKAE SEBELEBELE	LIMPOPO
3	1636	DU PLESSIS JACOBUS	WESTERN CAPE
4	578	KIELBLOCK ERWAN	GAUTENG
5	102	TSHEZI LIZWI	EASTERN CAPE
6	283	MOKOENA KEARABETSWE	FREE STATE
7	262	LEPHUTING TUMO PERONI	FREE STATE
8	886	PHILANI THWALA	KWAZULU NATAL
9	1320	HAVENGA NATHAN	NORTH WEST
10	64	MANCI PHILASANDE	EASTERN CAPE
11	264	LETSOAKA NEO	FREE STATE
12	533	BESTER HANNO	GAUTENG
13	1662	KARELSE COLLIN	WESTERN CAPE
14	540	BROOKS TYRON	GAUTENG
15	1463	VAN WYK ANDREW	NORTHERN CAPE

Final Girls 17 1500m**11:55****141****Record SAHS24: 04:06.87 (Z-BUDD, , 1983)**

1	1111	SITHOLE SHEBBA	MPUMALANGA
2	1074	DU PLESSIS SOPHIA	MPUMALANGA
3	1308	VILJOEN ABBIGAIL	NORTH WEST
4	164	ESTERHUIZEN EZETH	FREE STATE
5	1	BALENI AZOLE	EASTERN CAPE
6	9	FOURIE KARA	EASTERN CAPE
7	168	GÜNTHER ANKE	FREE STATE
8	142	BLIGNAUT ANNARI	FREE STATE

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9	186	NHLAPO LERATO	FREE STATE
10	843	NDAWONDE ANELE	KWAZULU NATAL
11	1519	DU PLESSIS ILANDRIE	WESTERN CAPE
12	1603	VENTER ALICE	WESTERN CAPE
13	1504	CONRADIE ERNA-MARIE	WESTERN CAPE
14	490	ROBINSON KIONA	GAUTENG
15	411	BOSMAN CASSIDY	GAUTENG
16	420	DE WAAL LUCA	GAUTENG

Final Boys 17 1500m **12:00** **142****Record SAHS24: 03:42.92 (HANS-VAN DER VEEN, , 1982)**

1	1465	VAN WYK RONALDINO	NORTHERN CAPE
2	893	SIBIYA ALWANDE	KWAZULU NATAL
3	1640	ERASMUS THINUS	WESTERN CAPE
4	629	SCHEEPERS FRANCOIS	GAUTENG
5	970	MANOKWANE ALFRED	LIMPOPO
6	657	WAKEFIELD MARCEGHILLE	GAUTENG
7	70	MBUWENI BONGILE	EASTERN CAPE
8	286	MOLATO KATLEHO	FREE STATE
9	1685	OPPERMAN JAIDEN	WESTERN CAPE
10	953	KGETHEGO MATLOU	LIMPOPO
11	282	MOKOENA TEBOHO	FREE STATE
12	256	KRUGER WILLEM JACOBUS	FREE STATE
13	258	LAMPRECHT DE VILLIERS	FREE STATE
14	1664	KILLIAN NICHOLAS	WESTERN CAPE
15	965	MALAHLELA JACK	LIMPOPO

Final Girls 19 1500m **12:05** **143****Record SAHS24: 04:01.81 (Z-BUDD, , 1984)**

1	35	THOMBELA NTOMBIZINE	EASTERN CAPE
2	503	STEENKAMP KATELYN	GAUTENG
3	477	MOROMODI LERATO	GAUTENG
4	1070	COETZEE KAYLA	MPUMALANGA
5	7	DWATSHELA ABULELE	EASTERN CAPE
6	493	SCHOEMAN WIEPKE	GAUTENG
7	1275	HAVENGA ABBYGALE	NORTH WEST
8	1537	JANSEN VAN RENSBURG MICKE	WESTERN CAPE
9	1575	SCHOLTZ MEGAN	WESTERN CAPE
10	502	SOLE COURTNEY	GAUTENG
11	507	STRYDOM LIKA	GAUTENG

Final Boys 19 1500m **12:10** **144****Record SAHS24: 03:38.15 (D-HLASELO, , 2008)**

1	571	HICKLEY KEVIN	GAUTENG
2	954	KGOMO LAWGRANCE	LIMPOPO
3	998	SEDUTLA EMMANUEL	LIMPOPO



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4	948	BENZANE THATO	LIMPOPO
5	993	NUKERI NKATEKO	LIMPOPO
6	1005	SIMANGO LETHABO	LIMPOPO
7	621	PHEKO ZENZILE	GAUTENG
8	325	VAN JAARVELD MARKO	FREE STATE
9	1616	ARENDSE LEE - HANRO	WESTERN CAPE
10	321	THOABALA TSEKO	FREE STATE
11	294	MTOLO SIPHIWE	FREE STATE
12	284	MOKOENA LESLIE	FREE STATE
13	655	VISAGIE FRANCOIS	GAUTENG
14	651	VAN DER LEEK XAVIER	GAUTENG
15	1361	TATAI AMOGELANG	NORTH WEST
16	897	VISAGIE REUBEN	KWAZULU NATAL

Final Girls 13 100m	12:25	145
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Record LSEN24: 14.74 (MIKAYLA-CLOETE, WCL, 2022)

1	1754	KASPER MELDONAY	WESTERN CAPE LSEN
2	116	NDABENI NTOMBIZANELE	EASTERN CAPE LSEN
3	354	VAN ROOYEN LLEERINNE	FREE STATE LSEN
4	1752	JORDAAN KELLY	WESTERN CAPE LSEN
5	1016	NKAMBULE THEMBELIHLE	LIMPOPO LSEN
6	1762	MEYER LEE-SHAY	WESTERN CAPE LSEN
7	1759	MABOZA UNANDE	WESTERN CAPE LSEN
8	676	DZWAIDZWAI PERCY	GAUTENG LSEN

Final Boys 13 100m	12:35	146
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Record LSEN24: 12.65 (REPON-CASSEY, FSL, 2023)

1	387	NIEHAUS JORDAN	FREE STATE LSEN
2	746	LESELE BOPHELO	GAUTENG LSEN
3	1225	KHOZA SIMECLILE	MPUMALANGA LSEN
4	1857	SABA MICHAEL	WESTERN CAPE LSEN
5	1787	ADAMS IGNE	WESTERN CAPE LSEN
6	375	LIPALI KAMOHELO	FREE STATE LSEN
7	363	EKSTEEN BRENDON	FREE STATE LSEN
8	1046	MOLOBELA TEBOGO	LIMPOPO LSEN

Final Girls 15 100m	12:45	147
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Record SAHS24: 11.74 (N-DE BRUYN, 2014)

1	445	JORDAAN JUANê	GAUTENG
2	13	HOLSTER ROCHNIQUE	EASTERN CAPE
3	1540	KONDE FAITH	WESTERN CAPE
4	1541	KOOPMAN TAYGEN	WESTERN CAPE
5	478	NDUBUEZE OLUCHI	GAUTENG
6	1306	VAN ZYL LIZê	NORTH WEST
7	14	KENNEDY DANIELLE JORDYN	EASTERN CAPE
8	1273	FOURIE KATE-LYNN	NORTH WEST

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1	558	EHIRIM CHIBUNNA	GAUTENG
2	858	ABE NJABULO	KWAZULU NATAL
3	1611	AFRIKA MICAH	WESTERN CAPE
4	1663	KAYSTER MARLON	WESTERN CAPE
5	1614	AREND UBAY	WESTERN CAPE
6	1347	NERO SIMPHIWE	NORTH WEST
7	859	ABRAHAMS NEO	KWAZULU NATAL
8	605	MSIZA AMOGELANG	GAUTENG

Final Girls 17 100m 12:55 149**Record SAHS24: 11.54 (M-FURSTENBURG, , 1983)**

1	467	MAKASI LOLWETHU	GAUTENG
2	140	BANUTELO BAGINYO	FREE STATE
3	518	VERMAAK HANNAH	GAUTENG
4	509	V OUDTSHOORN KAYLIE	GAUTENG
5	32	STREET CHELSEA	EASTERN CAPE
6	1601	VAN STADEN MICHE	WESTERN CAPE
7	203	SMOOK ZELMARIE	FREE STATE
8	1076	ESTEVEES MELISSA	MPUMALANGA

Final Boys 17 100m 13:00 150**Record SAHS24: 10.18 (M-MOHAMMED, GP, 2018)**

1	1461	STEVENS CAYLIB	NORTHERN CAPE
2	1439	ELAND ROBYN-LEE	NORTHERN CAPE
3	590	MANAVHELA MOKUNO	GAUTENG
4	576	KGWEDI OFENTSE	GAUTENG
5	49	FERREIRA MARKO	EASTERN CAPE
6	1170	PHAMOTSE KEFILWE	MPUMALANGA
7	302	PARKIN JAYDEN	FREE STATE
8	1364	TSHELANE TSHELANE	NORTH WEST

Final Girls 19 100m 13:05 151**Record SAHS24: 11.25 (M-WINKLER, , 1989)**

1	1532	HAUPT TOMILLY	WESTERN CAPE
2	428	EZE DIANE	GAUTENG
3	495	SMIDT CHANDRONE	GAUTENG
4	223	VILANKULU ALUWANI-NDEME	FREE STATE
5	1527	GEORGE TERESKE	WESTERN CAPE
6	412	BOTJE KAILI	GAUTENG
7	1085	KIRSTEN BRENDA	MPUMALANGA
8	1084	KEKANA LERATO	MPUMALANGA

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1	88	OLABODE MICHAEL OLUWATOBILOBA	EASTERN CAPE
2	1139	MABUZA HOPEWEL	MPUMALANGA
3	235	CRUYWAGEN BERTIE	FREE STATE
4	263	LETEBELE KARABO	FREE STATE
5	1335	MASIKANE TEMOSO	NORTH WEST
6	634	SHABANGU BOKAMOSO	GAUTENG
7	968	MAMABOLO MOKGALE	LIMPOPO
8	1698	SAMSON AJAY	WESTERN CAPE

Final Girls 15 100m **13:15** **153****Record LSEN24: 13.00 (F-BLIGNAUT, N, 1975)**

1	1733	ABSOLOM CHRISTER	WESTERN CAPE LSEN
2	1741	DAVIDS SHAY-LEE	WESTERN CAPE LSEN
3	1739	BUCHANAN GENICA	WESTERN CAPE LSEN
4	1014	MOGANO ZELDA	LIMPOPO LSEN
5	704	MWAURA JOYLIN	GAUTENG LSEN
6	712	RAMASHETSA OAMOHETSWE	GAUTENG LSEN
7	1785	WITBOOI ESMERELDA	WESTERN CAPE LSEN
8	1021	TAUEATSWALA NTHABISENG	LIMPOPO LSEN

Final Boys 15 100m **13:20** **154****Record LSEN24: 11.40 (IRATANGA-HARUNA, WCL, 2022)**

1	732	ELS DYLAN	GAUTENG LSEN
2	755	MAHONO THABANG	GAUTENG LSEN
3	1243	NKOSI WANDILE	MPUMALANGA LSEN
4	1859	SAULS RAILEE	WESTERN CAPE LSEN
5	129	MAKULENI ENDINAKO	EASTERN CAPE LSEN
6	1847	PATTERSON TIRAS	WESTERN CAPE LSEN
7	1843	NOBLE LUCHEN	WESTERN CAPE LSEN
8	1253	SIBIYA JOYOUS	MPUMALANGA LSEN

Final Girls 17 100m **13:25** **155****Record LSEN24: 12.90 (S-PIENAAR, B, 1998)**

1	697	MOLAMODI LERATO	GAUTENG LSEN
2	724	VARRIE JAYMLIN	GAUTENG LSEN
3	1748	JACOBS FAITH	WESTERN CAPE LSEN
4	1773	STANDERS SHANTE	WESTERN CAPE LSEN
5	1784	WILSCHUT SURISNIE	WESTERN CAPE LSEN
6	1732	ABSOLOM LIZELL	WESTERN CAPE LSEN
7	1755	KLAASENS ZOE	WESTERN CAPE LSEN
8	701	MOPELE DINTLE	GAUTENG LSEN

**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
2024/04/04 to 2024/04/06 at DAL JOSAPHAT PAARL****Final Boys 17 100m** **13:30** **156****Record LSEN24: 10.89 (C-ALEXANDER, EP, 2009)**

1	399	TSHIBUABUA WABUANDI	FREE STATE LSEN
2	1854	RHODE RALTON	WESTERN CAPE LSEN
3	736	JANSEN VAN VUUREN DONOVAN	GAUTENG LSEN
4	776	MOKORE TIEGO	GAUTENG LSEN
5	813	SKOSANA SIBUSISO	GAUTENG LSEN
6	1399	GAJE REAMOGETSE	NORTH WEST LSEN
7	1868	VAN WYK CAILUB	WESTERN CAPE LSEN
8	1244	NKOSI LIFA	MPUMALANGA LSEN

Final Girls 19 100m **13:35** **162****Record LSEN24: 12.66 (B-LOOM, KP, 1986)**

1	665	CHALWE LIAN	GAUTENG LSEN
2	1779	V. RHYNEVELDT THERESITA	WESTERN CAPE LSEN
3	703	MTSHALI BONGA	GAUTENG LSEN
4	118	NEL JAZMIN	EASTERN CAPE LSEN
5	1766	PATTERSON LEEANDRE	WESTERN CAPE LSEN
6	1198	MOKOENA BANELE	MPUMALANGA LSEN
7	669	COETZER MELISSA	GAUTENG LSEN
8	687	MAKAULE LERATO	GAUTENG LSEN

Final Boys 19 100m **13:40** **163****Record LSEN24: 11.22 (ELDRIO-SEPTEMBER, WCL, 2023)**

1	365	GANISO SANDILE	FREE STATE LSEN
2	130	MANGISA XHANTI	EASTERN CAPE LSEN
3	805	RIETELS GERSHANN	GAUTENG LSEN
4	747	LETSHOLA KGALAGELO	GAUTENG LSEN
5	737	KAZADI KABONGO	GAUTENG LSEN
6	731	DUBE SIYABONGA	GAUTENG LSEN
7	905	MHLONGO TREVOR	KWAZULU NATAL LSEN
8	1811	GEDULD KAYDEN	WESTERN CAPE LSEN

Heat 1 of 2 Girls 15 800m **13:45** **164****Record SAHS24: 2:05.60 (H-DE VILLIERS, 1988)**

2	1583	STANDER ANKE	WESTERN CAPE
3	1294	SWANEOEL LEE-ANN	NORTH WEST
4	936	NOKO NTHABISENG	LIMPOPO
5	147	BRITZ CARLA	FREE STATE
6	1582	STANDER LARA	WESTERN CAPE
7	457	LAYBOURN TATUM	GAUTENG
8	453	KLEYNHANS MEGAN	GAUTENG
9	830	CHIPARA FLORENCE	KWAZULU NATAL

**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
2024/04/04 to 2024/04/06 at DAL JOSAPHAT PAARL****Heat 2 of 2 Girls 15 800m****13:45****164****Record SAHS24: 2:05.60 (H-DE VILLIERS, 1988)**

2	1082	JANSEN VAN RENSBURG JANESKE	MPUMALANGA
3	205	STRYDOM MIKA-LEIGH	FREE STATE
4	455	KRIEL LIANDRI	GAUTENG
5	1585	STEENKAMP LISA	WESTERN CAPE
6	432	FOURIE TIYANI	GAUTENG
7	175	KRUGER LIESA	FREE STATE
8	15	KETWANA HLUMISA	EASTERN CAPE
9	841	MTHETHWA AMAHLE	KWAZULU NATAL

Heat 1 of 2 Boys 15 800m**13:55****165****Record SAHS24: 1:52.66 (G-REES, GAU, 2019)**

1	863	DLAMINI LUSANDA	KWAZULU NATAL
2	866	ISMAIL SHAHAAN	KWAZULU NATAL
3	262	LEPHUTING TUMO PERONI	FREE STATE
4	1369	WARD ROGENE CEY-JAY	NORTH WEST
5	547	COETZEE KEEGAN	GAUTENG
6	299	NORTJE JURGEN	FREE STATE
7	1463	VAN WYK ANDREW	NORTHERN CAPE
8	542	BUTLER MOHAMMED	GAUTENG
9	57	KHEPHEHI ANOBOMI	EASTERN CAPE
10	966	MALEKA PITJENG	LIMPOPO

Heat 2 of 2 Boys 15 800m**13:55****165****Record SAHS24: 1:52.66 (G-REES, GAU, 2019)**

1	1147	MASHIGO ZIYANDA	MPUMALANGA
2	102	TSHEZI LIZWI	EASTERN CAPE
3	960	MABELEBELE BOITUMELO	LIMPOPO
4	71	MCWABANE MTHOBELANI	EASTERN CAPE
5	603	MOTLHAJWA ITUMELENG	GAUTENG
6	593	MASILOANE OLERATO	GAUTENG
7	264	LETSOAKA NEO	FREE STATE
8	967	MALEKA TSHEGOFATSO	LIMPOPO
9	75	MVAMVEKI ASEMAHLE	EASTERN CAPE
10	1149	MATHE SANTOS	MPUMALANGA

Heat 1 of 2 Girls 17 800m**14:05****166****Record SAHS24: 2:02.54 (MONIQUE-STAANDER, , 2012)**

3	1259	BLIGNAUT MINKE	NORTH WEST
4	142	BLIGNAUT ANNARI	FREE STATE
5	486	PRETORIUS HANRI	GAUTENG
6	215	VAN ROOYEN CARISE	FREE STATE
7	1603	VENTER ALICE	WESTERN CAPE
8	41	XHONTI ZINTLE	EASTERN CAPE

**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
2024/04/04 to 2024/04/06 at DAL JOSAPHAT PAARL**

9 411 BOSMAN CASSIDY GAUTENG

Heat 2 of 2 Girls 17 800m 14:05 166**Record SAHS24: 2:02.54 (MONIQUE-STAANDER, , 2012)**

2	1111	SITHOLE SHEBBA	MPUMALANGA
3	1431	SMIT MIEKE	NORTHERN CAPE
4	1486	AUCAMP MILA	WESTERN CAPE
5	474	MENTS CHEMENE	GAUTENG
6	146	BRITZ MIEKE LOUISE	FREE STATE
7	1595	VAN DER MERWE SIMONE	WESTERN CAPE
8	216	VAN STADEN INGE	FREE STATE
9	938	PHALANE ROSINA	LIMPOPO

Heat 1 of 2 Boys 17 800m 14:15 167**Record SAHS24: 1:47.67 (M-Nkosi, , 1999)**

2	860	ALEXANDRA GIDEON	KWAZULU NATAL
3	316	SONOPO GODFREY	FREE STATE
4	94	RICHTER DANIEL	EASTERN CAPE
5	258	LAMPRECHT DE VILLIERS	FREE STATE
6	82	NOBANGELA WANDISILE	EASTERN CAPE
7	1640	ERASMUS THINUS	WESTERN CAPE
8	569	HATTING FRANCO	GAUTENG
9	568	HARMSE RUAN	GAUTENG

Heat 2 of 2 Boys 17 800m 14:15 167**Record SAHS24: 1:47.67 (M-Nkosi, , 1999)**

2	1153	MKHONTO ANELE	MPUMALANGA
3	256	KRUGER WILLEM JACOBUS	FREE STATE
4	1341	MODISE LEMOGANG	NORTH WEST
5	1660	JORDAAN MATT	WESTERN CAPE
6	1317	DEMOSER TRISTAN	NORTH WEST
7	1333	MAINE MOTHIBEDI	NORTH WEST
8	604	MPHELA JIMMY	GAUTENG
9	1465	VAN WYK RONALDINO	NORTHERN CAPE

Heat 1 of 2 Boys 19 800m 14:35 169**Record SAHS24: 1:45.46 (H-SEPENG, , 1993)**

2	870	KHONJEKWAYO NHLAKANIPHO	KWAZULU NATAL
3	1005	SIMANGO LETHABO	LIMPOPO
4	325	VAN JAARVELD MARKO	FREE STATE
5	651	VAN DER LEEK XAVIER	GAUTENG
6	1691	PRINS BEYON	WESTERN CAPE
7	294	MTOLO SIPHIWE	FREE STATE
8	1366	VISSER ANDRÉ	NORTH WEST
9	880	MTOLO SPHIWE	KWAZULU NATAL



**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
2024/04/04 to 2024/04/06 at DAL JOSAPHAT PAARL**

Heat 2 of 2 Boys 19 800m**14:35****169****Record SAHS24: 1:45.46 (H-SEPENG, , 1993)**

1	1708	SYFERS LEE-TIN	WESTERN CAPE
2	1144	MALATJE TERENCE	MPUMALANGA
3	1130	JOUBERT BRANDON	MPUMALANGA
4	598	MBESA SAMKELO	GAUTENG
5	978	MATHIPA KHOLOFELO	LIMPOPO
6	66	MAREE WIEHAN	EASTERN CAPE
7	77	NAPOLEON JOSHUA	EASTERN CAPE
8	646	THOMAS KHAYALIHLE	GAUTENG
9	1141	MACHETE KGOTSO	MPUMALANGA

Final Girls 17 3000m**14:45****170****Record SAHS24: 08:39.00 (Z-BUDD, 1983)**

1	1501	BURGER CATRIEN	WESTERN CAPE
2	1504	CONRADIE ERNA-MARIE	WESTERN CAPE
3	1301	VAN DER BERG LUCHÉ	NORTH WEST
4	491	ROOME MEGAN	GAUTENG
5	1308	VILJOEN ABBIGAIL	NORTH WEST
6	840	MJWARA THEMBEKILE	KWAZULU NATAL
7	843	NDAWONDE ANELE	KWAZULU NATAL
8	1	BALENI AZOLE	EASTERN CAPE
9	498	SMITH LUHANÉ	GAUTENG
10	420	DE WAAL LUCA	GAUTENG

Final Boys 17 3000m**15:00****171****Record SAHS24: 08:08.57 (HANS-VAN DER VEEN, 1983)**

1	1659	JOOSTE JADE-LEE	WESTERN CAPE
2	946	BALOYI REUBEN	LIMPOPO
3	648	TSHIVHULA TSHEPANG	GAUTENG
4	883	NGEMA AMAHLE	KWAZULU NATAL
5	548	COETZER RICO	GAUTENG
6	657	WAKEFIELD MARCEGHILLE	GAUTENG
7	893	SIBIYA ALWANDE	KWAZULU NATAL
8	1339	MNISI TEBATSO	NORTH WEST
9	70	MBUWENI BONGILE	EASTERN CAPE
10	286	MOLATO KATLEHO	FREE STATE
11	282	MOKOENA TEBOHO	FREE STATE
12	1717	VAN DER WESTHUIZEN BEAUTIN	WESTERN CAPE

Heat 1 of 3 Boys 13 200m**15:15****175****Record LSEN24: 25.41 (REPON-CASSEY, FSL, 2023)**

1	1258	ZULU SIBUSISO	MPUMALANGA LSEN
2	754	MACHUBU LESEDI	GAUTENG LSEN
3	774	MOKGOTLA AVUYA	GAUTENG LSEN

**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
2024/04/04 to 2024/04/06 at DAL JOSAPHAT PAARL**

4	1409	MITCHELLE VIAN	NORTH WEST LSEN
5	363	EKSTEEN BRENDON	FREE STATE LSEN
6	746	LESELE BOPHELO	GAUTENG LSEN
7	1857	SABA MICHAEL	WESTERN CAPE LSEN
8	1802	CONZALVES LAWTHAN	WESTERN CAPE LSEN

Heat 2 of 3 Boys 13 200m**15:15****175****Record LSEN24: 25.41 (REPON-CASSEY, FSL, 2023)**

2	752	MACHAIPE KEKELETSO	GAUTENG LSEN
3	769	MODISE THATO	GAUTENG LSEN
4	1057	SEBETHA THERESHO	LIMPOPO LSEN
5	398	STEENBERG JOHANNES	FREE STATE LSEN
6	375	LIPALI KAMOHELO	FREE STATE LSEN
7	387	NIEHAUS JORDAN	FREE STATE LSEN
8	785	MOTSAI KGOSI	GAUTENG LSEN

Heat 3 of 3 Boys 13 200m**15:15****175****Record LSEN24: 25.41 (REPON-CASSEY, FSL, 2023)**

2	1240	NDIMANDE LIFA	MPUMALANGA LSEN
3	1797	BRAND ANROUX	WESTERN CAPE LSEN
4	1046	MOLOBELA TEBOGO	LIMPOPO LSEN
5	1045	MOKONYANE ORATILE	LIMPOPO LSEN
6	1032	MAESELA BOIKARABELO	LIMPOPO LSEN
7	1787	ADAMS IGNE	WESTERN CAPE LSEN
8	1410	MOEPI THSEPANG	NORTH WEST LSEN

Heat 1 of 2 Girls 15 200m**15:20****176****Record SAHS24: 24.25 (I-ROSSOUW, 1995)**

1	1494	BINNEMAN ENYA	WESTERN CAPE
2	1087	KOTZE KATELYN	MPUMALANGA
3	150	CAMPHER GERTY ANNE	FREE STATE
4	188	ORJI CHINYELUGO ISOBEL	FREE STATE
5	13	HOLSTER ROCHNIQUE	EASTERN CAPE
6	851	REED SARAH	KWAZULU NATAL
7	1540	KONDE FAITH	WESTERN CAPE
8	1588	STICKLING MILANA	WESTERN CAPE

Heat 2 of 2 Girls 15 200m**15:20****176****Record SAHS24: 24.25 (I-ROSSOUW, 1995)**

1	1422	JANNETJIES JAY-LENE	NORTHERN CAPE
2	850	PHILASANDE NJAPHA	KWAZULU NATAL
3	214	VAN NIEKERK ZANDRI	FREE STATE
4	1505	CORNELIUS ASHLEY	WESTERN CAPE
5	1284	MANDERS JAYDEEN	NORTH WEST
6	445	JORDAAN JUANè	GAUTENG
7	478	NDUBUEZE OLUCHI	GAUTENG



**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
2024/04/04 to 2024/04/06 at DAL JOSAPHAT PAARL**

8 499 SMITH DANTEY GAUTENG

Heat 1 of 4 Boys 15 200m 15:30 177

Record SAHS24: 21.79 (J-WEBER, 2016)

2	1188	ZULU SITHULI	MPUMALANGA
3	1146	MASHEGO LESEGO	MPUMALANGA
4	1312	BLIGNAUT JEAN PIERRE	NORTH WEST
5	1338	MC ASLIN DEAN	NORTH WEST
6	1663	KAYSTER MARLON	WESTERN CAPE
7	561	FAIRLIE JAYDON	GAUTENG
8	952	JOHN PROSPER	LIMPOPO

Heat 2 of 4 Boys 15 200m 15:30 177

Record SAHS24: 21.79 (J-WEBER, 2016)

2	1166	NEWTON OJO	MPUMALANGA
3	1179	SLABBERT LUAN	MPUMALANGA
4	858	ABE NJABULO	KWAZULU NATAL
5	635	SHANZI MICHAEL	GAUTENG
6	601	MOLEFE MOLEFE	GAUTENG
7	1614	AREND UBAY	WESTERN CAPE
8	975	MASINGI HLANGANANI	LIMPOPO

Heat 3 of 4 Boys 15 200m 15:30 177

Record SAHS24: 21.79 (J-WEBER, 2016)

2	90	RADEMEYER SETH	EASTERN CAPE
3	1174	SHABALALA FISOKUHLE	MPUMALANGA
4	1462	TSHOYANA OWEN	NORTHERN CAPE
5	1442	LOSPER WALDRIN	NORTHERN CAPE
6	89	PIENAAR VINCENT	EASTERN CAPE
7	859	ABRAHAMS NEO	KWAZULU NATAL
8	1347	NERO SIMPHIWE	NORTH WEST

Heat 4 of 4 Boys 15 200m 15:30 177

Record SAHS24: 21.79 (J-WEBER, 2016)

2	966	MALEKA PITJENG	LIMPOPO
3	43	BANDA TYSHAWN TOSTAO	EASTERN CAPE
4	1449	MITCHELL DARIANO	NORTHERN CAPE
5	233	BOWER NATHAN	FREE STATE
6	93	RHODES COBEN	EASTERN CAPE
7	1725	VERMEULEN ASHTON	WESTERN CAPE
8	1460	SONO NTLAKANIPO	NORTHERN CAPE

Heat 1 of 3 Girls 17 200m 15:40 178

Record SAHS24: 23.30 (E-DE KLERK, , 1982)

2	218	VAN WYK ANIKA	FREE STATE
3	467	MAKASI LOLWETHU	GAUTENG

**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
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4	1433	VAN NIEKERK AMELIE	NORTHERN CAPE
5	518	VERMAAK HANNAH	GAUTENG
6	929	MEHLAPE ANDRONICA	LIMPOPO
7	509	V OUDTSHOORN KAYLIE	GAUTENG
8	424	DU PLOOY LUANNE	GAUTENG

Heat 2 of 3 Girls 17 200m**15:40****178****Record SAHS24: 23.30 (E-DE KLERK, , 1982)**

2	852	REINSTEIN NOA	KWAZULU NATAL
3	222	VERWY AMONÉ	FREE STATE
4	140	BANUTELO BAGINYO	FREE STATE
5	1489	BASSON KYLIE	WESTERN CAPE
6	917	DINTOE KHUMO	LIMPOPO
7	937	NOVELLA MONICA	LIMPOPO
8	1490	BASSON NELL	WESTERN CAPE

Heat 3 of 3 Girls 17 200m**15:40****178****Record SAHS24: 23.30 (E-DE KLERK, , 1982)**

2	1076	ESTEVEES MELISSA	MPUMALANGA
3	1601	VAN STADEN MICHE	WESTERN CAPE
4	32	STREET CHELSEA	EASTERN CAPE
5	1303	VAN DYK JENNA	NORTH WEST
6	920	MABASO PRETTY	LIMPOPO
7	931	MIENIE MIEKIE	LIMPOPO
8	1109	SIBANYONI KHANYA	MPUMALANGA

Heat 1 of 4 Boys 17 200m**15:50****179****Record SAHS24: 20.77 (S-DAMBILE, GP, 2019)**

2	1184	TSHEPO LEBOTSA	MPUMALANGA
3	42	BADLI KUNGAWO	EASTERN CAPE
4	1159	MOTHA OWETHU	MPUMALANGA
5	889	REDDY TEEVIR	KWAZULU NATAL
6	1170	PHAMOTSE KEFILWE	MPUMALANGA
7	873	MAKHOBIA SIYANDA	KWAZULU NATAL
8	862	DANHAUSER DANIEL	KWAZULU NATAL

Heat 2 of 4 Boys 17 200m**15:50****179****Record SAHS24: 20.77 (S-DAMBILE, GP, 2019)**

2	607	MWAMBA MANDLA	GAUTENG
3	1436	CLARK RHOWAN	NORTHERN CAPE
4	1630	DAMONS BRENTLEE	WESTERN CAPE
5	597	MAVUNGU DEVINE	GAUTENG
6	1439	ELAND ROBYN-LEE	NORTHERN CAPE
7	275	MHLONGO PRINCE	FREE STATE
8	300	OLIVIER SAREL ALWYN	FREE STATE

**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
2024/04/04 to 2024/04/06 at DAL JOSAPHAT PAARL****Heat 3 of 4 Boys 17 200m 15:50 179****Record SAHS24: 20.77 (S-DAMBILE, GP, 2019)**

3	67	MARKS MJ IGNATIUS	EASTERN CAPE
4	1627	COETZEE JAGER	WESTERN CAPE
5	292	MOSES SABASTIAN	FREE STATE
6	49	FERREIRA MARKO	EASTERN CAPE
7	76	MZIZI KWAKHO	EASTERN CAPE
8	1154	MNDAWE MATIMBA	MPUMALANGA

Heat 4 of 4 Boys 17 200m 15:50 179**Record SAHS24: 20.77 (S-DAMBILE, GP, 2019)**

3	1456	PHETLHANE NEO	NORTHERN CAPE
4	1364	TSHELANE TSHELANE	NORTH WEST
5	307	RASOOL MOHAMMED	FREE STATE
6	576	KGWEDI OFENTSE	GAUTENG
7	549	CRAUSE DIHAN	GAUTENG
8	1142	MADONSELA WEZILE	MPUMALANGA

Heat 1 of 3 Girls 19 200m 16:00 180**Record SAHS24: 22.76 (E-DE KLERK, , 1984)**

4	1428	MORRIS CYAL-LEE	NORTHERN CAPE
5	1579	SMIT ZAHNI	WESTERN CAPE
6	412	BOTJE KAILI	GAUTENG
7	20	MARIMO SHAUNA	EASTERN CAPE
8	857	WELLIAMS MADELEIN	KWAZULU NATAL

Heat 2 of 3 Girls 19 200m 16:00 180**Record SAHS24: 22.76 (E-DE KLERK, , 1984)**

3	1279	LANGEVELDT KIARRA	NORTH WEST
4	1085	KIRSTEN BRENDA	MPUMALANGA
5	1593	UDENZE CHISOLM	WESTERN CAPE
6	495	SMIDT CHANDRONE	GAUTENG
7	939	PRETORIUS KLARA	LIMPOPO
8	1084	KEKANA LERATO	MPUMALANGA

Heat 3 of 3 Girls 19 200m 16:00 180**Record SAHS24: 22.76 (E-DE KLERK, , 1984)**

3	1106	ROSE LILY	MPUMALANGA
4	192	RAMPALENG JUSTINE	FREE STATE
5	181	LOMBARD JUNÉ	FREE STATE
6	223	VILANKULU ALUWANI-NDEME	FREE STATE
7	428	EZE DIANE	GAUTENG
8	1095	MASHABA SIYANDA	MPUMALANGA

**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
2024/04/04 to 2024/04/06 at DAL JOSAPHAT PAARL****Heat 1 of 5 Boys 19 200m 16:10 181****Record SAHS24: 20.16 (R-DEMPERS, , 1995)**

2	949	EFALAO JEREMY	LIMPOPO
3	88	OLABODE MICHAEL OLUWATOBILOBA	EASTERN CAPE
4	1447	MIENIES STUART	NORTHERN CAPE
5	285	MOKOENA THABANG	FREE STATE
6	618	OKON UDEME	GAUTENG
7	1722	VAN ROOYEN JASON	WESTERN CAPE
8	1169	NYATHIKAZI LONDANI	MPUMALANGA

Heat 2 of 5 Boys 19 200m 16:10 181**Record SAHS24: 20.16 (R-DEMPERS, , 1995)**

2	888	QUVANE SFUNDO	KWAZULU NATAL
3	987	MOTHOA DESMOND	LIMPOPO
4	1139	MABUZA HOPEWEL	MPUMALANGA
5	977	MATABANE NTHATI	LIMPOPO
6	54	KATOO BRYAN	EASTERN CAPE
7	1358	SITHOLE ALVAH	NORTH WEST
8	575	KAZADI DAVID	GAUTENG

Heat 3 of 5 Boys 19 200m 16:10 181**Record SAHS24: 20.16 (R-DEMPERS, , 1995)**

2	891	SHABALALA SIYAMTHANDA	KWAZULU NATAL
3	56	KERNEELS GREGAN UMANGA	EASTERN CAPE
4	637	SMITH RYHAN	GAUTENG
5	1173	RATSHENE THLOTLO	MPUMALANGA
6	235	CRUYWAGEN BERTIE	FREE STATE
7	872	MAKHAZA SIBONGAKONKE	KWAZULU NATAL
8	1450	MOSTERT GHAYSTEN	NORTHERN CAPE

Heat 4 of 5 Boys 19 200m 16:10 181**Record SAHS24: 20.16 (R-DEMPERS, , 1995)**

2	899	XULU XOLANI	KWAZULU NATAL
3	980	MODIBA BLESSING	LIMPOPO
4	62	MACHARANGWADA TANATSWA	EASTERN CAPE
5	73	MTYANDO AYAMTHANDA	EASTERN CAPE
6	229	BINDA NEO	FREE STATE
7	314	SITHOLE THEMBA	FREE STATE
8	1459	SNYERS LORENZO	NORTHERN CAPE

Heat 5 of 5 Boys 19 200m 16:10 181**Record SAHS24: 20.16 (R-DEMPERS, , 1995)**

3	1004	SHIKWAMBANA CHRIS	LIMPOPO
4	1698	SAMSON AJAY	WESTERN CAPE
5	1148	MASHITENG NKANYISO	MPUMALANGA



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2024/04/04 to 2024/04/06 at DAL JOSAPHAT PAARL**

6	1613	ANDREWS ROMEO	WESTERN CAPE
7	317	STAFALUKHANYO	FREE STATE
8	874	MBANJWA ANDISWA	KWAZULU NATAL

Heat 1 of 3 Girls 15 300m Hurdles	16:20	76.2cm	185
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Record SAHS24: 41.36 (C-TERBLANCHE, 2000)

2	1420	ERASMUS ERNINE	NORTHERN CAPE
3	1113	UYS ANNEKE	MPUMALANGA
4	832	JULIUS ABBIE	KWAZULU NATAL
5	1297	V D BERG JANÉ	NORTH WEST
6	29	SCHUIN JUANE	EASTERN CAPE
7	145	BOTHA MIENKE	FREE STATE
8	157	DE KOCK MIENKA	FREE STATE

Heat 2 of 3 Girls 15 300m Hurdles	16:20	76.2cm	185
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Record SAHS24: 41.36 (C-TERBLANCHE, 2000)

3	1118	XABA SIYANDA	MPUMALANGA
4	208	UYS CARLI	FREE STATE
5	1606	WELSH MIA	WESTERN CAPE
6	1549	MARTHINUSSEN CUBIN	WESTERN CAPE
7	1589	STOFFELS CLOE	WESTERN CAPE
8	425	ELS NINA	GAUTENG

Heat 3 of 3 Girls 15 300m Hurdles	16:20	76.2cm	185
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Record SAHS24: 41.36 (C-TERBLANCHE, 2000)

3	1093	MAHLALELA NONTANDO	MPUMALANGA
4	39	VAN TONDER MIEKE	EASTERN CAPE
5	436	HAMILTON MEAGAN	GAUTENG
6	479	NIEMAN MEGAN	GAUTENG
7	1276	JORDAAN DENIKE	NORTH WEST
8	1115	VAN ROOYEN ALEXA	MPUMALANGA

Heat 1 of 3 Boys 15 300m Hurdles	16:20	84cm	186
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Record SAHS24: 36.83 (LJ-VAN ZYL, 2000)

2	1127	HLUNGWANE MUPONISI	MPUMALANGA
3	1146	MASHEGO LESEGO	MPUMALANGA
4	246	FOURIE TIAN	FREE STATE
5	1362	TIETUS KEELAN	NORTH WEST
6	1611	AFRIKA MICAH	WESTERN CAPE
7	553	DE BRUIN HENDRICK	GAUTENG
8	1185	TSHESEBE KAGISO	MPUMALANGA

Heat 2 of 3 Boys 15 300m Hurdles	16:20	84cm	186
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Record SAHS24: 36.83 (LJ-VAN ZYL, 2000)

3	1152	MKHABELA TRUST	MPUMALANGA
4	896	TEMBO RUSSEL	KWAZULU NATAL



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5	1337	MATLAISANE LERATO	NORTH WEST
6	1701	SCHOEMAN RAY-JORDAN	WESTERN CAPE
7	627	ROSSOUW DEACON	GAUTENG
8	1174	SHABALALA FISOKUHLE	MPUMALANGA

Heat 3 of 3 Boys 15 300m Hurdles **16:20** **84cm** **186**

Record SAHS24: 36.83 (LJ-VAN ZYL, 2000)

3	92	REUBEN KEANAN MOSES	EASTERN CAPE
4	951	HEDIN SVEN	LIMPOPO
5	1336	MATHULOE KATLEGO	NORTH WEST
6	1668	LESCH MARCO	WESTERN CAPE
7	1328	KGAMANYANE KARABELO	NORTH WEST
8	612	NHLAPO SIYABONGA	GAUTENG

Heat 1 of 2 Girls 17 400m Hurdles **16:30** **76.2cm** **187**

Record SAHS24: 0:57.91 (GEZELLE-MAGERMAN, , 2014)

2	1566	PIENAAR MARI	WESTERN CAPE
3	1089	KRUGER MEGAN	MPUMALANGA
4	1520	DU TOIT HELEN	WESTERN CAPE
5	1307	VERMEULEN CHIARA	NORTH WEST
6	1309	VISSER CARLI	NORTH WEST
7	484	OPPERMAN KEIRA LEE	GAUTENG
8	1609	WILSON CARA	WESTERN CAPE

Heat 2 of 2 Girls 17 400m Hurdles **16:30** **76.2cm** **187**

Record SAHS24: 0:57.91 (GEZELLE-MAGERMAN, , 2014)

2	1551	MARX MIELET	WESTERN CAPE
3	1092	LOUWRENS SUMARIE	MPUMALANGA
4	1608	WILSON MIA	WESTERN CAPE
5	16	LAMPRECHT IZAAN	EASTERN CAPE
6	444	JENKINS CAYLEN	GAUTENG
7	463	LOOTS ZANE	GAUTENG
8	207	TRUTER MARI	FREE STATE

Heat 1 of 2 Boys 17 400m Hurdles **16:50** **84cm** **189**

Record SAHS24: 0:50.82 (LJ-VAN ZYL, , 2002)

3	950	HAASBROEK JOHAN	LIMPOPO
4	1702	SCHOEMAN ABELINUS	WESTERN CAPE
5	1348	NONG KOKETSO	NORTH WEST
6	1165	NDLOVU MTHOKOZISI	MPUMALANGA
7	1624	BUSH JOWAINE	WESTERN CAPE
8	608	MYBURG STIAAN	GAUTENG

Heat 2 of 2 Boys 17 400m Hurdles **16:50** **84cm** **189**

Record SAHS24: 0:50.82 (LJ-VAN ZYL, , 2002)

2	623	PIENAAR ALEXANDER	GAUTENG
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3	1441	JULIE GREGORY	NORTHERN CAPE
4	1345	MVALO LUKHANYO	NORTH WEST
5	298	NIEUWOUDT EVAN	FREE STATE
6	1134	KYEI KOFI	MPUMALANGA
7	1704	SMITH AMEER	WESTERN CAPE
8	616	NYAMBI MENZOKUHLE	GAUTENG

Heat 1 of 2 Boys 19 400m Hurdles **17:00** **91.4cm** **190**

Record SAHS24: 0:48.76 (L-HERBERT, , 1996)

4	1354	PLAATJIES CLAYTON	NORTH WEST
5	531	BEKKER JAUNDRE	GAUTENG
6	1125	FRAZER WILLEM	MPUMALANGA
7	1728	WOOD DAVID	WESTERN CAPE
8	560	ELS MARNU	GAUTENG

Heat 2 of 2 Boys 19 400m Hurdles **17:00** **91.4cm** **190**

Record SAHS24: 0:48.76 (L-HERBERT, , 1996)

4	46	BODLA ESONA BUHLE	EASTERN CAPE
5	997	SEBOLAO PULE	LIMPOPO
6	567	HARMSE LLEWELLYN	GAUTENG
7	1620	BOTHMA BRANDON LEIGH	WESTERN CAPE
8	1458	SELEKA LETHABO	NORTHERN CAPE

Final Boys 19 5000m **17:10** **193**

Record LSEN24: 15:24.64 (REATLEGILE-MOSWE, GPL, 2022)

1	1242	NHLEKO SIPHO	MPUMALANGA LSEN
2	902	HOosen TIBELO	KWAZULU NATAL LSEN
3	1250	SHABANGU PRINCE	MPUMALANGA LSEN
4	1403	KARABO MEYER	NORTH WEST LSEN
5	364	FUNANE KAGISHO	FREE STATE LSEN
6	1414	OBAKENG MOLEBATSI	NORTH WEST LSEN
7	370	KUMALO MOEKETSI	FREE STATE LSEN
8	903	HUDLA MBONGISENI	KWAZULU NATAL LSEN
9	773	MOJAKI MPH0	GAUTENG LSEN
10	810	SETGABE AMOGELANG	GAUTENG LSEN
11	743	KUBU FUNDA	GAUTENG LSEN
12	1038	MASHIANE MARIO	LIMPOPO LSEN
13	369	KINELA SETSUMI	FREE STATE LSEN
14	396	SEPHIRI BOKANG	FREE STATE LSEN
15	1053	PHALA PABALELO	LIMPOPO LSEN
16	779	MOLEPO ITUMELENG	GAUTENG LSEN
17	797	NSENGA JOSEPH	GAUTENG LSEN
18	780	MORUTI NEO	GAUTENG LSEN
19	1064	TSHABALALA JAPIE	LIMPOPO LSEN
20	1061	TEMO PHENYO	LIMPOPO LSEN
21	1807	ELAND AUBREY	WESTERN CAPE LSEN



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22	1040	MAUBANE KAMOGELO	LIMPOPO LSEN
23	1824	KLAASEN SHALTON	WESTERN CAPE LSEN
24	1863	SYKES CLINT	WESTERN CAPE LSEN
25	1839	MICHALS GRAYWIN	WESTERN CAPE LSEN
26	1831	LOGGENBERG VALENTINO	WESTERN CAPE LSEN

Final Girls 19 5000m**17:30****194****Record SAHS24: 15:01.83 (Z-BUDD, 1984)**

1	7	DWATSHELA ABULELE	EASTERN CAPE
2	1602	VAN WYK MICKALIN	WESTERN CAPE
3	503	STEENKAMP KATELYN	GAUTENG
4	25	MYENDEKI LINDEKA	EASTERN CAPE
5	1288	MOTAUNG GLADNESS MASEGO	NORTH WEST
6	1269	DINTWE KAGISHO	NORTH WEST
7	923	MAKUBJANA KAMOGELO	LIMPOPO
8	945	TSHIMANGADZO SINEGISI	LIMPOPO
9	919	MABALA PHETHANI	LIMPOPO
10	1100	MTHETHWA SIBONGAKONKE	MPUMALANGA
11	1078	GROBBELAAR ZANDRI	MPUMALANGA
12	1542	KROKRANI SINOTHANDO	WESTERN CAPE
13	1555	MOSES CLAIRESE	WESTERN CAPE
14	1493	BESTER ABIGAIL	WESTERN CAPE
15	477	MOROMODI LERATO	GAUTENG
16	1275	HAVENGA ABBYGALE	NORTH WEST
17	507	STRYDOM LIKA	GAUTENG
18	493	SCHOEMAN WIEPKE	GAUTENG

Final Girls 15 1234 Swedish Relay**17:50****195****Record SAHS24: 2:15.41 (RELAY TEAM, GP, 2015)**

2	RELAY TEAM	EASTERN CAPE
3	RELAY TEAM	LIMPOPO
4	RELAY TEAM	NORTHERN CAPE
5	RELAY TEAM	FREE STATE
6	RELAY TEAM	GAUTENG
7	RELAY TEAM	WESTERN CAPE
8	RELAY TEAM	MPUMALANGA
9	RELAY TEAM	NORTH WEST

Final Boys 15 1234 Swedish Relay**18:00****196****Record SAHS24: 1:58.86 (RELAY TEAM, WC, 2016)**

2	RELAY TEAM	LIMPOPO
3	RELAY TEAM	WESTERN CAPE
4	RELAY TEAM	NORTHERN CAPE
5	RELAY TEAM	EASTERN CAPE
6	RELAY TEAM	NORTH WEST
7	RELAY TEAM	GAUTENG



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8	RELAY TEAM	MPUMALANGA
9	RELAY TEAM	FREE STATE

Final Girls 17 1234 Swedish Relay	18:10	197
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Record SAHS24: 2:09.25 (RELAY TEAM, GP, 2015)

3	RELAY TEAM	GAUTENG
4	RELAY TEAM	NORTH WEST
5	RELAY TEAM	FREE STATE
6	RELAY TEAM	MPUMALANGA
7	RELAY TEAM	LIMPOPO
8	RELAY TEAM	WESTERN CAPE
9	RELAY TEAM	EASTERN CAPE

Final Boys 17 1234 Swedish Relay	18:20	198
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Record SAHS24: 1:52.67 (RELAY TEAM, GP, 2017)

3	RELAY TEAM	WESTERN CAPE
4	RELAY TEAM	FREE STATE
5	RELAY TEAM	EASTERN CAPE
6	RELAY TEAM	LIMPOPO
7	RELAY TEAM	MPUMALANGA
8	RELAY TEAM	GAUTENG
9	RELAY TEAM	NORTH WEST

Final Girls 19 4x100m Relay	18:30	199
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Record LSEN24: 0:55.00 (OP-OP, OP, 1996)

4	RELAY TEAM	FREE STATE LSEN
5	RELAY TEAM	WESTERN CAPE LSEN
6	RELAY TEAM	GAUTENG LSEN
7	RELAY TEAM	MPUMALANGA LSEN

Final Boys 19 4x100m Relay	18:35	200
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Record LSEN24: 0:44.15 (RELAY TEAM, WCL, 2023)

3	RELAY TEAM	NORTHERN CAPE LSEN
4	RELAY TEAM	FREE STATE LSEN
5	RELAY TEAM	LIMPOPO LSEN
6	RELAY TEAM	WESTERN CAPE LSEN
7	RELAY TEAM	MPUMALANGA LSEN
8	RELAY TEAM	GAUTENG LSEN

Final Girls 19 4x100m Relay	18:40	201
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Record SAHS24: 0:45.07 (NOORD TRANSVAAL, 1984)

4	RELAY TEAM	GAUTENG
5	RELAY TEAM	NORTH WEST
6	RELAY TEAM	MPUMALANGA
7	RELAY TEAM	FREE STATE
8	RELAY TEAM	WESTERN CAPE



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Final 1 of 2 Boys 19 4x100m Relay

18:45

202

Record SAHS24: 0:39.59 (SA, 2008)

4	RELAY TEAM	LIMPOPO
5	RELAY TEAM	MPUMALANGA
6	RELAY TEAM	GAUTENG
7	RELAY TEAM	KWAZULU NATAL
8	RELAY TEAM	FREE STATE

Final 2 of 2 Boys 19 4x100m Relay

18:45

202

Record SAHS24: 0:39.59 (SA, 2008)

4	RELAY TEAM	NORTH WEST
5	RELAY TEAM	EASTERN CAPE
6	RELAY TEAM	WESTERN CAPE
7	RELAY TEAM	NORTHERN CAPE

**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
2024/04/04 to 2024/04/06 at DAL JOSAPHAT PAARL****Start sheets (Field Events)****Final Boys 15 Javelin 08:00 600g 103****Record LSEN24: 43.58 (LUKE-VISSER, WCL, 2023)**

1	814	STANFORD TYLER	GAUTENG LSEN
2	817	TANTANE BOITUMELO	GAUTENG LSEN
3	1814	HARKER ETHAN	WESTERN CAPE LSEN
4	1793	BAADJIES FERNANDO	WESTERN CAPE LSEN
5	806	ROSSOUW PIETER	GAUTENG LSEN
6	1417	ZANDRE FRYLINK	NORTH WEST LSEN
7	383	MOTSOENENG BOKANG	FREE STATE LSEN
8	358	BISSCHOFF ANDRÉ	FREE STATE LSEN

Final Girls 19 Hammer Pit:A 08:00 4kg 104**Record SAHS24: 57.83 (T-VD WALT, FS, 2018)**

1	468	MAKGALEMELE SIBONGILE	GAUTENG
2	517	VAN ZYL EDIE	GAUTENG
3	172	JANSE VAN RENSBURG ANUSCHKA	FREE STATE
4	1499	BRITZ CHANELLE	WESTERN CAPE
5	1496	BOTHMA AIMEE	WESTERN CAPE
6	1576	SERROTTI CHLOE	WESTERN CAPE
7	440	HOLTZHUIZEN ANJE	GAUTENG

Round 1 of 2 Girls 17 HighJump Pit:A&B 08:00 105**Record SAHS24: 1.96 (C-GALE, , 1981)**

1	1071	DE VILLIERS ELIZMA	MPUMALANGA
2	144	BOTHA CELRI	FREE STATE
3	1581	SPOLANDER JORDAN	WESTERN CAPE
4	424	DU PLOOY LUANNE	GAUTENG
5	1578	SMIT ANJA	WESTERN CAPE
6	33	STRYDOM CINDY	EASTERN CAPE

Round 2 of 2 Girls 17 HighJump Pit:A&B 08:00 105**Record SAHS24: 1.96 (C-GALE, , 1981)**

1	1584	STANDER ALECIA	WESTERN CAPE
2	211	VAN DER MERWE SUSANNA ELIZABETH	FREE STATE
3	921	MABOA SHIRLEY	LIMPOPO
4	462	LLOYD ABIGAIL	GAUTENG
5	1580	SPOCTER MICHAELA	WESTERN CAPE
6	407	BEZUIDENHOUT ANJE	GAUTENG

Final Boys 19 Shotput Pit:A 08:30 6kg 107**Record LSEN24: 13.18 (N-FAHN, B, 2018)**

1	1257	VERMAAK ARMANDO	MPUMALANGA LSEN
2	815	STRYDOM GYSBERT	GAUTENG LSEN
3	1804	DARIES DEHAGEN	WESTERN CAPE LSEN



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4	812	SIBIYA EMMANUEL	GAUTENG LSEN
5	760	MASHALE TEBOGO	GAUTENG LSEN
6	742	KRUGER VERNON	GAUTENG LSEN
7	758	MALATJI FRANK	GAUTENG LSEN
8	1813	GOLIATH LANCE	WESTERN CAPE LSEN
9	1862	SWANEPOEL MATTHEW	WESTERN CAPE LSEN
10	729	DA CAL RICARDO	GAUTENG LSEN
11	1879	WILLIAMS MASOOD	WESTERN CAPE LSEN

Final Girls 15 TripleJump	Pit:B	08:30	108
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Record SAHS24: 12.13 (S-SCHUTTE, GP, 2013)

1	837	LANGA SNETHEMBA	KWAZULU NATAL
2	34	STRYDOM CHANTE CLAUDINE	EASTERN CAPE
3	1110	SILLINDA GIFT	MPUMALANGA
4	183	MATTHEWS JUMARIE	FREE STATE
5	1295	TAELE RESEGO	NORTH WEST
6	441	IVANOV OLGA	GAUTENG
7	195	REYNOLDS FREDRIKA JOHANNA	FREE STATE
8	1547	MAREE ANYA	WESTERN CAPE
9	1558	NEL CARA-MIA	WESTERN CAPE
10	482	NORTJé MINKI	GAUTENG
11	1598	VAN DYK SKYLER	WESTERN CAPE
12	521	VILJOEN ANNA-MART	GAUTENG

Final Girls 17 Polevault	08:30	109
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Record SAHS24: 3.71 (L-VIVIERS, WC, 2004)

1	1274	HALL ANé	NORTH WEST
2	1310	YSSEL CECILIA	NORTH WEST
3	497	SMIT RENKSE	GAUTENG
4	466	LOUW CHRISTI	GAUTENG
5	1497	BRAND LIZAAAN	WESTERN CAPE
6	1508	DE BEER ANSUME	WESTERN CAPE
7	1569	ROTHMAN SYDNEY	WESTERN CAPE

Final Boys 17 Discus	Pit:B	09:25	1.5kg	113
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Record LSEN24: 40.30 (P-BREYTENBACH, EP, 2005)

1	1245	OGILVIE LUKE	MPUMALANGA LSEN
2	1481	VAN DER MERWE JOHANNES GEORGE	NORTHERN CAPE LSEN
3	733	FERREIRA TIAN	GAUTENG LSEN
4	744	LANGA BRANDON	GAUTENG LSEN
5	1796	BOUWER GERHARD	WESTERN CAPE LSEN
6	386	NGCOBO OLWAMI	FREE STATE LSEN
7	728	BOTHA CARLYLE	GAUTENG LSEN
8	775	MOKGWELWA KAGISO	GAUTENG LSEN
9	359	BUYS ANDRIES	FREE STATE LSEN
10	1852	PLAATJIES CHANDLER	WESTERN CAPE LSEN



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11 1799 BROWN ROCHTON WESTERN CAPE LSEN

Final Girls 17 Javelin 09:25 500g 114

Record SAHS24: 57.55 (T-BRITS, , 2008)

1	853	ROTHMANN MARIKE	KWAZULU NATAL
2	836	KRUGER ZELDA	KWAZULU NATAL
3	435	GROBLER ABIGAIL	GAUTENG
4	489	RHEEDER ZANDRI	GAUTENG
5	910	BADENHORST ANDREA	LIMPOPO
6	1285	MEIRING MARTONE	NORTH WEST
7	1264	BOTHA JANÉ	NORTH WEST
8	1586	STEENKAMP MIKAYLA	WESTERN CAPE
9	1488	BARNARD NICOLE	WESTERN CAPE
10	528	WILSON ELIZABETH	GAUTENG
11	1529	GROBLER MARINE	WESTERN CAPE

Final Girls 19 LongJump Pit:A 10:10 121

Record SAHS24: 6.54 (L-DU PREEZ, , 1990)

1	454	KOELEMAN GABRIELLA	GAUTENG
2	527	WIJNBEEK ELAINE	GAUTENG
3	404	ANZOBA MIRACLE	GAUTENG
4	1281	LE ROUX AMONÉ	NORTH WEST
5	1077	GELDENHUYS NIKA	MPUMALANGA
6	857	WELLIAMS MADELEIN	KWAZULU NATAL
7	1096	MKHABELA REENETSE	MPUMALANGA
8	202	SMITH CARA	FREE STATE
9	189	PIENAAR DIANA	FREE STATE
10	1509	DE BEER MIGNONNE	WESTERN CAPE
11	192	RAMPALENG JUSTINE	FREE STATE
12	1484	ABRAHAMS KIERA-LEE	WESTERN CAPE

Round 1 of 2 Boys 19 HighJump Pit:A&B 10:10 122

Record SAHS24: 2.31 (J-FREITAG, , 2001)

1	1651	HERMANUS ELFREYDEN	WESTERN CAPE
2	563	FOURIE JUAN-PIERRE	GAUTENG
3	98	SOGBANMU ANJOLA	EASTERN CAPE
4	44	BASSON TUNESIAN	EASTERN CAPE
5	644	TAYLOR MARK	GAUTENG
6	1122	EASTON JOSCA	MPUMALANGA
7	894	STEYN TIAAN	KWAZULU NATAL
8	1716	VAN DER MERWE LUKE	WESTERN CAPE

Round 2 of 2 Boys 19 HighJump Pit:A&B 10:10 122

Record SAHS24: 2.31 (J-FREITAG, , 2001)

2	1353	PLAATJIE SIYALAKA	NORTH WEST
3	594	MASTER CALVIN	GAUTENG



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4	236	DHLAMINI SIPHELELE	FREE STATE
5	1621	BREDELL CHRISTIAAN	WESTERN CAPE
6	269	MAPHIRA LESEDI	FREE STATE
7	602	MOTHIBI GONTSE	GAUTENG
8	1133	KORFF TIAAN	MPUMALANGA

Final Girls 17 Shotput	Pit:B	10:10	3kg	123
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Record LSEN24: 10.48 (KIARA-CROUS, WCL, 2023)

1	1388	ORATILE FOKWEBE	NORTH WEST LSEN
2	1193	KGOETE STELLA	MPUMALANGA LSEN
3	1196	MATHONSI TSHWARELO	MPUMALANGA LSEN
4	1204	NKOSI NJABULO	MPUMALANGA LSEN
5	1202	NDEBELE SIPHESIHLE	MPUMALANGA LSEN
6	678	HEWU SIYANDA	GAUTENG LSEN
7	1387	NTSOANE MMATSATSI	NORTH WEST LSEN
8	1780	V/D MERWE CARLA	WESTERN CAPE LSEN
9	1740	CROUS KIARA	WESTERN CAPE LSEN
10	352	VAN DEN BERG JESSICA	FREE STATE LSEN
11	121	RATAZAYO NDALO	EASTERN CAPE LSEN
12	696	MOLAMBO TRISH	GAUTENG LSEN
13	714	REID JESSICA	GAUTENG LSEN
14	1390	SAMANTHA WAIT	NORTH WEST LSEN
15	1769	RUITERS BERENICE	WESTERN CAPE LSEN
16	680	HUMA BOIPELO	GAUTENG LSEN
17	700	MONTERO DINIZIA	GAUTENG LSEN

Final Boys 15 Javelin	11:40	600g	133
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Record SAHS24: 80.50 (R-OOSTHUIZEN, 2002)

1	947	BENADE WYNADE	LIMPOPO
2	1646	FOURIE CALUM	WESTERN CAPE
3	238	DREYER RUHAN	FREE STATE
4	1329	KOEN GERRIT	NORTH WEST
5	631	SCHUTTE JUANDRÉ	GAUTENG
6	1715	VAN DER MERWE JACOBUS	WESTERN CAPE
7	642	STRAUSS CHRISTOPHER	GAUTENG
8	1632	DE KLERK DAVID	WESTERN CAPE
9	1676	MARTHINUS ZUAN	WESTERN CAPE
10	308	REINDERS BRITZ	FREE STATE

Final Boys 17 TripleJump	Pit:B	11:40	134
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Record SAHS24: 16.12 (ETHAN-OLIVIER, GPM, 2022)

1	1316	CLOETE JONATHAN	NORTH WEST
2	1163	MYENI ZIYANDA	MPUMALANGA
3	108	XOKIYANA LUVU	EASTERN CAPE
4	639	STANDER HENDRIKUS	GAUTENG
5	1145	MAMISA SHELLDON	MPUMALANGA



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6	996	RAHEEM SIYAMBOLA	LIMPOPO
7	583	LOANA SANDISO	GAUTENG
8	265	LUND ARTHUR-JUNIOR	FREE STATE
9	1650	GUMEDE JAYDEN	WESTERN CAPE
10	554	DE KLERK HANNO	GAUTENG
11	274	MELAAT DANYON	FREE STATE
12	329	WESSELS GERT JAKOBUS	FREE STATE
13	1177	SIMELANE SIYABONGA	MPUMALANGA

Final Girls 17 Discus **Pit:A 11:40 1kg 135**

Record LSEN24: 28.15 (M-MOLEBOHENG, KL, 2017)

1	1204	NKOSI NJABULO	MPUMALANGA LSEN
2	700	MONTERO DINIZIA	GAUTENG LSEN
3	1780	V/D MERWE CARLA	WESTERN CAPE LSEN
4	714	REID JESSICA	GAUTENG LSEN
5	680	HUMA BOIPELO	GAUTENG LSEN
6	1740	CROUS KIARA	WESTERN CAPE LSEN
7	350	RABOROKO LINDIWE	FREE STATE LSEN
8	1393	WEHMEYER ASHELY	NORTH WEST LSEN
9	341	KEYS MEKYLA	FREE STATE LSEN
10	696	MOLAMBO TRISH	GAUTENG LSEN
11	352	VAN DEN BERG JESSICA	FREE STATE LSEN
12	1764	MOSES TAMARYN	WESTERN CAPE LSEN
13	677	ERASMUS MICKAYLA	GAUTENG LSEN
14	1376	DU PLOOY ANNE-DORE	NORTH WEST LSEN
15	662	BASSON-RIJO TAYLOR	GAUTENG LSEN
16	668	COETZEE MICKAYLA	GAUTENG LSEN

Final Girls 15 HighJump **Pit:A 11:40 136**

Record SAHS24: 1.85 (N-STEYN, 1996)

1	408	BLIGNAUT MILAN	GAUTENG
2	194	RAUTENBACH CARA	FREE STATE
3	429	FIELD ANGELIQUE	GAUTENG
4	1545	LE ROUX KAYLA	WESTERN CAPE
5	912	BEUKES ANITA	LIMPOPO
6	1068	BOSHOFF ANNIEKA	MPUMALANGA
7	1081	JANSE VAN RENSBURG MIA	MPUMALANGA
8	1574	SCHOLTZ MIIKE	WESTERN CAPE
9	1500	BURGER ANNELINE	WESTERN CAPE
10	916	DE LANGE LEANDRE	LIMPOPO
11	1543	LAWRENCE MEACKÉ	WESTERN CAPE
12	1513	DE NECKER JANKE	WESTERN CAPE
13	925	MALATJIE THERESHO	LIMPOPO



**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
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Final Boys 15 HighJump Pit:B 11:40 137

Record SAHS24: 2.01 (JAEGER-COETZEE, WC, 2023)

1	989	NAGEL NASHWIN	LIMPOPO
2	1135	LEBELO LEFA	MPUMALANGA
3	625	REDELINGHUYIS MICHAEL	GAUTENG
4	1186	VAN ROOI JOSE	MPUMALANGA
5	1667	LE ROUX MATAYO	WESTERN CAPE
6	1727	WILLIAMS RAYDON	WESTERN CAPE
7	1000	SEEMA MADIMETJA	LIMPOPO
8	1634	DELPORT DARNELL	WESTERN CAPE
9	1128	JANSE VAN RENSBURG HEIN	MPUMALANGA
10	947	BENADE WYNADE	LIMPOPO
11	1313	BOOYSEN BOETA	NORTH WEST
12	1331	LOMBARD JANHO	NORTH WEST
13	47	CRONJE JONATHAN	EASTERN CAPE
14	957	KWENAITA MAKHAYA	LIMPOPO

Final Girls 15 Polevault 11:40 138

Record SAHS24: 3.50 (ANSUME-DE BEER, WCM, 2022)

1	414	CRAVEN TENEAL	GAUTENG
2	465	LOUW MARIE	GAUTENG
3	150	CAMPHER GERTY ANNE	FREE STATE
4	38	VAN MOLLENDORFF MIA	EASTERN CAPE
5	31	SLABBERT TIANE	EASTERN CAPE
6	149	BURGER LILLY	FREE STATE
7	1572	SCHEEPERS MIA	WESTERN CAPE
8	1568	RADEMEYER ALANDA	WESTERN CAPE
9	176	L?TTER ANIKA	FREE STATE
10	1487	BARNARD LIRA	WESTERN CAPE

Final Girls 15 Discus Pit:B 13:30 1kg 157

Record LSEN24: 24.59 (L-NTSEKI, KL, 2008)

1	117	NEL TELANA	EASTERN CAPE LSEN
2	1743	FINEEL TAYLA	WESTERN CAPE LSEN
3	1758	MABANK KEESHA	WESTERN CAPE LSEN
4	1772	SMALL DANÉ	WESTERN CAPE LSEN
5	1379	LERUSCHKA WAIT	NORTH WEST LSEN
6	705	NDLOVU ZINHLE	GAUTENG LSEN
7	356	VAN STRATEN DIONè	FREE STATE LSEN
8	670	DA CAL GABRIELA	GAUTENG LSEN
9	664	BIKANE MADIMA	GAUTENG LSEN
10	723	VAN VUUREN CARLIA	GAUTENG LSEN



**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
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Final Girls 17 LongJump **Pit:A 13:30 158**

Record SAHS24: 6.37 (D-VISSER, , 2000)

1	1514	DE VRIES GRACE	WESTERN CAPE
2	523	VISSER ALETHEA	GAUTENG
3	931	MIENIE MIEKIE	LIMPOPO
4	148	BROWNE HANÉL	FREE STATE
5	1098	MOKWENA TSHEPISO	MPUMALANGA
6	1261	BOSHOFF TELANI	NORTH WEST
7	222	VERWY AMONÉ	FREE STATE
8	224	VILJOEN ROBYN-LEIGH	FREE STATE
9	1557	MUZINGA-MIDIMA SUNSET-JOYCE	WESTERN CAPE
10	1567	PIETERSEN KEASHAN	WESTERN CAPE
11	40	VERMAAK MIA	EASTERN CAPE
12	1090	KRUGER TWANE	MPUMALANGA
13	508	THEUNISSEN MIGNON	GAUTENG
14	1507	CROUS QAADIRAH	WESTERN CAPE
15	481	NORMAN ASHLYNN	GAUTENG
16	511	VAN BREDÁ TAYLON	GAUTENG
17	419	DE KLERK AMAE	GAUTENG
18	849	PETERS TATUM	KWAZULU NATAL

Final Boys 19 Javelin **13:30 800g 159**

Record SAHS24: 83.07 (R-OOSTHUIZEN, , 2006)

1	643	SWART REINARD	GAUTENG
2	552	DAVEL AYDEN	GAUTENG
3	636	SMIT ETTIENE	GAUTENG
4	1440	I'ONS HARRY	NORTHERN CAPE
5	328	VORSTER JOHAN	FREE STATE
6	266	LUUS EWAN	FREE STATE
7	1672	MACK LIAM	WESTERN CAPE
8	1323	JANSEN EWALD	NORTH WEST
9	1633	DE KOK FREEK	WESTERN CAPE
10	1119	BOTHA DAVID	MPUMALANGA

Round 1 of 2 Boys 17 HighJump **Pit:A&B 13:30 160**

Record SAHS24: 2.25 (J-FREITAG, , 1999)

1	1437	DE KOKER ETHAN	NORTHERN CAPE
2	1330	LOETO MOTHEO KGOSIETSILE	NORTH WEST
3	293	MOTAUNG JEVANHO	FREE STATE
4	63	MAGWA AXOLE	EASTERN CAPE
5	606	MUKINAYI JOSEPH	GAUTENG
6	1642	FILLIS NATHAN	WESTERN CAPE
7	1649	GIBSON HARRISON	WESTERN CAPE
8	1623	BURROWS SHANDLEY	WESTERN CAPE
9	641	STOLTZ PETRUS	GAUTENG



**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
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Round 2 of 2 Boys 17 HighJump**Pit:A&B 13:30****160****Record SAHS24: 2.25 (J-FREITAG, , 1999)**

2	879	MTHETHWA LINDOKUHLE	KWAZULU NATAL
3	99	STRYDOM OCKERT JACOBUS	EASTERN CAPE
4	254	KLOPPER PETRUS	FREE STATE
5	881	MUREFU SAMUAEL	KWAZULU NATAL
6	1009	TSOAI HAPPY	LIMPOPO
7	1155	MOFOKENG KATLEHO	MPUMALANGA
8	653	VAN WYK WILLEM	GAUTENG
9	1131	KHOZA SHAPARD	MPUMALANGA

Final Girls 17 Shotput**Pit:B 13:30****3kg****161****Record SAHS24: 18.41 (ASHLEY-ERASMUS, MPM, 2022)**

1	910	BADENHORST ANDREA	LIMPOPO
2	853	ROTHMANN MARIKE	KWAZULU NATAL
3	26	NGAZO NTONI	EASTERN CAPE
4	161	DU TOIT JOHANEY	FREE STATE
5	213	VAN DEVENTER CORNELIA	FREE STATE
6	1280	LE ROUX BEANDRI	NORTH WEST
7	1101	NEL ZANE	MPUMALANGA
8	1283	MAMPE REATLEGILE	NORTH WEST
9	182	LOUW LYNN-MARI	FREE STATE
10	193	RAUTENBACH LISA	FREE STATE
11	227	WATSON JUDITH	FREE STATE
12	179	LEMMER AN�	FREE STATE
13	1515	DESTROO CORNELIA	WESTERN CAPE
14	1498	BRINK MINKI	WESTERN CAPE
15	443	JACOBS JEANDRE	GAUTENG
16	483	OLIVIER JAMOR�	GAUTENG
17	410	BOOYSEN HEIDI	GAUTENG
18	1559	NEL CHRIS-MARI	WESTERN CAPE

Final Girls 15 Javelin**15:00****500g****172****Record LSEN24: 30.00 (H-BARRY, KL, 2013)**

1	1191	DU TOIT KATIE	MPUMALANGA LSEN
2	1758	MABANK KEESHA	WESTERN CAPE LSEN
3	1760	MAKUBALO ESIHLE	WESTERN CAPE LSEN
4	1380	LINITHA LOOTS	NORTH WEST LSEN
5	1385	MRISHA LOCKE	NORTH WEST LSEN
6	351	VAN DEN BERG CHANT�	FREE STATE LSEN
7	1763	MONCHO JANELENE	WESTERN CAPE LSEN
8	693	MATSIDIDI KGOMOLEMO	GAUTENG LSEN
9	706	NOKWE AYANDA	GAUTENG LSEN
10	723	VAN VUUREN CARLIA	GAUTENG LSEN



**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
2024/04/04 to 2024/04/06 at DAL JOSAPHAT PAARL**

Final Boys 15 Discus	Pit:A	15:00	1kg	173
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Record SAHS24: 66.29 (J-KOTZE, 2009)

1	327	VENTER CHRISTIAAN	FREE STATE
2	1367	VOLSCHENK NATHAN	NORTH WEST
3	303	PRETORIUS WILLEM MATTHÉUS	FREE STATE
4	1355	POTGIETER LIAN	NORTH WEST
5	58	KUNNEKE LINCOLN	EASTERN CAPE
6	1635	DIRKSE VAN SCHALKWYK DIAN	WESTERN CAPE
7	537	BOTHA DARIUS	GAUTENG
8	562	FERRERA DAILIN	GAUTENG
9	1675	MARIAS CHARL	WESTERN CAPE
10	1676	MARTHINUS ZUAN	WESTERN CAPE
11	565	GERBER JOSHUA	GAUTENG

Final Girls 15 Javelin		16:10	500g	182
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Record SAHS24: 50.63 (J-V SCHALKWYK, WC, 2016)

1	1604	VILJOEN LENKA	WESTERN CAPE
2	856	WAGNER ZANI	KWAZULU NATAL
3	1304	VAN STADEN JANDRI	NORTH WEST
4	1065	BARNARD ASHLEY	MPUMALANGA
5	416	DE JONG TAYLIN	GAUTENG
6	427	ERNST MAGDALEEN	GAUTENG
7	217	VAN TONDER ADRIE	FREE STATE
8	151	CARELZEN ZANELLE	FREE STATE
9	1552	MEIRING JUANE	WESTERN CAPE
10	510	VAN ASWEGEN JESSICA	GAUTENG
11	1072	DE WITT JESSICA	MPUMALANGA
12	1594	VAN DER MERWE NICOLA	WESTERN CAPE

Round 1 of 2 Girls 19 HighJump	Pit:A&B	16:10		183
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Record SAHS24: 1.96 (C-GALE, , 1981)

1	1262	BOSSERT MIENKE	NORTH WEST
2	413	CABRAL ADOA TIFFANY	GAUTENG
3	202	SMITH CARA	FREE STATE
4	189	PIENAAR DIANA	FREE STATE
5	1485	AHRENS LISA	WESTERN CAPE

Round 2 of 2 Girls 19 HighJump	Pit:A&B	16:10		183
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Record SAHS24: 1.96 (C-GALE, , 1981)

2	417	DE KLERK SUNELLE	GAUTENG
3	1506	CROOK ANRI	WESTERN CAPE
4	930	MEI MASHUDU	LIMPOPO
5	525	WEHMEYER JESSICA	GAUTENG



**Meeting :SA HIGH SCHOOL & LSEN NATIONAL T&F CHAMPS
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Final Boys 19 Polevault	16:10	184
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Record SAHS24: 5.22 (H-VAN WYK, WC, 2018)

1	239	DU PLESSIS WILLEM	FREE STATE
2	319	THERON MEYBURGH	FREE STATE
3	1696	ROTHMAN LEE	WESTERN CAPE

Final Boys 17 Discus	Pit:A	17:10	1.5kg	191
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Record SAHS24: 67.44 (G-DE BEER, , 2011)

1	890	REYNEKE REAGAN	KWAZULU NATAL
2	1435	BOOYSEN CARLO	NORTHERN CAPE
3	596	MATHEWS BRANDON	GAUTENG
4	324	VAN DER ZWAARD CONRAD	FREE STATE
5	591	MARITZ NICOLAAS	GAUTENG
6	1346	NEL HANRO	NORTH WEST
7	295	MULLER GERHARDES JOHANNES	FREE STATE
8	1666	KRIEL DAVID	WESTERN CAPE
9	1639	DU TOIT ARMAND	WESTERN CAPE
10	1692	RETIEF JACQUES	WESTERN CAPE
11	640	STEVENS TIAAN	GAUTENG

Final Boys 17 Javelin	17:10	700g		192
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Record LSEN24: 51.67 (C-VAN NIEKERK, KL, 2016)

1	1245	OGILVIE LUKE	MPUMALANGA LSEN
2	728	BOTHA CARLYLE	GAUTENG LSEN
3	1806	DUNN REHAYVIENE	WESTERN CAPE LSEN
4	745	LE ROUX PIETER	GAUTENG LSEN
5	744	LANGA BRANDON	GAUTENG LSEN
6	367	JANSE VAN VUUREN DENIS	FREE STATE LSEN
7	762	MAUWERS PHILLIP	GAUTENG LSEN
8	386	NGCOBO OLWAMI	FREE STATE LSEN
9	1849	PHILANDER SHAGAN	WESTERN CAPE LSEN
10	1796	BOUWER GERHARD	WESTERN CAPE LSEN
11	1870	VISSER LUKE	WESTERN CAPE LSEN